

National Student Action Day

Group Attends Presidential Forum

By DEB BERKLEY

In coordination with National Student Action Day, held on March 7 in Washington D.C., a Lobbying Conference was held at George Washington University.

Those students attending the conference, including students from Bloomsburg, Clarion, East Stroudsburg, Indiana and Slippery Rock, all representing the Commonwealth Association of Students (CAS), had the opportunity to attend a presidential forum, Sunday, March 6 at the university.

Sponsored by the United States Student Association (USSA), the forum consisted of two democratic contenders for the 1984 presidency, Senator Gary Hart and Senator Ernest Hollings. Senators Alan Cranston and John Glenn were also on the agenda, but were unable to attend the forum.

Janice Fine, president of USSA began the forum, calling it, "A recognition of students as a viable voice in presidential decisions."

Senator Hart seemed to appeal to the college-age audience, as he issued a challenge to all students, and challenged the myth that students are apathetic during presidential campaigns. "I want this campaign to be the first to actively involve students," he said. "I believe today's students understand the economic problems."

Supporting a repeal of the Solomon Amendment, which links draft registration to financial aid, Hart said the purpose of a university is to educate, not enforce governmental laws and military drafts.

The audience thunderously applauded Hart's call to "fire all the officials brought in with the Reagan administration". "I have seen the callous

effects of this administration, Hart explained. "The real answer today is books, not nuclear weapons."

Hart also spoke out against the proposed sub-minimum wage, calling it "A veiled attempt to take jobs away from people who need them."

The 'self-help' proposal, which would require students to pay 40 percent of their education costs before qualifying for a federal grant, was labeled unfair and an attempt to undermine the economic strength of the future by Senator Hart.

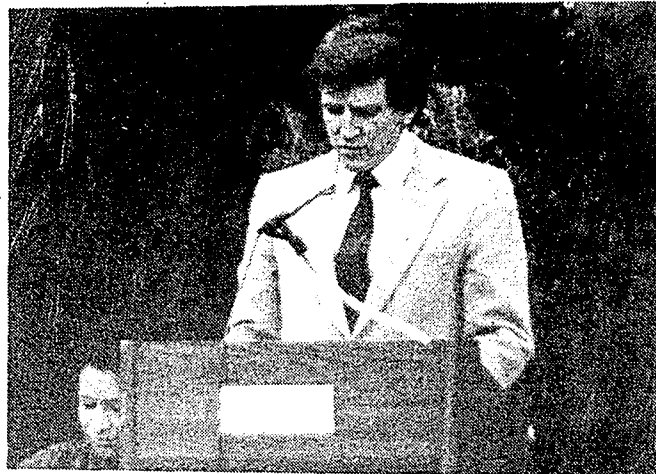
Senator Hollings, who has been a U.S. Senator since 1966, addressed the same issues, but he did not receive an enthusiastic student response as he quoted Jack Kennedy, who said, "If you enjoy the blessings, you can't be excluded from draft registration." He used this in reference to the Solomon Amendment, which he supports.

Hollings agreed with Hart, opposing the "self-help" proposal. "It's amazing that this country can patch the cracks in our roadways, but can't patch the cracks in the human economy," he said.

Referring to the call for the elimination of all nuclear arms, Hollings said, "The wrong kind of leadership in the nation is what concerns me. There is absolutely no comeback from a nuclear holocaust."

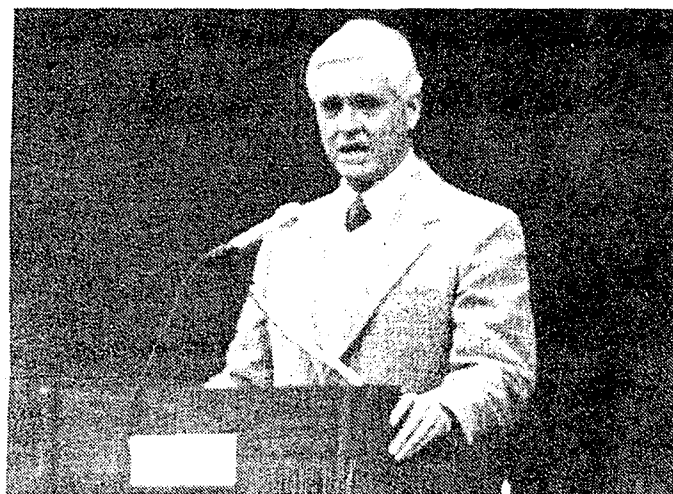
Hollings told his audience that he feels student leadership and involvement in legislative decisions are important. "The task of the government should be that of heading the country in the right direction," Hollings said.

The forum concluded with general questions being taken from the audience and fielded by the candidates. Students lined up to the back of the room to ask questions concerning such topics as: the EqualRight's Amendment, minority right, and the environment.



PRESIDENTIAL hopefuls for 1984, Senator Gary Hart, top, and Senator Ernest Hollings, bottom, addressed students at George Washington University, in coordination with National Student Action Day.

Lisa Hackett



Black Literature In A White Society Discussed

By ART CARUCCI

Critically acclaimed novelist and journalist, John A. Williams, was the guest speaker Wednesday night in the president's lounge, for a presentation entitled "Black Literature - White Society."

Williams, who is the author of 10 novels and 12 nonfiction books, has received favorable reviews from both New York Times and Playboy Magazine critics for his most recent novel, Click Song.

He has been honored for his work by the National Institute of Arts and Letters, as well as receiving the Centennial Medal for Outstanding Achievement from his alma mater, Syracuse University.

But, instead of discussing his own experiences and contributions to the literary world, Williams chose to speak on Richard Wright, who was a writer during the first half of this century, known for his powerful and insightful works of the black struggle under a hostile society.

Throughout his presentation, Williams analyzed Wright's work as it applied to society's treatment of blacks, particularly in the media.

To better understand the

media aspects of Wright's work, Williams discussed a best selling novel written by Wright titled Native Son, which tells the story of a twenty-year-old black man named Bigger Thomas, who lives the life of a thug, but doesn't fully understand why he lives in that manner.

According to Williams, Wright showed the plight blacks faced through Bigger's "realization that the independent and proud American lifestyle which he dreamed of was being held from him by society, a force which he could not control."

Once Bigger fully understood his life, he knew he would kill either himself or someone else in frustration.

Inevitably he does kill a person, but it is done by accident, and then out of fear from reality he kills another person.

The media treatment Bigger is given for his crimes depicts him as a ruthless killer who should be done away with.

One of the points Williams emphasized from Wright's novel is that "the media has a

tendency to slant stories from the objective to the subjective, particularly in instances where

ethnic or minority groups are involved."

Williams went on to say that in some cases "slanted" news is still done today. He sighted one example of a television station in New York City where freeze shots were taken of black prisoners being brought to court but not of white prisoners under similar circumstances.

Williams also made mention of the problems black writers face in today's society, by comparing the number of such writers who held prominent positions in the literary world during the race riots of the 1960s, as compared to the number who hold prominent positions today.

"During the 60s," he said, "when the race riots of Watts and Newark were big news stories, there was a large number of black writers who occupied important editorial positions for magazines and newspapers, mainly because it was thought they understood more about the situation. Now, when there are no more race riots, there are also very few black writers or editors."

(Continued on Page 2)



Cynthia Dandrade

JOHN A. WILLIAMS, critically acclaimed Novelist-Journalist gave a presentation Wednesday Evening.

Letters to the Editor

Draft debate

Dear Editor:

In response to Registration Resister's letter published in the Monday, Feb. 28 issue of the Campus Voice:

Amusing, really. Cute also. And I though all the radicals that went underground in the late 60's had either died, turned into novelists, or became pseudo-businessmen. Imagine my surprise when I found they were all living here in sleepy little Bloomsburg, posing as PROFESSORS, GRADUATE and even UNDERGRADUATE STUDENTS! Wow! A Hippie's dream come true! How nostalgic. Do you still hang your "MAKE LOVE, NOT WAR" poster by your Jimi Hendrix albums? Or are you somewhere off in "Strawberry Fields Forever?"

Sorry pal, I tend to disagree with you on the Solomon Amendment issue. As the grandson of Ukrainian and German immigrants, I learned "There is NO free lunch." Life is a privilege. You pay the price for EVERYTHING, including national security and a stable 200-year-old government. If you want to reap the benefits of student financial aid given by the government, you should be willing to comply on her terms. Are you special? I think not.

As far as the conscientious objectors are concerned, Quakers, Mennonite, and Amish (all found in great numbers in Pa.) haven't looked closely at their Bibles.

My Old Testament is chock full of war stories and tales of tribal battles. Please explain this to me.

Has the threat of a large military army lost its

credibility? I beg you to check out diplomatic foreign relations with China or the Soviet Union. You can't be that naive. While you're at it, find what a neutral political stance has done to countries that took it in WWI and WWII. You may be in for a rude awakening.

I believe that a nuclear war can only result in a no-win situation. I also believe that the "power-hungry capitalists and politicians" are just as aware of this, if not more, than we are.

Having an uncle who did his tour of duty in the navy during the Korean War, a brother currently in active duty in the navy, a father who attended a naval academy, and later drafted into the service, plus a lot of Vietnam Vets as friends, has lead me to believe that war is a lousy, but sometimes necessary, thing.

All of these people share one common bond. That of putting their country's best (or THOUGHT best) interest before their own. That is what the word "nation" is all about. This nation works for us all. It may work for some better than others. Maybe this is because the others don't know how to work. Or lack initiative to try. Did it ever occur to you that those "power-hungry capitalists and politicians" have so much because they worked damn hard to get it?

In closing, I must admit we probably share the same patriotic views. Where else but here in the good old U.S.A. could you pour out in droves at military bases all over the country, scream "Baby Killers" at our returning veterans, and not end up rotting away in some forgotten prison cell, right?. Any country that can survive over 200 years of

free speech and free press must be doing something right.

I know even though I'd love to buy you a ticket for the first banana boat bound for Havana, you probably wouldn't go. If America as a whole can tolerate you, as she does, I guess I can too. And yes, I registered for the draft. And I would go tomorrow, if called. No, I'm not a war-monger, just an archaic conservative American.

Awaiting your rebuttle, (I'll sign my name, thank you)

Shane Steck

Trivia trouble

Dear Editor:

I am appalled to see such a lack of responsibility on behalf of your staff concerning the trivia questions.

First of all, in the March 2 edition, under "Check Your Score," I would like to inform you that it wasn't Cartoon Trivia. M-A-S-H was a serious comedy, with many true-to-life characters, played by real living people, not some animated object from the tip of someone's oen.

By the way, who the hell is Tom Swift?! Any loyal M-A-S-H fan would know that our favorite priest used a Tom Mix pocket knife to perform the tracheotomy on the wounded soldier, and that he used a pen to keep the channel open. We all know that Tom Mix was one of his most admired people.

Seeing the mistakes corrected so far, I can understand how the mistake of \$60.41 was made, referring to the debt owed to Maj. Charles Emerson Winchester III of Boston, Mass. The correct total was \$672.17. I ambasing this answer because the particular show in question just aired on Monday and Tuesday, Feb. 28 and March 1, respectively. It was for that reason that he was kept at the 4077th. The show was a two-part series, aired at 5:30 on Channel 28.

I would also like to add something about Charlie Lamb, the only animal discharged from the army. His full title was Lt. Charles E. Lamb.

I realize not everybody knows every detail of M-A-S-H, but if you print trivia questions,

please print the correct answers. I trust you will take better care in checking out your sources, since this isn't the first complaint about checking your sources.

Sincerely yours in M-A-S-H
Stephen J. Smith

Black Literature

(Continued from Page 1)

One of the reasons Williams chose George Wright as a topic of discussion was because Wright destroyed the happy-go-lucky, "yah-suh," "na-suh" image society had of blacks. Wright showed the black person

to be a thought - provoking individual, who fully understood the aspects of society and the consequences it held for blacks during the first half of this century.

At the present time John Williams is an English professor at Rutgers University in Newark.

BLOOM COUNTY

by Berke Breathed



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The Voice is governed by the Editorial Board with the final responsibility for all material resting with the executive editor as stated in the Joint Statement of Freedom, Rights and Responsibilities of students at BSC.

The Voice reserves the right to edit all letters and copy submitted. A maximum of 450 words will be placed on all letters to the editor with an allowance for exceptions. All letters must be signed and have an address and phone number for verification. Names will be withheld upon request.

The opinions voiced in the columns, articles and notices are not necessarily honored by the entire staff. An unsigned staff editorial denotes a major editorial opinion.

Here's To Your Health

By SUSAN KROLL-SMITH, R.N.

Physical fitness is a total body condition. All parts of you go into that composition. It is not static. Rather you are always in flux along a continuum of healthy — not so healthy. Good food is part of that process. You will feel the difference at the time, your body will reflect it, and you will be contributing to a body which can be healthy when it hits middle age. (A body run on 40 years of french fries, fried hamburger, and junk food is going to suffer for it.)

In 1975, the four major causes of death were:

1. Heart disease (2 out of 5 deaths)
2. Cancer (1 out of 5 deaths)
3. Stroke
4. Accidents, poisoning, and violence

Of these four, heart disease, cancer, and stroke are multifactorial in their causes. Research is accumulating which identifies certain dietary patterns as risk factors in the development of these

years to develop. The vessels become corroded with cholesterol and fat, called plaque. With years of deposits, you can significantly reduce the blood flow through those vessels, which can lead to a heart attack and-or stroke.

Although there is still controversy, much research points to the connection between high

dietary fats and cholesterol and the development of "junky arteries." FDA Consumer Reports writes diseases. For example, excessive dietary intake of fats, smoking, stress, lack of exercise and high blood cholesterol level are all considered risk factors in the development of heart disease. Eliminating a risk, or minimizing it, will decrease the likelihood that you will suffer heart disease. Granted, there is no guarantee you will not become ill, but you are less illness-prone.

Cardiovascular disease is a process which takes that 40 percent of our calories come from fats, and 16 percent of that is from saturated fats. (Saturated fats are the ones that really junk up your vessels. They are solid at room temperature, such as animal fat.) People in the know recommend our fat consumption be less than 30 percent of our total calories consumed. Look at it this way - proteins and carbohydrates are all metabolized into four calories per gram. Fat, on the other hand, metabolizes into nine calories per gram. So it gets us heavier, too.

There is a silver lining to this gray cloud. Recent research has identified a molecule, lipoproteins, involved in the cholesterol complex. There are several types of lipoproteins, but of special importance is the high density lipoprotein (HDL),

(Continued on Page 5)



Cynthia Dandrade

STUDENT glows while displaying her over-grown banana—how "apeeling."

Bawa Invited To Give Scholarly Address

Dr. Ujagar Bawa, professor of economics at Bloomsburg State College, has been invited to address a special convocation at Hanover College, Hanover, Indiana on Tuesday, March 22.

In a letter to Dr. Bawa, Paul Blume, head of the department of economics at Hanover, wrote, "Our college has long recognized the importance of bringing scholars to campus to speak to both students and faculty about their discipline and specific research interest. We feel you will speak on vital issues of interest to all of us." Dr. Bawa has chosen the timely topic of "Productivity and Recession" for his address.

Professor Bawa was born in Pakistan and received his degrees from Guru Nanak Khalsa College in Pakistan, University of Pennsylvania, and Cornell University. He came to Bloomsburg State College in 1970 and has been involved in numerous academic and administrative activities over the years. He was formerly a member of the faculties of Wilkes College and Howard University.

His distinctions while at BSC include serving as associate vice president for academic affairs during 1974-75 while a search was being conducted for a permanent appointee; being one of three judges for selecting

candidates for graduate studies under the Fulbright-Hayes and other foreign sponsored programs covering the Near East and South East for the 1978-79 academic year; being a member of the executive board

and founding life member of the Eastern Economic Association; becoming a founding member and director of the Guru Nanak Foundation of America, Washington, DC; being awarded a meritorious certificate of excellence in teaching and being designated as a Commonwealth Teaching Fellow in the Pennsylvania State College and University System for 1976-77.

Women's History Week Set

By TAMMY CLEWELL

The BSC Women's Coalition, a new organization on this campus, met last Monday to discuss the schedule of events for Women's History Week, March 21 to 25.

The coalition, attempting to trigger awareness concerning women's issues and education dealing with prominent females in history, planned the events in conjunction with National Women's History Month, running through March. "We are taking a part in the nation's drive for awareness and education. Our coalition, which organized in the fall as a support group for women on campus, also seeks recognition from students and faculty as to our existence. We hope this recognition will initiate participation in our group," said Pam Shupp, executive director of the coalition.

The activities, as outlined by the group, commence today at

2:00 p.m. with a film, "Rosie the Riveter," Following at 3:30 p.m., "The Trial of Susan B. Anthony" will be shown.

At 7:00 p.m. Colleen Coughlin will speak about the proposed National Women's Center which may open in her hometown, Seneca Falls, New York. Monday's events will take place in Multi-purpose A, Kehr Union.

For those who cannot attend, a replay of the films will run Tuesday, following Monday's time schedule, in Multi-purpose B. At 7:00 p.m. the women of the Third World Cultural Society will be performing a combination of interpretive dancing, poetry readings, and gospel singing in the Coffeehouse.

Wednesday at 7:00 Dr. Mary Kenny Badami will be offering an effective communication workshop, including both verbal and nonverbal communication,

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Retired Professor Obtains Degree

Dr. C. Whitney Carpenter, who retired from the Department of Languages and Cultures at Bloomsburg State College January, 1983, was awarded a Master of Education degree from Teachers College, Columbia University on January 26, 1983.

This is Dr. Carpenter's fifth degree in higher education. He holds an A.B. degree in German from Cornell University, an M.A. degree in German from the University of Southern California, an M.S. degree in educational administration from Bucknell University, and a Ph.D. in German from New York University. He is also a graduate of Culver Military Academy.

Dr. Carpenter came to Bloomsburg as an associate professor of German in 1966 from Buena Vista College in Iowa where he had been an assistant professor of languages and literature. He also served

Student Art Show Pieces in Display

By SANDY SKLARESKE

All works of art that were selected for the Student Art Show are now on display in Haas Auditorium.

Students of BSC submitted up to four pieces of art work, which were judged by Richard Bonham. Bonham is an instructor at Berwick High School.

Types of art work submitted included photography, sculpture, graphics, drawing, painting, fibers, wood, jewelry, weaving, collages, assemblage, and fabric design.

The show is sponsored and run by the Student Art

Association and is open to all BSC students.

Student members signed up for various types of work dealing with the show. They included hanging, refreshments, and takedown of the show.

Tina Reed, president of the Student Art Association, stated "This year the show is more organized and covers a wider variety of work. I think it's one of the better shows."

All students are invited to come see the display in Haas Auditorium. The show ends March 31.

From the Archives

Foreign Students On Campus

By R.W. FROMM

International students, especially Spanish-speaking ones, have a long history at Bloomsburg. Although they were here earlier, a considerable influx appeared for the school year 1905-06 when eighteen Cubans and six Puerto Ricans enrolled. Names like Jose Quinones, Manuel Aquilu, Bernardo Garcia, Fernando Serrano, Antonio Rodriguez, Emilio Machada, and Rafael Saborido were not uncommon as foreign Hispanics constituted about four percent of the student body. Only one of these students was a woman.

In the 1910-11 school year Cubans still were enough in evidence to field their own basketball team, known as the Cubans, in intramural play. Also playing that year was the Cosmopolitan Five, a team including players from Cuba, Puerto Rico, Germany, Ireland,

and Austria. In 1913-14 there was one Mexican student on campus. Although treated well, according to a newspaper report, and despite support from his father for the notion that he would be safe in Bloomsburg, the student returned to the Yucatan when the Tampico and Veracruz incidents caused tensions to mount between Mexico and the United States.

The following year, 1915, Bloomsburg took advantage of the apparent baseball prowess of Caribbeans by playing two Cubans on its varsity nine. Tuto Redlehammer (not a misprint!), the third baseman,

(Continued on Page 6)

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BSC Involved In Recycling

There is a trend moving across the country where more and more people are getting involved in recycling. Bloomsburg State College got involved with recycling in 1982. The relationship that exists between Volunteer Recycling Incorporated (VRI) and Bloomsburg State College is unique. VRI is the only

BSC got involved in recycling in 1982.

organization in a town in Pennsylvania with a recycling program, and BSC is the only state college involved with such a program.

The college currently recycles computer paper, newsprint, magazines, books, cardboard, and cans. The offices throughout the campus have containers into which recyclables are placed. Not only do offices on campus participate but also the seven resident dorms which house students. Elwell Hall is the resident dorm on campus where the most amount of material is picked up. In addition to material, BSC also provides VRI with volunteers.

Curbside collections are conducted on a monthly basis,

and at this time students from fraternities, sororities, other organizations and groups, and individuals volunteer for curbside work. In the past Phi Beta Lambda, Phi Sigma Pi, Theta Tau Omega, and other students have provided volunteers to help on curbside.

During a typical curbside day some of the students travel on one of the VRI trucks to load material, which is picked up in the communities that are involved with curbside. Other students stay at the center and unload material that has been collected. On days when student turnout is especially high, students may also get involved with processing material. In this instance, a metals separator, a barrel glass crusher, or a high density baler is used by the student. Volunteers can testify that along with providing a public service,

Curbside collections are conducted on a monthly basis.

volunteering at the center is fun.

The relationship that exists between BSC and VRI is growing. The volume of material received from the college is increasing every month. More and more students

from the college turn out every month to help on curbside. In the spring of this year the town of Bloomsburg will institute an amendment to its Solid Waste Management Program which will begin mandatory source separation of newsprint and glass. At this time the volume of

More volunteers will be needed.

material will increase tremendously. This will mean that more volunteers will be needed to process these materials.

BSC has served as an important source of volunteers in the past. Now more than ever we need your help. Fraternities, sororities, other organizations and groups, and individuals have supplied VRI with volunteers. Anyone interested in volunteering for curbside can show up at 901 Patterson Drive at 8:00 a.m. on the second Saturday of every month or call the Center at 784-4532. We sure can use your help—give us a ring.

Blood Drive

Today we live in a hectic, fast moving, sometimes frantic society which we are told is highly impersonal. The Bloomsburg Chapter, American Red Cross Blood Program, shows that this is not true; there are people who are willing to give of their time and blood for someone they will never know," states Dalene Weidner, executive director of the Bloomsburg Red Cross.

"One group that has been labeled by our society as being lazy and unconcerned about people's problems has been our youth, especially college students. The The Red Cross Blood Program owes our college community a real debt of gratitude. The students, in many cases, are not from our area and give up as much time as any other donor or sponsoring group to support our blood program," states Mrs. Weidner.

On Wednesday, March 23 and Thursday, March 24 the bloodmobile will be in operation from 10:45 to 4:45 p.m. in the Kehr Union Building at BSC. In addition to students, faculty, and non-teaching personnel, walk-in donors are encouraged to donate on Wed. and Thurs.

A goal of 270 pints of blood for Wednesday, and a goal of 300 pints for Thursday has been set for the semi-annual bloodmobile visit to BSC. Paul Conare, director of administrators and personnel Services, and John Trathen, assistant director of Student Activities, are coordinating the two-day visit.

Spring Shape-up!

By SUSAN HUFF

Warm weather is almost upon us.

Soon, students will be sprawled all over the lawns of BSC, trying to get tan before summer.

However, a question nags at the back of every summer-conscious mind — Do I dare expose my excess winter pounds?

If you're one of the tanning fanatics or just worried about flab and cellulite, you still have a couple of weeks left to do something about it.

Female BSC students, you are probably more worried about your weight than the males. You didn't get any exercise because the cold made you lazy. You overate during the holidays and spring break, and often went to Sal's after drinking several fattening beers at a party. The commons, with all its starchy foods, didn't help matters. Everyone would rather eat the desserts than try and figure out what the main course is, right?

So now you've realized that you "over-stuffed your turkey". What are you going to do to rid yourself of the "Bloomsburg Butt"?

Yes, it's that four-letter word that we all despise — diet! That means you'll have to stop eating

It means you will have to stop eating desserts at the commons, and snacks in the Union.

desserts at the commons, making nightly trips to the snack bar in the Union, and ordering out for pizza and subs.

Deprivation won't satisfy your stomach, but it will satisfy your eyes when you look in the mirror.

Along with starvation comes the dreaded exercise routine, a must for burning up calories and melting away globs of fat. You can run, swim, play raquetball, do aerobics, or use the adaptive lab at Centennial Gym. Choose any form of exercise you like, but do it at least three times a week. If you want that fat to move, you've got to move.

And guys, if you too were lazy this winter and ordered out every night, you might want to diet and get more exercise also. It's time for you to make some regular trips up to Nautilus to

It's time to turn those beer bellies and love handles into solid muscle.

turn those beer bellies and love handles into solid muscle. After all you don't want the BSC ladies to see you out of shape, do you?

There are plenty of places on campus at which you can get your exercise. The raquetball courts and Nautilus Room are open weekdays, 8 a.m. - 10 p.m., and weekends, noon - 10 p.m. the Nelson pool is open Wed.

and Fri., 7:30 p.m. - 9:30 p.m., and Centennial pool is open on Mon., Tues., and Thurs. from noon - 2 p.m. and 7:30 p.m. - 9:30 p.m.; Wed. and Fri. from noon - 1 p.m.; and Sat. and Sun. from 1 p.m. to 4 p.m. The adapted lab is open Mon. thru Fri., 11:30 a.m. to 1:30 p.m. and 4:30 p.m. to 6:30 p.m.

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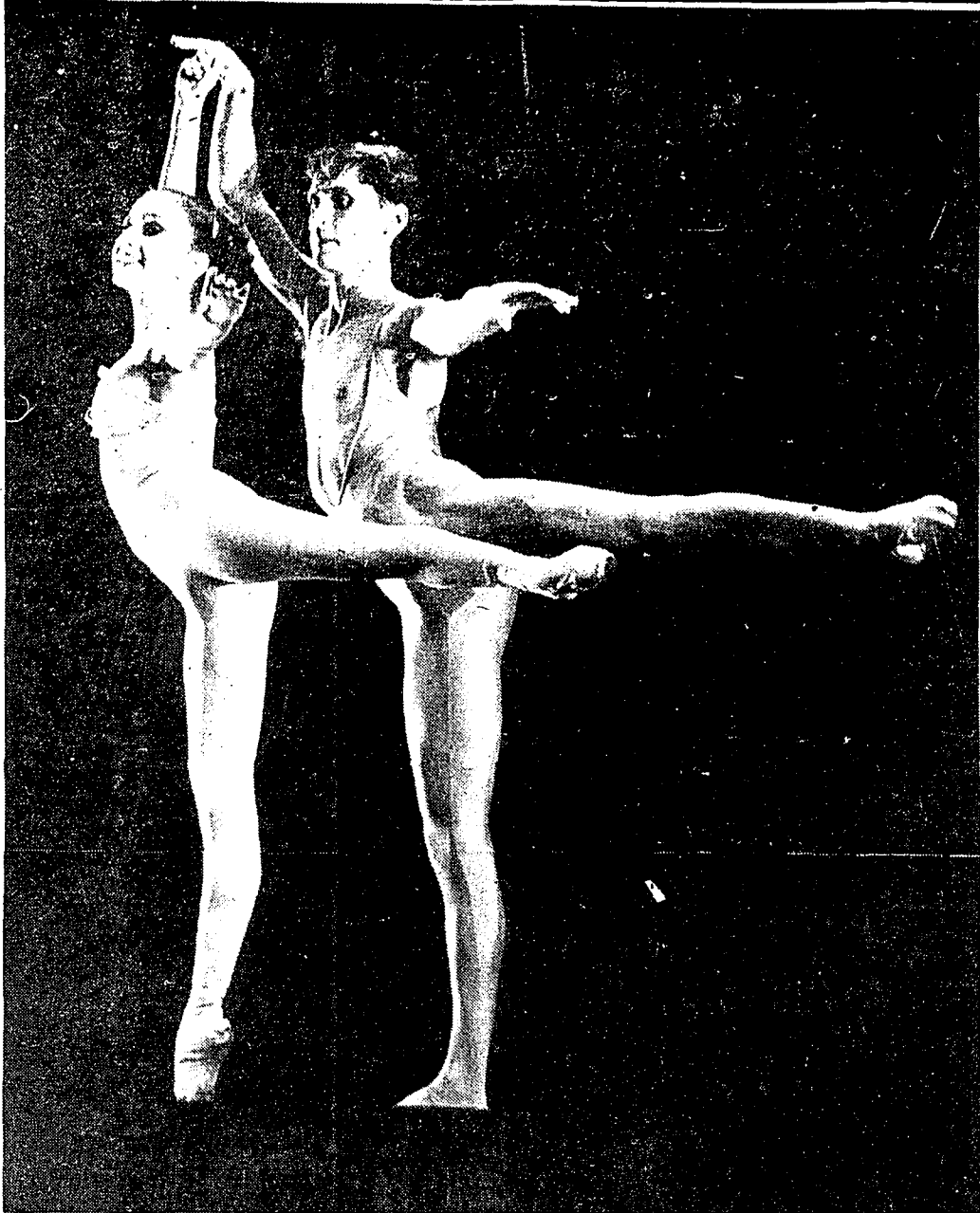
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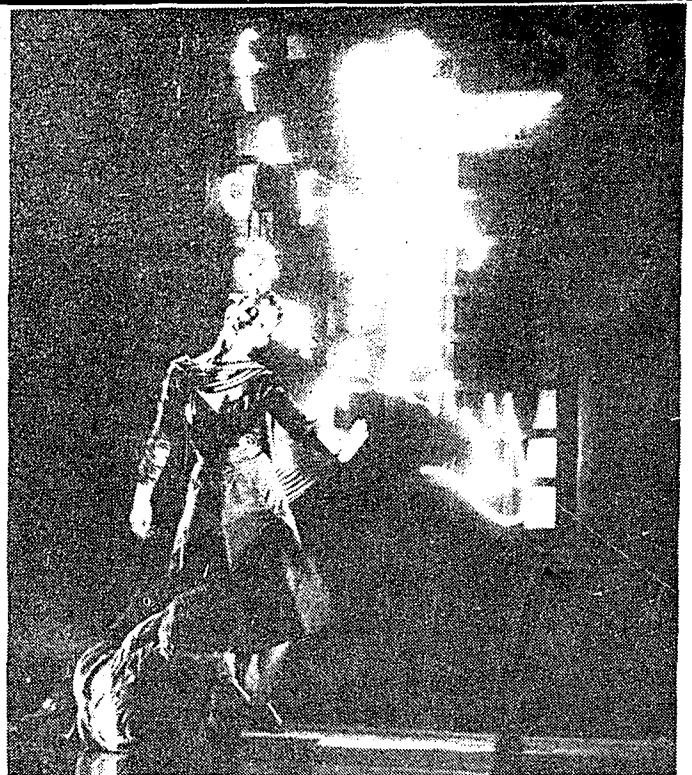
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ONE OF 14 dancers shows her form during the ballet. More on 5.



TWO DANCERS perform a pas de deux in last Wednesday's Dayton Ballet in Haas Auditorium. A review of the Ballet will appear in the next issue of The Voice.



FAST COMPANY sign gives background to a member of Dayton Ballet.



DANCERS pause over a table during the performance.

Here's To Your Health

(Continued from Page 2)

Ballet Photos By Kent Hagedorn

which seems to be protective in regards to heart disease. The higher the HDL, the lower the risk of heart disease. Best of all, HDL can be raised with exercise. So if you can't inhibit those potato chip cravings, then get out for some serious exercise (running, swimming) to repair the damage.

Along with the risk of heart disease, stroke, and obesity, there is also a relationship between saturated fats and colon and breast cancer. So it makes sense to cut down some. It sure can't hurt.

- Minimize your red meat intake and substitute with fish and - or chicken.

- Consider vegetarian meals as meat alternatives, but first make sure you learn how to put together a vegetarian meal. Talk with some one in the know, or get a copy of Diet for a Small Planet by Frances Moore Lappe.

- Margarine vs. butter

- lowfat or skim milk products vs. whole or creamed

- broiled or baked vs. fried

- limit egg yolks and shell fish intake (high cholesterol)

- processed is almost always fattier than fresh

- Big Mac equals 550 calories

- equals 32 grams of fat (x 9 cal-gram) equals 288 calories of fat alone

Loads of fat in fast foods.

Make an effort to fill in your diet with more fruit, veggies, and whole grains. The intake of those foods has decreased by 50 percent over the past 75 years, and we are suffering for that. Any fresh fruit or veggie will fit the bill. Get some in your refrigerator, if you must. It is hard to concern yourself with disease prevention when you are 20 years old, especially when these diseases don't usually strike until you are 50. But you need to know that the process starts when you are young. Autopsy results show that those cholesterol plaques can begin to form early, in the 20's. Starting good eating habits now means you will be at less risk when you are older. Give yourself a chance to be fit as an older person. Helping yourself really feels good.

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The Navy's Delayed Entry Program can guarantee you the kind of sophisticated technical training you want and need in today's world. It also lets you wait up to one full year before reporting for duty.

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Campus Shorts

Columbia-Montour Counties Women's Conference Planned

The Columbia and Montour Counties Women's Conference '83, scheduled 8 a.m. to 4:15 p.m. Saturday, March 26, at Bloomsburg State College, will feature two outstanding films in addition to over fifty different workshops.

"She's Nobody's Baby," produced by Ns. - Magazine, is an over view of the women's movement from its inception to the present. Using original footage, narrated by Marlo

Thomas and Alan Alda, the film provides an informative and entertaining composite of the struggle for equality. The film will be shown in sessions one and four, and during lunch the day of the conference. In addition, the conference steering committee is exploring ways to present the film at other times during the week before the conference.

The second film, "The Last to Know", is to be shown during

sessions two and three the day of the conference. It is a humanistic and deeply personal look at the female alcoholic. The documentary is presented from the viewpoint of four women from varying backgrounds. In addition, the film presents a glimpse of drug and alcohol advertising—from the early "cure all" elixirs to tranquilizer ads in today's medical journals.

The conference day will end with a closing session that will include several persons' reactions to the day's events. Seeing the occasion from the perspectives of three generations will be Ethel Hinkle, Nancy Wagner, and Cleo Wagner, all of Danville. Karen Woland-Payne, who participated in last year's wrap-up session, will present a personal comparison of the two conferences.

Linda Shaw, last year's popular feminist singer, will once again end the day's activities with song, including new music appropriate to the occasion.

Any women of the area who would like additional information may contact Ruth Ann Minnick, 458-5208, Carole LaRoche, 437-2734, Zanna Cohen, 799-0172, or Peggy Novelli-King, 784-3278.

Stage Fright

Do women experience more stage fright than men? Have there ever been any great woman orators? Can the woman executive gain more respect on the job by imitating the communication behaviors of her male colleagues? Do women actually talk more than men do?

These questions will be explored in a one-hour presentation on "Effective Com-

munication patterns of women's personal and business lives. Dr. Badami will conclude by offering suggestions for developing an effective communication style.

This is the eighth presentation offered by the Women Student's Seminar Series. It will be held 7:30 p.m., March 23, in the Coffeehouse, Kehr Union Building. All members of the BSC community are invited and encouraged to attend.

Training Grant

Ms. Gloria Johnson of the General Services Administration announced that the Department of Communication Disorders has been awarded a training grant by the Department of Communication Disorders has been awarded a training grant by the Department of Personnel Preparation of the Special Education Programs of the U.S. Department of Education. The award

of this grant was \$35,261.00. The Department of Communication Disorders trains speech-language pathologists, audiologists, and educators of the hearing impaired. This grant award money will be utilized to provide clinical and teaching material, conferences, and inservice workshops for speech pathologists, audiologists, and educators of the hearing impaired.

Math Honors

Kappa Mu Epsilon is a National Mathematics Honor Society to be eligible for the BSC Chapter of KME you must have: earned 48 semester hours of credit; have a QPA of at least 3.0; have completed analysis I and Analysis II; have completed at least one other Math course.

If you believe that you meet all the above requirements and are interested in becoming a member, please see Mr. Mueller, HSC 27, or Dr. Pomfret, HSC 26.

Pool Hours

Centennial Pool on the Bloomsburg State College campus will again be available to the public for recreational swimming for the month of March on the following dates and times:

Saturdays and Sundays from 1:00 to 4:00 p.m. on March 19-20 and 26-27; Tuesday from 7:30 to 9:30 p.m. on March 15, 22 and 29. Participants are reminded to bring a lock for the locker and remove it when leaving; showers must be taken by every person before entering the pool; all children who cannot swim must be accompanied by an adult; and bathing caps must be worn when hair is longer than acceptable length.

History

(Continued from Page 3)

in the Coffeehouse.

Thursday at 7:30 Laurie McCants from the Bloomsburg Theatre Ensemble will be presenting a slide show entitled "Women in the Theatre—dreamers and doers." McCants will be exploring the history of women in the theatre. At 9:00 "She's Nobody's Baby" with Alan Alda and Marlo Thomas, overlooking the women's movement from its conception to present. The day's events will take place in the Kehr Union. The film will also be shown Friday at 2:00 p.m.

After the activities of the week, the group plans to focus its attention on promoting safety on the campus through a "take back the night" drive. The group attempts to achieve well-lit areas on all parts of the campus.

Monday through Friday from 10:00 until 2:00 p.m. the coalition will be running a table located in the snack bar area of the Union. Any interested person can obtain information concerning the purpose and goals of the group, and the events of the week.

The coalition plans to meet Monday, March 21, in the Green room, Kehr Union. Guest speaker will be Colleen Coughlin from Seneca Falls, New York. All are welcome to attend.

Degree

(Continued from Page 3)

in May, 1969. He has completed 27½ years in the field of education, of which 16½ were at Bloomsburg.

Professor Carpenter was the founder and faculty advisor of the BSC Zeta Nu Chapter of Delta Phi Alpha, the National German College Academic Honor Society. He holds membership in a long list of local, state, and national professional organizations.

Archives

(Continued from Page 3)

had previously played semi-pro ball in the U.S. and S. Santalongo, a second baseman, had prior experience with the Havana Reds, a formidable

Cuban team. Foreign students have continued to participate in athletics through the years, most notably in soccer recently.

Foreign students still attend college in Bloomsburg, but, ironically, considering the attempts to foster international education, the numbers are few—only nineteen or less than one half of one percent of the student body. And Spanish speaking students, both foreign and Puerto Rican, form a much smaller minority.

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Wed.	Spaghetti with Meatballs, All You Can Eat	\$3.25
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Thurs.	Baked Trout with Spaghetti or Fries	\$4.95
	Bar-B-Que Ribs with Spaghetti or Fries	\$4.95
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	Cannelloni, Manicotti, Lasagna	\$3.95
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Tennis Preview

Huskies Ranked Ninth In Pre-season Poll

By WADE DOUGLAS

The 1983 edition of the Men's tennis team will certainly be an interesting one to watch this spring. Ranked ninth in the Division II pre-season poll, the Huskies definitely have an odd mix of players. At one end of the spectrum are two four year stars, Dave Superdock and Marty Coyne, who are ranked 14th and 9th nationally, and at the other end are three freshmen, who have played a grand total of only twenty-two matches.

Needless to say, BSC's fate depends solely on how well the freshmen perform. If the fall

BSC's fate depends solely on how well the freshmen perform.

season is any indication, the season should be a typically successful one for the Huskies. Not only did the Huskies run their fall winning streak to 49 straight matches, they also turned in sparkling tournament performances.

Finishing second in their own BSC Invitational, (their highest placing ever), BSC also claimed a fourth in their first appearance at the Navy Tournament, ahead of powers from William and Mary, Penn State, and Swarthmore.

The season was capped off by a third consecutive tenth place at the prestigious ECAC Division I Championships. BSC was the lone Division II school invited to the sixteen team field.

Although the duel match season was an admittedly soft one, the tournaments were anything but soft, featuring the best teams in the East.

Dave Superdock will be in the number one slot for Coach Reese's squad. Long overshadowed by Marty Coyne, and Craig Diehl, the lanky blond supplanted Coyne as the Huskies top player last fall as number one this fall and

retained the spot for the spring. Currently ranked 14th in the nation, Superdock was having a great fall campaign until contracting a virus prior to the Navy Tournament, where he lost in the opening round. He still managed a fine 10-4 fall log, including an appearance against Coyne in the BSC Invitational finals. Having already won three singles and two doubles titles at the conference championships, Dave could tie the conference mark for most titles won (7) this spring. The mark is currently held by BSC's Craig Diehl and Ken Grove. Superdock has a 85-21 career mark, ranking him fifth on the BSC all-time win list, and should be only the third player to break the 100 win plateau. He should also make his third trip to the national tournament in May.

Playing number two singles will be senior Marty Coyne. Possibly BSC's all-time

Possibly BSC's all-time greatest player, Coyne had a near flawless fall season with a 14-1 record.

greatest player, Coyne had a near flawless fall season with a 14-1 record. Included in his fourteen victories were singles titles in the BAC and tournaments, where he downed the East's finest players. A three-time singles and doubles conference champ, the past two years at number one, Coyne could become the first player to seep titles four straight years. Coyne's aggressive and acrobatic style has propelled him to an 89-21 career log. By midseason he should be the second Husky to hit the 100 win mark. Ranked ninth nationally, Marty is a sure bet to repeat a trip to nationals.

Hard-hitting Rob Lario will be a key player for the Huskies from his number three spot.

After an up and down fall season at number four, where he went 7-6, the big serving sophomore moved up a notch this spring. Although he has only a 23-20 career record, Rob can be nearly unbeatable when his aggressive game is on.

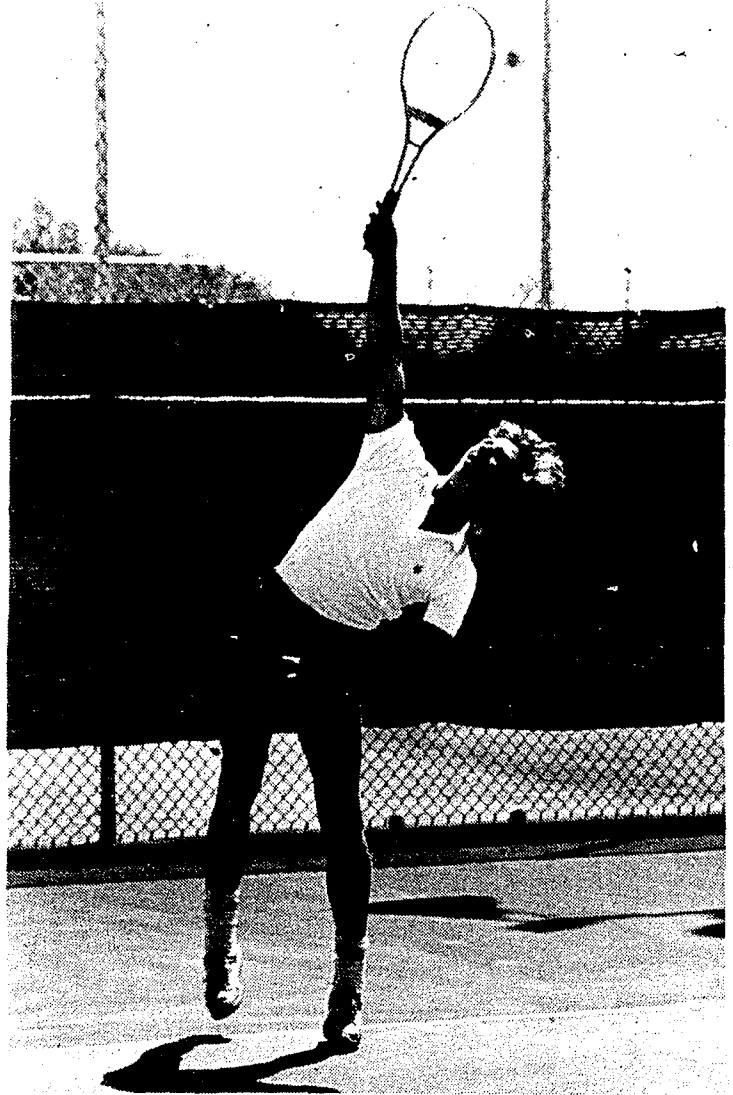
While BSC's top three players all play aggressive serve and volley games, number four Scott Greb is content to wear down an opponent from the baseline. Only a freshman, Grebe was placed at the number three spot this fall and responded by winning seven times in eleven tries, with two of the losses occurring at the season opening BSC Invitational. The two hander should only get better with more matches.

Another freshman fills the number five position. Bloomsburg's own Jere Bird featured some great hand speed and a baffling second serve in posting a 7-4 fall mark. Bird has all the shots to become one of BSC's best ever, but only time will tell.

Reese brought his number six player all the way from Lima, Peru. Freshman Mike Penny can be described in one word: potential. How well he plays depends only on much he reaches. Already there are signs of his possible ability. During the fall he just missed the top six, but after some hard winter work he broke into the starting lineup.

Junior Brett Briscoe heads the list of players waiting for another chance to make the starting six. A former conference champ, Briscoe had a fine fall at number six, but was just beat out this spring.

Soph Walt Brenner and a fourth freshman Frank Englund round out the Husky squad. Both are talented players just waiting for a chance to show their skills.



Pat Murphy

DAVE SUPERDOCK will be in the number one spot for coach Reese's squad.

Intramural Street Hockey begins at 5 p.m. today on the upper level of the trilevel parking lot.

CV Classifieds

Announcements

"THE SCHOOL OF EXTENDED PROGRAMS is looking for several part-time employees to serve as desk receptionists, van drivers, office aides, and official hosts for summer conference groups visiting BSC this summer. If you plan to attend summer school or live within commuting distance of campus and are interested in such employment, please call extension 4420 for an application form. Applicants must be approved for summer employment by the college Financial Aid Office."

For Sale: Wanted: Responsible party to take over low monthly payments on spinet piano. Can be seen locally. Write Credit Manager: P.O. Box 33 Friends, PA 15541

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Send to: Box 97 KUB or drop in the Campus Voice mail slot, Union before 5 p.m. on Sunday or before 5 p.m. on Tuesday. All classified must be pre-paid.

Intramural Street Hockey Faces Off Tonight

By PAT WOOLFORD

The BSC intramural street hockey league will face-off its 1983 season tonight, March 21, when the Muffdivers square off against last year's runner-up, Bodega Lodge.

Action for that contest will begin at 5 p.m., with the nightcap coming at 6 p.m. between Norton's Heroes and the Ghetto Blasters. Both games will be held at the trilevel faculty parking lot, located beside Elwell Hall.

This year's league includes 14 teams, which are broken down into two divisions. The 14 team captains met Tuesday in the KUB, and Glenn Williams of the Addams Family chaired the enthusiastic meeting.

Divisions were adopted, and

refereeing and scheduling were also discussed. Williams also went through a complete breakdown of this season's rules.

To draw up the divisions, Williams simply drew the teams' names out of a hat, with first seven teams drawn made up Division I, while the remaining seven were placed in Division II.

This season, unlike last, each team will play 10 games rather than eight. Each team will play four teams in their division twice, and the remaining two teams once.

Division I will consist of last years champs, the Starry Nights, along with Bodega Lodge, the Muffdivers, the Addams Family, the Journeyneymen, and newcomers the

Wings and the 69ers.

Included in Division II are Norton's Heroes, Zeta Psi, DOC, the Alemen, the Ghetto Blasters, the Gooneybirds, and Taddeos.

Furthermore, rules for the upcoming season were derived directly from the Amateur Hockey Association of the U.S. Regulations concerning penalties and abusing the referees were tightened for this season.

In addition to the fierceness of the rules, Williams has constructed new goals that are of superior quality. They are made with steel nets instead of the usual nets that are made of rope. The new goals are 4 by 5 feet, and 2.5 feet in depth.

THE VOICE

SPORTS

Men's Basketball

Individuals Honored

Two players - Rich Dyer, Shippensburg, and Earle Greer, East Stroudsburg - were unanimous picks for the Pennsylvania Conference Eastern Division All-Star Team, announced March 4.

Charles Chronister, who guided Bloomsburg to a 20-8 record and second-place finish in the east, was named coach-of-the-year in the entire conference.

The teams:

East

First team

Rich Dyer, Shippensburg; Earle Greer, East Stroudsburg; Leonard Goggins, Cheyney; Rich Gillan and Kevin Givens, both of West Chester.

Second team

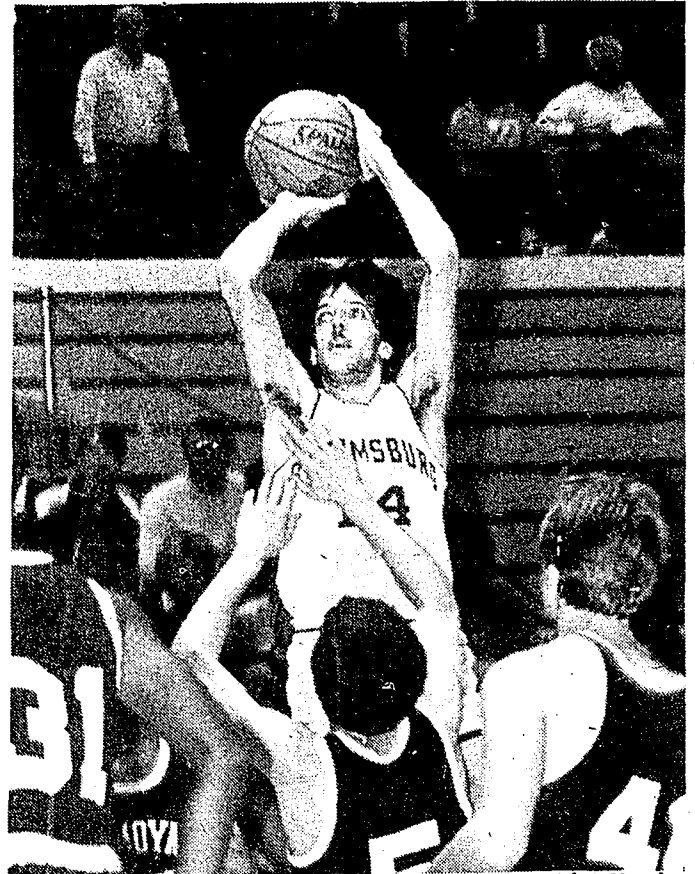
Terry Conrad, BSC; Gerard Conyers, Mansfield; Barry Francisco, BSC; Kevin Taylor, Cheyney; Jim Moore, Kutztown; and Bill Benner,

Millersville.

Coach - of - the - year: Charles Songster, Cheyney.

Two players from BSC also made the East Coast Athletic Conference eleven man all-star unit.

Junior guard Barry Francisco made the squad, despite a second team PC consideration, while freshman forward Glenn Noack shared co-rookie honors with Jeff Buxon of Southern Connecticut State.



Patrick J. Murphy

BARRY FRANCISCO soars high above a pack of defenders for a smooth jumpshot. The junior standout helped lead the Huskies to the NCAA Eastern Regional championship and was rewarded for his efforts by being selected **Most Valuable Player** for the tournament. The "Bird" also was named to the PC second team all-star squad, as well as the ECAC unit.

Ice Hockey

BSC Ousted From Playoffs

By ADRIAN MARCEWICZ

The BSC ice hockey team was faced with a do-or-die situation as they suited up for Saturday's playoff game against Wilkes. They could either win and advance to the next round of the playoffs against the Wings, or lose and be eliminated.

Wilkes gave BSC trouble during the regular season, winning each of their meetings,

BSC failed to mount a decent attack during the period, as play concentrated in the neutral zone.

4-3, 4-3, and 5-4. But BSC was presented with the proverbial golden opportunity, Wilkes' starting goalie wouldn't be playing. Instead, their starting left defenseman would be donning the goaltenders pads. Wilkes realized their predicament and came out with a tight checking game. They stifled BSC along the boards and escaped with a 4-3 victory.

For the opening five minutes of play, the puck remained in the BSC zone, and Wilkes was able to capitalize with a goal at the 4:56 mark. BSC failed to

mount a decent attack during the period, as play concentrated in the neutral zone. Wilkes made the score 2-0 with just seven seconds remaining in the period. Dave Waterman had led a three on two charge up ice, but his shot was blocked. A Wilkes forward picked up the puck and stickhandled his way between two BSC defenders, putting the puck past Bob Thomas for the two goal cushion.

Ignoring the two goal deficit, BSC came back early in the second period. The puck was cleared from the neutral zone deep into Wilkes territory, with Mike Dunn and a Wilkes defender in hot pursuit. The defender got there first, but Dunn checked him against the boards, stripping him of the puck. Mike then fed a pass to Mark Manfredi at the blue line, who slapped a whistler past the novice goalie.

Wilkes, known for its aggressive style, was called for two consecutive penalties, one at the 7:19 mark, and another 50 seconds later. BSC took just 30 seconds to even the score at 2-2 as Manfredi skated into the Wilkes zone and passed the

puck to Tom Arland along the left boards. Arland then unleashed a rocket that blew past the Wilkes goalies' stick hand.

The third period was cautiously played, with both teams waiting for the other to make a mistake. That mistake came with 7:05 left in the contest, when the referee whistled Jeff Kinginer for tripping. Wilkes went up 3-2 only 19 seconds later.

Arland then unleashed a rocket that blew past the Wilkes goalie's stick hand.

Just 16 seconds after that, however, BSC tallied in the tying goal on a blistering shot by Tom Arland from 25 feet. The momentum seemed to shift towards BSC as they earned a power play advantage with 4:23 left, but it was not to be. Wilkes scored a shorthanded goal with 2:54 to go in the game, and even though BSC pulled their goalie a minute later, they couldn't even the score.

Overall, BSC was outshot by Wilkes 33-15, and had 5 of the game's 12 penalties.



KEVIN LYNCH

TURNING BACK - BSC linesman turns back to chase puck in recent action. BSC lost 4-3 to Wilkes in first round of playoffs, Saturday.

Landis Signs Big 33 Player

Jeff Flickner, a Big 33 running back who rushed for 3,537 yards for Warren (Pa.) High School the last three seasons, will attend BSC.

Coach George Landis, involved in his first full year of recruiting, made the announcement.

"This is a great boost for our program," said Landis. "Getting a Big 33 player ... is a quality football player ... is a plus, considering we beat In-

"This is a great boost for our program," said Landis. "Getting a Big 33 player... a quality football player... is a plus, considering we beat Indiana (Pa.) University and other state schools for his services."

diana (Pa.) University and other state schools for his services.

"Jeff has the size (5-11, 185) and strength to play fullback and the speed to play tailback."

Flickner, the District 10 100- and 200-meter track champion last spring, scored 16 rushing touchdowns during the 1982 season. Included was a school record 99-yard run against Erie

McDowell.

He also caught five, passed for 109 yards and two touchdowns, and completed one of three option passes for a 30-yard touchdown.

BSC's first signee scored 35 touchdowns after joining the starting lineup in the middle of his sophomore season.

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