## oney or lack of it can decide an education

## By Coreen Stevick

ancial aid adds a crucial relief any students' budgeting pro. The dollar amount received mean the difference between nuing an education or dropping get a job for a while.
cording to reports published by financial aid office, 57 percent enrollement in 1983 received form of aid. It amounted to million dollars last year. ere are a variety of financial aid ams, said Wayne Tesmer, SU cial Aid officer. A student can for loans, grants, on-and-offus employment and scholar-
eed of the student is of primary rn, but isn't a concrete factor. b look at other things." he said. niform methodology formula is to determine the need, based variety of factors including tal support.
mer estimates a cost of $\$ 4,165$ student living on campus for ear. This includes tuition, $\$ 350$ ooks, a seven-day room and contract and approximately per month for personal ex-
the spring we look at the apons and provide that everyone t least something. The initial that needs won't be entirely a many cases students have acextra money from parents or
other sources."
Tesmer said it is getting harder to get loans. According to College Press Service reports, the face of financial aid has changed drastically. Grant money has dropped from 80.3 percent of the total aid package to 48.2 percent while loans increased nearly 31 percent.

President Reagan is expected to sign the fiscal 1985 education funding bill which is now on his desk.

This bill is part of a $\$ 17.9$ billion education package. Nearly $\$ 8$ billion is set to be used in student financial aid packages with $\$ 3.6$ billion for Pell Grants and $\$ 3$ billion for Guaranteed Student Loans.
There appears to be considerable controversy surrounding the education bill. Some experts say it will greatly increase the number of students who are able to receive aid, while others predict it will only help those already in theprogram.

Regardless of the President's attempts to limit the education budget, this bill is $\$ 1.7$ billion more than last year's and well over $\$ 1.5$ billion more that he wanted.
In the budget request Reagan delivered to Congress last winter, he wanted to fund most programs at the same level, eliminate Supplemental Educational Opportunity Grants and State Student Incentive Grants as well as cutting National Direct Student Loans.


Neek's ON STAGE performer was singerlguitarest George Russell.
bby Jeff WISnewskl)

In addition, the Office of Budget and Management proposed to lose even more aid by keeping budgets the same for the next four years, thus allowing inflation to chip away at the dollars remaining for, students.
Several campus-related student organizations are lobbying in Washington D.C. to aid•in keeping Congress from making cuts that are too drastic. The head of the College Republicans in Washington is hopeful that some cuts will eliminate some of the waste in the higher education department. "There is tremendous waste in that department," said Jack Abramoff. He also
predicts the administration will increase its hunt for students who have defaulted on student loans.
Some resolutions that will more directly affect SU students are in the works within the state department of higher education. One such bill has already been approved and is intended to increase state grant appropriations to students.
A scholarship bill and one for Native Americans are also proposed. They are estimated to provide about $\$ 100,000$ in funding for the students.
The fourth bill, which is still being prepared, will be related to college work study programs.

## 'Threads' tries to shock us into anti-nuclear activism

## By Kevin Cassella

It's been almost a year since ABC aired "The Day After." Yet images of a nuclear holocaust persist on the television screen.
While one program aired on television relatively unnoticed by many Americans-unlike "The Day After"- another seheduled to be broadcast on cable television next month may draw just as much attention as the ABC movie.
"Testament" aired Nov. 26 as part of the "American Playhouse" series on the Public Broadcasting System. The movie focused on a California family and its struggle for survival during a nuclear blast.

The $\$ 1$ million movie was released to theaters during the fall of 1983 , and that may have hurt viewership, according to Larry While, program director at Prairie Public Broadcasting, adding that some people may have already seen the film.
"I think our audience size was down to some degree. Personally, I don't think you can 'thump' that theme too long without reducing audience reaction.'


Early childhood ed is topic of next seminar

The Bismarck Early Childhood Education Program will be explained during a YMCA of SU Brown Bag Seminar at 12:30 p.m. Wednesday, Dec. 19, in the States Room of the the Union.
The program offers a variety of services to children starting at the pre-school level and addresses special needs of children. Speakers will be Mary Ann Anderson, Michelle Hogan and Paige Pederson of the BECEP staff.

The station received what he called a fairly normal viewer response to "Testament's" broadcast.
In addition, PBS had only $\$ 5,000$ to publicize the movie, while ABC spent more than $\$ 12,000$ to plug "The Day After," which was viewed by some 100 million people-the sixth fargest audience in television history.

The Associated Press, says America's stomach for the subject will be tested by the broadcast of "Threads." The film will premiere on cable television's WTBS Superstation Jan. 13. It will play two more times on the station before being syndicated to non-cable stations.
The movie, the AP says, is an obvious attempt to shock people into anti-nuclear activism.
The film contains footage of charred bodies and people eating frozen rats, which are said to be immune to the effects of radiation, according to Eric McLamb, public relations director for entertainment syndications at WTBS, in a telephone interview.
"A couple of the more graphic portions have been edited out," he said, referring to a scene where a woman gives birth by herself and is seen biting through the umbilical cord.
"It's (the movie) not made to shock the viewer's sensibilities."
McLamb says the movie graphically portrays a nuclear holocaust according to what both American and Soviet scientists say will happen after a nuclear attack.

WTBS will air disclaimers stating that parental discretion is advised and recommend that children under 17 years view the movie in the presence of an adult, McLamb said.
He defended the decision to air "Threads" by saying family entertainment, for which the Superstation is known, may also be educational, and that is what "Threads" is.

Also scheduled to air on WTBS on Jan. 14 is "On the Eighth Day," a documentary by the British Broadcasting Corporation with a panel discussion following on a special edition of Freeman reports.

## Job availability and competition are highest

By Margaret Palmer
Nationally, job prospects for college graduates are better than they have been in five years. While the competition for entry level jobs is tough, there are jobs, according to

## Larry Wilkinson, SU's job place- they did last year.

" 1985 will be a better year to be coming out of college than 1984,'Judith Kayser, CPC spokeswoman said. "We're expecting the expansion to continue. We


Getting a job is hard work and the interview is just one facet of the job hunt. (Photo by Jeff Wisnewski)

## Job placement can assist in job search

## By Margaret Palmer

At this time of year, juniors and seniors are concerned about resumes, interviews and finding that fantastic job. Larry Wilkinson, director of job placement at SU gave a few tips that will make the job search a little easier.
Finding a job requires a lot of time and effort. Many seniors do not have the time to prepare themselves properly, but it is important that they do so, he said.

It is very important that the student knows who he or she is. Questions asked during the interview will be probing and the grad can
make an impression that would otherwise be missed if the grad had not taken the time to make a selfevaluation, Wilkinson said.
The grad should decide what job he or she wants. He should identify two or three areas that would be attractive as job opportunities. The companies that are offering those jobs should be researched. Employers and recruiters are more impressed if the grad knows something about the company they are are approaching, he said.

The student should target his or her campaign toward these companies. When the cover letter
resume is sent to a company, one should mention that a call will be made to set up an appointment.
The grad should not approach the company cold by knocking on doors, but instead send a letter first then set up an appointment, Wilkinson added.

Many of the larger corporations use the requirement of a high grade point average to weed out the applicants. This makes it harder for some students to get into the office. "It is an easy eliminator," Wilkinson said.

## Measle outbreaks spotted in many colleges

By Bob Schlomann
Despite dramatic increases in the number of measles cases contracted by students at some colleges during the last three years, students attending colleges in the Red River Valley have managed to avoid the disease.
Health service officials at SU as well as MSU and Concordia College said there have been no confirmed cases of measles at these schools in some time.
According to College Press Service. 101 cases of measles were reported on college campuses in 1981, but the number mushroomed to. 282 by 1983. Efforts to control the problem are expected to result in fewer cases this year, the report said.
There are two reasons for the re-
cent outbreaks. Young adults who were vaccinated before 1970 may have received an ineffective vaccine. Therefore in order to gain resistance to the disease, they would need to be immunized again.

Many students were never immunized at all, the CPS report added.

Students in primary and secondary schools in North Dakota and Minnesota are required by law to be immunized against measles.

Judy Dulski, director of the MSU health service, said Minnesota health officials have been generally successful in persuading people who may have had the ineffective vaccine to be reimmunized.
"We have not had a confirmed case of measles in the last two years," Dulski said, though the
health service is aware of the problems at other campuses and is alert to the possibility of an outbreak at MSU.

Kathy Benson, nurse administrator at Concordia, said "I can't remember when we've last had a case of measles."
Students seem to be keeping their immunizations up to date, and the college does not plan any extra precautions in view of the outbreaks at other schools. "I don't think there's been any outbreaks in this area," she said.

While there have been no cases of measles at. SU either, Jan Naylor head nurse at the SU health center, said, "We're in the process of instituting a more complete immunization requirement."

The new rule would require in-
coming students to prom documented proof that they either had measles or have beta munized against the disease, 10 said.
The CPS reported some sd have instituted measures such fering measles fmmunizations ${ }^{6}$ to students, requiring studenin prove they have been immul before allowing them to regish classes and even devising prof to test student's resistanu measles in an effort to controd problem.

Of 12 campuses reporting mat outbreaks so far this fall, the serious have been at Miamio Houston, Lovisiana State and mouth, the report said.

## odus of SU instructors looks for greener pastures

By Rick 01 son
ral SU faculty members have University to seek higher positions either in the sector or at other colleges sector or at Indications point a possible continued exodus uctors from SU and the state. uctors Dakota Gov. Allen Olson d his proposed Ate budget 1985-87 bieanitum Dec. 6 in ck. Olson's budget includes a endation for raises in faculty $s$ on the following scale: a 7.6 increase effective Jan. 1, followed by a 5 percent inset for July 1, 1985 and $r 5$ percent raise on Jan. 1,

John Richardson, North commissioner of higher ion said the budget also proraises for classified staff at leges and universities.
ardson said in a telephone infrom Bismarck, that the or's budget calls for an 8 perincrease in the classified increase salaries effective July 1, nd 5 percent on July 1, 1986. elect George "Bud" Sinner of ton and state House Majority Rep. Earl Strinden, Forks, are working on proposals of their own, but et to release their respective
$n$ leaves office Jan. 8, and Sinill begin his term with the $g$ of the Legislative session. legislators met in Bismarck eek for a three-day organizasession before the opening of egular session in January. Rand Corporation, a ally-known think tank, has da study regarding teachers' s. According to the report, inrs salaries over the past 10 on a national average, have hopped by about 15 percent.


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The Rand study also reported that salaries in the private sector have generally risen by 15 percent during the same period.
State Sen. Tom Matchie, D-Fargo, and an SU associate professor of English, said the Faculty Salary Committee made its recommendations to the Legislature's Interim Budget " $A$ " Committee on Higher Education.
"The. recommendations it (the committee) came up with were roughly 13 percent, and 7 and 8 percent increases (in faculty salaries) for the next biennium," Matchie said. "The committee not only adopted these reports, but made faculty salaries the number one priority."

Dr. Don Scott, chairman of the SU Agriculture Economics Department, and chair of the Faculty Salary Committee, said that instructors' salaries "have not kept up with salaries at other institutions in higher education."
"Each institution in North Dakota has documented that a number of their faculty have left for salary reasons and gone to other institutions of higher education," Scott said.

Richardson said there is no one answer as to why faculty members are leaving.
"The Board (of Higher Education) did a study that identified 61 faculty that left through early fall. Many left to accept positions at other colleges and in the private sector," he said.
Matchie said the State Board of Higher Education studied the salaries issue, "and decided to be realistic, for it (the Board) should make the 'catch up' raise not 13 (percent); but 11.6 percent. The annual increases should not be 7 and 8 percent but 5 and 5 (percent)."
Matchie stresses that this was the position of the Board. He said that SU has adopted the board's position because this is the program which the Board presented to the Legislature. He also said there is no mention of the catch-up raises in the governor's budget.
"One other different thing about the governor's budget is he (Olson) has left 10 percent of it (the budget) in the hands of the Board of Higher Education," Matchie said, "to distribute as it sees fit and to control, in other words, quite apart from the colleges. That's a new wrinkle."

Matchie sees this development as an effort to get in merit pay.
There are other considerations besides salary increases which have been prompting faculty members' decisions regarding their future employment.
"It may have been career goals, career interests, situations that dictated a move was in order...a variety
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of reasons," Scott added. "A sity, and I think it's going to involve predominant reason lately has been a new look at the Personnel Board." salaries."
"Salary is one consideration," Richarson said. "The average salary increase has been around $\$ 8,600$."
Richardson notes that most faculty are leaving for other colleges and universities, going on to new occuptions and moving to other parts of the country.

Matchie believes out of the total number of people who are leaving SU, about 50 percent of these faculty members are going on to new positions at other colleges and universities, and the other half are opting for positions in the private sector.
"One other concern that I really have and that's the salaries of the instructors and people who teach academic courses on the lower levels," Matchie said. "The lecturers, the instructors and to some extent, the teaching assistants.
"But mostly the lecturers and the instructors." Matchie added, "they are at exceedingly low levels, and that needs to be addressed, if not by the Legislature then by the Univer-
new look at the Personnel Board.
The last salary increase for faculty members was two years ago.
"The (Olson) recommendation of a 7.6 percent catch-up adjustment and 5 percent each year of the biennium is not great enough to get done what needs to get done in terms of adjusting faculty salaries," Scott said.
"The last actual salary increase we had was for the 1982-83 academic year," Scott said, adding, "No salary increases for 1983-84 and 1984-85."

Scott said, however, during the last two years of the biennium, the state has picked up some of the employee contributions to the retirement program.
It is difficult to estimate where SU faculty salaries rank nationally, but Scott said, "A recent study was done by the American Association of University Professors (AAUP).
"Fifty institutions were selected for comparison, one institution from each state," Scott said. "It happened to be UND for North Dakota. Our salaries are very similar the UND's. In an all-ranks category, we ranked 47 th out of 50 in those comparisons."

> SU ag. economist says the US should provide food aid

## By Perry Game

The African hunger crisis presently gripping that continent is reponsible for the deaths of thousands of people with several thousand more expected to perish in the next few months.
"Although most of Africa is experiencing difficulty meeting their basic food requirements," said Dr. Roger $G$. Johnson, an SU agricultural economist, "the areas with a real starvation crisis are the country of Ethiopia, the areas south of the Saharra. Desert and the southern part of the continent."
Johnson cited several reasons for the hunger crisis which includes conditions such as drought, civil wars and lack of good transportation.
"The biggest cause of hunger is poverty. Those people simply do not have the resources or the means to produce their own food, nor do they have jobs to earn money to buy it."
Johnson also pointed out that many of the countries with hunger problems are newly independent countries where military coups and revolutions have created unstable and poorly managed governments unable to initiate agricultural development programs.
The present food crisis is comparable to the last major African food crisis which occurred in 1974, according to Johnson.
"Today, the total number of starving people is about the same as in 1974, which was estimated at onehalf billion. Because the population has increased in 10 years, hunger as a percentage of population is not as bad as 1974, but the absolute numbers are about the same, if not greater."
Although a "considerable amount of food aid is taking place," the agricultural economist believes a
consistent, overall food aid policy shoud be followed.
"The problem has to be attacked on two levels. Certainly when you have a food crisis, short term food aid is needed, but agricultural developmental assistance, in the form of technology, should also be used in conjunction with the short term aid in the interests of achieving the longer-term goals," Johnson said.
"As the richest country in the world, we have a reponsibility to help in the developmental process, but we have difficulty doing this," Johnson said. "When was the last time you heard a congressman run for office and say he is for increasing food aid?"
Several internationl, national and private organizations are involved in emergency food aid. They include: The World Bank and Regional Development Banks of the United Nations, the U.S. "Food For Peace" program, CARE, Catholic World Relief and Lutheran World Relief.
In addition all the countries of Western Europe and Japan are now involved with food aid and developmental assistance.
Even though a self-proclaimed advocate of foreign food assistance Johnson said that food aid has bad effects as,well as good ones.
"The trouble with food assistance to developing countries is the tendency for those countries to become dependent on outside aid, and therefore seem to neglect their own agriculture development by not providing government assistance, credit, research and extension services. The United States recognizes this, and is trying to only provide food aid in emergency cases putting emphasis on development."

The athletic program at SU includes all sporis and desplte the Eison toolball team nationay champlonship loss to the Troy State (Alai) Trolans, the Eison are stll the feam to beat in the North Central Conference or at nallonal leval.

It ssems to mo that other teams in the con terence and around the area camnot wait to nall the tearns the SU atnlelic depsrtment produces. Well, that may te something thoed teams will have to work on for a very long time because the Blison de nol intend to give up its whning spirt.

Did the Bison really provake the other teans in the conference that much to make us the target of an altack? Meybe.

In the last two years there tavs beon 12 NCC Ulies and nine of those tites ended up at sil with the football team winning four tities in a tow and tying for two. The wrestling team snatched away three conference tities three years in a row and is tooking for its fourth one this season. The track team caplured both indoor and outdoor track tities two Years in a row.
The Bison men's basketball team also had ils share of the titles, winning the last in 1981.

Atthough it feels good to be a champlon, all these viclories have made the Blison teams the ones to watch and the enemy of the other teams in the conference. Most of these other teams have one goal in mind...to conquer the Bison
The Mankato State University (Minn) Maverick football leam accomplished its long-time goal this past season. They defeated the defending 1983 national champlon Bison. Something they seem proud of despite they were not even close to winnIng the conference title.
For those teams out there who want to destroy the Bison, you may need to triple your workload because the Bison will work hard no malter how tough the compettion gets.

And for those people who are happy because the Troy State Trojans deleated the Bison football feam, you better keep in mind that the Bison are like the death that doesn't die. SU's program still has a lot of lite in it and the Bison strall rise again whether they like II or nol.

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## bumb jocks' score as well in their classes as others

(CPS)-The dumb jock image just accurate. Freshmen athletes at pols with macalemically as freshmen don't participate in athletics, a study claims.
he study of more than 4,000 hmen at 57 different colleges nawide shows students achieved a of 2.5 regardless of whether took part in their schools' tic programs, reports Douglas ner, executive director of the erican Association of Collegiate istrars and Admissions Officers CRAO), which sponsored the
y .
athlete who has comparable emic preparation for entering ge, Conner says, allowing the archers to better compare the ets of athletic involvement on hman academic performance. y college presidents and other rts argue students should not llowed to participate in sports
their first year of college because it 1986 drives down their grades.
Among other things, the experts charge, students have enough trouble adapting to college life without the added time requirements and pressures of sports.
Despite the new study, there's still evidence that sports do hurt class work.
Eighty percent of Arizona State's football players, for instance, have received grade deficiency notices this term, according to an article in the State Press, the campus paper.
At the same time, University of Arizona's athletes' grades have risen slightly this semester, officials there report, mainly due to a new emphasis on athletes' academic performance.
In response to such controversy, the National Collegiate Athletic Association (NCAA) plans to make freshmen athletes meet tougher grade requirements beginning in 1986.

The requirements, known as Rule 48 , will require freshmen to have a minimum 2.0 high school GPA and at least a 700 score on the Scholastic Aptitude Test (SAT) before they can play sports.
But many college sports officials oppose Rule 48, saying it will do little to improve freshmen athletes' grades.

Moreover, many black leaders argue it will unfairly affect black and other minority students, who tend to score lower on standardized tests because of cultural biases inadvertently built into the tests.

A new University of Michigan study does conclude SAT scores are virtually unrelated to an atlete's college grade point averages, especially when a strong academic support program is involved.

Of the 43 UM freshmen who would have been disqualified under Rule 48, 31 were black, the researchers
note. Only four of the 43 actually failed to graduate.
The new AACRAO study supports such arguments, Conner says; by shattering the conventional wisdom that freshman athletes don't do as well academically as nonathletes.

Conner points out the study found student athletes consistently showed more persistence and better academics standing at the end of their freshman year than nonathletes.
At the same time, based on their SAT scores and high school grades. athletes actually score better grades than they were supposed to during their freshman year, while nonathletes score exactly the grades they were projected to achieve.
One of the reasons for the unexpectedly high scores of the athletes may have been the academics support services such as counseling and tutoring provided for the athletes, Conner speculates.
Also the athletes might not have taken as stringent courses as the non-athletes there by scoring higher grades by taking easier classes.
Conner also notes that athletes in the study were attending school on scholarships and therefore didn't have to worry about part-time jobs to pay their way through college."

Still, collegiate sports officials continue to debate the merits of freshman athletic elibility, and NCAA officials expect the current Rule 48 requirements may be signifieantly revised before they go into effect in 1986, says Eric Zemper, NCAA research coordinator.



## Sports

## Final week of season approaches pro picker <br> By Neil Roberts <br> Chicago 13 at Detroit 10 <br> Kansas City 24 at San Diego

Going into the final week of the season, my record vs. guests is $5-2-1$ after being 12-2 last week. My guest this week is Roger Fisher, a student at SU. Roger and I disagreed on three games this week. Let's take a look.

## Tonight:

LA Rams 20 at San Francisco 27 Guest: LA Rams 21 at San Francisco 35

The Niners look to be Super Bowl bound. Even with Eric Kickerson running as well as he is, the Niners have things going too well for the Rams to upset.

## Saturday:

New Orleans 14 at New York Giants 27
Guest: New Orleans 7 at New York Giants 17

The Giants are playing for a playoff spot. Phil Simms is still throwing well, while the Saints appear to have a ways to go. The Giants defense will spark the victory.

Denver 20 at Seattle 24 Guest: Denver 27 at Seattle 31

The Seahawks beat the Broncos on the road, so I see no reason why they should have trouble doing the same in the Kingdome where they play so well. The loss last week against the Chiefs shouldn't affect the Seahawks.

## Sunday:

St. Louis 20 at Washington 21
Guest: St. Louis 17 at Washington 28
The Skins have a tendency to win the big games and this is definately a big one. The Skins haven't been overpowering anyone, not even the Vikes, but should hang on to win Sunday.

Guest: Chicago 7 at Detroit 10 The Bears defensive line will give the Lions fits this week. The Bears need this win desperately to go into the playoffs on a winning note. Hopefully the Bears can generate enough offense to keep Payton at halfback.

Green Bay 31 at Minnesota 13 Guest: Green Bay 21 at Minnesota 17 This pick needs no explanation. The good news for the Vikings is they should end up with the third or fourth pick in the draft. If defensive lineman Bruce Smith from Virginia Tech is still available come their turn, the Vikes will probably take him.

Philadelphia 27 at Atlanta 10
Guest: Philadelphia 31 at Atlanta 10
The Eagles have been playing too well for the Falcons to even compete. The Falcons have the inside track on Heisman winner Doug Flutie.

New York Jets 17 at Tampa Bay 20 Guest: New York Jets 14 at Tampa Bay 7

This may be a mild apset. While the Jets have the better record by a two-victory margin, they just ended a six game losing streak by defeating the Bills. Meanwhile, the Bucs are 5-2 at home.

Indianapolis 19 at New England 23 Guest: Indianapolis 7 at New England 21

The Patriots have taken a turn for the worse losing their last three games. The Pats should win at home even though the Colts will give them a good game.

Buffalo 10 at Cincinnati 23
Guest: Buffalo 14 at Cincinnati 27


Coach Paul Kloster, Chris Birmingham, Jeff Johnson and Paul Stephenson diecuss spilt times at last Thursday's practice. (Photo by Rick Engen)

The Bengals are 6-2 in their last eight games. Kenny Anderson is back and healthy at quarterback. A Bengal win coupled with a Steeler loss against the Raiders puts the team in the playoffs. All reason enough for a Bengal win over the Bills.

## Pittsburgh 17 at LA Raiders 27

Guest: Pittsburgh 14 at LA Raiders 28
The Steelers have no one to blame but themselves for not making the playoffs. They've lost some tough games to mediocre teams lately. A win over the Raiders or a Bengal loss will put them in the playoffs.

Cleveland 17 at Houston 20
Guest: Cleveland 20 at Houston 21
This may be the most difficult pick of the week. I'm going with the Oilers because they're the home team and have won three of their last five games.

Guest: Kansas City 31 at San Di

The Chiefs have come be their early season form whe looked like they were challenge for the division tif the meantime, the Chargen nearly the same team withom Fouts. These two teams will much better records next The Chiefs are a young team an improving. The Chargers dele finally showing some changefir better.

## Monday:

Dallas 20 at Miami 27 Guest: Dallas 10 at Miami 21

The Cowboys may be wate the playoffs from home forther time in years. Marino will picd defense apart with time to thro Cowboy loss will eliminate from playoff contention.

## The Herd didn't go to Texas for a quarter-break vacation and ate

## By Michael Morey

It is not uncommon for residents of this area to vacation south in the winter, and it is unusual when that is an unpleasant experience. Such a thing happened to the Bison this past weekend in their visit to McAllen, Texas.

Well, they weren't exactly vaca tioning. They were down to play a football team from Troy State in the Palm Bowl to defend their Division II national championship,

After scoring two touchdowns in the first quarter, it seemed as though the Herd changed its game plan to stay on the attack. That's not so, according to Head Coach Don Morton.
"Our game plan has been the same every week, and you don't really make that many variations in your game plan from week to week. You have a base offense that you have to execute, and our base offense had gotten us to where we were so we weren't going to make many changes," Morton said.
"The thing we were concerned about was Troy State's quickness...their ability to run to the football and their ability to hit. We didn't know how we would match up quickness-wise. In the first quarter when we scored two touchdowns, it became obvious that we could match up."

One of the keys to the game was adjustments that Troy State made after the first quarter to shut down the Bison running game between the tackles.
"They started playing the inside game tougher. Their linebackers were really flowing, and we were able to hurt them inside between tackles.
"Then after we scored the second touchdown, they really tightened their linebackers up. They played more aggressively inside because they started to bring their secondary up hard. We wanted to throw
the ball a little bit more, butwt weren't hitting on our passes."

After Jeff Bentrim's intercefo the opportunity is there to sam guess the coaching taff, butMat feels too much is being madeolil one play.
"The thing about football it it's a great second-guessing medio and no one will second p. themselves more than I will, $\mathrm{Y}(\mathrm{t}$ ग have to realize you are making tr dreds of decisions during theorr of a game, and not every oneisgui to be the right one."
"We won a lot of games this ma and we lost a spuple games.il percentage thing. Every time? run a play, every decision youm it's based on percentages and $r$ not going to be right 100 percest the time."
The 1984 Bison have a lot proud of, not the least of whichist play of backup nuarterbact 0 Hammerschmidt.
"We are real proud of Hama the way he moved the offense uf down the field, and gave usa chip to win the game. He certaint performed when called upon year."
There were times this yexally Morton was not sure just bow the team would go. Accordiil Morton, nothing was certain,

After the Mankato State we wondered how good a lootit team we were. We opened season with a great win over thern Michigan, then go beatar Mankato State, and then regrouped. McAllen, Texas wa farthest thing from our minu conference championship wis farthest thing from our minur were concentrating on one dowl time.
"We are proud of our playens" the way that they hung in then improved. That shows ? character on their part to over some adversity," Morton said.


[^0]:    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.
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    Letters must be signed. Unsigned letters will not be pablished under any circumstances. With your letter please include cumstances. With your letter please include your SU , affiliation, major and a te
    number at which you can be reached.
    number at which you can be reached.
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    ## Writer says 'penetrate' is to pass all the way throve <br> To The Editor <br> tion has it as an

    Islam is strongly connected to science. In one verse God says in the Holy Quran " $O$ assembly of Jinns (spirits) and humans, if you can penetrate regions of the heavens and the earth, then penetrate them! You will not penetrate them save with a power."
    This translation needs some comments: (A) The word "if" expresses in English a condition that is dependent upon a possibility and either an achievable or an unachievable hypothesis Arabic language is a language which is able to introduce a nuance into the condition which is much more explicit, there is one word to express the possibility (Ida) another for the achievable hypothesis (Inn) and a third for the unachievable hypothesis expressed by the word (Lou). The verse in ques
    hypothesis expressed by th (Inn). The Quran therefore the material possibility of realization.
    (B) God is addressing the (Jinn) and human beings (Ime
    (C) "To penetrate" meим right through and come out other side of a body.
    (D) The power (Sultan) they will have to achieve this ell would seem to come try Almighty.
    So the Quran predicted it penetration through regions heavens, but also the earth exploration of lus

    Mohamad
    Electrical Enkie

    ## CROSS WORD PUZZL:

    FROM COLLEGE PRESS SERVICE

    ## ACROSS

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    4 Small factories
    9 Guido's high
    note
    12 By way of
    13 Labors
    14 Vigor: colloq.
    15 Everyone
    15 Evaryon
    17 Dartner
    18 In good season
    20 Laugh
    21 Laugh
    21 Note of
    ${ }_{24}{ }^{23}$ Easy to do
    28 Wine cup
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    30 Sweated
    34 Anglo-Saxon
    4 Angio-S
    money
    35 Title of respect
    

    36 Mississippi
    River side-wheelers 39 City in Iran 40 Caught sight of 41 Article 44 Again: prefix 48 Athletic groups 47 Nobleman 50 Young salmon $5+$ Playing card 54 Cravat 55 Trio
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    thulium

    ## Puzzle Answers

    on page 18

    # onservatives ask for more cuts and control 

    S)- In its second term, the In administration will cut most nt aid and fold the remainder block grant program, overhaul l.S. Department of Education crease federal control over colcourse content if the conserHeritage Foundation has its
    e first-term Reagan administradopted many Heritage Founda-ideas-abolishing the EducaDepartment, extending tax to segregationist schools, g laws that bar colleges from minating against women, refucing prayer in school, and hg student aid programs, g others-as its own.
    observers are looking to the ation's new report for hints of the administration's new cololicies will be.
    ts Dec. 6 report, "Mandate for rship: Continuing the ConserRevolution," the foundation ior a reformed Department of tion resembling a three-room house, tighter control of stuinancial aid purse strings and esidential commission to or academic standards.
    ether such suggestions will he law however, is problematic. $y$ don't have the votes to get ggestions through Congress, Robert Hochstein of the gie Foundation for the Adment of Teaching. "It's not gohappen. No one sees a prayer e Heritage proposals."
    e higher education community whole would not hold out too hopes that the recommeñdawill become part of policy and Bill McNamara of the National iation of Independent Colleges niversities (NAICU) said.
    clear that Congress is not administration education mendations very seriously," es Saunders of the American

    Council on Education (ACE) said. "Since the 1982 budget cuts, Con gress ignores presidential cuts."
    But the foundation doesn't see that as a problem.
    "We think we've recommended actions that can be taken without a great deal of congressional action," Eileen Gardner, author of the foundation's new education section said 'It's difficult making radical changes that Congress has to OK." Her revamped three-room Educa tion Department would house a check writing machine to issue funds, an education statistics bureau ${ }_{2}$ and a bully pulpit from which to promote ideas and recommendations.
    The Justice Department would enforce education regulations.

    In 1980, the foundation wanted to junk the Education Department altogether, Gardner notes, but congressional opposition saved it.
    "The education establishment is a powerful lobby group," she said. "Opposition to abolishing the department keeps it going."
    Even though the Heritage Foundation has retreated from its 1980 stand, the White House itself still likes the idea of dismantling the department.

    Presidential adviser Edwin Meese is mulling that idea again, a high level government source reported last week.

    A Meese aide confirmed the administration may propose abolition again.
    But the administration also is seeking a new secretary of education to succeed Terrel Bell, who resigned last month.

    Such rumors lead some to believe the foundation's influence may be fading.

    While the foundation has been "a favorite think tank and source of great enlightenment to, the Reagan administration," NAICU's
    

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    McNamara senses the administration is "looking a little more critically at the foundation, which pleases us."
    "We feel Congress will look even more critically than the administration," he said.
    "We hope the proposals will be quite successful," the foundation's Gardner countered, The 1980 proposals produced a "mixed record, too modest for our taste," she admitted.
    "One or two categorical programs were folded into block grants," Gardner added. "But, then again, the department remained powerful and we still have funding of some objectionable programs."
    Some experts admit the Education Department needs changes, but add the foundation recommendations only scratch the surface, and trespass in college administrative areas.
    'Academic standards and priorities are uniquely the responsibility of faculty, administration and students at each institution," ACE's Saunders argued. "Don't get the government involved by setting up an ad hoc committee to determine curriculum and standards."
    The real question is "How does one enhance education in general?" Irving Spitzberg of the American Association of Colleges said.

    The department needs a spokesperson able to deal with all the constituents of higher education. That's more important than tinkering with the organizational chart," he said.
    "The report hardly addresses the issue of how we can more effectively meet the national commitment to educational opportunity;" ACE's Saunders added. "It's hard to see national concern in the Heritage report."

    Despite their concern, most of the education groups agree the need to cut the budget deficits probably will prompt Congress to approve some of the measures.
    "Tightened academic standards for student aid eligibility is a major issue this year," ACE's Saunders noted.
    "There's an enormous public recognition of the federal deficit," Carnegie's Hochstein added. "Cuts have to come out of the whole range of support programs."

    Student financial aid cuts are possible, he said, but the extent of the cuts depends on public opinion and the Congress.
    "Education shouldn't be the key target for (diminishing) the federal deficit," Hochstein said."There's a likelihood of some cuts, but not as massive as those proposed by the Heritage Foundation."

    ## Many college students can't even balance their checking accounts <br> (CPS)-Only two of every ten col-

    lege students have the necessary financial skills to properly manage their money, according to a new survey of students' money management skills and spending habits.
    Based on the survey of $2,400 \mathrm{col}$ lege students at campuses nationwide, more than 76 percent of today's students start college lacking the money management skills necessary for day-to-day living. "It appears that our high schools are graduating students into universities, but not arming them with the financial skills they need once they get there," said Robert Howell, president of TeleCheck Services, a check-approval firm which sponsored the survey.
    Even among the 24 percent who say they have a good understanding of money management, fewer than half actually balance their checkbooks regularly, the survey showed.
    At the same time, over 70 percent of all college students have their own checking accounts, and 54 percent pay most of their bills and expenses by personal checks, according to the survey.
    "These students have limited money in their pockets, and it's important they know how to use it wisely," Howell says, especially since "(they) are already regular check users, and 90 percent of all U.S. households have access to checking accounts."
    About one-fifth of the students spend between $\$ 500$ and $\$ 1,000$ a year on entertainment and living expenses other than tuition. An additional 31 percent spend between $\$ 1,000$ and $\$ 2,500$ a year, and 26 percent have non-tuition expenses of
    over $\$ 5,000$ a year.
    Nearly half of all students rely completely or very much on their parents or jobs for financial support. Eighteen percent rely on no money from their parents, and 17 percent depend completely on loans and grants, the survey showed.

    Fifty-seven percent have credit cards, although most of the students use plastic less than once per week, the survey also showed.

    Department store credit cards were the most popular, followed by Visa, gasoline credit cards, and MasterCard.
    Ironically, while most students lack good money management skills, their use of checks and credit cards is similar to that of ñon-students, says Larry O'Neill, TeleCheck communications director.
    Yet "most parents never show their children how to balance a checkbook," and banks typically "give a young person a checkbook and send them on their way" without ever explaining how to manage a checking account, he added.
    Moreover, most high schools "treat money management the same way they do sex education: they avoid it."
    Schools, along with banks and other financial services, need to spend more time teaching students the basics of money management, O'Neill said.
    "We're certainly going to slant some of our marketing towards the college population" in hopes of teaching students the value of checking accounts and good money management which will carry over into their adult lives, he added.


    ## As enrollment drops, more colleges merge

    (CPS)-"It's OK if it's treated like a merger instead of like an absorption," said Greg Maxwell, a Barrington College student who is being transferred with mixed emotions to Gordon College, some 60 miles away in Wenhem, Mass.
    Barrington last month announced it was merging with Gordon to help survive tough times ahead.

    It could have been worse. Max well himself hopes to scrape up enough credits to graduate in tinte to avoid the September, 1985 mass transfer. Maxwell's college itself might have died.

    For example, some 280 students had to transfer, faculty members had to dig for new jobs and creditors had to be stalled when tiny Nason College went out of business in May, 1983. The 240 -acre campus in southern Maine was offered for sale.
    The scene is being repeated almost weekly these days.

    Colleges are closing or merging with each other at an accelerating rate as signs accumulate that the long-awaited nationwide enrollment decline has begun this fall, and campuses literally begin to run out of students.
    In the last year, Michigan, Minnesota, Washington, Missouri and Colorado, among many other states, have adopted plans to merge previously seperate colleges, hoping to save them from extinction.

    In just the last two weeks, Barrington and Gordon yoted to merge, Washington State proposed merging with Eastern Washington and the trustees of Judson Baptist College in Oregon decided to try to stay open a little while longer.

    As many as 200 campuses may disappear before the enrollment drought now beginning ends, some observers predict.
    "In the next decade higher numbers of closures and mergers will increase," predicts James Miller of the University of Michigan's Center for the Study of Higher Education."It's the cumulative ef-
    fect of enrollment and finance."
    In the sixties and seventies, schools rapidly expanded facilities, academic departments, and faculties to serve a postwar baby boom enrollment surge.

    But the boom has ended, and experts warn enrollments will keep falling well into the 1990s.
    "We're seeing only spotty drops in enrollment so far," says Paul Albright of the Western Interstate Commission on Higher Education (WICHE). "The baby boom wave has not quite passed. But how long can it continue? Look at the numbers."

    WICHE projects there'll be 20 percent fewer high school graduates over the next decade, a drop that could spell disaster, especially for small private liberal arts colleges.
    "Virtually all closures take place in the private sector," Michigan's Miller explains. "A private school runs out of money and goes bankrupt."

    When Shaw College in Detroit fell from 1,200 students in 1975 to 500 in 1983, it accumulated millions of dollars of debts and closed in June, 1983.

    New York's Eisenhower College also closed in 1983, despite its effort to save itself with a 1979 merger with the Rochester Institute of Technology. The University of South Dakota at Springfield closed last May.
    And St. Mary's Dominican College in New Orleans closed and sold its campus to Loyola University early this year, after failing to raise $\$ 6$ million to pay debts.
    Others are wobbly, Judson Baptist is staying open on a term-toterm basis while Denver's Rockmont College is selling most of its 26 -acre campus to raise $\$ 8$ million to continue operations.
    And a trustees' decision to close Wilson College in Pennsylvania brrught an alumni lawsuit demandir $y$ the school remain open and the trustees resign.
    But Michigan's Miller asked,

    ## CampusClips

    ASME
    There will be a speaker and V.P. election at the meeting at 7:20 p.m. Monday in Dolve 215.

    ## Badminton Club

    The SU Open Badminton Tournament Finals are to begin at 7:15 p.m. in the Old Field House. Everyone is welcome to come and watch. Admission is free.

    ## Bison Promenadors

    The Christmas Dance is at 8 p.m. Sunday in the Ballroom of the Union. Roger Hegland is calling. Everyone is welcome.

    ## Bison Trail Riders/Equitation Club

    The meeting will be at $6: 30$ p.m. Tuesday in Sheppard Arena.
    Fellowship of Christian Athletes
    The meeting along with the Christmas service will be at 8 p.m. Sunday in FLC 319.

    ## IEEE

    This is the last day to enter pro-
    $j$ cts in the Mini-design Contest. Be sure to give $\$ 2$ registration fee to any IEEE officer.

    ## Newman Center

    All are invited to a Christmas Buffet Sunday at the Newman Center. Participate in the decorating of the Center beginning at 1 p.m. The dinner begins at 6 p.m. The cost is $\$ 2.50$ per person, $\$ 1$ for children 12 and under.

    ## Recreation Center

    The Rec. Center is sponsoring the Skoal Bandits 8-Ball Tournament at 6 p.m. Wednesday at the Recreation Center. Signup and payment deadline is 4 p.m. Wednesday.

    Student Hospital Society
    There will be a Christmas party at 7 p.m. on Monday at Dr. Hoop's residence.

    University Lutheran Center
    Meet at ULC at 6 p.m. tonight to go Christmas carrolling and later "Trivial Pursuit" will be played.
    "How many more years can the college stay open? Enrollment stays small. The closing is really being postponed."
    "Merger is a diplomatic way of closing without openly saying you're closing," he added. "But sometimes there are positive benefits from both schools."

    Both Barrington and Gordon, which announced their merger in November, are financially stable, but haven't met enrollment expectations, Martha Stort, a Gordon spokeswoman said.
    "Given the demographic for the next 10 years, it makes sense to join forces while things are good;" she added.
    The colleges' similarities-location, religious affiliation and academic programs-are easing the transition, Stout noted, but the human logistics are trickier.

    Barrington students, who will relocate to Gordon's campus, initially were shocked by the merger, she admitted. But "this has changed to general anticipation, even excitement, over the possibilities."
    "Schools with less funds have more trouble competing," WICHE's Albright said. "There's record enrollment at schools like Berkeley, but middle of the line schools will have trouble."
    Michigan's Governor's Commission on Higher Education, for one, soon will recommend ways to counteract a projected 10 percent decline in the number of college students by 1990 .
    "Schools need to read the handwriting on the wall." warned commission member Annette Abrams. need to lay out criteria to say when a school should close. Consolidation and downsizing are options that are less frightening.'
    Minnesota's Higher Education Coordinating Board also "is trying to stimulate more efficiency and
    coordination in instruction, grams," board spokesme Lewenstein said. "We're stipl or two below closing or mem Colorado hopes to stream system as well, but te disputes among the state', lege governing boards have most proposals.

    Education boards in Iowa, Washington and Ket among other states, are with merger and closure well.
    "There are a lot o strategies which allow seth survive," Joseph 0'Neill, ep director of the Conference Private Colleges "Don't sper money than you earn. Give October when you know ennol figures, not in April."
    "Colleges are very resilie added. "If you warn them the steps. But, we'll see institution misjuudge the patterns. Thein ones that will suffer.
    

    BEFORE YOUGO ONVACATION

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    (CPS)-Since 1981 we've scraped and hunted and hoped for students, said the registrar of a major North Carolina university and kept (enrollment) up. Now, it's catching up to us.
    "It" is the long-anticipated, muchdreaded drop in the American college student population.
    Many' small, four-year liberal arts colleges have struggled with declining enrollments in recent years. But this fall even two-year colleges, long the fastest-growing campuses in the country, have lost nearly two percent of their students, the National Association of Community and Junior Colleges reports.
    And big name campuses such as Delaware, Penn State, St. Bonventure, Miami, Alabama, Georgia Tech, Kentucky, Arkansas, the en tire University of Missouri system, Marquette, New Mexico and Arizona are also reporting enrollment declines this autumn.
    "I think it may be the start of the decline nationwide," said Deborah Haynes, assistant admissions director at South Carolina which has four percent fewer students this year than last.
    "This is certainly the beginning of the expected drop," said Dr. C. Doyle Bickers of West Georgia State.
    "I think we're beginning to see the effects of the predicted decline," added Dr. James Kellerman of Fort Hays State University in Kansas.
    No one, of course, is sure. The National Center for Education Statistics (NCES) won't be able to release firm numbers for nationwide fall enrollment until next spring and predicts the student population will remain near last fall's record 12.3
    million.
    There are signs the numbers may be worse than expected, however.
    "The South Dakota School of Mines dropped 10 percent," said Gordon Foster of South Dakota's Board of Regents. "This puzzled and surprised us. We did not expect this" of such a popular engineering school.
    Even if nationwide numbers approach last year's, the downward trend is expected to accelerate. "We think the enrollment trend is just beginning and will last into the mid-1990 s," said Vance Grant of the NCES in Washington, D.C.
    The reason is that there are simply fewer high school-aged people in the pipeline that usually provides students for colleges.
    This year the number of high school graduates dropped six percent, the National Association of College Registrars and Admissions Officers says to some 2.55 million students.
    There'll be about 50,000 fewer high school graduates next fall, and the total could fall to about 2.3 million by 1992, the College Board predicts.

    ## "There is a projected five percent

    decline each year in the collegebound population, and that is drastic," said Dr. Glenn Carter, Penn State's associate admissions dean."The first thing to go in a community college," said James Mahoney of the American Association of Community'y Colleges, "is the part-time faculty."
    "A declining enrollment can affect a school in any number of ways, but I feel the impact will be felt across the board. It affects everything from the quality of the football team to the existence of the school," suggested Terry Maurer, Eastern Washington University's Spokesman.
    Some New Mexico administrators fear a long-term enrollment decline could force them to fire 50 to 60 faculty members while Minnesota and Michigan among many other states, are concocting plans to merge and close various academic programs to avoid expensive duplications.
    But the number of high school graduates has been dropping for
    years, from a high of three million in 1979, and colleges have coped by recruiting more nontraditional, generally older students.

    The difference this year is that recruiting nontraditional students is getting harder because of the improved economy.
    "College is not necessary for better jobs in today's economy," said Larry Stiles, the University of Tennessee's assistant dean of admissions.
    "If people can come out of high school and get a job, then they don't go to college," added Sherie Story of the Washintgon State Community College Board.
    If they don't go to two-year colleges, which are suffering their worst enrollment drops in 20 years, they don't transfer to four-year colleges.
    "There are not as many transfer students coming out of community colleges because they don't have students either," said Glenn Allen of the University of Missouri at St. Louis.

    Many administrators profess they're unconcerned. Officials at Tennessee and South Carolina attribute their enrollment declines to tough new academic standards which cause some students to drop out. Still others simply won't acknowledge decreases for any reason.
    "Schools hate to admit they're experiencing a decline," said Dr. Haskin Pounds of the University of Georgia system.
    "Education leaders hear stories that their competition is doing better, and they don't want to admit they're not doing well," added William McNamara spokesman for the National Association of Independent Colleges and Universities (NAICU).
    "They fear neagative publicity," said South Dakota's Foster, "and if a school is shown to be a nonprosperous instituition, it won't attract students."

    But, inevitably, hope is springing eternal. "The declines are supposed to last into the mid-1990s," McNamara noted. "But the wonderful thing about our world is that predictions and surveys don't hold up a lot."

    # Sports Editor 

    Applications Now Being Accepted

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    # Toyland comes alive in Red River Dance concern 

    All the fantasy, spectacle and tenderness of the holiday season is found in the Red River Dance \& Performing Company's seasonal concert, "Christmas Holiday." Performances run today, Saturday and Sunday at the NDSU Festival Concert Hall. Concerts begin at 8:15 p.m. each evening, with an additional 2:15 p.m. matinee on Sunday, Dec. 16.

    This season, the Company is pleas ed to include the special holiday treat of a guest-artist appearance by Eddie Gasper. Gasper portrays the typical poor and lonely individual observed on city streets, but never granted much attention. You'll enjoy the characterization of this giving good soul who spreads Christmas cheer!

    The performances will appeal to many other holiday moods as well. Children and adults alike will be delighted as the department store toyland comes alive. Raggedy Ann and Andy, the traditional ballerina doll, C3PO. Bert \& Ernie, toy soldiers and E.T. will take the stage

    The antics of our street-corner Santas will leave the audience chuckling and laughing, and you'll
    The city of Fargo is going to have difficulty onforcing what it is planning to put into effeet so there will be no real noticable change.

    Shanon Coyle

    I feel it is up to the residents of the apartment or house. As long as the rent is being paid, it shouldn't mat ter how many people contribute to it.
    

    Tracy Wasson

    I don't think they have the right to say how many people can live in a house or apartment.

    ## Kim Wendt

    In order to afford houising, some students choose to live with several other people. The new ordinance would create many un necessary problems for students.
    

    # CA brings many popular films to captivate SU and the public 

    ## By Shannon Endres

    Come one, come all, join the fun of entertainment and a special alternative refreshment.

    Campus Attractions and NDSU Food Service have joined together expanding the current On Stage program and added new non-alcoholic drinks.
    "We" wanted to give students something new and exciting to do in the evenings," said Tony Delles, On Stage coordinator, "and now with the cold winter here this adds just that alternative."

    Campus Attractions has the program planned for the year. It includes four shows per week at three different locations. "I hope the program catches on fast and we can keep it going even into next year," said Delles.

    On. Stage has a wide variety of entertainment, jazz groups, singers, easy listening bands, magicians and and movies. A Christmas special includes three movies, "Santa and the Three Bears," "Mr. Magoo's Christmas Carol" and "Christmas Is," to bring out the kid in all of us.

    The goal of Campus Attractions is to bring in better and higher paid entertainers. "Students will probably not recognize the name but we would. like groups that are ex perienced and polished performers," said Delles. "The audience benefits and it will keep the program going."
    The exciting new tongue-teasing drinks are put out by the food service. "We also wanted to give students an alternative," said Penny Nielsen NDSU Food Service Direc tor, "with North Dakota's drinking
    easily glide into the holidis when the Company's Curtia Ives dancers perform beautiful "Skaters' Waltz." The "Snow Queen" and her perform a pas de deux to the Waltz" from Tchaikovsht cracker Suite. The Red Pive \& Performing Company also the Radio City Music Hall Rot with a fast-paced precision dem to traditional Christmas tunea

    The Shanley Boys Chorus, the direction of Tim Olson, oin Company this season and musical flavors that delight entertain.

    With lighting design by Jonason, sound by D.R. Johnsm musical direction under Pauls son, this holiday special incwe dancers and is directe choreographed by Compay artistic directors, Kathy and Gasper.

    Al seating is reserved $\pi$ are $\$ 7.50 / \$ 6.50$, adults, studen senior citizens, for advancel chases. Special groups rates available.
    age being 21 , this is great for younger students to have mosphere and be able to sociai

    The food service has takenue of alcholic drinks and changed to fit the non-alcholic contern menu includes, Tai Mai, Dakota, Rita Margie, Veggiv and Sparkling Cooler (red of 4 Drinks are 50 cents and server a garnish.
    They also serve near beet lif cents, "I can't believe how the beer tastes so much like alou beer," Delles said, "I was surel ed."
    "We are still experimenting the drinks, which the bartender joy," said Nielsen.
    Campus Attractions would see the Greeks and oif organizatins use the On Stage! grams and new bar as part of thy party option or even a mate place.
    sent out advertising to residen the dorms and other places hope to soon have tapes advelt over loud speakers in the centers," said Delles. "It show students to get involved."

    The shows are schedur Tudesday nights in the Resty Dining Center, Wednesday noons and evenings in the Sac lounge (lower level Mery Union) and Thursday nightr is Nibble Nook (lower lever Whe ing Center).

    Bar hours are from 8.10:30 ${ }^{p}$ the evening ahows. Enterta is 11:30 a.m. $-1: 30$ p.m. afternoons and $8: 30-10: 30$ p.m. evenings.

    ## tertainment and virgin drinks are served <br> reflects a lot on SU and Campus At-

    By Lori Overland
    let the cold, winter nights ou tucked away in your room. up this Sunday evening and up to "The Neverending one of the movies presented students by Campus Attrac-
    ies are shown Sundays at 6 3 p.m. in Stevens Auditorium. ts can see a variety of movies g comedies, dramas, and fiction all available through films committee.
    films coordinator Ruby said the average attendance ovie is 200 people. In recent there has been an increase in ance. When the popular movie neing The Stone" was shown, tendance for one night was eople.
    san added that we have a total novies available to us a year. CA attended a conference of tional Association of Campus ties in Minneapolis, we found mong uppermidwest schools, movies have the largest auand the highest number of during the year. This really
    tractions," Hassan added.
    Some of the movies SU students will be seeing are "Red Dawn," "Teachers," "All Of Me," "Karate Kid," and "2010." Along with these, a Friday night film fest is planned for January and Spring Blast film fest in May.
    The films committee picks all of the movies for the quarter with approval of the CA staff. Hassan works with an agent in Fargo in getting films.
    At times it is difficult to get a good movie. "When we wanted "Ghostbusters," for example, we couldn't get the movie because the producers pulled it out and said it wouldn't be available to campuses until the Fall of ' 85 ."

    A special price is given to campuses when going through an agent. In this agreement CA is limited to advertising only on campus. Students do get in free since they have paid an activity fee.
    The work is not done for the committee once the movies are chosen. Running the projectors, checking IDs, and distributing posters are a

    ## senior, Regina Schatz, gains Miss North Dakota-USA title

    na Schatz, 21, of Linton, N.D., the title of .Miss North USA in Fargo on Sunday, After placing as first runnerlast two consecutive years, topped a field of 31 other cons to win the crown.
    tz is a senior at SU majoring ion merchandising and retaileis the daughter of Shirley J. $r$ of Linton.
    Miss North Dakota-USA, will represent the state at ss USA Pageant which will be ed live from Lakeland, Fla., CBS network on May 13.
    runner-up was Beth Ann ick, 21, of Minot and a junior not State College. Shelley ess, 20, of Bismarck placed as runner-up. She is a student Third runner-up was Katie 19, of Williston and a an at UND-Williston. Fourth -up was Betsy Jo Miller, 21, of She is currently attending
    semi-finalists included Oliver, 21, of Fargo, Tawnja ka, 19, of Grand Forks, Perown, 18, of Fargo, Robin b, 19, of Devils Lake, Pamela ow, 18, of Grand Forks, Larke, 22, of Fargo, and Lisa 19 of Grand Forks.
    tz recieved a prize package at $\$ \$ 500$ including $\$ 200$ cash
    

    Regina Schatz
    upon winning, $\$ 650$ wardrobe allowance, $\$ 150$ expense money upon arrival at the national pageant and round-trip air transportation to Lakeland, Fla.

    Best State Costume, a seperate division in the pageant, also went to Sevdie of Williston. Second and third place in costume went to Gangness of Bismarck and Brown of Fargo, respectively.

    ## stmas star and winter sky shown at MSU

    ## ew production called "The

    nas Finad Exam" will be d Nov. 29 through Dec. 23 at U planetarium.wtimes are at 7 p.m. lays, Fridays and Saturdays, indays at 2 p.m. during the season.
    show, structured like a final with test papers distributed hout the audience, examines tronomical references and Fiday, December 14, 1984, page 9
    few of the othere jobs for the nine members of the committee including Hassan. "It really is a lot of fun and anyone can get involved."
    She added that it does not take a lot of time and it it a good way to get involved in CA. Anyone interested in being part of the film committee may contract Ruby Hassan.
    Starting Dec. 12, CA is having Wednesday night classics on the
    screen with one show at 7 p.m Foreign films, new classics and your favorite old movies are among those to be remembered.

    If you are looking for some entertainment or need a study break for a couple of hours, check out the CA movies. The scene is set with "Sixteen Candles," "Silkwood," and "Oxford Blues" in the near future.

    # On Stage provides fun for those students off stage 

    ## C.A. CORNER

    The On Stage Committee of Campus Attractions in conjunction with Food Services is starting something new during the coming months. In addition to the usual On Stage held every Wednesday in the Cul de Sac Lounge, the program will be expanded to cover three days at various locations around campus. Following are some of the acts coming soon.
    Dec. ${ }^{18}-20$ Christmas Movies. These animated movies will get you into the spirit of Christmas.
    Jan. 8-10 Dennis Warner. A singer-guitarist from Mankato, Minnesota.
    Jan. 15-17 Surface and Rand. Another group that will play and sing for you.

    Jan. 22-24 Davey Bee and the

    Sonics. A local band featured in some of the area establishments.

    Jan. 29-31 Tom Miller. A talented magician-that will entertain and amaze you. (The Wednesday afternoon act of this performer will include the Open Mike opportunity for students with the desire to perform.)

    Show times and places are Tuesdays 8:30-10:30 p.m. in the R.D.C., Wednesdays 11:30-1:30 p.m. and 8:30-10:30 p.m. in the Cul de Sac Lounge of the Union, Thursdays 8:30-10:30 p.m. in the Nibble Nook (Lower level West Dining Center).

    The entertainment is free to everyone. Alternative refreshments such as the Pina Dakota will be served at 50 cents a drink. Check the Spectrum for details.
    
    cultural customs associated with the season and delves into the mystery of the Christmas star. It also looks at the sights and symbols of the winter the s.

    Tickets, on sale a half hour before showtime, are $\$ 2$ for adults and $\$ 1$ for children and senior citizens. The planetarium is located in Bridges Hall on campus, near the intersection of 8th Avenue and 11th Street South.
    

    This dream house inciudes a noomy porch and balcony, high ceillings and hardwood floors.

    ## 'A Century Building' tells history of a dream house

    This building was the dream house of Eric Martinson in 1884 but is now a branch of the Plains Art Museum in Moorhead.

    The Rourke Gallery located at 523 S. Fourth St. in Moorhead has featured "The Lennongrid Series," the photography' of James Penuel and many other exhibits this year.
    The exhibit now on display, "A Century Building," includes photographs of the Old Martinson's growing family home to its present use as the Rourke Gallery.

    The historical and contemporary photos represent work by Eric Martinson, Richard Garnas; Todd Strand, Mark Strand, Owen K. Osten, James Dean and Orton Tofte. Scale models of the house in different stages of development are also on display.

    The exterior restoration of Rourke Gallery is now complete, in time for the Centennial exhibition now on display. The restoration began in 1981 and continued during the summer of 1984. The house is now restored to its 1903 appearance.

    Ole Martinson built his family home, a two room cottage, in 1884. He added to the house nine times during the first 19 years to accommodate his growing family. The first
    addition to the original two rooms now the Gold Room and Membership office, was the construction of the living rooms, now gallery space, and a half-story above them. By 1903, the half story was replaced with a complete second floor, and the porch and balcony were built on the front.

    The house underwent another major change during the 1920 s , when the porch and balcony were torn down and replaced with a small porch, and the siding was covered with stucco. The exterior remained basically unchanged until the 1970 s , when the front stairs to the basement, the lantern, and the arms room were added. The Rourke Gallery restoration commenced in 1981, when the large porch and balcony were restored and the stucco was removed from the east face and part of the south face. The restoration was completed during the summer of 1984 , when remaining stucco was removed and cedar shingles replaced the old roof.
    The restoration of Martinson House-Rourke Gallery is an ongoing project to preserve one of Moorhead's finest historic buildings. The restoration is funded by the Plains Art Museum, with matching grant from the City of Moorhead.

    ## SU Concert Choir combines with others for Christmas celebration

    The 49 -voice SU Concert Choir, directed by Dr. Ed Fissinger, chair of the Music Department, will present a Christmas concert at 8:15 p.m. Thursday, Dec. 20 in Festival Concert Hall.
    The guest choir will be from Red River High School in Grand Forks and directed by Kenneth Sherwood. Also performing will be the SU Brass Ensemble, directed by Stephen Dimmick. The ensemble will play works by Gabrieli, traditional Christmas carols and music from the late Renaissance and early Baroque.

    The program will be a combination of Christmas and sacred music. The SU choir will sing an original composition by Fissinger, "Love Came Down at Christmas," and two of Fissinger's arrangements, "God Rest You Merry Gentlemen" and "Sleep of the Child Jesus.", Other features will include "O Magnum Mysterium" by Poulenc, Verdi's "Ave Maria" and works by Johann Michael Bach and Hans Leo Hassler. The choir will sing a cappella.
    The concert is open to the public at no charge.
    

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    # Emergency Food Pantry aids the hungry and needy 

    By Beth Forkner
    It is a popular notion that Americans eat too much food and weigh too much. But there are many people who do not get enough to eat.

    One program in Fargo-Moorhead, the Emergency Food Pantry, served more than 5,400 people from January to October of this year alone.
    The Emergency Food Pantry serves as a stop-gap measure providing food to families and individuals on an emergency basis. People are given food until they are either given some sort of permanent assistance or until their crisis situation is over.
    The Emergency Food Pantry is a project of more than 40 area churches, according to Melinda Haun, program director for United Way, which coordinates the Food Pantry.
    In the early 1970 s , a small group of churches felt there was a need for emergency food assistance in the community. In 1975, United Way took it over and it became known as the Emergency Food Pantry. In the beginning the Food Pantry was serving about two or three families a day. Today, about nine families are served every day.
    A person needing food is referred to the Pantry by social service agencies and churches who are familiar with their situations. This is done for two reasons. The first reason is that it confirms that the need is legitimate: Secondly, it asssures that the fámily or individual is in contact with an organization that can assist them with other needs.
    There are various situations which might make it necessary for a person to receive help from the Food Pantry. Sometimes food stamps run out, or someone is waiting to get food stamps of Aid to Families with Dependent Children (AFDC). An elderly person's Social Security check may be delayed in the mail, or someone may have been laid off and their unemployment checks may not have begun. Other examples of people needing food are fire victims or battered women who have left their homes.
    After a person is referred to the Food Pantry, they are given a week's worth of food. The food is mainly canned goods and staples such as sugar, flour, rice, macaroni and cereals. They are also given perishables such as milk and meat No one is allowed to use the Food Pantry more than three weeks a year.
    A typical week's supply of food for a family of four would include eight cans of vegetablos. three large cans of fruit, 10 cans of soup, six quarts. of dry milk, a box of cooked cereal, a jar of peanut butter, five pounds of cheese, two packages of macaroni, three packages of pudding and jello, two cups of flour, a cup of sugar, three packages of ground meat, one chicken, one pound of margerine, a dozen eggs, three loaves of bread and a box of crackers.
    This typical list of groceries is taken from a list. If there are other things which have been donated, the volunteers will also put those into the family's box.
    The 40 churches which participate in the program
    and cash from the community and from their own congregations. Each church is responsible for about two weeks a year where they are responsible for organizing volunteers getting referrals, packing the food and delivering it.
    Haun says one of the reasons the Food Pantry program is so good is that it is a cooperative effort of many agencies.
    Besides the churches, other organizations sometimes help the Food Pantry. The day after Thanksgiving, Fargo's V.F.W, sponsored a movie for children at the Fargo Theatre. Any child bringing canned food got in free.

    Until Christmas, Domino's Pizza will take off 50 cents from every pizza when an individual
    canned goods. The money as well as the food will be donated to the Food Pantry.

    Several churches have held special food drives.

    In addition to canned goods, the Food Pantry needs money to buy perishable foods as well as foods for special diets, such as diabetic or lowsalt diets. At Christmas, besides the usual food, the Food Pantry will be giving out 150 Christmas food baskets. These baskets are given in conjunction with the Holiday Clearing Bureau and will be given to people who are shut in and cannot get out to buy their own food. The baskets will have the food needed for a Christmas dinner including turkey and cranberries.

    If anyone has food to donate, Haun recommends taking it to the nearest church. SU students can also bring their food to the Newman Center.
    "The Food Pantry is not unique to this area," said Haun. "What is unique is the success of this Food Pantry. It is well organized and well supported and an integral part of the community.
    There are emergency food centers all over the country, including 67 in the Minneapolis area alone. Many of them don't succeed because they don't run as smoothly as the F-M Emergency Food Pantry.
    "There are a lot of people in the community who are keeping it good," Haun said. "These Food Pantries are necessary in the community because the government programs often don't meet needs."

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    These two girls have been best friends and 'wombmates' 20 yrs.

    Not many girls can say they have had the same best friend for 20 years, but Denise and Dancette Fettrig can. They have been "wombmates" since 1964. As identical twins born only 4 minutes apart, they share just about everything, especially good laughs about old times.
    "Both of us used to work at a movie theater at the concession stand," Danette said. "We had to wear the same smock so we looked pretty identical."

    Customers came, in and thought they were seeing things. "Which is which?," a lot of people asked.
    "One evening it seemed like everyone who came in asked, 'Which is which?"' Danette said.
    That same night Dancette was waiting on one of their old teachers from high school. The teacher ordered a Coke, a Tab and some popcorn.
    When Dancette arrived with the order, the teacher said, "OK, which is which?"
    Dancette answered, "I'm Dinette and she's Denise."
    "Not you," she said. "Which is Coke and which is Tab?"
    "Denise was on the floor laughing so hard," Danette said.
    The twins have used their identical looks to get each other in trowbe. Denise reminisced about a rule that went into effect when they were in high school.
    "If you were tardy more than five times, your grade was docked," Denise said. "When I received my report card at the end of the year, one of my grades had been docked. I found out that Danette said she was me every time she was late."
    "When we were young girls, we had a paper route," Dancette said. "I would take the top section of the route, and she would take the bottom section."
    "A car would go by. me, go five blocks up and there'd be Dancette," Denise said. "How'd you get up here so fast?' they would ask. We never let on that there were two of us."

    One night Dancette and Denise were getting ready to go out on a double date together. It was

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    Denise's first date with Greg. He was picking her up early so they could drive around and talk before meeting up with Dancette and John.
    "Well, I wasn't ready, I knew Greg was coming soon, and I was dreading the fuss the family makes when we have a new date. So, I asked Dinette to go with Greg," Denise said.
    "I have to say that I was really nervous because this was the first time we were actually trying to pull a switch on a guy." Dinette said. "I tried my best to look like Denise."
    "Anyway, we went through the whole bit. I introduced Greg to Mom and Dad, I even sat next to Greg in the car. When we were driving around talking, I asked him, 'So, what do you think of my twin sister Dinette?"' Dinette said.
    "Greg said something like, 'She thinks she's too cool...she doesn't talk to me very much...she's not as nice as you.' I couldn't believe it. Here I was talking to him and being nice, and he's saying how I'm not nice," Dinette said.
    "I was beginning to clench my right fist when he said, 'Well, maybe if I get to know her better, Ill think she's nice.' I told him, 'TIm sure you will,"' Danette said.
    "You know, I never thought about it beforehand. Greg could have gotten so mad that he wouldn't ask me out again," Denise said. "Obviously, he had a sense of humor because we've been going out since,". Denise added.
    Being twins is not all fun and games. It has its serious side too. "If there's one thing we hate, it's when people compare us," Denise said.
    Whenever you compare twins all you do is find faults. Comments such as, "this one smiles more" or "this one talks more" are a cut on one of the twins. Therefore, when you are comparing twins, a compliment to one is a negative comment to the other.
    "Danette and I dressed alike until about sixth grade. Not every day, but we had a lot of the same stuff. Then we starting buying our own things. It was great. We had two closets to choose from instead of one," Dinette said.
    "I met a woman with twin boys," Denise said. "After I told her that I had a twin, she asked me if I thought it was OK to dress them alike. When twins are old enough to make their own decisions, you should stop," Denise said.
    "Sometimes, people accuse us of trying to look alike. We don't try to look alike. It's just that we have the same complexion, same color eyes and hair, so the same kinds of makeup and colors look good on us," Dinette said.
    "Why should we wear things that don't look good on us, just to prove we're different?" Denise said. "We know we're individuals."
    Denise and Dinette are more than just twins. They are individuals parsuing different goals. Dinette is a communications major, concernrating in public relations and advertising. On the other hand, Denise is working towards a double major in social work and criminal justice. However, both have one objective in mind at all times: to be happy.

    ## Shuttle bus provides warmth and security

    Once again student government is sponsoring an Inter-Campus Shuttle Bus Service. The number of students using this service last winter steadily increased, reaffirming the interest strongly shown in the past.

    A 17 passenger bus with handicap pick-up capabilities is being used as a combination campus bus/escort service. This system is designed to provide a functional service not only to those students desiring the security of an escort, but also a service to those who wish to ride in comfort rather than walk across campus in sub-zero weather. The bus began running Dec. 11 and will continue through the cold season.
    Expanding the route from last year has required forming half-hour coutes that will cover an area from

    T-lot to Buttrey-Osco and the Alpha Gamma Delta to the Gamma Ph Beta sororities.
    Chèck out the schedule, route and days for the system listed. Please notice the stopping times and areas where the bus will be stopping.
    In order to avoid missing the bus or waiting for it outside for extend ed periods of time, be watching from a doorway nearby for its arrival at least five minutes prior to the designated stopping time. Pickups may be made along the route so make it obvious to the driver if you are a distance from the bus and would like to catch a ride.
    Since the system is semi-flexible please notify us if you feel a change would benefit more students.
    This service is being partially
    funded by the Student Government. A good share of the Student Government funds come straight from the student activity fees so take the opportuity to make use of your investment. The continuance of this service will depend on student use so if the service is to continue it must be used.

    Shuttle Bus manager Dan Boer said they are still interviewing will be hiring more drivers. An interested must have a valid ding or 2 (N.D.) or an A or B (V. Drivers License. You may cor Bernier or leave a message Student Government Off 360 in the Union.

    Redeem this coupon at Socios Pizza for a FREE "LOVING CHILDREN" CANDLE with your purchase of any baked pizza!! (This offer good through Dec. 24 while supplles last) N
    
    

    ## SHUTTLE BUS SCHEDULE

    Route 1 starts from the Library on the hour.
    Route 2 starts from the library on the half hour.
    Sunday-Thursday
    $6 \mathrm{p} . \mathrm{m}-12: 30 \mathrm{am}$.

    ROUTE 1
    Library
    Churchill
    Stockbridge South Weible High Rises ReedJohnson
    New Field House :09 University Village S. parking lot University Vlllage E. parking lot

    | K-Mart/Buttrey-Osco | 16 | Burgum | :45 |
    | :---: | :---: | :---: | :---: |
    | University Village W. |  |  |  |
    | parking lot - |  | Library |  |
    | Ceres | 21 | T Lot |  |
    | Dinan |  | 17th St | :50 |
    | Library | :23 | Library | :53 |

    ROUTE 2
    :00
    Library
    :30
    Churchill
    Stockbridge
    South Weible
    :34
    High Rises
    Reed-Johnson
    New Field House $\quad: 39$
    13th Ave. \& University
    Post Office parking lot Burgum:50
    

    ## Salvation Army does more than ring bells

    They have red kettles
    erywhere during Christmas, but at is all most people ever see of e Salvation Army. More goes on rough the Salvation Army than pears on the surface.
    The Salvation Army has two main urces of income, according to pt. David Clark, commander of Fargo unit. One source is the the stands. The other is direct il appeal. Last year, the organizawas able to raise about $\$ 65,000$ ring the Christmas season. This
    year their goal is $\$ 75,000$.
    There are four main programs the Salvation Army carries out during the Christmas season: food vouchers, holiday meals, gifts to nursing homes, and presents-for children.

    Last year, 469 food vouchers were given out. These vouchers are good for $\$ 25$ worth of food for a family of four. A voucher can be used for either a Christmas meal or for any food the family needs, Clark said. Hornbacher's, Piggly Wiggly, or Larson's Super Valu in West Fargo
    will redeem them.
    "We use food vouchers instead of giving out food baskets for a few reasons," Clark said. From an administrative standpoint, the vouchers work out better because it is difficult to forecast how many people will need food. "Last year we planned on about 400 vouchers, but ended up giving out 469. If we had been giving out food baskets, we would have been short 69 turkeys. It's hard to find 69 turkeys at the last minute." In addition, families appreciate the vouchers more
    

    ## Guess what, guys...I'm not driving

    Drinking and driving are the number one killers of young drivers. Thousands died last year, thousands will die again this year.
    It canhappen to your friends. It can happen to youl
    In North Dakota you are presumed to be under the influence when your blood alcohol content reaches. $10 \%$. Your chances of having an accident are increased long before that rating.
    Charts are designed for the adult driver
    with fully developed driving skills and should not be follow ed under all circumed under all circum-
    stances. Younger people are usually impaired at a much lower level Young not drive unless alcohol has had time to leave their systems.

    The responsibility is yours to know when you have had too many drinks to drive.
    
    
    in Dintine ad Diving
    because they can choose what they need rather than everyone getting the same thing.

    Holiday dinners are served on Thanksgiving, Christmas and New Year's. This Thanksgiving, between 100 and 125 people were served. "These dinners are for people who don't have a family, such as street people who have nowhere else to go or senior citizens," Clark said. "It's the same food they would probably be eating at home, but it seems more festive when they're eating with others."

    There is a year-round noon dinner which the Salvation Army operates. It goes on six days a week and feeds between 50 and 75 every day. The program closes on the three holidays, so everyone can join in the holiday meal.
    "The holiday dinner is a special dinner we don't normally serve," Clark said. It consists of all the trappings of a traditional holiday meal: turkey, dressing, mashed potatoes and gravy, sweet potatoes, roll, butter, cranberries, a salad tray and pumpkin pie.

    The third Christmas program is . nperated by the League of Mercy. They distribute packages of personal items to local nursing home residents. The gift packages include a toothbrush and toothpaste, powder, shampoo, soap, comb, emery boards and a Bible tract. Last year, more than 13,000 of these packages were given out.

    The Salvation Army also visits the county jails at Christmastime. Clark said, "There are parents who are in jail. We give them a chance to select gifts for their children. This way, the children aren't punished ber: use their parents are in jail."
    Last year, according to Clark, about 3,500 people were served in the Fargo-Moorhead area. They work closely with the Holiday Clearing Bureau for two reasons. "One reason is to avoid duplication. Most people aren't out to cheat the system, but it works better if we know who has been served. The second reason is so no one gets missed.'

    Clark is hopeful they will reach their goal of $\$ 75,000$ this year. The money is used for several purposes. One is to pay the costs of fundraising such as sending out direct mail and paying some of the kettle workers. Most of the workers are volunteers, but some get paid. Clark said they have asked all the fraternities and sororities at SU to volunteer to work at the kettle stands.

    The money is also used to pay for the Christmas programs and to use during the rest of the year. "We have found that people are most generous during the Christmas season which is why we do our fundraising then," Clark said. Leftover money from Christmas is used to carry on the year-round programs, such as the noon program which served 19,934 meals last year.
    The Salvation Army does other things besides the Christmas programs. They help send children to camp in the summer. If people are stranded in Fargo-Moorhead, they will help the traveler get home, whether by giving gas money or paying for bus tickets. Furniture is given to people who are fire victims, and clothes are given to street people.

    ## Anorexia and bulimia come with transitions

    Anorexia nervosa and bulimia are in epidemic proportions on campuses today, said Pat Halvorson of the SU counseling center.

    Both of these are called eating disorders, but Halvorson feels they are labeled incorrectly. "They really are psychological disorders that show up in eating behaviors," she said.

    People with eating disorders "have an obsession or preoccupation with food, weight, eating, fasting, starving, losing weight or fear of gaining weight," Halvorson said.

    The onset of anorexia is usually at transition times. This may include going from junior high to high school, the loss of a parent or loved one, or a high-stress period.
    The main behavior of an anorexic is starving or fasting which continues until the person is emaciated or dies.
    These people have unusual eating behaviors. "Fifty percent of the people have restricted diets," Halvorson said. They only consume $100-200$ calories per day.
    "The other 50 percent eat more food but get into purging behaviors," she said. They may begin to throw up, or use laxatives or diuretics.
    The person with anorexia nervosa "has an intense fear of becoming obese. Their world revolves around not gaining weight," she said.

    Other people realize this person has a problem, but the anorexic doesn't feel there is a problem.
    The onset of bulimia occurs at transition times much like that of anorexia nervosa. The main behavior is binging-eating large amounts of food in a short time.

    An example of a binge is three dozen doughnuts, one gallon ice cream, two dozen cookies, one loaf of bread and one gallon milk. All of this is consumed at one time. Halvorson said.

    Generally, binging is done alone. Most bulimics induce vomiting after eating. "These people feel a need to get rid of it (food)," she said.

    The criteria to diagnose a bulimic is consumption of high caloric food, inconspicuous binging, termination of eating by abdominal pain and frequent weight fluctuation greater than 10 pounds.

    The bulimic has a "fear of not being able to stop eating voluntarily," Halvorson said. The person knows there is a problem but feels they can change it.
    The process "is like a roller-coaster-fasting, then binging."

    The symptoms to look for in someone with an eating disorder are a noticeable weight loss, skipping meals, unusual eating behaviors, and perfectionistic thinking. The person is usually polite, popular and an over-achiever, she said.
    "There may be a withdrawal from friends and an emergence into an activity." This may be dance, gymnastics or studies.

    The person may also experience counseling. mood swings and have compulsive behaviors such as cleanliness or orderliness. Their conversation may largely be about food and what people weigh, she said.
    The recovery of a person with an eating disorder is two-fold, Halvorson said. First, there has to be a change in the eating pattern. The person will gradually increase to 1,200 calories per day.

    The individual also has to deal with the underlying psychological problems. The treatment may be through individual, family or group
    counseling.
    "It takes a great amount courage to recover," she sil Recovery time is usually two to fm years for a person with an eation disorder.
    If you know someone with eating disorder you should confrou that person. Let the person knin you care and are concerned.

    Use specific examples when thl ing to this person such as te amount of weight loss or exercise, the habit of disappearing into to bathroom after eating.
    

    # N.D.S.U. KARATE CLUB 

    Japan Karate Association
    
    BEGINNERS' CLASSES STARTING

    # Dec. 11, 13, 15 Jan. 8, 10, 12 $18,20,22$ <br> <br> Old Field House 

    <br> <br> Old Field House