

Issues of terrorism will be considered at a scheduled address

(B)—A symposium on terrorism is scheduled from 10 a.m. to noon to 4 p.m. Tuesday in the States Room of the Memorial Union.

The symposium will consider moral, ethical and other issues associated with national and international terrorism and is directed at the general public and law enforcement personnel, according to Dr. Robert Wood, assistant professor of political science and symposium director. It is open to the public at no charge.

"We hope to generate a better understanding of the nature, causes and consequences of terrorism," Wood said. "Terrorism is an increasingly common device used by both governments and revolutionary groups to achieve political and social change but the general public has little insight into the problem."

The keynote address of the symposium, "Terrorists: Believers, Soldiers, or Thugs?" is scheduled at 2 p.m. in the States Room. The speaker will be Brian Jenkins, director of the Security and Subnational Conflict Research Program of the Rand Corporation, Santa Monica, Calif. The program studies not only terrorism but civil violence and non-traditional modes of international conflict.



A wiring problem in Askanase Hall was the reason for call to the Fargo Fire Department. (Photo by Scott Johnson)

Under Jenkins' direction since it was created in 1979, the program has sought to improve understanding of the phenomena of these various forms of conflict and public policy issues associated with them, to develop a theory that spans the common elements of these issues, and to provide government officials with a broad understanding of that theory.

Other topics and speakers on a panel beginning at 10 a.m. are: "Some Problems in Defining Terrorism," Dr. John Monzingo, associate professor of political science at SU; "Moral Justifications

of Latin American Terrorist Groups," Dr. David Feldman, assistant professor of political science at MSU, and "Terrorism and Television: On News Values, Morality and the Commonwealth," Dr. Dean Alger, assistant professor of political science at MSU. Questions

and discussion will follow 20-minute presentations by each panelist.

Wood will serve as the symposium moderator. The symposium is sponsored by the North Dakota Humanities Council, SU and the SU Cooperative Sponsorship Committee.

Freshmen are scared, but learn machines can't laugh at mistakes

By Michele Mears

Fear of computers is a problem many freshmen students face in beginning level computer courses. Some students may also experience frustration and confusion.

Over 80 percent of all incoming freshmen are surprised by the subject matter covered in computer courses, reports College Press Service.

In addition, one of every two freshmen are confused by computer courses, while merely 70 percent say the courses make them frustrated and angry, according to the service.

Most students are scared of computers, said Robert Hare, professor of mathematical science at SU. Students with exposure to computers are more comfortable working with them, he added.

Some high schools are giving students an opportunity to work with computers. These students are a little overconfident, but they aren't afraid of the computer, Hare said.

The number of beginning students with computer knowledge increases each quarter. The student who has taken a course realizes the computer is "just a machine and it won't laugh at their mistakes."

Brenda Heley, a sophomore majoring in CDFR, had one semester of BASIC programming in high school. After taking the class, Heley said she "found computers aren't as hard (to use) as you think."

There are students who have never had exposure to computers. These students react in different ways to the computer courses, Hare said.

Kim Amon, a sophomore majoring in elementary education, has had no previous experience with the computers.

"Right now, I'm kind of in left field," she said about her computer class. Amon said she hopes to overcome this by spending more time on the computer.

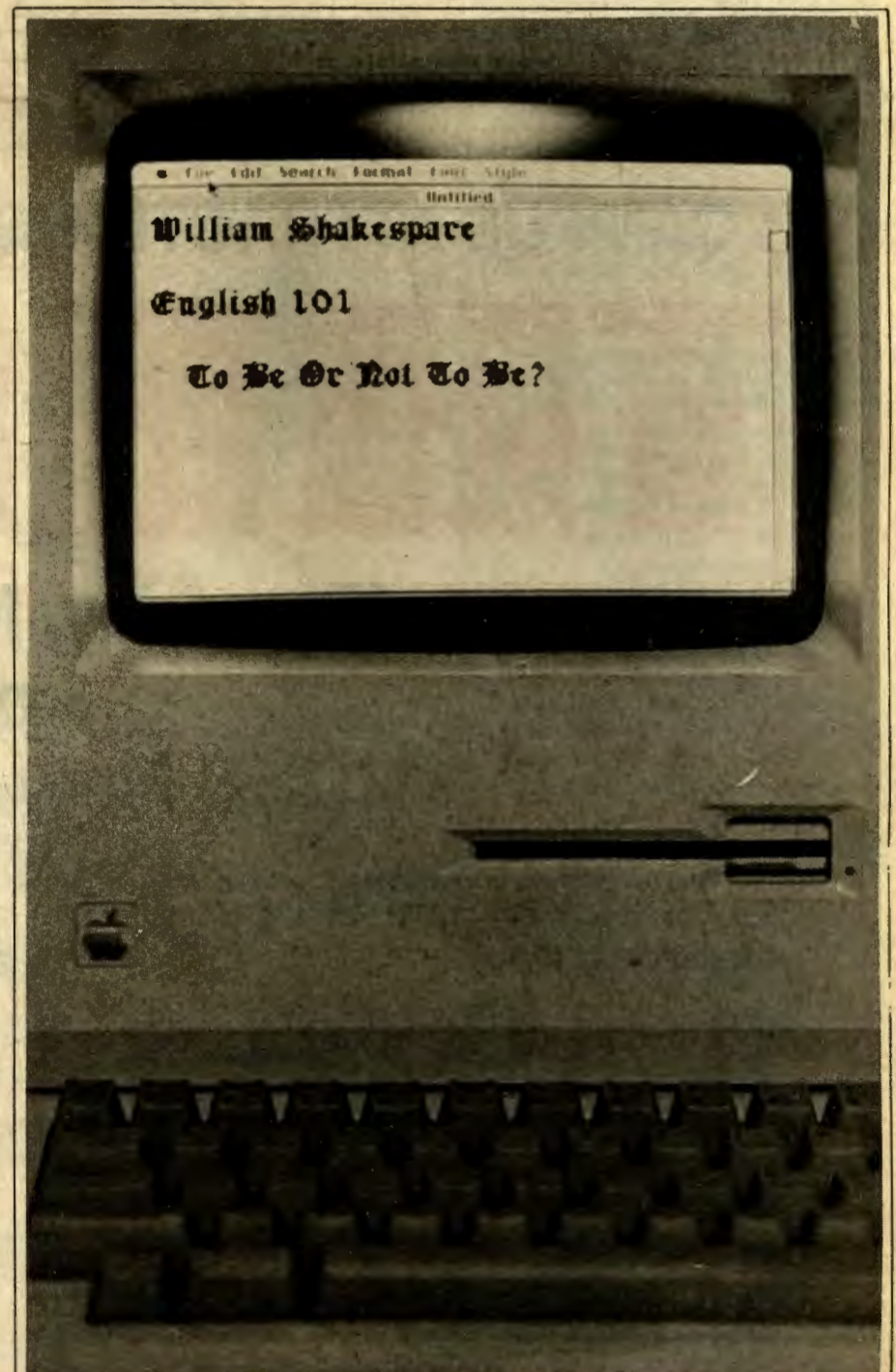
Some students get started with computers and enjoy working with them.

Dan Bivins, a freshman in engineering, said he feels computers are more simple to work with than he originally thought they would be.

"The computer is actually no better than the person that uses it," he said.

Most students get through the beginning computer courses, Hare said.

"All in all, the students do pretty well."



Would Shakespeare have been more productive if he had a personal computer to use when he was learning the English language? (Photo by Bob Nelson)

A recent conservative trend has caused drop in bedtime activity

(CPS)—College women apparently are less active sexually than they used to be, a new survey suggests.

The current conservative trend on campuses could be responsible for the declining student sexual activity, reports the recent survey of University of Texas female students.

Five years ago, half of UT's female students had sex at least once a month, compared to 38 percent in 1983-84, says University of Kansas psychologist Meg Gerrard, author of the survey.

Gerrard's survey, her third of UT women in 10 years, questioned some 100 students about their sexual attitudes.

Not all the results have been analyzed, but Gerrard said "it could be part of a larger conservative trend in sexual activity as well as in political and ideological values. There's no question in my mind that this is a nationwide trend."

Pinning the decline on conservatism sounds plausible, agrees Joseph Katz, human development professor at the State University of New York-Stoney Brook, but the implications could run deeper.

"An easing of the sense of having to conform may be a factor," he comments. "It could also mean a greater acceptance of traditional mores."

Katz's own studies of student sexuality in the sixties and seventies revealed student opposition to premarital sex declined from 50 percent to 10 percent from 1970 to 1975.

And the percentage of undergraduates who had engaged in premarital sex rose from 50 percent in 1970 to 78 percent of men and 72 percent of women in 1977.

Indeed, studies conducted on many campuses as recently as 1982 charted continued increases in student sexual activity.

"There was a massive liberalization of attitudes going on (in the seventies)," Katz points out. "Any turning back from that is surprising, and the magnitude of change (revealed in Gerrard's survey) is somewhat striking."

Liberal sexual attitudes were almost the norm in the sixties and seventies, concurs Dr. Aaron Hass of UCLA's Sexuality Clinic. "But my impression is that now undergrad girls desire commitments or love relationships."

While they may not stay virgins, he said he thinks "Women are experimenting with sex much less. They desire more strings attached to any sexual activity."

Besides conservative views and a revival of traditional morals, KU's Gerrard speculates other concerns color women's sexual attitudes.

"Venereal disease, AIDS and herpes scare these kids, independent of their conservative ideas," she explains.

Womens' liberation could be quelling the sexual revolution, as well.

Women to page 3

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A chess tournament will be held soon for federation members

(NB)—The 20th annual North Dakota Open Chess Tournament is scheduled Friday through Sunday, Nov. 2 to 4, in the States Room of the Memorial Union at SU.

Registration begins at 6 p.m. Friday with entry fees of \$21 (\$16 for students).

The six-round tournament will be time controlled with 50 moves in two hours. Rounds are at 8 p.m. Friday; 10 a.m., 3 p.m. and 8 p.m. Saturday; and 10 a.m. and 3 p.m. Sunday. U.S. Chess Federation membership is required for the rated tournament.

For further information contact the tournament director Dan Wanner.

Women from page 2

"It's tempting to say women are being more assertive-saying 'no,'" Gerrard says.

This rejection of casual sex is evident even on traditionally liberal campuses.

In a human sexuality class including about 65 women, UCLA's Hass asked the students their opinions about casual sex.

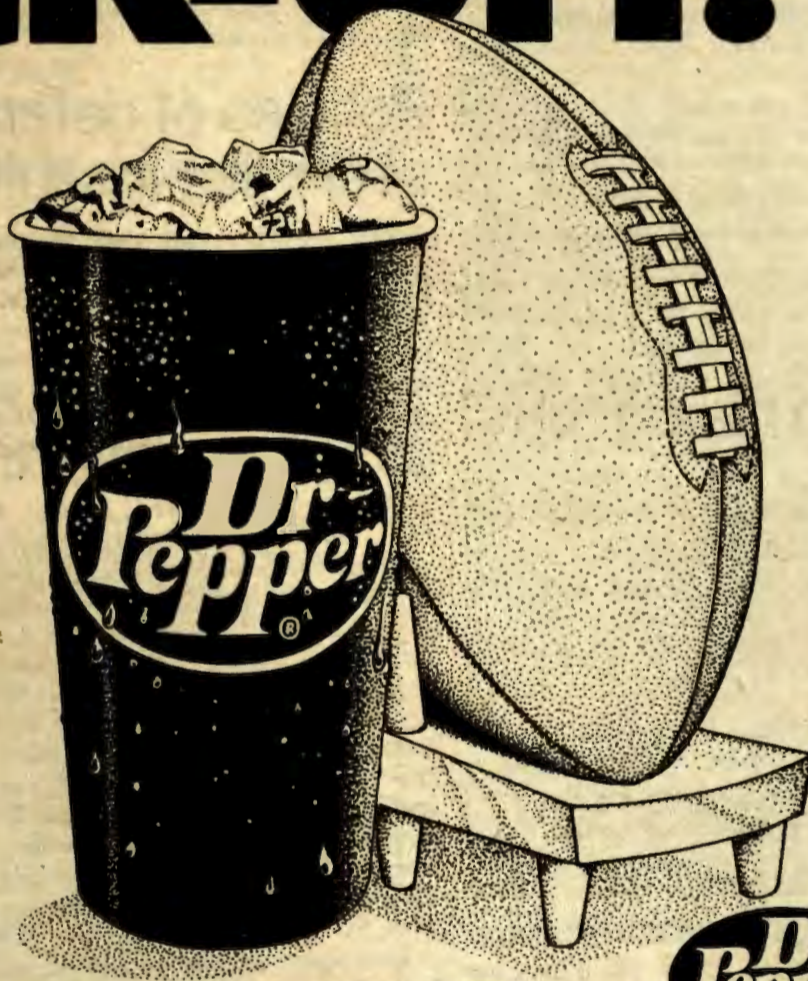
"Only two women felt comfortable with casual sex," Hass reports, "and UCLA is one of the more liberal campuses."

Sex simply may not be a big issue for many students, KU's Gerrard admits. For some, sexuality has lost the importance attached to it in the seventies.

"Students just aren't as concerned about sexuality," she says. "Their attitudes are more negative, more conservative. The attitude is 'We shouldn't be doing it.'"

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Save the alcohol

Maybe someone can fill me in on what's so great about getting falling-down drunk. There are a few people who went to the Homecoming football game that won't remember much.

Now, don't get me wrong. I like to go out to the bars and parties to have fun, also, but I fail to understand why people drink to the point of falling down or passing out.

To me, the object of attending a football game is to support your team and have a good time with the other fans.

From where I sat in the student section of the stands, I counted three wine flasks, five bottles and two beers. I also heard eight bottles dropped below the stands in the first quarter. This is quite a significant number since I was sitting on the edge of the first row of the band. Because of my position, I could basically see only non-band students to the left of me.

After halftime, the number of people stumbling up and down the bleacher stairs significantly increased. I'm not sure if it was because of their alcohol consumption during the first half, halftime, or a combination of both.

Late in the third quarter a group of guys came stumbling down the stairs totally supporting one of their comrades. I think that scene was one of the saddest things I've seen in my life. His legs wouldn't support him and he probably didn't even get a hangover until Monday.

Next time there is a football game, it would be nice if the crowd could save their drinking for before and after the game. There are quite a few things to watch and do at a game other than drink. These include the pregame and halftime shows by the Gold Star Marching Band, rallying with the cheer team and participating in "the wave". The team, band and cheer team have practiced many hours for your enjoyment. Show your appreciation of them by being sober.

Please celebrate your joys or drown your sorrows after the final seconds of the clock have run out.

Jodi Schroeder

Letter clarifies misconceptions about the religion of Moslems

This is in response to the letter published in the Spectrum, Friday, Oct. 12, 1984.

Having spent the last three years at NDSU, I have come to realize how ill-informed and misguided some people are about Islam and Moslems despite it being the only monotheistic religion related to Christianity and Judaism. It seems people know more about bizarre cults invading USA than they know about Islam.

I hope this letter will clarify some of the misconceptions that Mr. Scott Boles has understood about Islam. Islam (meaning total submission to the will of God) is a monotheistic religion, that believes in all the prophets mentioned in the Bible and Torah. Moslems do not worship Mohammed (peace be upon him), as we do not worship Jesus (peace be upon him). Both were messengers of God with a high degree of moral character. Moslems believe in heaven, hell, judgement day and the return of Jesus (peace be upon him) to lead the faithful as it is mentioned in the Holy Qura'n.

Moslems do not claim that prostitutes will make it to heaven since prostitution is a sin in Islam and completely forbidden. Islam truly honoured women as evidenced by the mention of Mary the Virgin and other faithful women in the Holy Qura'n. Women have been given special honour by having a whole chapter in the Holy Qura'n dedicated to them. In the chapter about Mary the Virgin, God says: "Behold! We chose thee and purified thee chosen thee above the women of nations." (***)Holy Qura'n, III:42).

Finally, Moslems do not judge others of different faiths, cultures, doctrines and language unless they have adequate knowledge and information about them. Last but not least, if brother Scott Boles needs to know about Islam, he certainly is welcome to communicate with knowledgeable Moslem individuals on this campus or contact the Moslem Student Association on campus.

Mohamad Kh

Policies of defense department seem like insanity to this writer

The nuclear arms race is the epitome of insanity. Certainly, if the policies of our defense department could be incarnated into one person, that unfortunate being would be sent to a mental institution due to severe masochistic tendencies. We need to halt this nuclear madness. We need a freeze now!

For the past several months I have gone door-to-door to many neighborhoods in Moorhead asking people to sign a petition committing them to support a freeze. To my amazement I have found many people apathetic to the whole issue. I am reminded of one of Charles McCarthy's statements which stated that hate is not the opposite of love—apathy is. This kind of attitude is intolerable especially since the "War and Peace" issue is the most crucial issue of this campaign year.

The more nuclear weapons we build, the more likely an accident can take place. An airforce base went on a full alert because of a 46 cents faulty computer circuit chip. The failure caused the NORAD computer to signal a Soviet missile attack. Fortunately, the error was caught within six minutes. A B-52 bomber crashed in South Carolina with a 10 megaton bomb on board. The impact of the crash triggered

four of the five interlocking safety devices guarding the warhead. Without the last safety device an explosion the size of 100 Hiroshima style blasts would have been unleashed. As we and the Soviets move to a "launch on warning" counterforce policy, the time response will be diminished and the likelihood of nuclear war increased.

Over and over I heard the argument that we can't trust the Russians. That argument leaks like a sieve. The freeze resolution has nothing to do with "trust." It has to do with self-interest. Both the Russian and the U.S. economies are being destroyed by these intense arms build-ups. Because of increased technology, verification of cheating is a relatively easy thing to do. Our satellites can read a Soviet license plate hundreds of miles away. Many other advanced devices can be cheating literally impossible without detection. This may not be true later on.

Search out the facts for yourselves. Either go one way or the other but please don't be apathetic. The rest of creation can't speak needs your voice.

Mark D
SU Alum

More letters on page 5

the
Great American
SMOKEOUT

The Spectrum is a student-run newspaper published Tuesdays and Fridays at Fargo, N.D., during the school year except holidays, vacations, and examination periods.

Opinions expressed are not necessarily those of university administration, faculty or student body.

The Spectrum welcomes letters to the editor. Those intended for publication must be typewritten, double-spaced and no longer than two pages. Letters are run as submitted including all errors and are due by 5 p.m. Friday for Tuesday's issue and 5 p.m. Tuesday for Friday's. We reserve the right to shorten all letters.

Letters must be signed, include your SU affiliation, major and a telephone number at which you can be reached. Letters not containing this required information will not be published under any circumstances.

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Student feels 'Open Mike' show smacks of bad taste censorship

Perhaps you have seen the advertisements for Campus Attractions "Open Mike" program which will be history before I get this printed. Before I get to the point of this letter, I would like to compliment Campus Attractions for providing students with an opportunity to express themselves and have their talents recognized. This is a great service.

This service rings hollow, however, because of the censorship which these programs have suffered in the past, and which continues today. In the past some groups have had their microphones shut off while performing and current rules state that "all material must be performed in good taste".

Perhaps someone from Campus Attractions could tell us just what is meant by the term "good taste". More importantly, who makes these decisions and what authority have they to take this task upon themselves?

Myself and others have taken "good taste" to mean unoffensive, would we be correct in this?

If so, it would then appear that the poetry of Allen Ginsberg, the music of Jim Carroll, the art of Claus Olmberg, and the literature of Kurt Vonnegut would all be banned from the Campus Attractions state. What chance would Lenny Bruce or the Sex Pistols have?

I don't cite these examples because they are personal favorites. I cite them because the things they have to say and their presentation of that message would be considered offensive by many. My point is that

"bad" language isn't a prerequisite to being offensive. I was personally offended by the Peters Brothers selectively distorted presentation on rock music. Add to that the nausea which G. Gordon Liddy caused many to feel (under the auspices of Campus Attractions) and we see a double standard.

I can handle the Peters Brothers and even Liddy but what is important here is allowing other points of view to be expressed regardless of the language used to express it. That language in fact, is vital to the statement which Lenny Bruce, Jim Carroll and the Sex Pistols all wanted to bring to the public's attention.

As things stand however, many SU students with similar things to say currently avoid you "Open Mike" programs. If Campus Attractions truly wants to sponsor an open mike program their current censorship policy deserves close scrutiny if not outright abolishment. If however, Campus Attractions wishes to use this censorship policy to use this censorship policy to screen out other viewpoints, then I can only nominate them for the Edwin Meese/J. Edgar Hoover civil liberties award.

Our fellow students in the Berkley Free Speech Movement, Kent State and numerous other campuses simply gave too much for us to allow Campus Attractions to fritter it away here at SU.

Steven W. Teien Kirwin
Architecture and Art

Religious tradition offers morality and salvation for human beings

"...No other religion offers value to human life except Christianity.."

The above quotation is a direct excerpt from an article by Scott Boles in the Friday, October 12 issue of the Spectrum. I fail to understand why he seems to think that Christianity is the only religion which "offers value to human life." I take umbrage at this statement. I do not see how Mr. Boles is able to elicit such nonsense from his alleged interviews with "...so called intelligent people ..." on campus. I for one need clarification as to his definition of "value" which he so astutely avoids in this article. Is this value something which only "GOD-Fearing Christians are able to comprehend? How does he know that Confucianism, Buddhism, Mohammedism, Judaism, Catholicism, etc., offer no recognizable value to the human beings who accept these religions and practice them in their everyday life? My impression is that he has no idea if they do or not and is allowing ethnocentrism to creep into this article by implying that Christianity is the only way to salvation.

Scott Boles appears to be extremely biased toward Christianity and this is perfectly acceptable to me. However, I see him as making value judgements about people bas-

ed not on who they are, but based on the label attached to them with very little information about the people and their culture. I refer to another quotation from this article: "Muslims claim that the only women that are going to make it to their heaven are prostitutes to satisfy the sexual desires of the men. Women have very little value in the Islam society. Today a Muslim man will pay more for his camel than he would for a wife..."

Apparently Mr. Boles hasn't taken into consideration the fact that in some societies extenuating circumstances require that certain patterns of behavior be followed. By the standards of our western culture, the behavior may seem like prostitution, or some other behavior which our society frowns upon, but let's not take a square peg and try to jam it into a round hole okay?

Following on the heels of his "Muslim" quotation he has the arrogance to imply that Hindus, by believing that "...everything is God..." equate themselves to "dirt". (Come now, Mr. Boles. Do you really believe what you are saying?)

If the Hindu believes that everything is God, then he believes that the flowers, trees, earth, sky, stars, and everything with which he

Gay to page 6

comes into contact is beautiful as it is and needs no modification. Thought: What if each and every thing has an intrinsic value unique in itself? Who can tell?

Value is a tenuous concept at best since every being on this earth has a unique perception of the world. It follows then that their values will be no better or worse than another's just different.

I don't profess to be an expert on any one religion (including Christianity), but I do consider myself a "Student of Life." I am learning new

things about my world and the people around me every day. This is exciting to me. On the other hand, I don't try to tell others what to believe in or how to behave as Mr. Boles seems to be doing here. If an individual wishes to change then that is his decision to make and nobody else's. We all live on this planet together and we can live in peace if we wish. Let's go for it!

Roger Gay
Architecture

Another student comments on questioning of people's religions

The quote, "It ain't what he doesn't know that bothers me. It's what he says he knows for sure that just ain't so," appropriately captures my perception of Scott Boles editorial about Christianity being the only true religion.

Mr. Boles, you questioned the intelligence of people who said, "It doesn't matter what a person believes in as long as they believe." I don't believe this statement either, however, considering the rationale you used in justifying Christianity as the one true religion, you deserve to have your own question about certain peoples intelligence thrown back in your face.

Your assertion that believing in Hinduism is like believing in dirt, thus giving no value to human life, indicated that your knowledge of Hinduism is almost nill. And if you are going to make statements about the moral decadence inherent in the Islamic religion, don't forget that the Bible is not immune to moral scrutiny either. Christ said, "Ye vermin, ye generation of vipers, how can ye escape the damnation of hell." Can a god be considered benevolent when he believes in the vindictive punishment of everlasting life in hell? And don't forget that during the middle ages more persecution was practiced in the name of Christianity than in any other time in history.

Ask yourself this question Mr.

Boles; Which sect of Christianity is the correct one; Protestant, Catholic, Mormon . . . ? They're not all the same. You said it yourself, a person can't afford to make a mistake about their faith, because it will determine where they will spend eternity. So which one is it? You had better make the right choice Scott, your chance to go to heaven and live happily ever after may depend on it. Sorry, but I'm just giving you a taste of your own medicine - taste good?

What if you were born in China and were brought up as a Buddhist, having never heard of Christianity. Would you go to hell? And what about children, they don't even have a choice. Or has Christ given Americans a better chance to survive than others. Don't flatter yourself.

I suggest that you reevaluate your positions Mr. Boles. When faced with a decision what does a logical person do? They survey the evidence available and make a judgement as to what is the best course of action. And when new evidence arises, they re-evaluate their position. This can be somewhat difficult to do if a person already knows all the absolutes in life.

David Frykman
Industrial Engineering

the great american smokeout
the great american smokeout
the great american smokeout

CROSS WORD PUZZLE

FROM COLLEGE PRESS SERVICE

Puzzle answer found on page 17

ACROSS

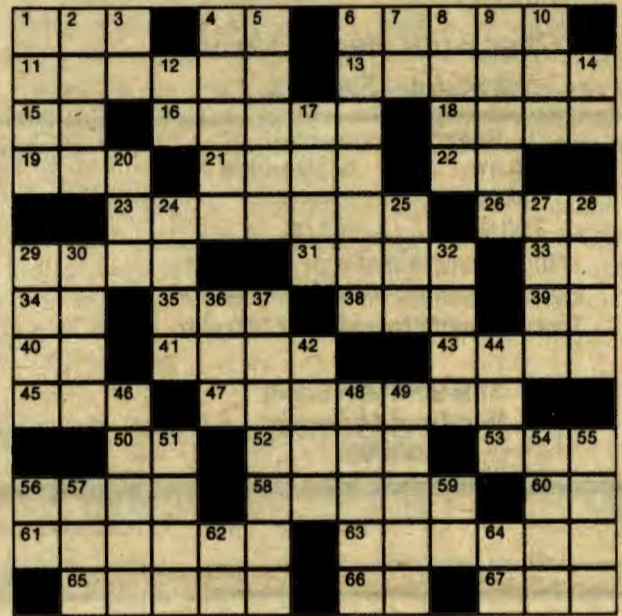
- 1 Also
- 4 Equally
- 6 Babylonian hero
- 11 Swatted
- 13 Mediterranean vessels
- 15 Near
- 16 Chore
- 18 Mother of Apollo
- 19 Fish eggs
- 21 Aroma
- 22 Revised: abbr.
- 23 Kind of fabric
- 26 Weight of india
- 29 Pronoun
- 31 Send forth
- 33 Symbol for xenon
- 34 Maiden loved by Zeus
- 35 Anger
- 38 Slender finial
- 39 Italy: abbr.
- 40 Fulfill
- 41 Tax
- 43 Partner
- 45 Greek letter
- 47 Atmospheric conditions
- 50 Rupees: abbr.
- 52 Blood
- 53 Hindu cymbals
- 56 Allowance for waste
- 58 Whisper
- 60 Note of scale
- 61 Come back
- 63 Concurred
- 65 Doctrine
- 66 French article
- 67 A month

DOWN

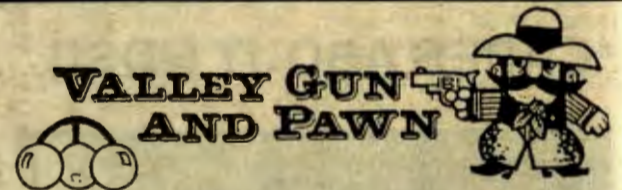
- 1 Former Russian ruler

- 2 Mr. Preminger
- 3 Either's partner
- 4 Performer
- 5 Slides
- 6 Most remote

- 7 Symbol for tellurium
- 8 Competent
- 9 Wants
- 10 Perform
- 12 As above
- 14 Therefore
- 17 Indicate
- 20 Female shoe
- 24 Leave out
- 25 Plunge
- 27 Way out
- 28 Nerve net
- 29 Current
- 30 Cry of owl
- 32 Tempo
- 36 Quarrel
- 37 Fastidiously tasteful
- 42 Country of
- 44 Skill
- 46 Rugged mountain crest
- 48 Test
- 49 Barrier
- 51 Stupefy
- 54 Name for Athena
- 55 Title of resp
- 56 Reverse: act
- 57 Soak
- 59 Teutonic det
- 62 Note of scale
- 64 G.I., e.g.



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Opinion Poll

PHOTOS BY: Scott M. Johnson

QUESTION: What Home event did you enjoy the most?



Bryant Soberg

The football game because I really enjoy football.



Terri Martin

The Fund Fair was enjoyable because a lot of people got involved.



Lisa Malo

The game because it was exciting to see so many students produce so much spirit.



John McPhaul

The hugging and kissing booth because I learned a lot.



Linda Tilden

The dating because it is fun someone else humiliated.

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Student feels Sinner is the man to help those in higher education

With only a few weeks left before the election, those of us with a vital interest in higher education have a critical decision to make. Who do we back for governor? This is, after all, the key position for decision making in the state. Who do we want to make the decisions about the future of North Dakota State University?

The answer is clear—it's George Sinner. Here's a man who has invested major hunks of his adult life in furthering the cause of SU and higher education. He served on the Board of Higher Education. He was founder of Tri-College—that wonderful arrangement which allows all of us to take advantage of classes at Concordia and Moorhead State. It

was also George Sinner who played a key role in the creation of the Northern Crops Institute on this campus.

His opponent, meanwhile, has presided over four years in which this campus lost a critically needed computer center, in which some of the best and brightest of our faculty began to drift away because of low salaries and a lack of any sign that anyone in state government really cared about the future of higher education.

For a bright creative future for SU, George Sinner is the obvious answer.

Keith Willy
 Economics/Political Science

Religion evokes intense feelings, understand and handle with care

To the editors of Spectrum

Religion always evokes intense feelings and is indeed the reason for many wars in the history of mankind. Thus any discussion or argument on this subject must be approached with care and understanding. Scott Boles, in his letter, displays a very superficial understanding of other religions besides Christianity. Firstly, he talks about the God of Islam and of Hinduism, and incredibly names

them as Mohammed and Buddha! Neither Mohammed nor Buddha are Gods in their respective religions. Furthermore, Buddha is the founder of Buddhism, which is distinct and separate from Hinduism.

His further comments on the religions of Islam and Hinduism, have angered and hurt many people who belong to these religions (like me). His version of the Heaven of the Islamic religion and the Hindu belief that everything is God, are taken totally out of context, misrepresented and written to demean and belittle these world religions. It is very easy to isolate aspects and beliefs of any religion to ridicule or to poke fun at. Further, it can also be used more seriously to commit crimes against humanity. An example is the apartheid of South Africa which is justified by quotations from the Old Testament.

A non-Christian could ridicule the Christian practice of the wine and bread symbolising the blood and flesh of Jesus as archaic, barbarous and cannibalistic. But doing that would expose that person as ignorant and a mis-understanding the intent and reason for that symbolism.

I affirm those intelligent people on campus. The message of all religions is the same. None are perfect but they give us our value systems and examples of moral conduct. They all give dignity and meaning to humans (the equal status of women must be addressed by all of them).

Prithvi Ram
 Computer Science

Respect is given to Humanizing effect

I feel sorry for Scott Boles who thinks that he knows a lot about all the religions, and displayed complete ignorance of other religions in the Spectrum, October 12, 1984.

He was trying to say that no other religion except Christianity gives value to human life, and the best is Christianity.

Jeyatharan to page 12

This Week:

CHOICE

NEXT WEEK:

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Fellowship of Christian Athletes

The film "Kevin Can Wait" will be shown on Sunday at 8:30 p.m. in FLC 319. The film is about ministering to those around us who seem to be the least of our brothers. Everyone is welcome.

Fellowship of Lutheran Young adults

On Sunday beginning at 5 p.m. at Immanuel Lutheran Church, 1258 Broadway, there will be supper, Bible study, and a hay ride.

International Students Association

At a table in the Alumni Lounge on Tuesday two films will be shown; one on Barcelona, Spain and one on Lebanon every hour. There will also be a t-shirt sale.

SU Karate Club

The 1984 Regional Collegiate Tournament and SU Invitational Tournament will be held on Saturday in the Old Field House from noon to 11 p.m. This is the regional leading to Nationals. Teams from North Dakota, Minnesota, and Canada are expected. General admission is \$2 and \$1 for students.

Pre Law Club

There will be a meeting in room 110 of the Library at 7 p.m. on Tuesday.

Bison Promenaders

Frank Charon is calling at the Halloween Dance at 8 p.m. in the 4-H Auditorium on Sunday.

Raquetball Club

There will be an organizational meeting on Tuesday at 7 p.m. in the New Field House room 107 for anyone interested in the raquetball club.

Students Older Than Average

Coffee and cookies will be served at the Founders Room today from 9 a.m. until noon to discuss the needs of the older students at SU.

Student Hospitality Society

A meeting for those in HMR will be held at the MSU Comstock Memorial Union in room 226 at 7 p.m. on Sunday.

United Campus Ministries

Worship services will be held at 9:30 a.m. at the UCM Building, 1239 12th St. N., on Sunday.

University Lutheran Center

Tonight at 7:30 at the University Lutheran Center "Movie Night" will be held.

The Wildlife Society

The SU Wildlife Society will go to observe the Sandhill Crane Migration with the FM Audibon Society. A van will leave from Stevens Hall parking lot at 3:45 tomorrow afternoon. Bring binoculars and lunch. Will return Saturday evening.

Young Democrats

Anyone who is interested is welcome to attend a meeting at 7 p.m. in the Plains Room on Tuesday.

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YVONNE LIES...

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Teacher departed NDSU over Bismarck frustration

There has been a good deal of talk recently about Gov. Allen Olson's billboards which suggest that he has created 5,160 jobs in North Dakota.

While I'm sure the governor has looked hard to be sure that he counted all of the new jobs he was responsible for, I'm afraid he missed one: mine.

I did not leave North Dakota State University because I found the people unfriendly or because I did not enjoy interaction with my colleagues or because I did not enjoy teaching and agricultural research.

I left because, while budgetary conditions may at times not allow as large a salary increase as we might hope for, my perception is that the ad-

ministration is too busy pleasing other interests and is neglecting both the students at the state universities and the agricultural sector, which is the primary beneficiary of an experienced experiment station staff, including professional and technical people.

Dissatisfaction is deeply felt among people I came in contact with. This can only lead to additional losses in expertise from the university system.

So, governor, you can, as far as I know, legitimately claim 5,161 new jobs. While I cannot vouch for the other 5,160, you are definitely responsible for one.

Dr. Richard E. Pyler
Golden, Colo.

I believe we must pay state employees to maintain quality education.

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Arts

Last images of Western frontier being displayed in SU's library

A collection of 31 large prints of the photographs of L.A. Huffman, dating from the 1870's to the 1890's, is on display in The Reference Room on the first floor of the SU Library through Jan. 1, 1985.

Distributed by the Arts Center of Jamestown, the photographs show the last images of the western frontier—the open-range cattle operations, the cowboys and Indians of Montana and western North Dakota. The exhibit includes five portraits of Plains Indians, ranching and homesteading scenes, photographs of buffalo, and scenes of fort life.

The large prints were made from the original negatives through an arrangement with the Coftrin Gallery of Miles City, Mont., and Dr. David Barry of Dickinson State College. Barry directed the selection of the

prints under a grant from the North Dakota Humanities Council, an affiliate of the National Endowment for the Humanities.

Each print is labeled with a quote from literature or history researched by Professors L. Ray Wheeler and Gerald Waldera of DSC.

The son of a photographer, Huffman came to Fort Keogh at the age of 24 in 1878. According to Dr. D. Jerome Tweton, his photographs capture those themes of history that dominated his world...Collectively, Huffman's photographs give evidence to historian Frederick Jackson Turner's idea that the West was a place that evolved through several distinct frontiers including that of the military, the cattleman and the farmer."

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Features

College years aren't always the best years

By Beth Forkner

We all know about stress—it's an everyday occurrence for most college students. You know the feeling—you just finished a test today, you have another one tomorrow and a paper the day after. You're three chapters behind in your accounting; you're not getting along with your roommate; your boyfriend has suddenly become unreachable; the bank sends you an overdraft notice. You call your parents to cry on their shoulders, and they say, "It can't be all that bad. Don't forget—college is the best years of your life." Well it can be that bad, and sometimes it is.

Everyone, regardless of age, sex, occupation or profession, at some time or another feels the impact of stress. But what exactly is this all too common thing called stress?

Stress is pressure from outside that can make you feel tense inside. Stress is an unavoidable fact of life. Some stress is a part of daily living—it affects everyone. But too much stress on the mind and body is not good.

Not all stress is bad though, since it is not always caused by negative factors. Some stress is caused by positive factors. Even taking a vacation or getting an A on a paper can cause certain kinds of stress.

Although your mind distinguishes between "good" and "bad" stress, your body doesn't. It responds the same way whether the stress is positive or negative.

Today, stress and its symptoms are common problems. It has been estimated that as many as 60 to 80 percent of the people who go to doctors may do so because of stress-related complaints.

One of the main causes of stress is change, especially sudden or disagreeable change. Some of these changes are personal loss, illness or injury, change in lifestyle, job changes and money problems.

Often, stress shows itself in physical signs. These signs are different in different people. Some of them include: depression, fatigue, overeating, nervous tics, headaches or ulcers.

Any of the following illnesses may be caused by stress: acne and other skin disorders, alcoholism, allergies, arthritis, asthma, colitis, constipation, diarrhea, enteritis, gout, headaches, heart disease, hypertension, nervous breakdowns and ulcers.

Some people are more prone to stress than others. There are basically two types of personalities: Type A and Type B. The Type A personality is competitive, impatient and very time-oriented. Being successful and having things is important to this type person. A Type B person is more easygoing. This person seldom becomes impatient or worries.

Type A people are more likely, according to studies, to develop a stress-related illness than Type B people.

Dr. Bob Nielsen, a counselor in SU's Counseling Center, helps people manage their stress. When a student comes to see him, he will explore (with the student) the student's concerns and help him to

deal with situational stress concerns.

"Most school problems aren't directly academic," Nielsen said. "Most of them are on the periphery. There are roommate problems, boyfriend or girlfriend concerns, problems with parents, and social and emotional concerns."

In most cases, according to Nielsen, the stress is not unmanageable for the student until it occurs in more than one area of his life. Then it appears that there is no seeming relief from the already accepted academic stress.

Nielsen feels that students should treat academics more than a challenge and recognize that school will be difficult. In addition, students should anticipate the living situations before entering college.

"Most of the time," Nielsen said, "a person can modify his external environment, or else he can modify his internal reaction to the external environment."

To do this, we need to recognize the positive in situations that appear to be only negative. Since a lot of things involve our own attitudes (we tend to say, "my life is miserable because of this certain class."), we can learn to change our attitudes, to adjust to the situation and to cope.

Instead of saying, "This class is so dumb, I don't know why I'm taking it," we can say, "I'm really lucky to have the opportunity to take this class. This way, I can challenge myself and become more knowledgeable."

This attitude change can be illustrated by showing how to change a threat into a challenge. If we perceive a test to be a threat, we force ourselves to study. When we force ourselves to study, hating it the whole while, we have a stressful situation. But if we think of the test as a challenge and a chance to show ourselves and the teacher how much we've learned, then we have a positive situation and one that is not so stressful.

Too often, people focus on just the negative in a specific situation. Nielsen calls this the "cut-thumb syndrome." In other words, when we cut our thumb, it hurts. All the focus goes to the thumb and no attention is paid to the other nine fingers which are still working. This happens in various situations, as well. "Instead of focusing on the negative, we need to deal with reality as it is today," Nielsen says.

Often, when we are faced with high stress in our lives, we avoid things, such as classes, tests and other responsibilities. Instead of taking away from the stress, however, this just makes things worse by adding more stress and

guilt.

By doing this, we go into a stress cycle: we are stressed, which makes us feel stressed, which adds even more stress, which makes us feel even more stressful, etc.

However, stress doesn't have to dominate our lives. Nielsen advocates several ways to manage stress.

The first way to reduce stress is simply to relax. Another stress reducer is physical exercise. Even taking a short walk with a friend is enough to slow down your stressful feelings. Harder exercise, such as running, biking, or playing racquetball, is also good. Physical exercise helps us use energy in positive, productive ways.

"Just taking time out during the day sometimes helps," he said. "You need to catch your breath. The most important thing is to be good to yourself."

The body, Nielsen explained, has natural repair mechanisms. We are often rejuvenated by letting these mechanisms do their work. Sleep and rest is a necessity for the body to repair itself. "Most people need seven to eight hours of sleep a night," he emphasized. "But few of us get it. Some people say they can get by with less sleep, but usually this isn't true."

Letting out your emotions is one of the best ways to help manage and reduce your stress. Instead of keeping everything bottled up, you should let some of it out. Sometimes simply talking is enough to get things out. Nielsen advises talking out anxieties and expressing ourselves. In addition to talking emotions through, crying is good. This emotional catharsis is good for the body and allows some of the stressful feelings to be washed away.

The flip side of tears, laughter, is also a healthy way to reduce stress. When we laugh, we are getting rid of pent up energy and feelings. Besides, it's hard to feel stressful

when you're laughing.

In fact, just simply having a time is a way to help us feel less stressful as long as we take care of ourselves in a healthy way, Nielsen emphasized that alcohol and drugs are not healthy ways to deal with stress. Actually, they add to stress by making us feel temporarily happy, but not getting rid of the problems.

"A lot of stress we bring on ourselves," he said, "by worrying about things that aren't even going to happen." An example of this is when we worry that we are going to fail a test, when in actuality it isn't likely to happen.

"My favorite definition of worry is this: Worry is something we do about something that we don't have anything else about." Nielsen strongly emphasized that there is nothing positive about worry. On the other hand, he feels that if we do something about a problem, it is a healthy concern. If we're not acting on the problem, it's totally negative.

A good example of this is, again, a test. We all worry about our grades. Sometimes all of our energies go toward worrying about a bad grade. However, if we get a tutor or ask someone to help us, the worry turns into healthy concern. By doing something about the test, we channel our thoughts into productive means rather than destructive.

Some things though, we can't do anything about, as weathers or nuclear disaster. Nielsen feels that by worrying about these things, we build internal stress. Instead of worrying about things we can't change, we need to do something about things closer to home that can change.

"My grandmother," he said, "gave me a general philosophy about life: think if we treat life this way, we will be happy. She said there's not a thing as a crisis in life; there

Stress to page 18

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Ghouls, goblins, masks, and candy are childhood memories that enhance Halloween celebrations

By Jeff Kleist

Ghosts and goblins wake up. Oct. 31 is nearing! Halloween, or All Hallows Eve, is the one night of the year when you come back to mingle among the living.

It has not been determined when Halloween was first celebrated, but rituals can be traced back as far as the 18th century. At that time it was called All Saints' Day and was a festival for the "good people" who died. Later it became a time that favored witches, demons and hobgoblins.

There are many stories that surround Halloween night. Some pertain to the awakening of the dead who roam the countryside, while others are linked to prewinter celebrations.

One such story that interests us in the north country says that if we build a large enough bonfire on the eve of Halloween, it will energize the sun with enough heat and light to ensure a mild winter.

The other day while I was walking by the five and dime I notices plastic jack-o-lanterns, grotesque masks, outlandish costumes and, of course, candy. These are all reminders that Halloween is right around the corner. As an adult, the ritual of dressing up and trick or treating doesn't do a lot to excite me (in fact I find it the single, most awkward night of

the year), but I remember when that wasn't always true.

As a child, I never needed a reminder. Halloween was one of my most favorite days. It ranked right up there with Christmas. The biggest difference was that I never got socks and underwear on Halloween. Candy...yes! All that candy. I used to fill up a pillowcase, empty it, go back out and get another one half full before I was ready to let another year slip by.

Backspace

We used to prepare our costumes days in advance and pray for no rain or snow. With our faces painted and our bodies covered with tattered articles from the "rag bag", we would hustle from door to door.

My favorite costume was that of a hobo...ill fitting clothes, no color coordination and charcoal to get the dirty effect. One year when I was five or six years old, I was dressed up as a girl (my folks still have the picture). I guess the rag bag had more of mom's clothes in it that year.

The morning after had a ritualistic twist. I made a candy store and figured out the net worth of my supplies, depleting my inven-

tory as quickly as my hand could reach my anxiously awaiting mouth. backspace

Some adults seem to enjoy Halloween as much as the kids, they dress up as kings and queens, apes, apples, former presidents and other bizarre characters. Some people walk their kids from door to door. Some stay home and hand out the candy, while others stay home and hide in the basement, acting like they're not home (these are the ones who get terrorized by young sugar addicts being denied their fix). The consequences to the "hiding game" could be severe:

1. Toilet paper hung by the kids with terror
2. Who feverishly soaped your windows with no particular flare
3. to remind you, next year you better beware!

Another possible deterrent to the hiding game is that your actions cannot possible go unnoticed. After all, your yard will tell the whole story in the morning. Consider your game plan thoroughly!

Blood-curdling creatures still roam through the night on Halloween. If you must drive or be outdoors I suggest you use caution and don't be alarmed if a witch straddling her broom stick passes overhead. Have a good Halloween.

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PG-13

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PG

3 "THIEF OF HEARTS"
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PG

4 "TEACHERS"
Mon.-Fri. 4:30-7:15
Sat. & Sun. 1:30-3:15-7:15
R

5 "LITTLE DRUMMER GIRL"
Mon.-Fri. 4:30-7:30
Sat. & Sun. 1:30-3:30-7:30
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Life growth and changes affect stress levels and health changes

At the University of Washington Medical School in Seattle, Drs. Thomas H. Holmes and Richard H. Rahe devised a "Social Readjustment Rating Scale" test, which lists forty-two common life changes in the order in which they found them to be important as indicators of possible illness.

This test is widely used now to determine how susceptible you are to disease. If you have a score of less than 150 within a period of a year you have only a 37 percent chance of getting sick within the next two years. Should your score be between 150 and 300, your chances of an illness increase to 51 percent. If you score over 300, you are in serious danger, for the odds are 80 percent that you will have sickness within the next two years.

Life represents growth and change. Change causes stress. You can help yourself by keeping things in perspective and realizing just what sort of stress (good or bad) you are under. That will help you live longer, happier and healthier.

In the past 12 months, how many of these life-changes have you had?

Event	Score
Death of spouse	100
Divorce	73
Marital separation	65
Jail term	63
Death of close family member	63
Personal injury or illness	53
Marriage	50
Fired from work	47
Marital reconciliation	45
Retirement	45
Change in family member's health	44
Pregnancy	40
Sex difficulties	39
Addition to family	39
Business readjustment	39
Change in financial status	38
Death of close friend	37
Change in number of marital arguments	35
Mortgage or loan over \$10,000	31
Foreclosure of mortgage or loan	30
Change in work responsibilities	29
Son or daughter leaving home	29
Trouble with in-laws	29
Outstanding personal achievement	28
Spouse begins or starts work	26
Starting or finishing school	26
Change in living conditions	25
Revision of personal habits	24
Trouble with boss	23
Change in work hours, conditions	20
Change in residence	20
Change in schools	20
Change in recreational habits	19
Change in church activities	19
Change in social activities	18
Mortgage or loan under \$10,000	18
Change in sleeping habits	16
Change in number of family gatherings	15
Change in eating habits	15
Vacation	13
Christmas season	12
Minor violation of the law	11

I don't belong to any religion and don't believe in God but, do give respect to all religions equally because we need them to humanize the world.

Scott Boles said that Hindu's believe everything is God, I am God, you are God, the dirt is God; and further he concludes logically that we are equal to dirt therefore, Hinduism doesn't give any value to human life.

I'd like to ask him if he knows about Hinduism-the oldest existing religion in this world. He can convince some Christians who are ig-

norant of other religions. Hinduism says that God is everywhere to show that he knows everything you do. You can't hide anything from him.

Scott Boles came out with his narrow-minded religious knowledge and gave absolutely meaningless interpretation. I believe he would learn something about other religions before he starts to write about them.

Jeyatharan
EEE

Student would feel differently if born and raised in another culture

In response to Scott Bole's article (Friday, Oct 12), as a Christian, I have to admit that I was appalled at some of the things that were said. I think he displayed complete ignorance on world religions, not to mention his own narrow-mindedness and holier-than-thou attitude.

I would certainly like to know his sources for the claims he made against the Islamic and Hindu religions, which were of the highest insult. If he had actually taken the time to talk to someone faithful to the Islamic religion, he would have gotten a distinctly different view of heaven than the grossly distorted claim he proposed. If he had studied world history, he would have found that Hindus believe God can be found everywhere because He created everything. I'm sure that if God had chosen for Scott to be born in another part of the world, in a different society and culture, he wouldn't hold the exact beliefs he holds now.

As to the comment about women in the Islamic society, I would like to

know if he has ever been in an Islamic community, because I have, and was treated with utmost respect. I think if he would stop to look at the number of rapes cases and wife beatings, the raging pornography, promiscuity, and prejudice against women in our own supposedly Christian society, he wouldn't be so quick to point the finger at someone else.

Furthermore, if he had cared enough to look at the teachings of these religions, he would have found that they actually have some things in common. In fact, Jesus is considered a prophet in Islam, and is held in high esteem.

It is fanatical attitudes such as yours, Scott Boles, that perpetuate wars to be fought in the name of religion. Why not take a "live and let live" attitude? After all, each is responsible for his own life.

Jeanne Steiner
Former SU Pharmacy Student

Student believes tramplor should check his facts before judging

The line between different religions has always been a sensitive and fragile one. It is a line that is to be treated with respect. Unfortunately, Scott Boles, you have trampled very hard over this line in your letter to the Spectrum. I, as a Hindu, feel obliged to respond.

All those quotations from the Bible were very impressive. I wouldn't be a bit surprised if you knew the entire Bible by heart. However I can't say the same thing about your knowledge of other religions. You even implied that Buddha (who is the founder of Buddhism) was a Hindu God! Before you criticize something you should make sure you know and understand what you're criticizing.

You speak of the "value to human life" that only "Christianity offers." This same idea was present when the countries of Europe invaded and colonized so much of the world. This same idea was present when Blacks were slaves in the south. I am not saying that this applies just to Christianity. Every culture has

committed atrocities, at one time or other, in the name of its religion.

As for your comments regarding Hinduism, and your bizarre conclusion that the Hindu equates himself to dirt! I can only say that it is either a figment of your imagination, or it is some aspect of Hindu philosophy which you have taken too literally. If I were to take your Christian writings too literally for example, I would come to the conclusion that Christians are cannibals because they eat the flesh and drink the blood of Christ. But I know better. I know that there is a very profound and important meaning behind that startling statement.

Ultimately the true value of a religion can be judged by the culture it supports. Hinduism has served its followers well, and so it has existed without any major splits, for the last four to five thousand years. It is based on very valid philosophical thoughts and principles. More importantly, it is very tolerant of all

Jeyatharan to page 13

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10:00	George Sinner	Rep. Governor
10:30	Kent Conred	Tax Commissioner
11:00	John Lesmeister	State Treasurer
11:30	Bob Peterson	State Auditor
12:00	Lois Altenburg	U.S. House
12:30	Dale Sandstrom	Public Service Commissioner
1:00	Donna Nalewaja	District 45
1:30	Scott Hove	Tax Commissioner
2:00	Byron Dorgan	U.S. House
2:30	Ruth Meiers	Lt. Governor
3:45	Rick Berg	District 45
4:00	Yvonne Lies	District 45

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October 23, 1984

**States Room, Memorial Union
North Dakota State University**

**MORNING/States Room
Memorial Union 10:00 - 12:00/Symposium/Forum**

- "Some Problems in Defining Terrorism"
John E. Monzingo, Associate Professor of Political
Science, North Dakota State University
- "Moral Justifications of Latin American Ter-
rorist Groups"
David L. Feldman, Assistant Professor of Political
Science, Moorhead State University
- "Terrorism and Television: On News Values,
Morality and the Commonweal"
Dean E. Alger, Assistant Professor of Political
Science, Moorhead State University

**AFTERNOON/States Room
Memorial Union 2:00/Keynote Address**

- "Terrorists: Believers, Soldiers or Thugs?"
Brian M. Jenkins, Director of the Security and
Subnational Conflict Research Program of the
Rand Corporation

Moderator and Program Director,
Robert A. Wood, Assistant Professor of Political
Science, North Dakota State University

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Jayaram from page 12

other religions. I as a Hindu believe that every religion is just a different path to God, and I'm sure that most other people feel the same way. I am willing to accept Jesus Christ as a son a God but not the son of God. Your claim for the unique authority of Jesus and the biblical revelation of which he is the center seems to be very intolerant.

Your ideas belong to the days of the Crusades. I urge you to find out more about other religions. There

are excellent booklets available free of charge, at the University Lutheran Center, describing most world religions. Take a look at them. They have been issued by the National Student Ministries here in the U.S. If you wish to know your own religion better, you have to know in what ways it is truly different from other religions.

**Nikhil Jayaram
EEE**

Societies and cultures make a big difference in religious beliefs

The so called intelligent student Scott Boles, not only displayed his heights of stupidity, by expressing his belief in the Spectrum, but also showed there is no limit to ignorance.

From Scott's article it is clear that, not only that he doesn't know or understand christianity, but he is totally ignorant of world religion. He doesn't even know who Buddha is or what Hinduism is about. Buddha is not the god representing Hinduism but He is a god of religion Buddhism.

Religion whatever it may be is great in itself. Religion is nothing but faith or belief one follows that caters to one's needs depending upon one's social and cultural background. Since people don't only differ culturally and socially but also in their way and outlook of life, mostly everybody differs in their

religious beliefs. So all religions are great and the gods representing these religions are also great. There is no one religion or god superior than the other because, for the Christians, Christ is great, for Buddhists, Buddha is great, Mohammed and Krishna are great, for Muslims and Hindus respectively. But is is narrow-minded ignorants like Scott, who consider themselves superior to god and start criticizing other religions and gods. People like Scott should be condemned because they build walls of hatred between students and people of different and religious belief. If we want peace and harmony on campus and around the world, we have to accept and respect people for what they are, rather than trying to establish air of superiority.

**Anil Patel
Pharmacy**

'Heights of stupidity' displayed in article about the world's religions

In a letter printed in the Friday, Oct. 12 Spectrum, an author claimed that people must believe in God (Christianism) to have morality and obtain salvation. Also, he stated, "No other religion offers value to human life except Christianity." I perceive that these statements are incorrect.

If we look objectively at other religions, we find many codes of ethics. Judaism's Decalog, Hinduism's Yamas and Niyamas, and Confucianism's social codes of respect are just some of the examples of morality around the world.

Each religious tradition explains life in social, spiritual, and 'self' contexts, offering morality, salvation, and value for human life. The set of morals, salvations, and values that individuals choose depends on what their background and perspective is.

I invite non-Christians to comment on their own traditions in the Spectrum. I feel that more dialogue in this area would relieve a lot of misunderstanding, hatred, and arrogance demonstrated lately.

**Jay Flynn
University Studies**

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MISCELLANEOUS

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STUDENT ADVISING for engineers Mon., Oct. 22, 5-7 p.m., Engineering Center Room 103.

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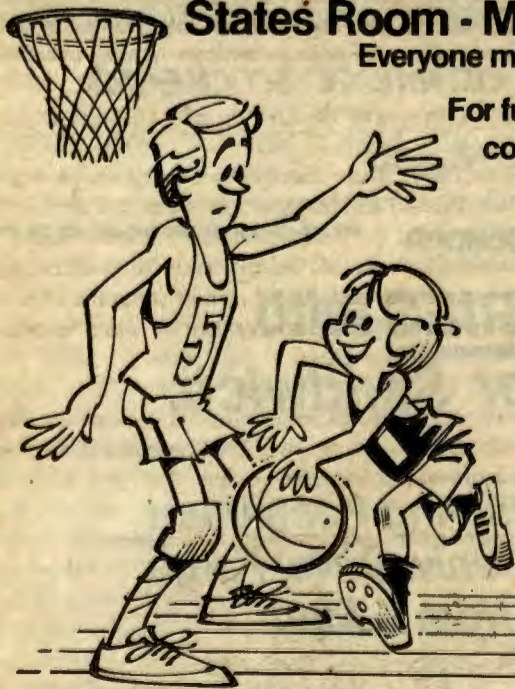
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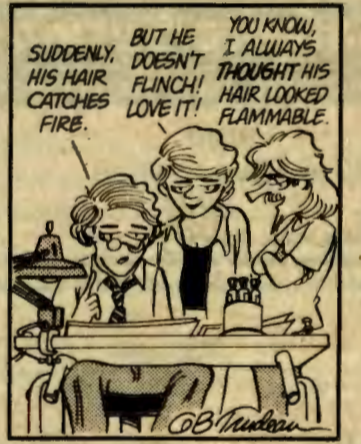
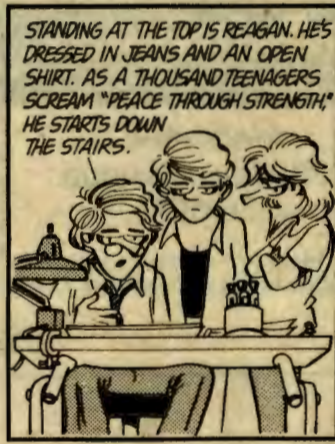
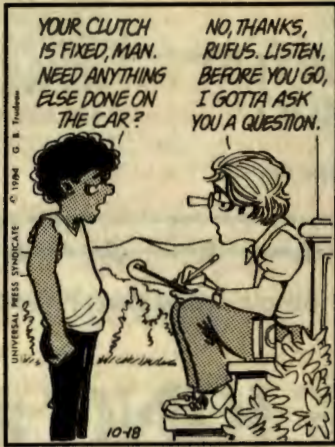


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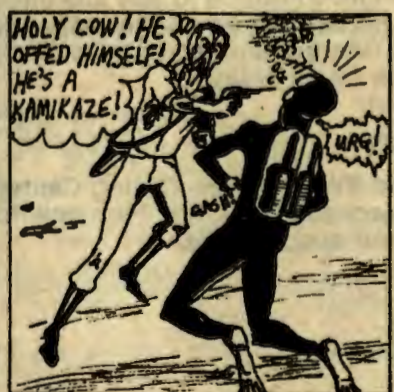
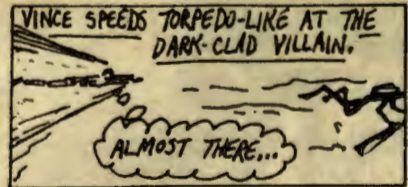
Doonesbury

BY GARRY TRUDEAU



Vince Torino Rogue-At-Large

By Patrick Tilton



Rivalry has both advantages and disadvantages

By Bamson Fadipe

What do we mean when we talk about rivalry? Do we mean the competition among people or things?

Rivalry occurs in most things that we do in our everyday life. Take for example the rivalry between the United States and the Soviet Union. Russia said that they will never let the United States gain military superiority, so the competition continues between these two countries by increasing and spreading their military power in other countries.

Opinion

One might say that the same thing is happening between the SU and UND football teams. I was on my way to the New Field House one evening when I noticed that one of the football players was wearing a T-shirt that said "Sioux suck," then I remembered that I met a UND student this summer that was wearing a T-shirt that said "NDSU sucks". What did this phrase refer to? Was it referring to people at SU or specifically to the football team? I don't think that phrase fits any aspect of me or my friends, so maybe UND needs to rephrase that statement to "Bison suck" then we'll be even because Bison and Sioux are symbols relating to intercollegiate sports.

Although the rivalry has caused some abusive terminology and insults, it does have some advantages.

According to the assistant football coach Earle Solomonson, the rivalry has caused the game between UND and SU to be the biggest game in North Dakota, and the game that always draws the largest crowd of the year. Last year the Bison dumped the Sioux 23-6 at Dakotah Field. The estimated crowd was about 15,000, the largest crowd for that year.

If this rivalry is the cause for all of these things, then we'll see who the phrase (sucks) will fit this year when both teams meet Oct. 27 at UND's Memorial Stadium.

Stress from page 10

only life situations to live through and learn from. So when negative things happen, we just have to learn to live through them."

Nielsen strongly believes that the positive in life can be emphasized. We have charge of our lives-if we want to exercise this option.

Stress is part of our lives and unavoidable. If we're not stressed, we're not living. One important thing to remember however, is not to seek to avoid stress-that's impossible. We need to manage our stress so that it becomes a positive thing in our lives. If we can channel this stress in healthy ways, it can become positive.



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Roberts says Cards are good but the Skins will win

Last week I was back to 9-5 as was my guest picker. This week the guest picker is Curt Klath. It looks like several games this week will go right down to the wire. Let's take a look:

New York Giants 21 at Atlanta 27
Guest: New York Giants 17 at Atlanta 28

After Atlanta's big win over the Rams and the way the Giants looked

on Monday, the Falcons are the obvious pick.

LA Rams 20 at New Orleans 14
Guest: LA Rams 17 at New Orleans 21

Here's the first of five disagreements with my guest. Even with the Saint's acquisition of Earl Campbell, I'm going with the Rams.

Chicago 24 at St. Louis 21
Guest: Chicago 21 at St. Louis 24

I'm going with the Bears due to their defensive edge. Payton will be able to run on the Card's as well.

Tampa Bay 31 at Detroit 24
Guest: Tampa Bay 20 at Detroit 23

The Bucs are probably the only team who can challenge the Bears in the Central. They'll hang tough against the Lions.

Dallas 20 at Washington 30
Guest: Dallas 20 at Washington 21
The Skins should handle the Cowboys at home. But this promises to be a battle as it always is with these teams.

Minnesota 23 at LA Raiders 31
Guest: Minnesota 24 at LA Raiders 34
The Vikes will be hurting even more after this week.

Indianapolis 21 at Philadelphia 23
Guest: Indianapolis 12 at Philadelphia 17

The Colts have a few injuries so I'll go with the Eagles in another tight one.

Houston 10 at Miami 31
Guest: Houston 14 at Miami 28
This is one of the few that won't go down to the wire.

Cincinnati 13 at New England 20
Guest: Cincinnati 20 at New England 17

I can't see the Bengals winning two in a row, I'll give it to the Pats by a touchdown.

San Diego 28 at Kansas City 27
Guest: San Diego 28 at Kansas City 21

I'll give it to the Chargers with their flourishing offense in another close one.

Buffalo 17 at Seattle 34
Guest: Buffalo 10 at Seattle 17
The Seahawks will bounce back after their loss to the Raiders.

Pittsburgh 20 at San Francisco 31
Guest: Pittsburgh 20 at San Francisco 21

The Niners will remain unbeaten after this week.

New York Jets 23 at Cleveland 17
Guest: New York Jets 21 at Cleveland 28

The Jets big-play offense should prevail over the Browns mediocre attack.

(Monday)
Green Bay 23 at Denver 24
Guest: Green Bay 24 at Denver 27

Looks like another hard-luck loss for the Pack. The Broncos may be the most underrated team in the league with their tough defense and Elway's improvement.

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NDSU Festival Concert Hall

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\$5 for NDSU students with I.D.
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Sports

Dragons are downed with 3 consecutive victories for Bison

SU challenged Moorhead State in Volleyball on Tuesday night as the Bison women downed the Dragons in three of the best of five game match.

Junior Zaundra Bina gave the Herd an 8-1 lead in the first game of the match. Senior Amy Quist followed up on sets from Terese Reynolds to add to the victory. LeAnn Kiefer served up the last five points of the game, acing the final game point for a 15-2 Bison win.

MSU jumped out to a 4-2 lead in the second game, but tri-captain Patti Rolf slowed the Dragon offense by blocking a quick hit.

Reynolds brought the Herd back, serving to an 8-6 Bison lead. Bina finished off the match with aggressive serving for a 15-7 win for SU.

The Dragons were no competition for the Bison, as the Herd offense kept perfecting their pass, set and hit combinations.

Sue Siebsen, 6-2 freshman, came off the bench and delivered three kills out of the right front position.

Freshman Lori Tellhey from Fargo, came in and served three points giving the Bison a 14-1 lead.

Beth Mattson put down a middle kill to finish the game for a 15-2 win and a match victory for the Herd.

Bina and Rolf showed strong performances as they each tallied up nine kills for the match. Kiefer and Quist followed in the stats with five each. Rolf also led in service aces and blocks with two in each category.

"I thought we played much better tonight," Coach Donna Palivec said. "The freshman came in and showed strong, aggressive play."

The team traveled to UND in Grand Forks last weekend to join five teams in a round robin tournament. The Bison fell short of winning the tournament, losing in the championship game to the University of Winnipeg.

The best of three game matches began on Friday as the Bison easily handled South Dakota State 15-0 and 15-11.

Quist led in the kills category with five, along with Rolf, Siebsen and Mattson, who followed with four each. Kiefer showed effective blocking for the Herd defense as they shut down SDSU's offense easily.

The University of Winnipeg was next on the agenda for the Bison, but the Bison couldn't get the effective offense and defense together that they'd displayed all season.

Rolf downed eight kills to the floor, but it wasn't enough to put Winnipeg away, as they defeated SU 15-11, 15-8. Setter Reynolds aced two serves for the Herd, along with Mattson's two block solos.

The Bison came back Saturday morning ready to play as they romped over Augustana College 15-8, 15-1. Rolf and Quist again led the team in kills with eight and seven respectively. The Herd also showed some aggressive serving with Rolf and Mattson at the line, acing three and two respectively.

The second match of the day was



Marian Bialobrzewski drives in the women's scrimmage during the men's half time. (Photo by Jeff Wisnewski)

with host team UND. The Herd handled the Sioux easily in the first game with a 15-1 victory.

The second game of the match didn't come so easily with a close Bison win, 15-13. Rolf and Kiefer, from Bismarek, put up a strong middle block, each tallying up two block solos. Rolf also led in kill statistics for the match with six, and Quist rounded up three service aces for the Herd.

Quist out-powered Mayville State in the following match, downing 11 kills for the Herd. Sophomore Gretchen Hammond put three serves into Mayville's court, leaving the opponents unable to return, giving SU points. The Herd's total team play put Mayville away 15-6, 15-9.

In championship play, SU contended with Augustana in the semi-final match. The Bison once again shut them down with a 15-3, 15-7 score to show for it.

Quist and Rolf demonstrated senior leadership, as they blasted 11 and eight kills respectively. Hammond also had three service aces for the team as well.

The championship match belonged to SU and Winnipeg, who had defeated SDSU in semi-final action.

Winnipeg put together a strong offensive attack as they hit hard and tipped smartly at SU's defense. They were able to maintain the strong momentum as they defeated the Bison in the best of five match, 15-8, 16-14, 15-8 giving them the championship win. Quist led the team in the kills department with 13, followed by Rolf and Mattson with 12 and nine, respectively. Bina tallied up two service aces for the Herd, also.

"The loss to Winnipeg doesn't count toward our total record, since they aren't in the NCAA. This tournament was meant to be a low-key weekend in order to give our girls some rest and recovery time before the second half of our season begins," Palivec said.

Palivec said that the main goal for

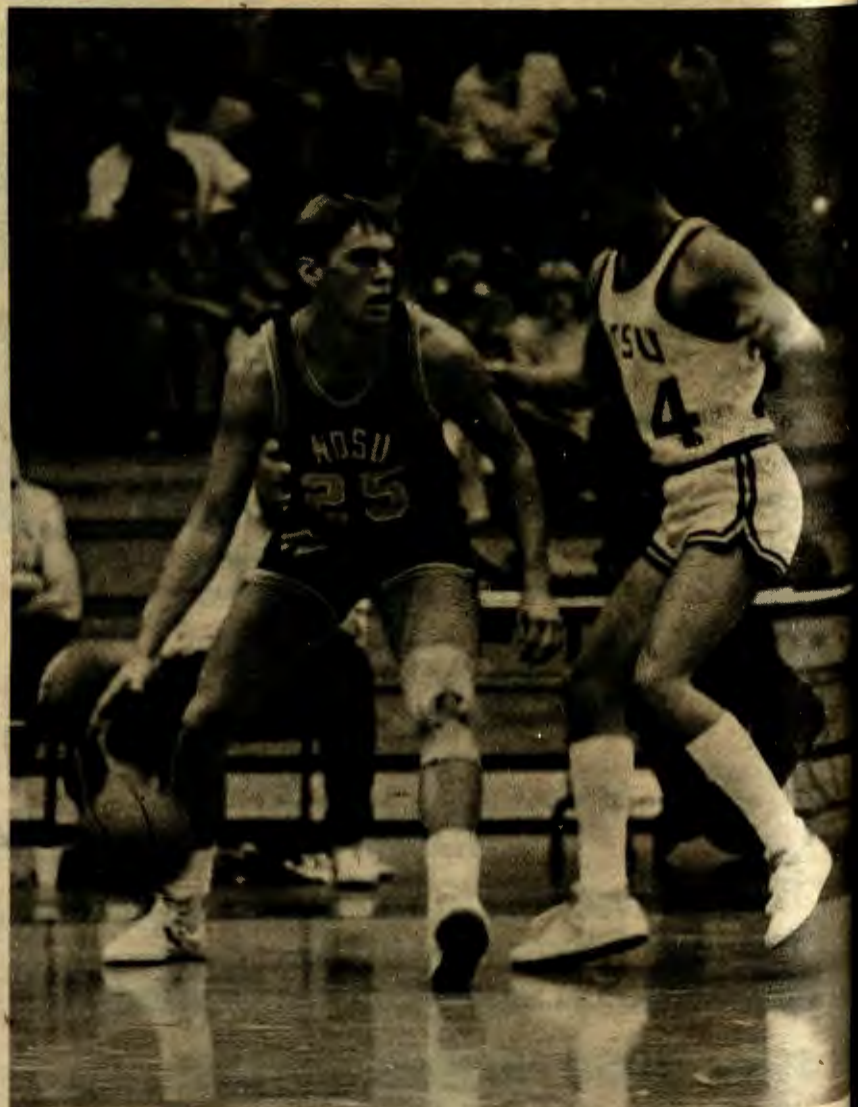
the team now is to prepare for the tournaments ahead the remainder of the season, which include the Air Force Academy in Colorado, Nebraska-Omaha and the Lewis Invitational in Illinois.

"We just didn't put it together this weekend," Mattson said. "It didn't seem like we were clicking as a team. But now we know we still have to keep improving and working hard. I'm not too worried about our losses to Winnipeg—they were a

good team. But so are we, and we have to remember that."

For the second week in a row, the Bison have maintained their NCAA Division II National Volleyball ranking at the number six spot. The top teams are 1. Cal-State Northridge, 2. Portland State, 3. Cal-State Riverside, 4. Ferris State, 5. Sacramento State and SU is sixth.

The Herd travels to Mankato State this weekend for a two-day tournament.



Freshman forward Kevin Jagiello looks for an opening during the opening night scrimmage held Monday evening. (Photo by Jeff Wisnewski)