

Escort service to replace shuttle bus at SU

By Jennifer Osowski
Student Government offers a new service to students on and off campus.

SU shuttle bus service was discontinued March 31. In its place, an escort service has been established.

People will be on duty every day from 6:30-12 p.m. There is a staff of nine employees, eight of whom are escorts and one is the director.

Most of the escorts hired are former directors of the shuttle bus service. They have "proven themselves as quality men," Todd Schwarz, Student Government director, said.

The escorts have been screened and in Schwarz's opinion are "quite responsible men."

When a person calls for an escort they will be given the name of the escort on duty. Upon arrival the escort will present a drivers license proving identification. In the future, Student Government has hope of a better identification system. They recognize this system could make people a little uneasy.

Escorts will be serving the same area as the shuttle bus. The first few weeks will be shaky. The students need to remember the employees have all been screened. Time will be the only foreseeable problem.

Schwarz has a goal of time limits: 4-5 minutes for on-campus escorts and 6-8 minutes for off-campus escorts. "By no means should anyone wait more than 10 minutes for an escort," Schwarz said.

Time factor and the nice weather are only two reasons for switching from a shuttle bus to escorts for spring quarter.

The escort service can be valuable. It has the same goals and ideas as the shuttle bus. "If we prevent or deter one rape or attack it is worth it," Schwarz said. "If we prevent the trauma of rape or attack, we've done some good."

Students who would like an escort should call the Student Government office at its listed phone number. It is hoped that in the near future there will be a special phone number for the escort service. "Efficiency will come in time," Schwarz said.

It is also hoped the escort service will have a base C.B. radio and all the escorts will carry a mobil unit. At present there is only one escort on duty at a time, but Schwarz feels there would be no problem getting extra people if the students demand

the service.

The students who use the shuttle bus were surveyed. The results showed that students would use the escort service.

Concordia has an escort service. The campus police provide a service when requested. However it takes them 15-20 minutes to respond to an on-campus request.

Herbert Wong of Concordia said the service is used most in the fall of the year. Wong attributed it to the fact that the new students don't have friends to call.

Campus police can't provide such a service unless policemen were to stand on every corner of campus. As Schwarz said, "We don't need campus security on every corner. We need to provide a service and keep students happy."

Schwarz has a positive attitude toward his new job. He feels it is important to have someone to talk to and feel safe with.

Student Government will be evaluating the escort service at the end of spring quarter.

Senate phone survey will find students will use escort service

By Alene J. Benz
An escort system that would replace the shuttle bus service was approved by the student senate March 24.

Because of a lack of use with the shuttle bus, the shuttle bus, which provided evening transportation for the students, was discontinued March 31.

DeWalt stated SU maintenance, which was furnishing the shuttle bus and gas for the service, has announced it will discontinue this service.

Mark Harris reported student government would be expected to pick up the expense of a vehicle and providing gas.

Lisa Olson, spokesperson for the shuttle bus committee, proposed a new escort system.

It would involve two employees: One to monitor a telephone in the student government office and another to walk the students home within the designated boundaries of the shuttle bus service.

Senate to page 2

Escort services don't receive high use at nation's campuses

(CPS)—In the spring of 1980, a sophomore woman was raped near Oregon State University's Kerr Library. The next day, 20 Finley Hall volunteers organized an escort service to help women make it across campus safely.

Today, the service is gone. Few people know it ever existed.

About 30 miles north, University of Oregon female students, outraged and frightened by a rape on the campus last October, launched their new escort service last month.

The object, explained Laura Romano of Oregon's Women's Referral and Resource service, is to make escorts available and, of course, to prevent future sexual assaults.

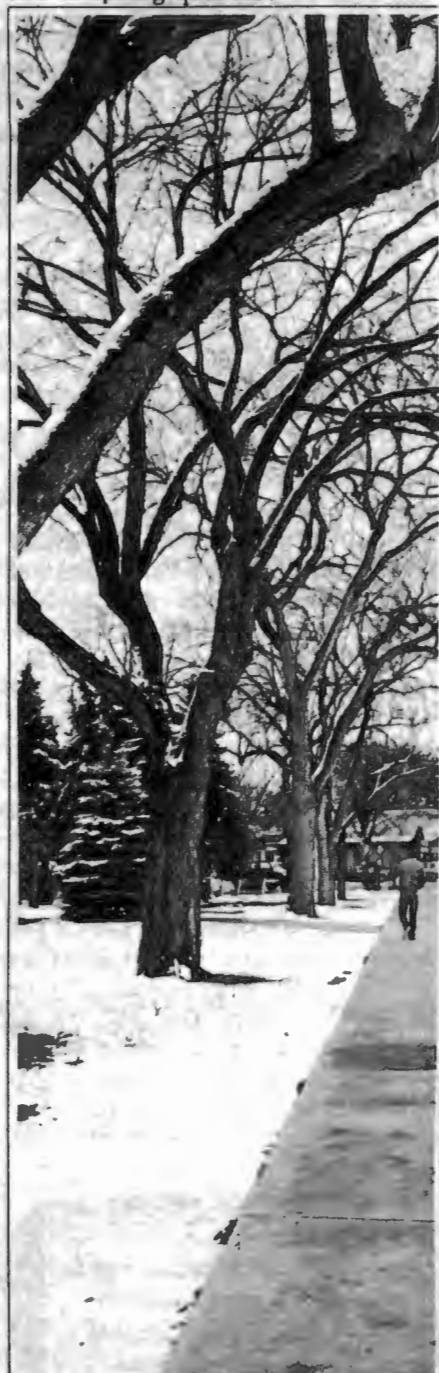
But if the experience of dozens of other campuses over the last year are any indication, Romano's service has only slim chances of survival.

While many campuses, preparing for the increased night traffic of warmer weather, are now forming escort services, the services in general don't work well. Most don't last more than a few months, are usually ignored by campus women, and often don't prevent sexual assaults anyway, campus police around the country said.

"Generally volunteer escort services don't work very well," observed Daniel P. Keller, police chief at the University of Louisville and head of the nationwide Campus Crime Prevention Programs.

"Right after a rape or sexual assault, everyone comes out of the

Escort to page 2



Spring has not sprung at SU.
(Photo by Bob Nelson)



Progate found commuting to and from SU messy last week.
(Photo by Scott Johnson)

Dining room thefts are low at food services

By Tom Jirik

Theft of china and utensils from the SU dining centers is significantly lower than the national average, said Frank Bancroft, director of Auxiliary Enterprises.

Most colleges figure students will steal food and supplies equivalent to 3 to 7 percent of sales said Don Jacobs, president-elect of the National Association of College and University Food Services, in a College Press Service release.

Among three dining facilities at SU, \$40,000 is budgeted annually to consumable items, Bancroft said. Consumable items are china, utensils and paper products. These items are readily used up, broken or lost. The theft of coffee mugs from the Union is the biggest portion of the loss. Bancroft said the amount budgeted is equivalent to 1 percent of sales.

Bancroft feels this speaks well of SU's students and they are more responsible and conscious of the costs involved than students in schools in more metropolitan areas.

"They realize the money comes from their board rates," he said.

Jacobs said schools nationwide are relying less on student honor codes and more on stiff fines to con-

trol the increased theft. Bancroft feels it could be an indication of unhappiness or a lack of satisfaction with service, food products or decor. "It's hard to know how they voice their unhappiness," he said.

"We try to keep a good line of communication with students," Bancroft added.

Bancroft cited the recent improvements in the Residence Dining Center as an example of how the Food Service is trying to keep up-to-date and better satisfy student needs.

Bancroft said the Food Service attempts to vary meals and try new foods and ideas.

"We watch plate waste to measure acceptability," he said. When excessive waste shows up in the dish room, the idea may be dropped.

Waste is an area that Bancroft watches carefully. All of the dining centers are on monthly and yearly budgets. They are reviewed regularly and any cost over-runs are scrutinized closely to isolate a problem if there is one.

By controlling waste, the food service has been able to control costs. "In the last three years our food cost has fluctuated by only 1 to 2

percent," Bancroft said. There was no increase in board rates at SU for the 1984-85 year.

Bancroft feels students realize these efforts and respond with the respect they have been showing.

One thing Bancroft would like to

see, but has never implemented, is a return box at each dining center. "At the end of the year students won't need the silverware any more so they could just as well return it," he said.

MSU offering conference dealing with domestic violence problem

Domestic violence is the focus of MSU's 15th annual Late Winter Counseling Conference scheduled from 8:30 a.m. to 4:30 p.m. Friday, April 12 in the Center for the Arts auditorium.

More than 500 counselors, clergy, social workers and health professionals from the Midwest and lower Canada are expected to attend the program called "Domestic Violence: How To Help."

To put the problem in perspective, government statistics show that about 43,000 women are assaulted in Minnesota each year by their husbands or partners.

Three specialists in domestic violence will headline the conference: Gunnar Bankovics, a specialist on men who batter and a counselor with the Domestic Abuse

Project in Minneapolis; Rebecca Bussert, associate director of the Minnesota Council of Churches whose book "Religious Response to Battering" was published this year; and Dora Schumacher, a psychologist with the Domestic Abuse Project who works directly with battered women.

Regional specialists on the program include representatives from the Rape and Abuse Crisis Center in Fargo, the Women's Alliance in Dickinson, the Women's Center in Fergus Falls and the Council on Abused Women in Bismarck.

The conference is open to the public. Cost is \$25 plus \$5 for registration and preregistration is advised. For more information, contact the continuing education office.

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woodwork," he explained. "They want to help, but the incident fades, and they lose interest."

At the nation's biggest campus, Ohio State, three escort services typically go begging for people to escort, despite 62 assaults and 10 rapes in the area last fall.

"We get maybe five calls a night," says Cindi Butler, who staffs one of the services.

The University of Wisconsin's Reuter Hall began a service after a 1980 series of sexual assaults. "We get maybe five calls a night," noted Jim Whitland, the program's director.

"We're starting to advertise, make commercials, in hopes that it'll pick up," he said.

The University of Maryland-College Park reported six rapes and 23 assaults in 1983, and campus police expect a variety of escort services didn't improve the 1984 statistics.

UM police Corporal Kathy Atwell said a volunteer service, started in the early 1970s, continues, but, "because they're volunteers, and they lack the funding, they're iffy."

"We've had escort services over the years, but, as with everything else you have to work at, people get tired, bored, and the thing falls apart," said operations officer Richard Gould of Oregon State's defunct service.

His department provides an escort service, he added, "but they (students) have to call. I'd say that

we get maybe one call per night, and that's an average."

But OSU, with nearly 3,000 female students living on campus, needs an escort service, Gould maintained. Campus police investigated 10 sexual assaults last year, a figure Gould says is high.

A sense of immunity often keeps students from calling.

"Oh, you hear stories of people being chased across the campus," said freshman Tabatha Somerville. "But it's never happened to me."

"There seems to be a problem with lack of interest in the program," noted Greg Colucci of Kent State's now-folded escort service. "People just don't want to get involved."

Programs with full-time paid coordinators seem to do better, Louisville's Keller said.

"What I've done is divide the campus into eight main sectors and position highly visible, paid students in each sector, working in conjunction with the campus police," he said. "It's called 'Night Watch,' and it's highly effective."

Sexual assaults fell nearly 100 percent in the first nine months of 1984 from the same period in 1983, although Keller added the number may be misleading.

"Most incidents or rapes concern people who know each other—date rape—and consequently are never reported. That 100 percent drop only represents 'stranger forced

rapes," Keller said.

While volunteer escort services continue, many merge with other campus organizations or are swallowed by campus police departments.

The University of Missouri-St. Louis police took over the volunteer campus escort service three years ago, reported security chief William

Karrabas.

The merger produced results three years ago. "There's only been one reported rape," Karrabas said. "That's lower than the three a year that used to occur."

Louisville's Keller says volunteer escort services will always be around in some form.

Senate from page 1

The escort system is a cheaper alternative, but will provide protection for the students, Olson said.

Senators proposed the escort be used spring quarter and reevaluated at the end of the quarter.

Senators will contact students this week on whether they'd use the escort service and a telephone survey is underway.

A proposal to resurrect the Bison annual was made by RaeDeen Heupel.

Heupel and Loree Raen have

looked into costs and student response.

They plan a state organizational meeting for 8:30 p.m. today in the Forum room of the Union.

A motion proposed by Jaeman to dedicate \$1 per student to the student activity fee for his full-time North Dakota State Association lobbyist was tabled.

Houtman asked the proposal to raise activity fees by \$1 be put on the ballot April 24.

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Council promotes land stewardship in state

By Sarah Adams

Through energy development in North Dakota, the value of water for domestic use will be more valuable than the price of oil in the future," Harold Odermann, a member of the Dakota Resource Council at a lecture in the Union.

The Dakota Resource Council is a grass roots group in the state that strives for good stewardship of the land and preservation of it for future generations. The group works to protect the state's productive lands, clean air and water from oil and gas development through organizing, research, education and advocacy.

The DRC tries to make people aware of destruction of good land, water from strip mining, drilling and the pits at oil wells. Seismographers

employed by oil companies are negligent in plugging the holes used to test the shape of oil-producing areas or domes, Odermann said. Five to 10 years later people have problems with the water because the aquifers were never capped.

The State Industrial Commission has jurisdiction on plugging of holes, but they have little help in policing. The DRC suggested setting up an 800 hotline number three years ago but politics prevented it. Odermann proposed it to the Commission and the governor. The number would help the Commission police the oil companies by having the people report any transgressions.

The State Industrial Commission has procedures for oil companies to follow in the oil well pits. The companies must line the pits with a plastic liner. These get punctured

because the companies dig trenches to drain off the liquid wastes from drilling. The wastes destroy the land and ground water around it.

"Oil companies do anything economically feasible to do what they want. Therefore, it is a question of dollar and cents involved to why they dig the trenches," Odermann said.

The problem of clean air is addressed by the DRC. When the wells pump oil, they use natural gas to pump up the oil. This gas, burned off by flaring, affects the agricultural productivity of the area, fences, buildings and human health. The burning of coal by electrical plants has polluted the air near several wildlife refuges and a national park.

In 1977 the state instituted a Clean Air Act, which classified air

into three classes. In order for an electrical plant to receive a waiver permit to continue operating they must go through the State Health Board and the National Park Service.

There have been a few improvements. Some gas from the oil wells is bottled and trucked away, and some natural gas is being diverted into houses through a lease. The gas has been linked to cases of acid rain in Minnesota lakes and forests.

Gas that is not burned or diverted is used for internal use. This month in the N.D. House of Representatives a bill was passed to tax flared gas and to charge royalties on the gas when there is a market. The bill was designed to encourage saving a valuable resource and reduce air pollution.

In strip mining the farmer may not be near the mine, but he will still lose the water from the aquifer. The damage from coal strip mining is more noticeable than damage from oil or gas development. Companies are responsible for reclamation of the lands after mining, but the problem is enforcing it.

The synthetic fuel plant at Beulah was built during the Carter administration as a commercial plant for \$790 million. Since 1980, Congress has cut funding the plant because it is not economically feasible. The fuel for the Beulah plant travels through the Northern Border pipeline.

Whether lands will be mined or drilled is entirely up to the state owner or the surface owner. This practice comes into play through split-a-state. In 1914, a parcel of land along with the minerals went to the settler. In 1916, the federal government took over the mineral rights, but in the 1930s the mineral rights went to the state after the surface owner went out of business.



Odermann, Theresa Kockeny, Rose Sickler and Leo Kallens, members of the Dakota Resource Center, spoke of concern about contaminated ground water. (Photo by Jeff Wisnewski)

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Seminar offered to help people deal with divorce

A seminar to help parents deal with the harmful effects of divorce on themselves and their children will be from 9 a.m. to 12:30 p.m. Saturday, April 13 at MSU.

The seminar, led by Dr. Richard Kolotkin, an associate professor of psychology at MSU, is aimed at divorced couples with children and professionals who counsel divorcing parents.

Kolotkin said an estimated 40 percent of current marriages among young adults will end in divorce, and

60 percent of them involve children. The intent of the seminar is to help them cope with the emotional, social, psychological and economic upheavals that follow.

The seminar, meeting in room 202 of Comstock Memorial Union on campus, costs \$25 a person or \$40 for both divorcing spouses together. To pre-register, contact the MSU continuing education office at 236-2183. Registrations will also be accepted from 8:45 to 9 a.m. the day of the seminar.

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Opinion

And the winner is...

Gather 'round folks! Find out who will win the international poker game.

The present standing of the United States seems to be that it is losing to Japan and at a stand-off with the U.S.S.R.

Reagan didn't call Japan's bluff and now he's headed for trouble. Japan can import almost anything, in any amount they want, to the United States. This is a one-way street since Japan has imposed trade barriers upon us. The labor industry and economy of America will be in jeopardy if Japan doesn't lift its barrier.

Another bargaining chip is needed to come out ahead, or simply even. The Reagan administration gave up their Japanese chip and they had better find another, such as tariffs, to stay in the game with Japan. It seems the Japanese have proven themselves as very worthy players in the international poker game.

Right now, America and Russia are deciding how to play the game. Reagan now has his bargaining chips he felt he needed—21 more MX missiles. Does he really need these in this game? I don't think so.

The Russians, if they're human beings, are just as scared of us as we are of them. Do they really need more weapons thrust in their faces? Both sides are supposedly trying to end the arms race, but I don't see the Reagan administration trying very hard.

With actions like this, I don't blame Mikhail Gorbachev if he doesn't want to meet with Reagan. Reagan is practically begging the Russian leader to meet with him. Maybe he wouldn't need to beg if he would stop trying to constantly be *the* superpower.

I hope this international poker game doesn't have a winner. As soon as there's a winner, there's billions of losers who will have to fight in World War III.

Jodi Schroeder

HAPPY EASTER!

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

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

The Spectrum welcomes letters to the editor. Publication of letters will be based on available space, prior letters on the same subject, relevance to the readers, writing quality and thought quality.

We reserve the right to accept or reject any or all letters.

Letters intended for possible publication must be typed, double spaced, no longer than two pages, include your signature, telephone number and major. If any or all of this information is missing, the letter will not be published under any circumstances.

Deadlines for submission are 5 p.m. Tuesday for Friday's issue and 5 p.m. Friday for Tuesday's issue.

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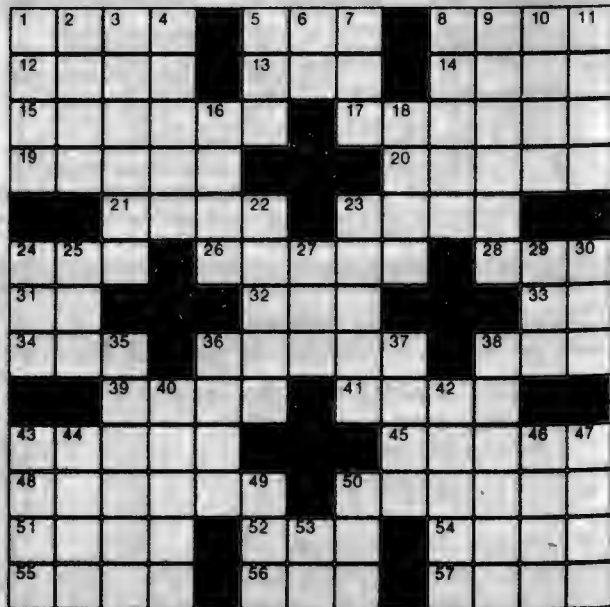
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ACROSS

- 1 Headgear: pl.
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- 12 Ox of Celebes
- 13 Food fish
- 14 Repulsive
- 15 Retreat
- 17 Rubber on pencil
- 19 Vapid
- 20 Chemical compound
- 21 Former Russian ruler
- 23 Surfeit
- 24 Couple
- 26 Part of flower
- 28 Tier
- 31 Third person
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DOWN

- 33 Pronoun
- 34 Sched. abbr.
- 36 Tag
- 38 Ancient
- 39 Walk unsteadily
- 41 Scorch
- 43 Look fixedly
- 45 Warn
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- 50 Heavy hobbled shoe
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Opinion Poll

QUESTION: How well do you feel you manage your money?



Albert Hairston

I'd manage better if I didn't know Domino's number by heart.



Brian Erickson

I feel I do fairly well. I haven't blown my student loan yet.



Sheila Masset

I don't have any money to manage.



Mike Kodluboy

I seem to have a big hole in my pocket.



April Higgs

I don't manage it. I just spend it.



Beth Syverson

Not well because it comes from Dad, so it doesn't really matter.

PHOTOS BY: Scott M. Johnson

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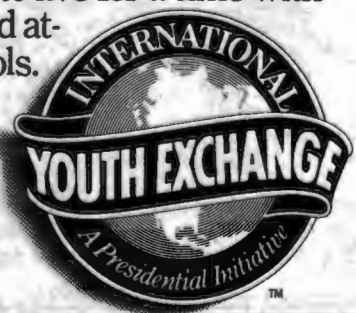
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College bookstores getting into computers

(CPS)—With secrecy befitting arms negotiations, folks from Apple Computers are negotiating to sell computers through the University of Colorado's bookstore.

Apple and CU officials won't comment on the talks, which one source said should make Apple products much cheaper for CU students soon.

"One doesn't comment on negotiations when one's negotiating," said bookstore director Bill Minney.

More importantly, neither side wants to re-ignite a spreading nationwide war between colleges getting into the computer business and the retail computer shops serving college towns.

The struggle for the student dollar already has produced a number of state bills to stop certain colleges from selling computers and may, some lawyers say, end up in the U.S. Supreme Court.

Texas, Indiana and Illinois lawmakers proposed bills this season to stop colleges from offering discount computers to students. Last month, a Madison, Wis., computer store dropped a lawsuit charging the University of Wisconsin was competing illegally against local computer shops by offering the machines at discounts.

The increasing pace of proposed legislation—none of it has passed as

yet; only Washington state now expressly forbids campuses to compete with local retailers—and threat of more lawsuits are convincing some campuses like Colorado to keep their computer discount plans quiet.

"There's just no way we can compete for student business with the CU bookstore," said a Boulder computer store salesman.

The college is definitely going to get the university kids," he explains. "It's not fair, but what are we going to do? If we had the kind of money to buy large amounts of stock, we'd be OK. As it is, we get by."

"I'll tell you what it sounds like," added Computer Works, Inc. store manager Lecale Bowers when told of the secret talks between Apple and CU. "It sounds like more competition from the college."

Colleges, of course, can afford to sell computers more cheaply to students than local stores because of agreements letting colleges buy the machines from the manufacturers at special low prices.

Manufacturers say they're just doing business.

"The reason the universities can sell the computers so cheaply is that the percentage of discount is determined by the number of machines they buy," an IBM spokesman said.

"We don't set the prices for our dealers," he added. "The retailer is free to sell for whatever he wants. The universities simply buy more computers."

"At the absolute minimum, the bookstore's selling the (IBM) PC at a 30 percent discount," said Mike Dobson of Boulder's Computerland.

IBM, Apple, Zenith and other computer manufacturers all began selling discount computers to colleges in 1983, and the programs have grown exponentially each year.

Now, hundreds of campuses—the entire Kansas system, Plymouth State, New Orleans, Tufts, Southern Louisiana, Indiana, Arizona State and Michigan State, to name a few—have turned their bookstores into computer discount centers.

Retailers are angry about competing with non-profit college bookstores and at the manufacturers who sell to colleges for lower prices than they sell computers to the retailers.

One retailer, Computronics of Madison, Wis., sued to force Apple to stop letting the university buy computers for less than what it

charges Computronics.

"Under the Robinson-Pa (a federal anti-trust law), prohibited from discriminating price between two retailers. Brian Butler, the lawyer represented Computronics November, 1984 suit.

But the act also "allow company to meet its competitors prices," argued Bob Christ the Milwaukee lawyer represented Apple in the

Apple, he reasons, could puters at a discount to because IBM and others would so. If Wisconsin chose to computers cheaply to its Madison retailers were free match the university's price

"I'd have gone all the way Supreme Court," Christian "Apple's defense was solid, a matter of retailing, per matter of meeting the com

Last year, similar arguments convinced Illinois legislators State Sen. Joseph Corcoran to limit what campuses can students.

Corcoran, responding to complaints from retailers sell computers to University Illinois students, has re-introduced bill this year. The Indiana legislature also are considering such bills.

At the same time, how computer battle seems to be going beyond retailing.

Even before Apple and finish negotiating to machines, another Boulder company—Leading Edge Computers—filed an official complaint that the university's business was competing unfairly publishing a directory of computer firms in the state.

Leading Edge sells its own tech directory for \$80, which gathered the information using some state funds, plus its directory for \$50.

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Endowed scholarships up from previous year at SU

(NB)—Scholarships for endowed funds administered through the SU Development Foundation will amount to \$61,950 for the 1985-86 academic year, according to Foundation controller Ron Peterson.

Both the number of scholarships provided from endowed funds and the aggregate amount available from earnings on endowed funds for the coming year have increased since last spring, according to Peterson.

Endowed scholarships are provided from earnings on funds given to the Development Foundation for permanent investment. In establishing an endowment, the donor, whether an individual, corporation, association or other organization, is able to determine the criteria for selection and the specific college or program to receive the ongoing benefits from the established funds.

In all, the foundation manages 115 scholarship endowments representing a principal balance of \$1,215,967.

The breakdown of fund categories and the amounts available for scholarship purposes include:

—General scholarships, 18 funds, providing \$6,920.

—College of Agriculture, 33 funds, providing \$18,540.

—College of Engineering and Architecture, 17 funds, providing \$11,430.

—College of Home Economics, 14 funds, providing \$7,135.

—College of Humanities and Social Sciences, 15 funds, providing \$9,495.

—College of Pharmacy, three funds, providing \$1,385.

—College of Science and Mathematics, 15 funds, providing \$7,045.

Peterson explained that endowed scholarship funds represent just one of three types of scholarship programs managed by the SU Development Foundation. Reports on the final impact of available scholarships for SU students will be made available following the end of the fiscal year on June 30.

Students are now responsible for obtaining own reciprocity forms

In contrast to procedures in previous years, the State of Minnesota has stated it will not be sending reciprocity forms for 1985-86 directly to students holding reciprocity during the 1984-85 academic year.

Instead, the student is responsible for obtaining reciprocity forms for 1985 and 1986 from the institution he or she attends and filing it

before going home for the summer months.

The Registrar's Office in Old Main has received a supply of reciprocity forms for 1985 and 1986. Minnesota students who wish to apply for reciprocity for next year are encouraged to pick up a form at the Registrar's Office and file it as soon as possible.

Marlys Witt will join the staff of EDGEWOOD BARBERS



In Valley North Mall. Marlys is a graduate of Fargo South High and Molar Barber College in Fargo. She was previously employed at Northport Barber Service. Marlys lives in Fargo with her family.

Congress of Student Organizations Spring Meeting

Wed., April 10, 7 p.m.
 Ballroom of Memorial Union

Dessert and recognition of achievements.

All organizations must send 1 representative and adviser.

SU places third at national speech tourney

SU placed third out of 96 schools in the National Pi Kappa Delta and Debate Tournament at Fayetteville, Ark., March 23. Individual winners and their awards were:
 Jay Plum, excellent in extemporaneous speaking, good in drama

and informative speaking; Teresa Geiser, superior in prose, poetry and informative speaking, excellent in drama and discussion; Jaime Meyer, superior in poetry, excellent in drama, good in prose; Monte Koffler, superior in informative speaking.
 Paul Kingsley, superior in impromptu speaking, excellent in after

dinner speaking and good in communication analysis; Tom Magill, superior in extemporaneous speaking, excellent in impromptu speaking and good in communication analysis.
 Diann Zittner, excellent in poetry; Lanny Smith, good in extemporaneous speaking; Mike Horseji, superior in after dinner speaking and good discussion.

Dramatic duo teams Bittner/Plum and Geiser/Meyer received excellent awards. Erin Vettel and Koffler received a good award.
 A superior rating means the participant placed in the top 10 percent of contestants in the event. An excellent award means the participants placed in the next 20 percent, while good means the contestant placed in the next 30 percent.

SU professor authors book about plant system design

NBI—Dr. Kam W. Li, professor of mechanical engineering at SU, is the author of a textbook, "Power Plant System Design," the first modern introduction to power plant engineering in more than 20 years. The text emphasizes an overall system approach rather than individual component design, enabling students and engineers to identify better and understand important design parameters.
 The book, published by John Wiley and Sons, Inc., focuses on system simulation and optimization of the extremely high annual and capital expenditures involved in electric power generation. "Power Plant System Design"

reflects today's growing use of computers in system design. Three chapters present several computer programs and demonstrate their usefulness in various designs. The first introductory volume to provide detailed discussion of cooling towers, the book discusses the theory and working equations from both counter-flow and cross-flow towers. Other topics include steam generators, gas turbines, combined-cycle systems and cogenerations.

The book's co-author is A.P. Priddy, president of Charles T. Main, Inc., a major consulting engineering firm in Boston. The book is available for \$40.95 at the Varsity Mart.

Campus Clips

Agronomy and Soil Science Club

There will be election of officers and speakers on AGNET and the use of computers in farming at 6:30 p.m. today in 247 Walster.

All Seasons Outdoor Club

There will be election of officers at 6 p.m. tomorrow in the basement of Sevrinson Hall.

Bison Yearbook

Any students interested in publishing a 1986 Bison Yearbook meet in the Forum room at 8:30 p.m. today. If unable to attend contact the student government office, Rae-Deen Heupel or Loree Raaen.

Campus Ambassadors Christian Ministry

Chuck Hohnbaum will finish his series on commitment at 7 p.m. today in FLC 319.

Chi Alpha Westgate

Pastor Curt will be teaching Bible study at 6:30 p.m. Thursday in FLC 318.

Criminal Justice Club

The field trip will be formalized, and there will be a speaker from the Federal District Attorney's office at 4 p.m. today in South Engineering 117D.

IEEE

Sue Schoch, an SU graduate from Western Area Power Agency in Bismarck, will speak on static vars at 7 p.m. April 10 in EEE 124.

IIE

There will be an IIE meeting at 6:30 p.m. today in room 214 of CE and IE. Meet the new officers and get information on the spring picnic and banquet.

Libra

There will be a meeting at 6 p.m. tomorrow in 320 Memorial Union D and E.

Long-term Care Administration Club

The monthly meeting will be at 7 tonight in Old Main 432 at Concordia.

Narcotics Anonymous

A topic discussion meeting will be tomorrow and each Wednesday at 11:30 a.m. in FLC 320.

Phi Eta Sigma

Officers will be elected at 7 tonight in the Plains Room.

Pre-Medical Association

The Health Fair project will be discussed at the club meeting at 11 a.m. until 3 p.m. in the Multipurpose Room in the library on Thursday.

Student APHA

There will be a College of Pharmacy Symposium featuring health, diet and exercise in Sudro Hall room 20. Everyone is invited to the symposium next Tuesday from 9:15 to 12:20 p.m.

SWF

There will be a meeting tomorrow in room 214 of CE and IE. A speaker from 3M will open the meeting.

YWCA of NDSU

All areas of health will be covered in booths and seminars at the Health Fair in the Union from April 8 to 12 from 10-4 p.m.



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 Womens Basketball
 Bison Mascot—Wrestling

Practice: April 15-18
 3:30-5:00 p.m. NFH

Tryouts: April 19
 4:00 p.m. NFH

Applications/Inquiries
 Call Jackie at 237-7350
 204 Old Main
 Deadline: April 12

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Features

SU scuba club traveled to Androes recently

By Mark Ferguson

If you have ever dreamed of going to that beautiful, isolated, sandy, tropical paradise (having it be a cheap trip to boot), you may be envious of 11 people associated with the SU Scuba Club who made their dream a reality again this year.

Ann Johnson claimed, "The trip was unreal! The cost was really cheap. I couldn't afford not to go," she said.

The cost for this year's trip was up a little, Jim Roberts, coordinator of the trip, said, because they went to a different island.

The last two years the trip was to the Bahamian Island of Bimini, but this year the group went to the island of Androes.

The cost for this year's trip was \$545 for flight, hotel room and food at Androes and fees for diving at Jenny Springs, Crystal River in Florida and at Androes. There was \$150 collected for the gas expenses for the drive down to Florida, Roberts said.

The group left Fargo at 3:30 p.m., March 1. The small caravan of vans and pick-up trucks wound its way through Minnesota, Wisconsin, Illinois, Indiana, Kentucky, Tennessee, Georgia, and finally arrived at Jenny Springs, Fla. at 10:30 p.m. that Sunday.

While at the springs, they did some basic cavern diving. They went to Crystal River to see the Manaties (sea cows), an endangered species. They were told the sea cows had for the most part left, but upon reaching the snorkeling site discovered a couple of the large mammals.

From there the adventurous group left to catch their flight from

Fort Lauderdale to Androes.

"The only setback we encountered was some windy conditions that cancelled a couple of dives," Roberts said. This was countered by the fact that they had unlimited off-shore diving right outside our rooms," he continued.

The island life at Androes is basically agricultural, he said. The island supplies the rest of the Bahamian Islands with fresh water.

Ann Johnson compared this year's trip with last year's trip. "The people at Androes were more friendly than the people at Bimini." The island is largely uninhabited so one could really go exploring. You also could go diving or snorkeling in the fresh water ponds called Blue Holes, she said.

"This was the first time I went, so I really have nothing to compare this with," Peter Waller, an SU graduate student said. It was "really great," he added.

While diving, the group saw all kinds of marine life. For example, they saw a ten to 12-foot-long hammerhead shark. They also saw plant life and coral.

"This was the first time the group has ever encountered Elk Horn Coral before on a trip down here," Roberts said. The coral formations were not as spotty as they were the last two years at Bimini, he added.

"I got sick once on the boat," Waller said. The sight of the hammerhead was really an awesome sight, he added.

After viewing the fish, water and coral formations and after gathering all the warm sunshine their now sunburned and tan bodies could take, they returned to Fort Lauderdale.

dale.

Their four days of laid-back island life was once again behind them.

On Saturday, March 9, the group went to a great place of fun - Wet 'n Wild. They had fun there, Roberts said. There is a slide ride called the Free Fall that the gang really went wild on, he said.

and arrived back at Fargo in the ear-

ly evening of March 12.

"I'm planning on going again next year," Johnson said. "One can't afford to miss this trip," she said.

"We are making plans to return to the Bahamas next year," Roberts said. "We don't know the island this time," he said. "But whatever place we go to, the fun and adventure will always be there," he said.

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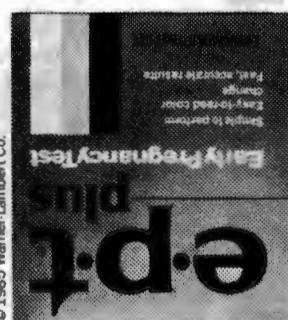
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A CAMPUS ATTRACTIONS Special Events presentation



The laundry is one place on campus where you don't have to worry about being too cold during the winter.
 (Photo by Jeff Wisnewski)

Everything comes up in the wash at SU's hot laundry service

By Megan Ralston

Most people would get a tan or even burn if they worked during a heat wave that reached 110 degrees, especially if they worked in it eight hours a day, five days a week. But Lila Tengedahl, Bernice Meehan, Daniel Kugel and Harlan Pikop don't.

Although North Dakota is not known for its warmth, SU has no problem with heating bills—at the Laundry building that is.

Because it is made of brick, the building holds heat well, sometimes too well, as Daniel Kugel, an employee at the laundry service explains.

"They're (SU) going to put a window in the women's bathroom because the steam line runs right into it, and that place gets over 110 (degrees Fahrenheit)," Kugel said. "In fact it steams in there sometimes," Lila Tengedahl, a co-worker added. "You could say we have hot women over here," Kugel added with a laugh.

Harlan Pikop, manager of the laundry service at SU, began working for the service before it moved in 1967 to its present location on the west side of the power station along Service Drive at SU.

"The old laundry building used to be sitting over by Memorial Union, fastened on to the old Dakota Hall," Meehan said. C lot now stands on the site where Dakota Hall used to be.

Meehan started about 25 years ago, working part-time. After one woman quit, she got a chance to work full-time. "At that time the wages were pretty good for women, so I figured why not go for it," Meehan said.

Harlan Pikop, manager of the laundry service, discussed some of the processes used in cleaning the sheets and pillowcases they receive from dorms each day.

"Since we're close to the powerhouse, we use a lot of steam. It comes right under the road (Service Drive) and is used to heat the iron and the washers. Everything comes out of the washer pretty much sterilized because the washing water gets up to about 180 (degrees Fahrenheit). We get our soap from Bismarck—they're a state penitentiary too," Pikop said with a chuckle.

The employees explained other cleaning procedures. "When you're loading the machine you have to weigh it out (the wash load) so it

Laundry to page 10

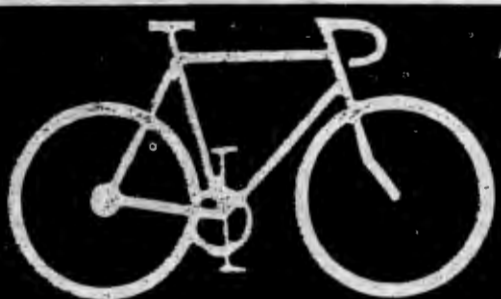


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'Talk to you later' the Tubes are coming

By Jane M. Kuhn

THINGS...that make, THINGS happen. TUBES...THINGS that make THINGS happen.

The Tubes and Utopia will be in concert April 9 at 8 p.m. at the SU New Field House presented by Campus Attractions.

The Tubes' recordings, videos and stage shows are consistently innovative and influential in the rock world. They have a special mix of music theater, satire and spectacle.

The group has had five national and three international tours, nine record albums, three full-length video shows and countless television appearances including "David Letterman" and "Tom Snyder" to name

a few.

The Tubes' latest album, "Love Bomb," was produced by Todd Rundgren, a member of Utopia.

"Love Bomb" features a wide array of guest vocalists including Glen Tillbrook of Squeeze fame, vocalists Bonnie Hayes and Jeffrey Osborne.

"Love Bomb" contains songs as varied in their composition as the Tubes themselves. The members' individual personalities and attitudes are very diverse, and each brings his own unique touch to the album.

From the first single, "Piece By Piece," to the instrumental composition "Theme From A Woolly Place," the Tubes escort one on a trip through a wild, unpredictable

musical world. Where else could one expect to hear "Bora Bora 2000," co-written by the Tubes and King Tu Tu who is, in fact, the real king of the country by the same name.

Their previous release, "Outside Inside," gave them their first ride on the Top 20 LP charts and their first Top 10 single with "She's A Beauty."

The Tubes have outgrown all the fads and transcended all the labels. Their perseverance and affinity for the avant-garde has earned them a place among rock and roll originals.

Utopia is composed of talented and experienced men: Rundgren, Roger Powell on keyboards, Kasim Sulton on bass and Willie Wilcox on percussion.

Utopia's most recent albums include "Oblivion" and "POV." The group has had a total of 10 albums.

Rock and rollers are invited to concert for an evening of creative musical variety and a good time. The concert is produced in cooperation with RT's and LIVE production.

Laundry from page 9

balances in the machine," Lila Tengesdahl said.

"You also want to shake 'em out before loading 'em in the washing machine because you never know what you'll find," Daniel Kugel added.

Kugel doesn't exaggerate when he says this. Sometimes sheets have two holes poked out of them. "That usually means it's Halloween season," Kugel said.

Holes aren't the only surprises the laundry workers get. "We find guys' shorts in women's dorm wash and pillowcases from the women's dorms as well as women's underwear in the men's dorm wash. I guess they forget to bring everything back," Kugel said.

Since each dorm's wash is done separately, they can tell what dorm the articles came from and just send

it back with the wash for the dorm.

When asked what is learned about SU students from their laundry, Tengesdahl said, "Looks like they have a lot of fun!"

SU requires the workers to have a minimum of one or two years of institutional or factory laundry experience because of the rigorous work routines (sometimes the workers will wash up to five dorm's wash loads in a day) employees must follow.

In spite of long hours (7 a.m. to 4 p.m. with a one-hour lunch break) and uncomfortable temperatures, the employees keep their spirits up.


"Sometimes it's so deep in here, we have to shovel our way out," Harlan Pikop said laughing. On a more serious note he added, "It could get boring if we let it, but we try to have fun while we work."

The next issue of the Spectrum will be April 12. Deadlines for that issue will be April 9.


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- 1055 General Information on the Business Office
- 1057 Payment of Tuition and Fees
- 1058 Payment of Room and Board
- 1059 Tuition Refunds

For the complete TAPE library consult your student directory or pick up a TAPE brochure at the Activities and Information Desk in the Union.

TAPE Hours:
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HOW THE HEALTH ARE YOU

CONJUNCTION WITH THE HEALTH FAIR — APRIL 8-12, 1985
Guide to the NDSU Health Center

and Healthful Living

This guide is designed to provide information about the NDSU Health Center and its services, as well as give you information on how to stay well and how to get well if you are sick. We hope it is a helpful reference during your stay at NDSU. We try to answer some of your most frequently asked questions and some you may not have thought about.

Throughout this guide you will find the word TAPE followed by a number. If you want more information, call 237-TAPE from 10:00 a.m. to 11:00 p.m. and ask for the tape name or number and you will hear a three to five minute recording on that subject.

If you have any questions, problems, or think you may be sick, call the NDSU Health Center or stop in. The staff will be happy to help you. HERE'S TO YOUR HEALTH!!!!

THE HEALTH CENTER

The NDSU Health Center is a fully-equipped clinic located in the one story building north of Old Main, between Ceres Hall and the metered parking lot. If you are a registered student at NDSU you are entitled to use the services of the Health Center.

The Health Center has a doctor's services on a limited basis Monday through Friday. Because the doctor is only at the Health Center on a part-time basis, please call to make an appointment. The doctor does not do routine physicals nor does she/he visit any student residences. The Center staff offers the services of a dentist, a medical technologist and a pharmacist during the doctor's hours.

Hours

The Health Center has a nurse on duty from 8 a.m. until 8 p.m. Monday through Friday, and 8 a.m. until 4 p.m. Saturday and Sunday.

Health Center Services (TAPE 1402)

The Health Center provides other services besides treating contagious diseases and other illnesses:

Acne Treatment — An acne program is available. Treatment may include medications and/or ultraviolet light treatment.

Allergy Shots — Any student will be given allergy shots if the student brings in his/her physician's order and the allergy serum. Shots are given only during doctor's hours and a 20 minute waiting period is required after the injection.

Birth Control Education — Educational information on birth control methods is available to students.

Counseling on Health Related Issues — Counseling services on health-related issues such as human sexuality programs, insomnia, etc., are provided. If necessary, the Center will make referrals to appropriate local agencies.

Diet — A nutritionist is available to help you with any dietary problems. A weight reduction program is offered throughout the year. The food service provides a diet plan and dietary foods for you.

Laboratory Testing — Complete blood counts, analysis, throat cultures, VD testing, pregnancy testing, mono testing, and others are available.

Pharmacy — The pharmacy is located on the main floor of the Health Center. Both prescription and non-prescription drugs are available at the pharmacy. The pharmacist will fill prescriptions signed by any licensed physician. Medications sold in the pharmacy are priced at a low mark-up and are often less expensive than other pharmacies. Pharmacy hours are the same as the doctor's.

Special Equipment — Special equipment such as crutches, hot water bottles, or ice bags are provided at no charge. A deposit may be collected but will be refunded when the equipment is returned.

Vision Tests — Vision tests needed for driver's license renewal are available at no cost.

X-Ray — When a physician orders an X-ray diagnosis, you will be referred to a local clinic at your expense.

What's Free and What's Not?

Most services are provided without charge. There is no charge for the following services: physician's services, vision tests, birth control counseling, allergy shots, VD testing, VD treatment, diet counseling, and referrals.

Some services are performed for a small fee. These services include: throat cultures, pap smears, pregnancy tests, mono tests, immunizations, and prescriptions.



Because the Health Center is not a hospital and does not have a full-time doctor, the following services are not available at the Center: routine physicals, hospital care, and surgery.

Tri-College Dental Service

The Tri-College Dental Service is an independent clinic designed to serve the needs of tri-college students, their spouses and children. The clinic, located in the basement of the Health Center, offers special student rates, focusing on cleaning, exams, emergency care, and fillings. Financing is available for students unable to pay on a cash basis. Call 237-7548 for an appointment. Enter the dental clinic through the east door of the health center.

Student Health Insurance (TAPE 1400)

A health insurance plan for registered students and their dependents is available through the Student Affairs Office. This insurance policy can be obtained by filling out a card during registration requesting coverage. Students requesting the coverage will have the premium added to the fee statement and payable the same as tuition each quarter.

The policy is effective from September 1, 1983, or the date of application, through September 1, 1984. The policy can be purchased during fall, winter, or spring registration and is pro-rated accordingly. The plan protects students at home, at school, or while traveling, 24 hours a day.

For more information, contact the Student Affairs Office in Old Main, or call 237-7701.

STAYING HEALTHY

Blood Pressure

High blood pressure, called hypertension, has no symptoms. Yet, if it is not treated it can lead to heart disease and stroke. Hypertension can be controlled by losing weight, exercising, lowering your salt intake, stopping smoking, and/or by taking prescribed medications. If you want to know your blood pressure, stop in at the Health Center and have it checked.

Breast Self-Examination

Breast cancer is one of the most common malignancies in women; one out of eleven women can expect cancer of the breast. Early detection is important to catch the cancer before it spreads. Breast examination can help detect any abnormalities early and aid in early breast cancer detection.

The best time to examine your breasts is immediately after your period. Examinations should be done every month so you learn what is and isn't normal for your body. If you find a lump see your doctor immediately. While over 80 percent of all breast lumps are not cancerous, you should be examined.

There are three steps in examining your breasts:

1. In the shower or bath, examine your breasts as your hands glide easily over the wet skin. Fingers flat, move gently over every part of the breast. Use the right hand to examine the left breast; left hand for right breast. Check for any lump, hard knot or thickening.
2. Before a mirror, inspect your breasts with arms at your sides. Raise your arms overhead, looking for any change in the breast contour, dimpling of skin, or changes in the nipple. Next, rest palms on hips and press down firmly, looking for any changes.
3. Lying down on your back, put a pillow under your head. With your left hand, fingers flat, press and ex-

amine your breasts again. Continue circling until every part of your breast has been examined, including the nipple. Repeat the entire process to examine your left breast, placing the pillow under your left shoulder, and left hand behind your head. While examining your breasts a ridge of firm tissue in the lower curve of each breast is normal. Finally, squeeze the nipple gently. If there is any discharge, report it to your doctor immediately. (TAPE 1085)

Contraception

Several different methods of contraception are available to you. Your life style and medical history should be considered when choosing your method of contraception. To select the right birth control method, consult the doctor at the Health Center. Birth control counseling is also available at the Center at no charge.

* **Abstinence** — This is a 100 percent effective method of birth control since there is no sexual intercourse at all.

* **Oral Contraception** — (The "pill") — If you take the pill every day, it is 99.66 percent effective in preventing pregnancy. Not everyone can use the pill. Your doctor will give you a physical examination and ask for information about your past and present health and your family's health history to determine if the pill is right for you. Many doctors recommend you do not take the pill if you are over 35, smoke, have high blood pressure, liver disease, or a history of heart disease. It is also suggested that if you drink a lot of alcohol the pill may not be for you. DO NOT take the pill if you are pregnant, or suspect you are, or if you are breast feeding. Check with your doctor if you are going to have surgery to see if he/she recommends you continue taking the pill. At present there is no evidence proving the pill increases your chances of getting cancer. If you are on the pill, however, you should have an annual physical, including a pap smear and breast exam. (TAPE 1115, 1118)

* **IUD** — (Intra-uterine device) — This is a metal or plastic device which is placed within the uterus by a doctor. If the IUD stays in place it is 97 to 99 percent effective. The IUD won't stay in place for about two out of ten women who try it. If you have an IUD, you may have more discomfort and/or more blood flow which may occur during or between periods. You should check for the IUD strings at least once a week and always after each period. If you have problems, call a doctor. (TAPE 1118)

* **Diaphragms** — These are soft rubber cups which cover the cervix preventing sperm from entering the uterus. The diaphragm is fitted to your body by a doctor. The fit is very important. If your weight changes by more than 20 pounds, or if you've had pelvic injuries, have the diaphragm fit checked. A diaphragm must be used every time you have sexual intercourse and it must be used with a contraceptive jelly or cream. Your doctor will tell you how to properly fit and use your diaphragm. When used properly, diaphragms are 90-95 percent effective. (TAPE 1119)

* **Condoms** — These are rubber sheaths which are worn over the penis during intercourse. They prevent pregnancy by trapping the male sperm inside the condom. When placing the condom on, leave a half-inch space at the end of the sheath. Condoms used with jellies, creams, or foams are very effective and help prevent the spread of venereal disease. (TAPE 1121)

* **Natural Family Planning** — This is a method of birth control which relies on the monitoring of the basal body temperature and checking vaginal secretion to determine when a woman is ovulating. During this time, the couple will abstain from sexual intercourse. To learn more about this method, call Catholic Family Services at 235-4457. (TAPE 1123)

* **Foams, Jellies, Creams** — These methods of birth control rely on chemicals that kill sperm. They are inexpensive, require no prescription, and usually have no side effects. When used with other methods of birth control, such as condoms or diaphragms, they can be an effective means of birth control. (TAPE 1122)

* **Sterilization** — This type of birth control is 100 percent effective when done properly and is usually permanent. Male sterilization involves a vasectomy which is most often performed by a doctor in his office. Women who desire sterilization have tubal ligations (tubes tied). This procedure requires hospitalization as surgery is necessary. (TAPE 1120)

Ear Care

The ear is generally self-cleaning. Do not attempt to remove all the ear wax as excessive cleaning of the ear is undesirable. It is generally recommended that the ear be cleansed only with a wet washcloth over the tip of a finger. If you experience an earache that is persistent, have a hearing loss, or drainage from the ear, see a doctor.

Exercise

Physical fitness includes a balanced diet, proper rest and exercise. While at NDSU you have many facilities available to help you with your exercise program.

The New Field House has an indoor track, racquetball courts, weight room, sauna and swimming pool for student use. Tennis courts are just west of the New Field House. Call 237-8617 for more information on availability.

Students are encouraged to participate in the many one-credit courses offered by the NDSU Physical Education Department. Call 237-8981 for more information on class schedules and eligibility requirements.

The Human Performance Laboratory located in the New Field House can help students determine their current level of health-related physical fitness. The program includes a complete functional capacity test of aerobic fitness, pulmonary function, body composition, percentage of body fat, muscular strength and endurance, flexibility and a diet check. Membership services also include a consultation with a trained exercise physiologist and the development of a personalized exercise program. Call 237-7159 for membership information and application procedures.

Fargo-Moorhead offers bicycle trails, roller skating rinks, bowling alleys, racquetball clubs, golf courses, tennis courts, ice skating rinks, swimming pools and handball courts. Whether you jog, play racquetball, lift weights, do calisthenics or yoga, set an exercise program for yourself and follow it regularly. (TAPE 1332, 1356, 1374)

Eye Care

Taking care of your eyes is important and involves common sense. Have your eyes examined at least every two to five years. Protect your eyes when working around chemicals, poisons, or welding. Make sure your eyes are protected when participating in sports such as tennis, racquetball, handball or any other sports where the eyes may be injured.

If you experience any of the following symptoms see a doctor: persistent redness, continuing pain around the eye (especially after an injury), unequal size of the pupils, growth on the eyes or eyelids, trouble seeing clearly, floating spots, double vision, or fogginess around lights. If you wear contacts, don't overwear them or sleep with them in your eyes. If you feel a stabbing pain after overwear, see a doctor.

Foot Care

The best foot care is to keep your feet clean and dry. Trim your toenails occasionally, cutting straight across the nail; rounding the corners may cause ingrown toenails.

Plantar's warts sometimes appear on the sole of the foot and may be painful; they should be treated by a doctor. Athlete's foot is a scaling or cracking of the skin, especially between the toes. It also appears as small blisters that contain fluid. Tinactin is a drug that can help athlete's foot and can be purchased at a drugstore without prescription.

If you have painful calluses, warts, ingrown toenails, or severe athlete's foot, visit your doctor.

Hangovers

The "morning-after flu" is the result of drinking too much alcohol resulting in a headache and/or an upset stomach. The best way to avoid hangovers is not to drink or to drink in moderation.

Alcohol is a diuretic which increases urination causing loss of water and salt from your body. If you drink too much, you may want to eat a tablespoon of honey before you go to bed to help metabolize the alcohol. The following morning drink plenty of fluids, salted tomato juice, coffee, and eat honey toast. Unfortunately, time is the only "cure" for a hangover.

Immunizations

Vaccinations are required to help you build immunity against certain diseases. You should have received shots to prevent polio, measles, mumps, diphtheria and tetanus. If you aren't sure you have received these shots, your family doctor or your parents should be able to tell you.

Some immunizations are required if you are traveling abroad. The Community Health Center can tell you what shots you need and administer them. Call 241-1360 for more information.

Nutrition

Eating a balanced diet is part of healthy living. To eat right you should eat a variety of foods which provide the necessary nutrients to build a healthy body. It is recommended that you eat from the four basic food groups every day: milk products, meats, vegetables and fruits, and bread and cereals. The Health Center has a nutritionist who will help you with any dietary problems or questions. (TAPE 1374)

Often college students find themselves gaining weight. The combination of too much eating and too little exercise can create this problem. There is no easy answer for losing weight—what is needed is a good diet plan and an exercise program. If you need help in losing weight or keeping your weight stable, visit the nutritionist at the Health Center. If you are on a food contract, the nutritionist and the food service can help you with a well-balanced diet.

If you find you have a compulsion to overeat, Overeaters Anonymous may be able to help you. Call 233-0020 or 235-9383 for information on their services. (TAPE 1329, 1330, 1333, 1334, 1335, 1336, 1337, 1338, 1339, and 1340)

Smoking

If you smoke, try to cut down on the number of cigarettes you smoke and smoke filtered or low-tar cigarettes. Women who smoke shouldn't take birth control pills. If you are pregnant, smoking will affect your baby, so try to stop smoking while you are pregnant. Smoking affects the body—it speeds up your heartbeat, kills lung cells, and slows reaction time. A link between smoking and lung cancer has been found, so if you smoke be aware of what you're doing to your body. (TAPE 1086, 1376)

Sun

The most common problem associated with the sun is sunburn. Varying degrees of sunburn occur after exposure to the sun. For mild burns, apply cold compresses if needed. When blisters form because of burns, apply cold compresses or soak in a tub of cool water. If blisters are extensive, see a doctor. Aspirin can reduce the pain associated with severe sunburn.

The best way to prevent sunburn is to gradually build up your sunning time starting with 10 to 15 minutes. Use a sunscreen which contains PABA when suntanning.

Suntan parlors are becoming quite popular, but many doctors warn against using them to get a tan. Prolonged exposure to either the sun or the rays in suntan parlors may prematurely age your skin and/or cause cancer of the skin.

Teeth

Dental Hygiene should be a part of your daily health care. Brush your teeth properly every day, preferably after every meal. If you can't brush, rinse your mouth after meals or eat an apple or carrot to clean your teeth. Flossing your teeth daily can help keep your gums and teeth healthy and clean. Watch your intake of sweets and sugar to help prevent cavities. (TAPE 1200, 1201)

Testicle Self-Exam

Self-examination of the testes is an important part of self-health care and should be included in male health maintenance care. To do a testicle exam, hold your scrotum in the palms of your hands and examine each testicle with the thumb and fingers of both hands. Your index and middle fingers should be on the underside of each testicle and your thumbs on top. Roll the testicles between your thumb and fingers; look for any hard, small lumps. If you notice any abnormalities see your doctor.

GETTING HEALTHY

Acne

Acne is the word used to describe the skin problems that affect the face, neck, back and chest. If you have acne, you're not alone—80 percent of young adults have some form of acne. No one knows exactly what causes acne. Flare-ups may occur after you eat certain foods or if you are under a lot of stress. Some females' acne gets worse just before the start of their period.

There are treatments available. Keep your face clean by washing at least twice a day. Sunlight sometimes helps clear up acne.

If you have acne, visit the Health Center and ask about their treatments which include medication and/or ultraviolet light. (TAPE 1373)



Allergies

Allergies are caused by foreign substances in the body which cause a sensitivity reaction. Allergies usually develop because the body is sensitive to pollen, food, dust, plants, or animal hair. A skin patch test can help to find what allergies you may have. Your doctor can prescribe medications which will help lessen allergic reactions. You may have to avoid those things which cause your allergies. The Health Center will give allergy shots at no cost to students who bring a doctor's prescription and the allergy serum.

Asthma

Asthma is the inability to breathe well and is caused when air passages in the lungs are narrowed. It is characterized by wheezing, shortness of breath, tightness in your chest, coughing and sudden choking.

The causes of asthma are different for different people. For many, asthma is the result of an allergy. For some, asthma is caused by something in the body chemistry. Most asthma is caused by a mixture of both.

If you are with someone who is having an asthma attack, stay calm and reassure the asthma victim. Help the person sit down and lean forward, resting their arms on a pillow or table. You may have to "breathe with" the person to help slow down his/her breathing rate. After the attack, let the patient rest.

Because an asthma attack may be dangerous, be prepared to take the asthmatic person to the hospital or the Health Center. If you have asthma see your doctor to determine what you need to prevent asthma attacks.

Colds

The common cold is caused by a virus. Cold symptoms include sneezing, chills, muscular aches, mild fever and malaise. A common cold usually lasts six to seven days. There is no specific cure for a cold. If you have a cold you should avoid getting chilled, get plenty of rest, drink lots of fluids and take aspirin if needed.

If you have a sore throat, earache, high fever, swollen glands, or if your cold lasts longer than a week, see a doctor—you may have a bacterial infection. (TAPE 1357, 1368, 1369)

Constipation

Constipation can be caused by lack of fluids or bulk in your diet. It can also be caused by failing to go to the bathroom because you're too busy. If you are constipated, drink four to six extra glasses of water per day; add more bulk to your diet, including vegetable fruit, salads and bran. Don't take over-the-counter laxatives or eat bulky foods if you are vomiting, feel nauseous, or have abdominal pain or cramps—these are signs of appendicitis and laxatives or bulky foods may cause the appendix to rupture.

Everybody has his/her own personal schedule for bowel movements. If you are off your schedule or can't have a bowel movement, contact the Health Center.

Diarrhea

Diarrhea can be caused by many things. Some common causes are intestinal infection, drugs, poisoning, colitis, flu viruses and changes in diet. If you have diarrhea, drink only water for the first 24 hours. Then follow with a bland diet such as tea and toast until you feel better—usually within a day or two. If diarrhea persists, consult a doctor.



Fainting

Fainting is a loss of consciousness for a period of time from a few seconds up to two minutes. Common symptoms before fainting are dizziness, sweating and lightheadedness. If you feel faint, lie down or sit down and lower your head between your knees. Because fainting can be related to illness, see a doctor if fainting occurs frequently.

Fatigue

The most common cause of fatigue among college students is nervous tension. Tests, grades, classwork and social pressures may make you tense and prevent you from relaxing completely. Relaxation techniques may be helpful.

Tests are a source of nervousness, or if you don't know how to relax, visit the Counseling Center on the second floor of Old Main for some tips on how to study and how to relax.

Influenza or "flu" is caused by a highly contagious virus. If you are infected with this virus, it will take about 48 hours before you become ill. You may run a high fever, feel chilled, weak, have a severe headache, muscle aches, have a sore throat and a flushed face. As your fever goes down, you may still feel weak and tired for several days.

When you have a fever stay in bed, drink plenty of fluids, and take aspirin (or aspirin substitute) to relieve muscle aches and pains. When your fever goes down, take it easy for a few days to reduce the risk of a relapse.

Frostbite

Frostbite occurs when skin tissues are frozen. Fingers, toes, the nose and ears are most commonly affected. The affected area(s) may feel numb at first, but once the skin begins to warm, it may swell, blister, and be very painful.

If you suspect you have frostbite, call the Health Center or see a doctor. If you are unable to see a doctor immediately, you may place the affected area in tepid (105° F) water to slowly rewarm the area. (TAPE 1375)

Headaches

Headaches are very common—affecting over 90 percent of the people at some time. If you have an occasional headache, it can usually be treated with aspirin or an aspirin substitute. If the headache is caused by tension, you may want to try some relaxation exercises.

Migraine headaches can be caused by tension, certain foods, fatigue, hunger, alcohol or oral contraceptives. There is some evidence that migraines may be hereditary.

If you have severe headaches or recurring headaches, see a doctor. If you've received a head injury and have a headache within 24 to 48 hours, see a doctor immediately.

Hayfever

Hayfever is an inflammation of the eyes and nasal passages caused by an allergy. Its symptoms include sneezing and stuffiness of the nose, sneezing, and redness and itching of the eyes. Hayfever can be dangerous and lead to infection. If you have hayfever, visit a doctor to determine what type of hayfever you have and what provokes it. If you need allergy shots, the Health Center can give them. (TAPE 1359)

Hemorrhoids

Hemorrhoids, sometimes called piles, are a common condition. Hemorrhoids are varicose veins in the rectal area. Causes for hemorrhoids include constipation, hemorrhoids, severe coughing, strain and pregnancy.

Hemorrhoids can be either external or internal. Internal hemorrhoids occur inside the rectum and are usually painless, but can cause bleeding. The bleeding is usually severe and is bright red in appearance. External hemorrhoids occur outside the anal area. They are usually first noticed as a firm tender lump. This can be treated by sitting in a warm bath. The lump should begin to decrease in size in three to five days. There may be some bleeding. If the bleeding continues for more than five days, if the hemorrhoid doesn't decrease in size, or if the lump is bigger than one-half inch, see a doctor.

Hives is a common condition usually caused by allergies or an allergic reaction to drugs. Hives are welts that appear on the body, usually on the trunk of the body. They develop quickly, often in large numbers, and

typically disappear in a few hours. If hives persist, they can be dangerous. To help stop the itching, take a cold shower, soda baths and use calamine lotion. Visit with a doctor to determine what causes your hives.

Insomnia

Insomnia is the most common sleep disorder. If you have difficulty falling asleep, the following hints may be helpful: avoid caffeine after 5 p.m. (coffee, colas, etc.); go to bed at the same time every night; do some light exercise; take a warm (not hot) bath; meditate; do relaxation exercises and don't use your bed for studying—use it for sleeping. These techniques work for most people. If you still have problems sleeping, visit the Health Center or the Counseling Center. (TAPE 1358)

Injuries

If you have had an injury, clean it with soap and water to help prevent infection. If you haven't had a tetanus shot in the last ten years, you may need one. If the injury becomes infected, appears red, swollen and warm to the touch, or has pus in the wound, see a doctor immediately.

* Burns — There are three categories of burns:

First degree burns — The skin appears pink or red and small blisters may appear. Most sunburns are first degree burns. Apply cold water to the burned area. DO NOT apply butter to the burn.

Second degree burns — Large, thick blisters form, often covering the entire burn. The area is deep red and shiny in appearance. Because of the danger of infection, do not break the blisters; see a doctor.

Third degree burns — The skin is destroyed and there is little pain. Anyone with a third degree burn should see a doctor immediately.

Chemical burns — Remove any chemically soaked clothing and rinse the area with clean, cool water for ten to fifteen minutes. Get medical attention immediately. Chemical burns in the eye should be treated as soon as possible. Get the person's head under a faucet, open the eye, and let the water wash over the eye—then seek medical help immediately.

* Bruises — These are the black-and-blue marks that indicate a local hemorrhage. Bruises are injuries that usually result from a blow. There may be some tenderness and swelling but it usually goes away rather quickly. If a bruise takes a long time to heal, see a doctor.

* Cuts — If your cut bleeds, apply pressure to the wound, elevate it, and apply cold compresses. If bleeding does not stop or if the cut is severe, see a doctor immediately.

* Punctures — Punctures are usually caused by sharp objects such as knives or nails. The wound may close very quickly and still become infected. Be sure to clean the wound thoroughly. If you have not had a tetanus shot in the past ten years, or if infection sets in, see a doctor immediately.

* Scrapes — Usually the outer layer of skin is scraped off. While there usually isn't much bleeding, the wound may be painful and susceptible to infection. Scrapes should be carefully cleaned with soap and water to prevent infection. If infection occurs, see a doctor.

* Sprains — A sprain is an injury to a ligament usually caused by stress. Sprains will be tender, swollen, discolored, and very painful with limited movement in the affected area. Elevate the injured area and apply ice immediately. If the sprain is severe, see a doctor.

* Strains — Strains are caused by overstretching tendons or overusing muscles. In acute strains, pain and swelling occur suddenly. To treat acute strains, rest the injured area and apply ice packs to reduce the swelling. See a doctor to determine the extent of the injury. In chronic stress, pain usually occurs several hours after overexertion. Symptoms include tenderness and stiffness with no swelling. Treatment includes resting areas until the stiffness decreases.

Mononucleosis

Although mononucleosis is sometimes called the "kissing disease," no one knows exactly how it is spread. It is caused by a virus which enlarges the lymph nodes. Other symptoms include fever, sore throat, chills, severe headache and fatigue. Mononucleosis may affect the liver and the spleen. Do not participate in excessive or rough activity and do not drink alcohol. Stay in bed until your fever, fatigue and headaches lessen. If you suspect you have mononucleosis, go to the Health Center for a blood test. (TAPE 1360)

Nosebleeds

Most nosebleeds are not serious. To stop a nosebleed, pinch the lower third of the nose, applying pressure for

ten minutes. Ice can also be applied if the bleeding does not stop. If the bleeding continues, see a doctor or come to the Health Center.

Poison

If you or a friend come in contact with poison, call the Poison Information Center at 280-5575 for help and get to a doctor immediately. Make sure you bring the container the poison was in with the label on it. DO NOT force the person to vomit unless told to do so.

Pre-menstrual Syndrom

Pre-menstrual syndrome (PMS), an hormonal imbalance affecting as many as twenty-six million women of child bearing age, can cause both physical and psychological problems. Diagnosis and treatment are available for the victims of PMS. If you think you suffer with PMS call the Health Center or contact the Center for Student Counseling and Personal Growth 237-7671. For more information please call TAPE 1379.

Shock

An individual in shock is seriously ill since shock can cause death. A person in shock may have different symptoms according to the degree of shock. Look for clammy and cool skin, an increased pulse rate, rapid and shallow breathing. The person may appear irritable and anxious. If the shock is severe, the person may become unconscious and body temperature will fall.

Lie the person down on his/her back, legs elevated, with knees kept straight and the head level or slightly higher than the chest. Loosen clothing, keep the person warm (DO NOT apply heat), and get him/her to a hospital.

Vomiting

If vomiting is caused by overeating, excessive drinking, influenza or morning sickness, you seldom need to see a doctor. In these cases, drink plenty of fluids to prevent dehydration. If you continue to vomit for more than eight hours, or if you vomit blood, see a doctor.

Venereal Disease

Venereal disease is the term used to describe many sexually transmitted diseases. It is estimated that up to ten million people in the United States contract VD each year. The three most common venereal diseases are gonorrhea, syphilis and genital herpes. If you suspect you have VD, please see a doctor. VD can be cured with the proper treatment, but only a doctor can treat you.

The surest way to avoid getting VD is to be sexually inactive. If you are going to engage in sexual intercourse, there are some preventative measures you can take. During intercourse, the male should wear a condom. This will help prevent the spread of VD between partners. Washing (males) and douching (females) may help, but it is not as effective as using a condom.

* Crabs — These are pubic lice that attach themselves to the skin under the pubic hair and cause itching. Although crabs are usually passed by sexual contact, they can be transmitted other ways as well. They are easy to diagnose and can be treated with Rid, a medicine that can be purchased at the pharmacy.



* **Gonorrhea** - This is the most common of all venereal diseases. For the male, the first symptoms are usually a burning pain when urinating, plus a discharge of pus from the penis. This occurs two to six days after contact with an infected person. A female with gonorrhea rarely notices any symptoms. In some cases, she may experience a burning sensation when urinating and a vaginal discharge. If gonorrhea is not adequately treated it may cause serious and painful conditions including arthritis, sterility, heart problems or serious pelvic disorders. Gonorrhea can be completely cured by early treatment. However, you can contract gonorrhea again and will need to be treated again. (TAPE 1701)

* **Genital herpes** - Estimates place this type of VD as the second most common type of venereal disease next to gonorrhea. Genital herpes is caused by a virus and there is no specific cure. Genital herpes (Herpes II) is related to the virus that causes the cold sore, however, most genital herpes is spread by sexual contact. Symptoms usually appear from three to seven days after sexual contact and can occur up to 20 days later. Usually, painful sores will develop around the vagina, vulva and the penis. Other symptoms include pain during urination, vaginal discharge, swelling of the genitals, fatigue and fever. While there is no cure, it is important to see your doctor if you suspect you have genital herpes. (TAPE 1704)

* **Genital warts** - These warts appear on or around the genital area. These warts will appear from one to three months after exposure. Genital warts should be removed by a doctor. Because these warts are sometimes hard to get rid of, it is best to avoid getting them. Use of the condom may prevent spread of warts. (TAPE 1702)

* **Syphilis** - This type of VD is less common than gonorrhea. It is contracted during sexual intercourse with primary symptoms appearing between 10 to 90 days after exposure. A painless sore (chancre), which looks like a pimple, blister or open sore, will appear. During the secondary stage there may be a rash on any part of the body, sores in the mouth, a sore throat, falling hair or a fever. These symptoms will eventually disappear, but you will still have syphilis. Syphilis must be treated by a doctor to be cured. (TAPE 1701)

Vaginitis - Vaginal infections are caused by an overgrowth of bacteria in the vagina. Some symptoms include discharge (either cream-colored, or yellow-green), an unpleasant odor, itching or swelling. If your symptoms don't disappear in a week, see a doctor. Don't leave vaginitis untreated; it may lead to more serious problems. (TAPE 1363)

Warts

Warts are caused by a virus and may affect any part of the body. There are three common types of warts: plantar warts, which appear on the sole of the foot; common warts, which usually appear on the hands and fingers, and venereal warts. Plantar warts and regular warts should be treated by a doctor. See the above section for information on genital warts.

BEING MENTALLY HEALTHY

Alcohol Abuse

Alcohol abuse can be defined as any drinking that leads to or results in problems, either with yourself or others.

Alcohol is a depressant drug that affects the central nervous system. Both physical and mental abilities are affected. Physical effects include an increased heart rate and skin temperature, along with a loss of muscle control (leading to slurred speech, poor coordination). After-effects include hangover miseries such as fatigue, nausea and headaches. Psychological effects include impaired judgement, sluggish thinking and reasoning processes, poor concentration, and a loss of inhibitions (exaggerated feelings of anger, fear, anxiety). After-effects may include a vague sense of ill health, including a slight or severe depression.

.....SIGNS OF TROUBLE.....

- Drinking to relieve pressure or to escape from problems
- Going to class or to work while intoxicated or hung over
- Getting into trouble with the law as a result of drinking
- Deteriorating relationships with peers
- Drinking more and more to achieve the same effect
- Denying the possibility of a drinking problem
- Experiencing blackouts or loss of memory
- Showing frequent moodiness, irritation, and anger without cause
- Relying on alcohol often to relieve pain, tension, anxiety, or
- having physical complaints relating to alcohol use, such as fatigue, weight change, etc.

If you think you have a problem with alcohol call the Center for Student Counseling and Personal Growth at 237-7671 or the Office of Special Student Services at 237-7198.

TAPES 1222 through 1230 address alcohol related matters.

Alcoholics Anonymous/AI-Anon

Alcoholics Anonymous and AI-Anon are support organizations which help people with drinking problems and/or people who are relatives and friends of alcoholics. These groups offer peer support to alcoholics and their families. If you think you have a drinking problem or are having problems coping with someone's drinking, call AA at 293-0291 or call the Center for Student Counseling and Personal Growth at 237-7198.

If you would like to attend an AA meeting, AI-Anon or Alateen meeting visit the AA Club House at 1112 3rd Avenue South in Fargo. You may also want to visit the Coordinator of Chemically Dependent Student Services in Ceres Hall 209. (TAPE 1222, 1223, 1224, 1225, 1226, 1227)

Anxiety

Anxiety and tension are unfortunately common occurrences in daily life. An occasional bout of anxiety is normal and, while it may not be pleasant, it need not be a cause of additional concern.

However, for some people anxiety occurs frequently and creates more problems in coping with daily activities. If you find yourself or a friend having difficulty getting along with people, mistrusting friends, feeling trapped and inadequate, or dwelling on your anxiety, stop by the Health Center and talk to a nurse or doctor. You may also want to visit the Center for Student Counseling and Personal Growth in Old Main to talk to someone about your anxieties. (TAPE 1166)



Depression

We all experience everyday "blues," but this emotional state differs from serious depression. At least 15 percent of all adults suffer from some effects of depression—people under 30 have a higher incidence of depression than any other age group.

Depression has many symptoms, but not all of them may occur. Some symptoms include crying spells, anxiety, irritability, guilt feelings and a drop in self-confidence and self-esteem.

The emotional state of depressed people can change dramatically. They may find it hard to concentrate, have a poor memory, lose interest in the world and worry about death. Feelings of fatigue, loss in appetite, insomnia, headaches and a reduction in sex drive are frequent symptoms.

If your case of the "blues" seems to drag on and you can't seem to pull yourself out of the slump, call the Center for Student Counseling and Personal Growth at 237-7671 to talk with one of the counselors.

People who are depressed may attempt suicide—don't dismiss the warning signs! Call the Center for Student Counseling and Personal Growth or Hotline in the evening if you or a friend of yours threaten suicide. (TAPE 1160)

Drug Abuse

Drugs come in a variety of shapes and forms. Some, like morphine or valium, are used for medical purposes and are legally available only through prescription. Others, like caffeine, tobacco, aspirin, and alcohol are freely available. Many people use some form of drugs everyday without thinking—most of us have at some time used and abused drugs.

Most drugs used everyday are not addictive, however, psychological dependence on a drug and abuse of the drug can create serious problems. Alcohol and drugs taken together can be a deadly combination.

If you think you might have a problem with drug abuse, there are several agencies in the area that can help: Narcotics Anonymous, 232-4279; Hotline, 235-7335; Southeast Mental Health Center, 237-4513; or the Center for Student Counseling and Personal Growth, 237-7671.

If you've taken a drug that is causing a bad reaction, call the Poison Information Center at 280-5575, or call the emergency room at one of the area hospitals.

If you are buying "street" drugs... be careful. The substance you're buying may not be what you think it is. (TAPE 1230, 1231, 1232, 1233, 1234, 1235, 1236, 1238, 1239, 1240, 1241, 1242, 1243, 1244, 1358, 1365, 1371, 1372, 1376, 1377)

Eating Disorders

Anorexia nervosa and bulimia usually occur in young women in their teens and early twenties. Unless treated, anorexia can lead to life-long problems and/or death.

Bulimia is a phase of anorexia nervosa. Symptoms include compulsive eating of large quantities of food and then vomiting or taking laxatives to avoid gaining weight.

Some symptoms of anorexia nervosa are extreme weight loss, excessive exercising, refusal to eat except for tiny portions, eating binges and self-induced vomiting, high energy level, distorted physical self-image, denial of hunger, excessive emphasis on school work or good grades and cessation of menstruation.

If you think you may be suffering from anorexia nervosa or bulimia, call the Center for Student Counseling and Personal Growth at 237-7671. A special support group for people with eating disorders is available. (TAPE 1341)

Rape

Rape is a violent crime—NOT a sexual act. Victims, both male and female, range in age from six months to 93 years. Studies show that about 71 percent of all rapes are planned before the actual attack. In 50 percent of locally reported sexual assaults, the victim and the attacker knew each other in some way.

The best way to avoid being raped is to follow these prevention techniques: lock your doors at home and your car; always check the back seat of your car when you enter it; avoid walking alone at night—if you must, look alert, walk in well-lit areas, and carry a whistle or shrieker in your hand.

If you are attacked—DO NOT fight back if your attacker has a weapon. Your life is most important. If you are raped, do not bathe, douche, change clothes or clean up. Call 293-7273 and ask for help from the Rape and Abuse Crisis Center. They are there to help and support you.

Relaxation

In college, pressures can mount up and you may find yourself nervous and tense. There are techniques that can help you relax and ease your tensions. To learn different methods of relaxation exercises, contact the Center for Student Counseling and Personal Growth at 237-7671. (TAPE 1171)

The key to good medicine is preventive medicine. Anytime you have a contagious disease or any other illness, visit the Health Center. The sooner your illness is diagnosed, the sooner it can be treated.

All records are completely CONFIDENTIAL, so there is no possible embarrassment to you and no one will know about your disease.

The Health Center is here to provide the best service we can to the entire student body.

AREA HEALTH SERVICES

Alcoholics Anonymous	1112 3rd Avenue South	293-0
Center for Student Counseling and Personal Growth	Fargo Old Main 201	237-7
Child Abuse Prevention	NDSU 1015 7th Avenue North	233-6
Community Health Center	Moorhead 401 3rd Avenue North	241-1
Dakota Hospital	Fargo 1720 South Univ. Dr.	280-4
Fargo Fire Department	Fargo 637 NP Avenue	235-4
Fargo Police Department	Fargo 201 North 4th Street	235-4
Family Planning	Fargo 401 3rd Avenue North	241-1
Family Practice Center (St. John's Hospital)	Fargo 510 South 4th Street	237-7
F-M Ambulance	Fargo 1101 1st Avenue South	293-7
Hotline	Fargo	235-7
Information and Referral Service	305 South 11th Street	293-3
Poison Information Center	Fargo N 5th & Mills Ave.	280-5
Rape and Abuse Crisis Center	Fargo 317 North 8th Street	299-2
St. Ansgar Hospital	Fargo 715 North 11th Street	232-3
St. John's Hospital	Moorhead 510 South 4th Street	280-5
St. Luke's Hospital	Fargo North 5th and Mills Ave.	237-7
Southeast Mental Health	Fargo 108 South 8th Street	232-4
Suicide Prevention Center T.A.P.E.	Fargo	237-7

Learn how to keep the doctor away at fair

By Jan Ljungren

"An apple a day ain't the only way!" is this year's theme for the annual health fair sponsored by the YMCA of NDSU. Events will be held every day the week of April 8-12 from 10 a.m. to 4 p.m.

Health Fair 1985 is educational and motivational as it has been in past years. Participants become aware of their health needs, discover possible means of improving their level of wellness, derive motivation to take action and become informed of possible contact people to turn to for help.

There will be a diet check Monday and Tuesday to inform participants on their eating habits. Throughout

the week, seminars, displays and booths are planned concerning fitness, wellness, diets and psychological well-being. Topping the week off on Friday will be a fashion show/bazaar held in the Ballroom.

One of the booths will offer free screenings for hypertension by the Student American Pharmaceutical Association.

Sherwood Peterson, president of the Student APhA, said blood pressure will be taken and then participants will be told what it is. Following the result, hints on how to lower it, if needed be and why it may be elevated or lowered will be discussed. The overall concept of

this screening is to counsel and make people more aware of hypertension, its effects and how to solve it.

A fitness screen on Thursday will test many different phases of exercise and flexibility.

Dr. Donna Terbizan, SU exercise physiologist, will be administering and overseeing this screening which includes strength tests, a step test, flexibility test and a body composition check.

The strength test will measure grip strength relative to total body strength. Each participant will also do a step test, which involves climbing and descending one step for a certain short period of time. This tests the cardiovascular system, which we all recognize as the heart and lungs.

Flexibility will also be incorporated by having participants sit with legs straight out and then reaching as far as they can. This reach will be measured and from there an analysis can be made.

Another check will analyze body composition. This will be done using skin folds, and an analysis of how much of the body is composed of fat and muscle tissues will result.

When this is completed, an "exercise prescription" will be diagnosed. This will describe the norms involved in relation to each participant, where they rated and what they can

do to improve themselves. Terbizan stated the prescription will follow more of an aerobic fitness program than all strength, but some strength will be incorporated

Terbizan hopes to see a lot of people showing up and finding out what their fitness level is.

One of the final events of the week developed by Kay Eide, an SU general textile and clothing major, is a fashion show bazaar.

The theme is "Fashion, For The Health Of It." Drinks from the non-alcoholic drink bar will be served during the fashion show, which contains a variety of sportswear and dressy items.

Fashions from Seiferts, Scheels, Straus and Advantage will show the spring/summer fashion ideas to incorporate into an overall fitness and health plan.

Before the show, a series of booths are being planned. The Academie and Carolyn Melroe, a local fashion and color analyst, will demonstrate and display the Color Me Beautiful concept.

Fashion, Apparel and Design club members will be showing their latest designed creations to liven up a wardrobe.

Artistry in Science for Hair plans to design and create the hair styles for the fashion show models and will be demonstrating nail care and manicures.

Winter intramural championships have been decided in all sports

By Ron Ohren

Kappa Kappa Gamma was involved in a championship team during winter intramurals. The sorority teamed up with Co-op to form the winning combination in co-rec broomball.

Men's wrestling and co-rec volleyball have been completed. Last Sunday, 21 competitors took part in the intramural wrestling tournament. The tournament was divided into five weight classes. In the 134-pound class, Dave Kajer

took top honors while Scott Shultz won the 142-pound class. The 158-pound division was won by Bob Zink, Bryan Johnson took the 167-pound class, and Pete Rohde was top competitor in the heavyweight division. The matches were refereed by Bison wrestlers John Morgan, Mike Frazier and Jack Maughan.

Co-rec volleyball has also been completed with the Six Packers coming out on top. Winter intramurals proved to be a great success at SU.



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NDSU New Field House

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- \$11 General Public—Advance
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All seats general admission
No phone orders

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- Brass & Wax—Breckenridge, MN
- Budget Tapes and Records—Fargo
- Budget Tapes and Records—Grand Forks
- Marguerite's Music—Moorhead, MN
- Stern's—Fergus Falls, MN

Presented in cooperation with RT's & **LIVE** PRODUCTIONS

Hunter's broadcast career began at KDSC



Larry Hunter

By Marjorie Dobervich

If anyone began broadcasting from "the ground up," it was Larry Hunter.

"I started hanging around the radio stations in the early 1950s with a broom in my hand, hoping someone would put me to work. I worked free just to learn the business."

Who's Who

Hunter described his early teens as his flunky radio period when he did every job no one else wanted to do, but had his foot in the radio door.

He was promoted from 0 to 35 cents an hour in one of his first

jobs and, among other things, gained the valuable experience of learning to operate the radio control board, and eventually, the rest of the system.

His budding broadcasting and news career expanded when he enrolled at SU. He managed to hold down several jobs at one time.

Hunter said there was no mass communication major available to SU students then, as there is today, so he chose business. He said this was rather misleading as his whole life was involved with communication, especially when he became a station manager of KDSC campus radio, the forerunner of today's KDSU.

He said he spearheaded successful efforts at the time to get the station's wattage increased and on-air time expanded from six to 13 hours a day, which included a new feature of newscasts every hour on the hour.

Hunter was the proverbial one-man band in campus radio then. He wrote news, played records and served as engineer, technician and announcer, all in one, he said.

Hunter had other jobs too. At about the same time, Hunter was employed by KVOX Radio, Moorhead, where he worked under the tutelage of Manny Marget, who he described as a radio legend. He accompanied Marget in covering about every area sports event there was, he said.

At about the same time, Hunter was working as a disc jockey for old KXJB Radio. The station was housed upstairs in the same building where Jim Adelson, KXJB-TV personality, did the sports programs.

"I would run downstairs to the TV station and fill in for Adelson

on the sports when he had to be away." At the same time, he left the radio turn-table going upstairs, he said.

"I kept my fingers crossed that the record would keep on playing upstairs while I was downstairs on TV!" Hunter exclaimed.

When KUTT-Radio came to Fargo in 1959, Hunter joined the staff as announcer and disc jockey.

His first challenge was to help KUTT get on the air. He said he and a friend hauled the big studio control board into the station in sections and installed it themselves, he said.

He added it was no small task because the station was located on the top floor of Fargo's five-story Universal Building.

With his new job, Hunter assumed the new name of Danny Dark, disc jockey, but it wasn't the only hat he wore at KUTT. "I was selling insurance part time, so I set up the group insurance program for the station too," he said with a wry smile.

In 1963 Hunter was ready to spread his wings and try something new. He moved to St. Petersburg, Fla., where he embarked on a two-year newspaper career.

But he said he hated Florida's heat and humidity and learned he did not like the spring media as well as radio. Hunter described some of the practices of his new job as boring and mundane, not nearly as exciting as handling four or five jobs at once, as he had in Fargo.

He left the newspaper and went into business for himself, he said. "I opened my own advertising agency and landed some very choice national accounts," he said.

But broadcasting and news

beckoned once again. He sold his agency and moved to Spokane, Wash., in 1977 where he became KXLY-TV news director.

In 1983 Hunter got his chance to come home to Fargo.

KTHI-TV was looking for an executive producer and news anchor.

Discussing the differences between Fargo's lifestyle and those of other markets, he makes no bones about his preference for Fargo's living conditions, especially low crime rate.

He says he likes the cold much better than Florida's heat and humidity. "I like the Fargo TV market too," he emphasized.

When he starts talking about the ethics of his profession, a jocular, enthusiastic Hunter turns deadly serious.

He makes no secret of how he feels about the First Amendment, muzzling the news, and his low opinion of the practice of deliberately sensationalizing the news for rating impact.

"Ratings are important, but they aren't everything," he said.

His contempt for sensationalism was obvious as he related several instances of stories he has killed for this very reason.

Hunter said he has never had a sponsor request him to kill a story. "It has never happened to me, thank goodness, and if it did, I would walk out of the station."

At the same time, he said he feels informing the public about news and issues affecting the populace in general is very important. He leads his newscast with this type of information. "I want to give you information that affects you, not just one or two people," he said.

Saar elaborates on the fine art of wine tasting

By Shannon Endres

Fruity, sweet, not something to eat—a glare, a sniff, a roll of the tongue. It's all really rather fun—it's wine tasting.

Some people are experts, for some, it's a career, but for others it's a hobby. This is the case of Cindy Saar, French lecturer at SU.

Saar says she got interested in wine tasting when she was studying in Paris. "It is an integral part of their life," she said. "The French care deeply about wine, and their attitude reflects their quality."

There are many different regions in France producing wine. "The neat thing about French wine is that it's all natural, no preservatives or additives," she said.

Saar hasn't taken any courses in wine tasting but has read many books, newspaper and magazine articles on the subject.

Winter quarter she gave a wine tasting presentation for her beginning and intermediate French classes. "The presentation was given mainly in French and was a means of studying the cultural items of France," she said.

Evaluating wine isn't as snobbish as it used to be. People aren't taking experts' advice much anymore, Saar said. They are testing for themselves.

"The experts do three main things

while evaluating wine. They look at the appearance, check the bouquet or smell, and sample the taste," she said.

Before testing, the conditions have to be just right. The room needs to be bright, well-lit and free from odors. "This means heavy perfumes or colognes, cooking and especially smoke odors," Saar said. It interferes with the evaluating process.

When checking a wine for appearance, tilt the glass over a white table cloth, Saar advised, "You are checking for dark circles or cloudy substance. You want the wine to be clear and free from this."

The next step is checking the smell or bouquet. "The aroma comes from the grapes," she said. "The bouquet is the fragrance from the aging process."

The glasses used are tulip shaped. "This shape is just right for forcing the bouquet upward to get a good smell," she said. "Take a deep breath or a good sniff. If it is not pleasing to the nose, it will probably not be pleasing to taste."

"If you like the smell, the next part is to taste the wine."

Tasting involves all sections of the tongue and different parts of the mouth, Saar said. The front section picks up the fruit or sweet taste. The roof of the mouth also helps this

part of the tongue. The sides of the tongue test the bitterness. The back picks out acid taste.

"You take a sip of wine and roll it around the mouth and tongue to get a good balance of taste," she said. "The different tastes should blend harmoniously in the mouth for a pleasant flavor."

"The experts don't swallow the wine, which produces an after taste," she said. This is another way to tell if you like the wine.

When testing several wines experts often eat a bland cracker and sip water between tastes to clear the palate. "Cheese improves the taste of wine," Saar commented.

This is great for complimenting the wine but not for evaluation. Highly seasoned foods tend to overpower the smell and tastes of most wines.

Saar doesn't go into detail with her demonstrations as to what type of wine goes with what foods. "I tell people to experiment and what pleases you with what you eat, drink it." The experts say white wine goes with fish and poultry and red wine with red meat.

"Generally, white wine should be served chilled, the lower 50s—between 50 and 55 degrees," Saar said. "Red is served at room temperature. France has a room temperature cooler than the U.S.—around 63

degrees—no more than 66 is good."

Wine should be stored in a cool place at about 50 degrees, Saar said. "The worst enemy for wine is fluctuating temperatures. Heat deteriorates the wine."

Bottles should be stored at an angle, she said. "This keeps the cork moist and free from air. Air causes the oxidation process to begin. It also causes wine to go bad and turn brown in color."

Dates on bottles are important. "This is called the vintage and is the year the grapes were harvested," she said. The experts follow charts and tables checking the weather conditions of that year. "They say the better harvest or vintage the better wine," she said.

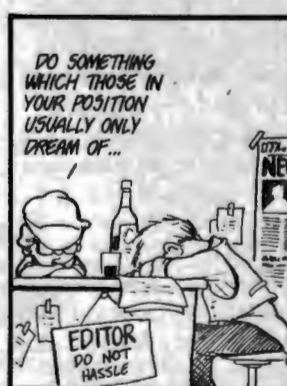
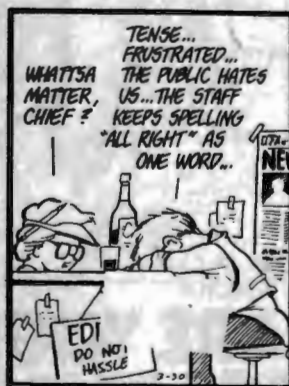
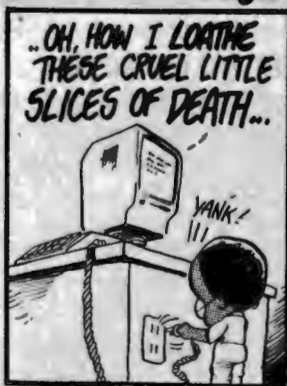
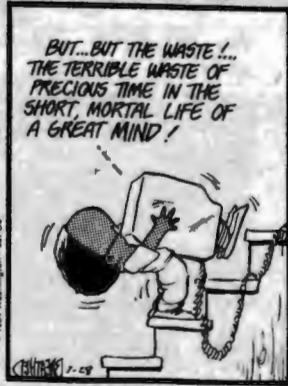
"If a bottle doesn't have a date on it, it is hard to know when the vintage was," she explained. "Grapes from several different years could be thrown together. This doesn't mean the wine is bad though."

Prices of wines vary. "Generally the more expensive the better, but you can get some real good wine for a low price," she said. "My favorite is Beaujolais. It's very expensive but popular in both France and America."

This wine is a type of red wine but treated like a white wine. It is drunk soon after vintage and served chilled.

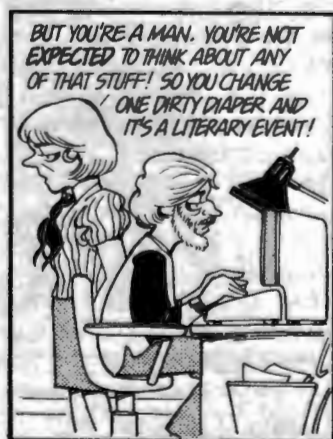
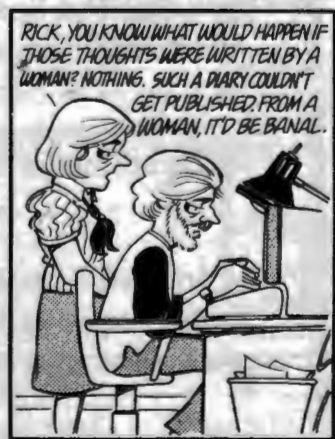
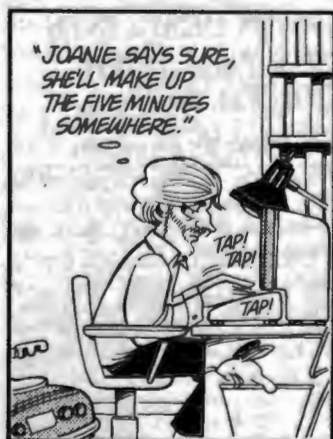
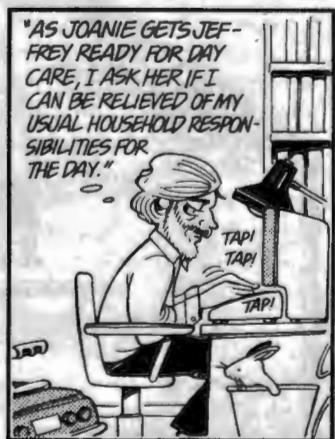
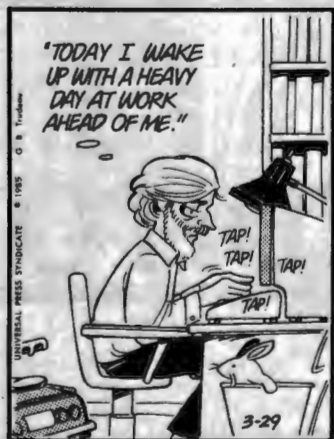
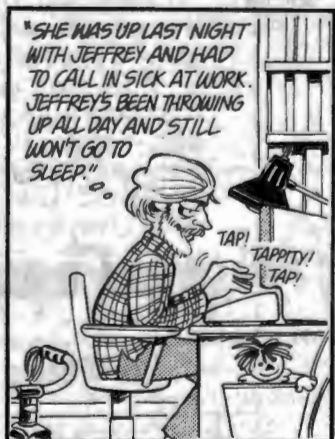
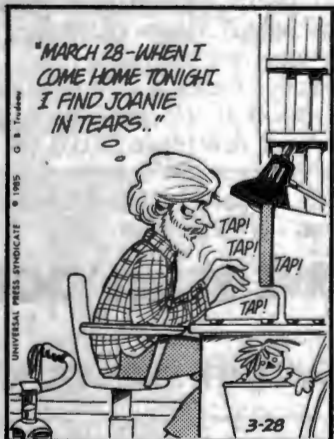
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CAMP POSITIONS—Summer camp openings available. Senior counselors, assistant counselors, cooks, wranglers, waterfront director and more. Employment is from June 1 to August 10. Send letter and resumes to Tom Watson, 400-1 Ave. S., Fargo, ND 58103. Deadline is April 8, 1985.

PROGRAM DIRECTOR—Responsible and experienced person needed for summer resident camp. Responsibilities include program planning, staff supervision, and implementing camp operations and policies. Employment is from May 27 to August 31. Send letter and resume to Tom Watson, 400-1 Ave. S., Fargo, ND 58103. Deadline is April 8, 1985.

FEMALE ROOMMATE needed to share 2-bdrm. apt., 1 1/2 blks. from SU, \$135 including heat. Call Lorena anytime, 235-6775.

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COOP JOB OPENINGS

By Department

For more info visit Ceres #16, or attend weekly info meetings Thursdays, Ceres 4th Floor, 4-5 p.m.

SOILS/BIO—USDA, US Meat & Anim Research
EE—Environmental Protection Agency, RCA, Northrop, Oklahoma City Air Logistics, Nat'l Park Service, Omaha Public Power District, Naval Weapons Ctr, Bechtel Power, Ctr for Naval Analyses, Mead Johnson, Medtronic Inc
ME—RCA Missile, Environmental Protection Agency, Northrop Corp, Melroe Co, Omaha Public Power District, Oklahoma City Air Logistics, Mead Johnson, Hutchinson Tech
IE—Environmental Protection Agency, Northrop, Oklahoma City Air Logistics, Mead Johnson
CE—Nat'l Park Service, Omaha Public Power, Oklahoma City Air Logistics, Mead Johnson
CS—RCA Missile & Surface, IBM, EPA, Northrop, Naval Weapons Ctr, Mead Johnson
HOME EC—General Nutrition, ND State Indus School, Clay Co Dvpm't'l Services, ND State Hospital, Fgo-Mhd YMCA, Mead Johnson
AG—USDA, US Meat & Anim Research, Dan Dugan Transportation, Velsicol Chem Corp, Commodity Futures Trading Comm, Melroe Co
BUS—Kendeco Supply, Dan Dugan Transportation, Commodity Futures Trading Comm, Cong Byron Dorgan, Internal Revenue Service
CHEM—RCA Missile & Surface, US Meat & Animal Research, Argonne Nat'l Lab., EPA, General Nutrition, Mead Johnson
MATH/PHYSICS—Ctr for Naval Analyses, EPA, Northrop Corp, Argonne Nat'l Lab, Mead Johnson, RCA Missile & Surface, US Meat & Animal Research
SOC/PSYCH/HIS/SPEECH/DRAMA—Friendship Village, ND State Hospital, Fgo-Mhd YMCA, Cong Byron Dorgan, Clay Co Dvpm't'l Services, Dept of Education, Ctr for Naval Analyses
POL SCI/ECON—Center for Naval Analyses
COMM—Kendeco Supply

These job openings have deadlines within the next two weeks, please apply ASAP.

Earn MONEY on all the magazines sold on campus. Need people to post information. Good profit. Write, BPC, 8218 Hardy, Overland Park, KS 66204.

The Community Resource Development (CRD) program needs Summer Youth Counselors to work one to a town in locations throughout North Dakota. CRD provides an opportunity to run your own program and practice decision-making responsibilities. It attempts to involve young people in worthwhile recreation and community projects. College credit is available. Early application is required. For more information contact Pat Kennelly, SU, 237-8381.

Native prairie, spectacular sunsets. Professional botanist seeks female companion for 160-acre wooded hobby farm. Write to: WO, Twelve Oaks, Box 838, Fergus Falls, MN 56537.

LOST & FOUND

LOST: English textbook "Writing for Business." Gray paperback. If found call Rick at 280-0019.

MISCELLANEOUS

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1985-86 SCHOLARSHIPS AVAILABLE: The Teamsters Union Local #116 of Fargo is offering scholarships for the 1985-86 academic year to sons and daughters of laboring individuals, or members of the labor force, in the community who can demonstrate financial need. Applications are available at the SU Financial Aid Office, Old Main 205. Applications must be submitted by May 1, 1985.

MARLY—super job at parents' night.

The COMEDY CABARET will happen tomorrow!

Hey DAVE, I hear that ELMO's reputation is at stake. T & M

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COMEDY CABARET: April 3, 8 p.m., Festival Concert Hall. That's TOMORROW!

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Tomorrow night is the COMEDY CABARET. \$2. for SU students w/activity card.

Career Center has career & summer job information. Open 8-5 M-F, 201 Old Main.

Fire up for Brevs ALPHA GAMS. THETA CHIs

DADDY, has spring sprung on the Powder? Love,

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Good job, TREASA, work you way to the Topp at Herbergers.

KKGs—Thanks for coming over to Monday Night Meal. The THETA CHIs

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Come to the CABARET!!

KDs—Congrats on making quota. The THETA CHIs

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EDITOR

Applications are available at the Board of Student Publications business office, 371 Memorial Union.

Deadline for application is noon, April 12.

Interviews will be in Memorial Union. Applicants are requested to attend. Room and time will be published at a later date.

DEWAR'S PROFILE:

STEVE DALLAS

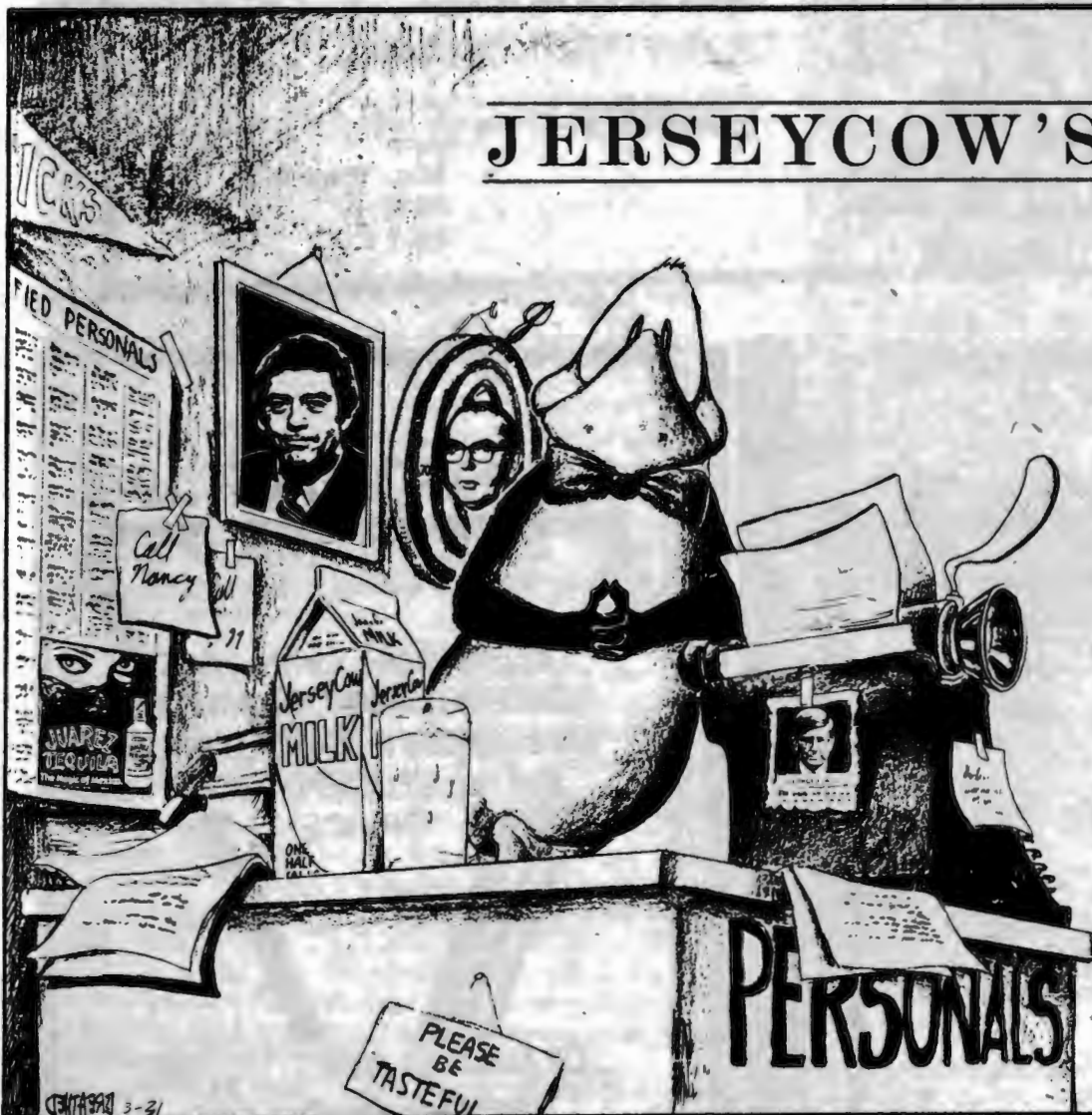
HOME: Bloom County
AGE: 27
PROFESSION: Lawyer
HOBBY: Drinking Scotch Whiskey
LAST BOOK READ: Portions of *The Best of Penthouse Letters* and *Garfield Sits Around the House*.
LAST MOVIE SEEN: *The Texas Weed-Eater Massacre*.
LATEST ACCOMPLISHMENT: Successfully defended the "Olive-Loaf Vigilante" against charges of mime-whacking.
WHY I DO WHAT I DO: "To earn money to buy whiskey."
QUOTE: "If at first you don't succeed, try, try, again. Then quit and get tanked."
PROFILE: Forceful. Confident. Potent, in a hairy-legged sort of way. Knows what he wants and sets his legal fees accordingly.
HIS SCOTCH: Dewar's "White Label," on the rocks. "Its taste blends perfectly with the sense of accomplishment I feel after getting five accused nun-beaters sprung on a technicality."



JERSEYCOW'S PROFILE:

P. OPUS

HOME: Bloom County
AGE: 4
PROFESSION: Serious journalist and part-time "Personals" editor.
HOBBY: Watching *The Honeymooners*. Stomping dandelions. Bathing.
LAST BOOK READ: *Princess Diana's Maternity Fashions* and *Nursery Handbook*.
LAST MOVIE SEEN: The first few moments of *Blazing Zippers* (an understandable mistake).
LATEST ACCOMPLISHMENT: Whacked a mime.
WHY I DO WHAT I DO: "I don't particularly care for mimes."
QUOTE: "The wind doth taste so bittersweet, Like Jasper Wine and sugar, It must've blown through someone's feet, Like those of Caspar Weinberger."
PROFILE: Basically pear-shaped with a generous nose and tastefully pronounced hiney.
HIS MILK: Jerseycow Brand 2% Lowfat. "A smooth and soothing antidote for the upset tummy I get after taking a personal ad from an ambisexual porkchop fetishist."



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