

Human relations workshop to focus on communication

by Bambi Crumpacker

Communication is very important in all varieties of human relationships.

A seminar on human relations will take place on the McPherson College campus with Central College and McPherson College serving as co-hosts. The seminar will begin at 4 p.m. Nov. 18 and end at noon Nov. 19. Consultants for the seminar will be Dr. Gary Crooms, professor of Intercultural Communication at Wichita State University, and Dr. George Rogers, Director of Minority Studies at WSU.

The focus of this workshop will be communication with minority students.

According to Milton Goering, dean of students, both Dr. Crooms and Dr. Rogers are well qualified to lead the workshop.

"Dr. Crooms relates well to small colleges and to people in general," said Dean Goering. "He has a lot to say about communications."

Dean Goering also believes that Dr. Rogers is well qualified to lead the workshop, as he is director of minority studies at WSU.

Dean Goering has hopes that "representatives from all segments of our campus will participate" in the workshop. He added, "We can benefit from a workshop on culture."

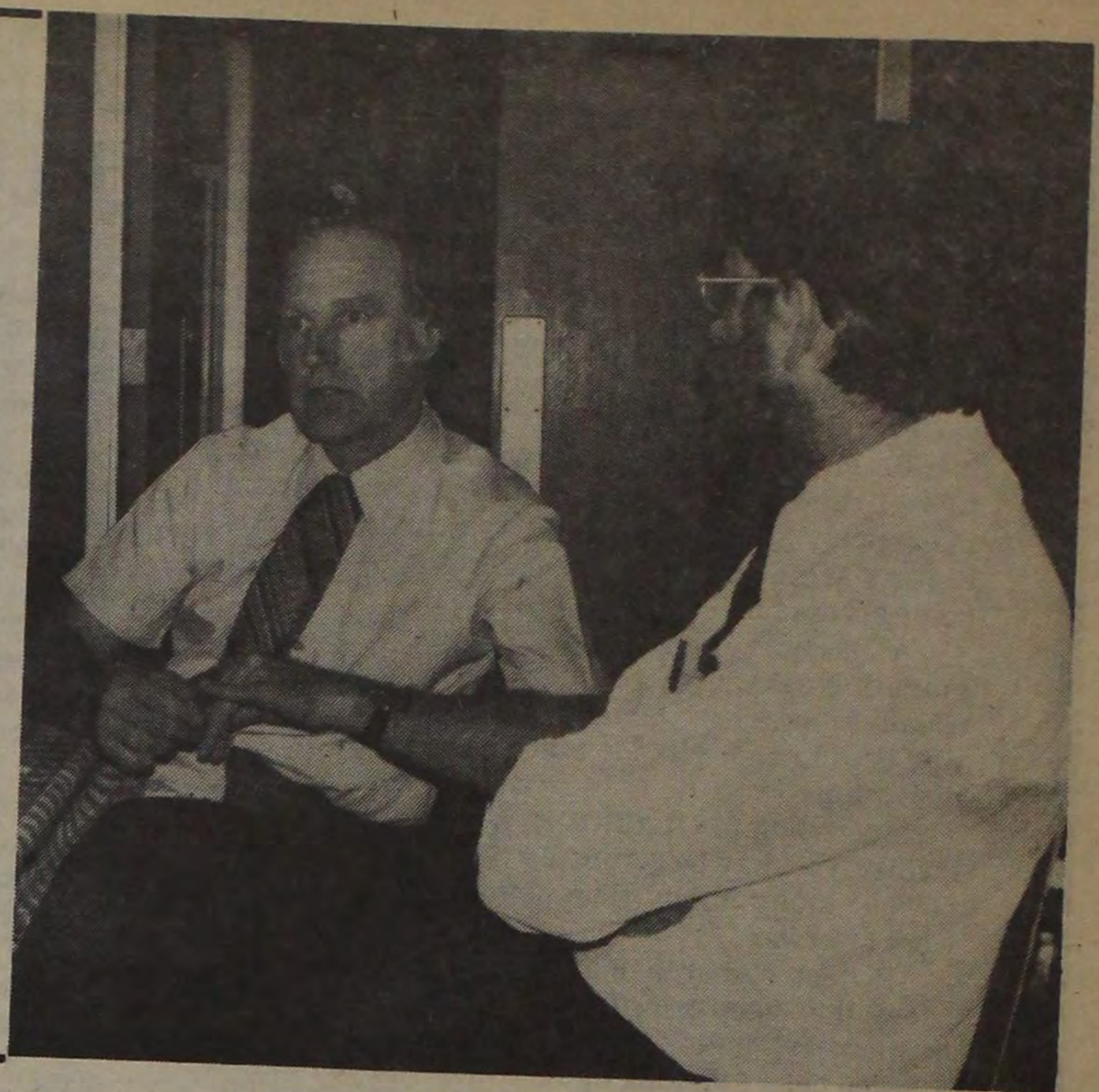
The workshop will include films, lectures and small group discussions.

"Our hope is to get people involved and talking to each other," said Dean Goering.

Pre-registration for the workshop will continue through today.

Robert J. Robel, chairman of the Kansas Energy Council, discusses the nation's energy situation with Dr. Gilford Ikenberry, biology. Mr. Robel, who is also involved with the Congressional Energy Programs Office warned during Tuesday's convocation that the nation is currently facing "a grave national energy problem."

(photo by Ward)



THE McPHERSON COLLEGE Spectator

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Tutoring program in infancy

by Celia Stover

Currently in its infancy, a tutoring program here on campus is working to provide academic assistance for those students needing help.

The program is being organized by Joanne Hamlin and Alice Henson, directors of the learning skills lab located in the basement of Miller Library.

"So far only three tutors have come out of several that expressed an interest," said Mrs. Henson. But she also commented, "The program's just beginning."

To be a tutor, a student must have a brief recommendation (from a professor) verifying that he is a conscientious student, though not necessarily an A student, in the subject he wishes to tutor.

Currently tutoring is available in chemistry, computer science and psychology.

"We will tutor in whatever subjects we can find tutors in," remarked Mrs. Henson.

As of now, the work on the part of the tutor is voluntary.

"Hopefully a little later we can get funds for them," commented Joanne.

The basic responsibilities of the tutor are to make plans as to what will be covered in the session, to talk to the professor of the subject for some pointers, to make a record of what is worked on during the session and to informally evaluate the work accomplished.

"Above all, the tutee is responsible for his or her own learning," said Mrs. Henson. "It is not the fault of the tutor if a class is failed."

She also added, "Tutoring can help the tutor internalize or solidify the information for himself."

Time for the tutoring sessions

are arranged at the convenience of the tutor and the tutee.

Mrs. Henson recommended that they meet in the more businesslike, less interruptive atmosphere of the library, as opposed to the dorm.

The tutor and tutee must follow a code of ethics. Major points in the tutor's code include:

The tutor's role is never to do the student's work.

The student deserves total attention.

Subject proficiency is of top priority.

The student's independence is the ultimate goal.

Among major points for the tutee to follow are:

The student can tell the tutor he doesn't understand and can ask questions.

The student must accept

responsibility for his own learning.

The student must not fear or be embarrassed by what he doesn't know.

The student must strive to become independent of tutoring.

Anyone wanting help or interested in tutoring should contact Joanne Hamlin or Alice Henson in the learning skills lab.

Concert choir, Opus to perform

Making its debut for the 1977-78 school year, the 56-member McPherson College Choir will appear in concert Tuesday at 7:30 p.m. in Brown Auditorium.

Opus III Jazz Ensemble will make an informal appearance at a

reception in Friendship Hall following the concert.

The choir will be performing spirituals such as "Ezekiel Saw De Wheel," jazz compositions like "Morning Has Broken," and novelty numbers entitled "Modern

Music and "Zigeunerleben" (The Gypsy Life).

"Beatus Vir," a series of sacred choruses by Antonio Vivaldi, will also be presented.

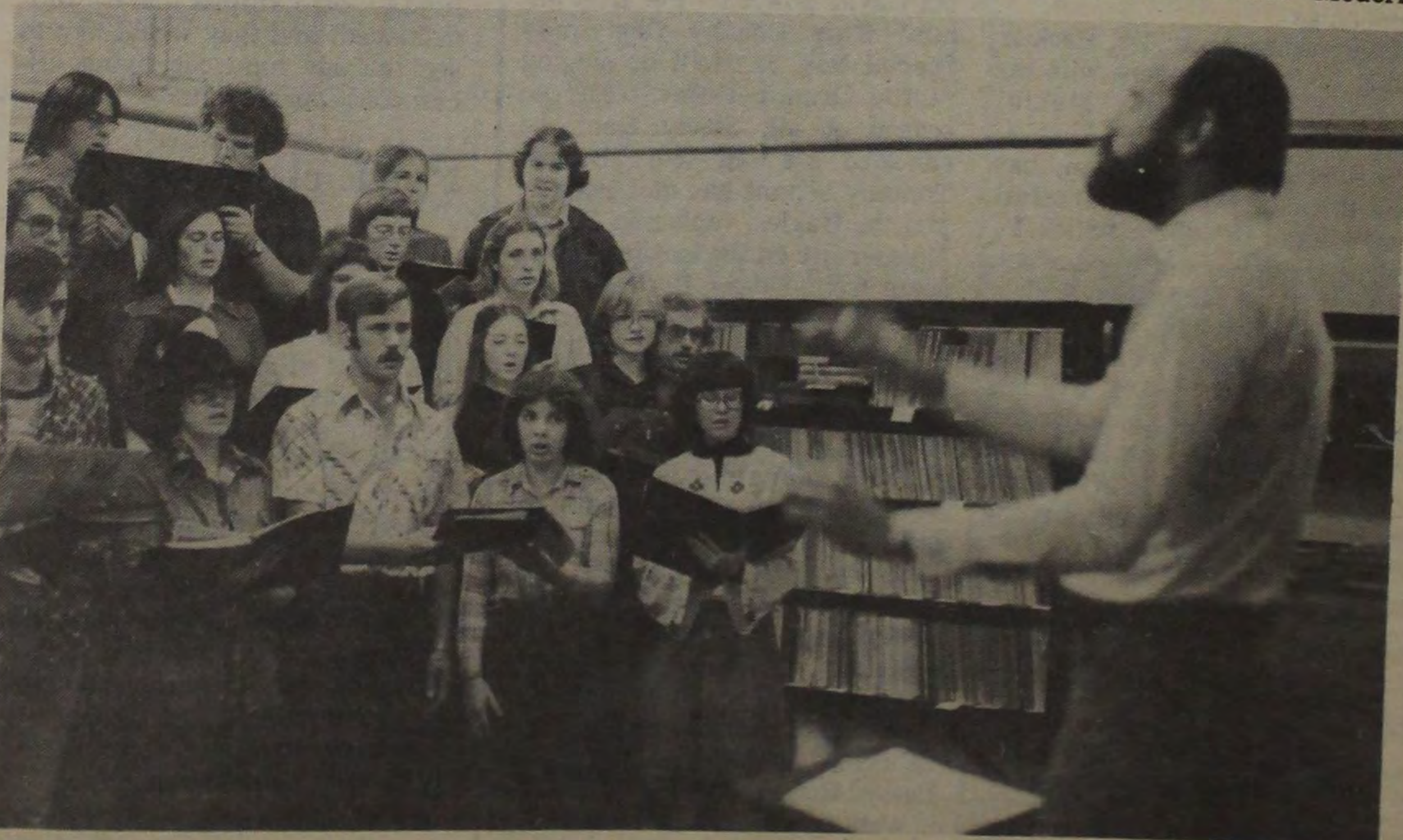
Director Ron Aden referred to these pieces as an example of Vivaldi's incidental church music. Instruments will accompany another religious piece, "Sing Ye Unto the Lord a New Song." Accompanists will include LaMonte Rothrock, trombone; Tim Scofield, trombone; Nancy Bailey, flute; and Rachel Johnson, clarinet.

When asked about the choir's readiness for a debut, Prof. Aden responded, "I think it will be a fine concert because the choir is well prepared and has a good sense of sound this year."

He went on to explain that the vocal versatility of the choir has resulted in an exciting sound.

Choir highlights for the year will include a Christmas Concert to be presented Dec. 11 at both the First United Methodist Church and the Church of the Brethren. Also planned are a spring concert and an ACK choral festival.

The choir will go on tour during spring break. They will travel through Iowa, southern Minnesota, Illinois and Missouri.



The hand is quicker than the eye, or so it seems, as Ron Aden directs the College Choir in preparation

for its concert Tuesday at 7:30 p.m. in Brown Auditorium. (photo by Ward)

'The Spectator' views the news

Much to the chagrin of the United States postal service, the Spectator staff rarely visits its mailbox. When they do, however, they find an amazing variety of literature, ranging from questionable manila envelopes bearing the postmark of Havana, Cuba, to newspapers and pamphlets from all across the country. The Spec would like to share with its readers some of the more interesting items it has come across:

A recent news release from GLAMOUR magazine asks, "Are you the kind of student who usually studies hard before going to bed, or the kind who goes to bed, sets the alarm for 5 or 6 a.m. and then crams?"

According to GLAMOUR, if you're a pre-sleep studier, you may be getting better grades as a result of your study habits than someone who does the work afterward.

Recent research into sleep and study habits shows that sleep prior to study significantly disrupts memory, unless considerable waking time is allowed before digging into the material you want to learn. The shorter the period of sleep that precedes the studying, the more this sleep disrupts learning. Sleeping four hours or less was found to be highly disturbing to memory; sleeping six hours disturbed it less.

Researchers aren't exactly sure how sleep disturbs the memory process, but they believe it might involve hormones. In laboratory tests on mice, the hormone somatotrophin, produced naturally during sleep, severely affected the memory of mice injected with it.

GLAMOUR went on to suggest that if you have a test to study for, study first instead of putting it off until the next morning. Better grades might be the reward.

Have you ever beat up on your roommate for no apparent reason?

Well, according to a recent (Sept. 22) article in the Wichita Eagle, you may not be to blame.

John Ott, a Floridan who has studied the effects of lights on plants and people for 50 years, believes fluorescent lighting is to blame.

According to him, the low-level radiation emitted by fluorescent tubes is responsible for many of the problems in society today. Fluorescent tubes lack certain wave lengths the body needs to run smoothly, and they expose people to some undesirable wave lengths.

"I believe strongly that fluorescent tubes are causing serious consequences in society today," he explained in the article.

"I believe the problems start with problems, such as hyperactive children in grade school, and continue on to be a major contributing cause to the increasing crime and violence facing civilization today," he explained.

Still undecided as to a major? Take a suggestion from Northwestern University. In 1938 this institution conferred upon Charlie McCarthy, Edgar Bergen's wooden dummy, the degree of "master of innuendo and snappy comeback."

All you wooden dummies out there take note!

A yellowed newspaper clipping bearing a New York dateline has turned up in the vast files of the Spectator.

The article refers to Edsel Murphy's infamous law: "If anything can go wrong, invariably it will." Except that he had a fondness for Irish whiskey, his famous "first" law has become the basis for further truisms—

—Everything you decide to do costs more than first estimated.

—Every activity takes more time than you have.

—It's easier to make a commitment or to get involved in something than to get out of it.

—Whatever you set out to do, something else must be done first.

—If you improve or tinker with something long enough, eventually it will break.

—By making something absolutely clear, somebody will be confused.

—You can fool some of the people all of the time and all the people some of the time and that's sufficient.

—A piece of toast, when dropped on the floor, will invariably land with the jellied side down.

From a campus far, far away (CMUS in Warrensburg, Mo.) comes word of the outbreak of "Dorm Wars."

The situation on that campus closely parallels the current rebellion on a campus not-so-far away.

Incidentally, may the Farce be with the opposing rebel forces of Dotzour and Metzler.

MACALENDAR — Stuco receives student feedback

- Today— Pizza Night, 9:30 p.m., S.U. basement Campus Days
- Nov. 12— Football: Mac vs Tabor, 2 p.m. there Velocipedes, 8 a.m., Coronado Heights Cross Country: District 10 at Emporia KCAC Committee, 10 a.m. Miller Library Dance, 11:30 p.m., Student Union
- Nov. 14— Mohler Lecture, Dr. Betty A. Behl, 8 p.m. Brown Auditorium Social Committee, 9 p.m., S.U. Quiet Room
- Nov. 15— KCAC Coaches and Presidents, 9 a.m., Miller Library Women's Basketball: Mac vs. Marymount 7:30 p.m., here Choir Concert, 8 p.m., Brown Auditorium Student Council, 6:30 p.m., Miller Library
- Nov. 16— Student Council, 6:30 p.m., Miller Library
- Nov. 18-19— Basketball: Rockhurst Tournament

Seeking student feedback on campus issues, Stuco invited interested students to attend its Nov. 3 meeting.

Items discussed include the physical campus environment, facilities such as classrooms and the library, the Mac Shack, academic divisions and the advising system.

The meeting opened with discussion on how the academic environment on campus could be improved. It was brought up that

—Students desire more personal attention by advisors.

—Some students with an undecided major feel they are being pressured into a major in the area of their advisor.

—For the amount of tuition students pay to attend McPherson College, they feel entitled to a professional atmosphere rather than just a family atmosphere.

—Students have found the courses in some academic areas to be elementary. They also believe that some EDP courses are taught on a lower academic level than daytime classes.

—Students desire periodic course and professor evaluations.

—Students would like to see the library open on Saturday mornings.

—Too many classes are being scheduled during the 9 a.m. and 10 a.m. time slots.

—Many business courses are offered only at night, thus inconveniencing business majors.

—Some professors stereotype students by the results of their first exam.

—Some professors tend to give higher grades to their "majors."

—Students believe the rules for living off-campus are old-fashioned, and they would like to see the age limit for living off-campus reduced to 21.

—The Mac Shack needs a change in atmosphere. It was suggested that special interest films could be shown periodically.

Stuco now plans to take these and other proposals before committees. For example, suggestions for academic improvement will be presented to EPC (Educational Policies Committee). Dorm councils and the faculty may also be approached.

In order to achieve a broad cross-section of student opinion, polls are also being planned.

the McPherson College **spectator**

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Prof. clears up misunderstanding

Dear Editor:

I would like to correct one statement attributed to me in the article concerning the juvenile behavior study. The United States is not an alcoholic society as stated in the article. Instead, I suggested that the sociohistorical tradition in the United States is one of the acceptance of the use of alcohol. This tradition is reflected in the statistics of the main drug of use and abuse among the students at McPherson College, alcohol.

Thanks for allowing me to clear up the misunderstanding.

Sincerely,
Frances Moore
Assistant Professor
of Behavior Science

by Harold Briscoe

Que Pasa? Yes, it's your friendly phono fanatic again, bringing you the latest in music happenings.

Commercial Rock: Dr. Hook is finally back on the scene with his long-awaited album, "Makin' Love and Music." The king of blue-eyed soul, Elton John, has done it again with his "Greatest Hits Volume II" album. "Stick To Me" is the latest out by Graham Parker and the Rumours.

That double live l.p. by the Pure Prairie League, "Takin' The Stage," is one of the best live bits done this year, which includes five new songs. Leo Sayer's latest disc is entitled "Thunder In My Heart" not to mention, "Never Letting Go" by Phoebe Snow.

- Disco Top Five Singles:**
- 1. Shake It Well The Dramatics
 - 2. Back In Love Again LTD
 - 3. Dusic Brick
 - 4. Boogie Nights Heatwave
 - 5. Brick House The Commodores

- Disco Top Five Albums:**
- 1. Barry White Sings For Someone You Love Barry White
 - 2. In Full Bloom Rose Royce
 - 3. Something To Love LTD
 - 4. Too Hot To Handle Heatwave
 - 5. Commodores The Commodores

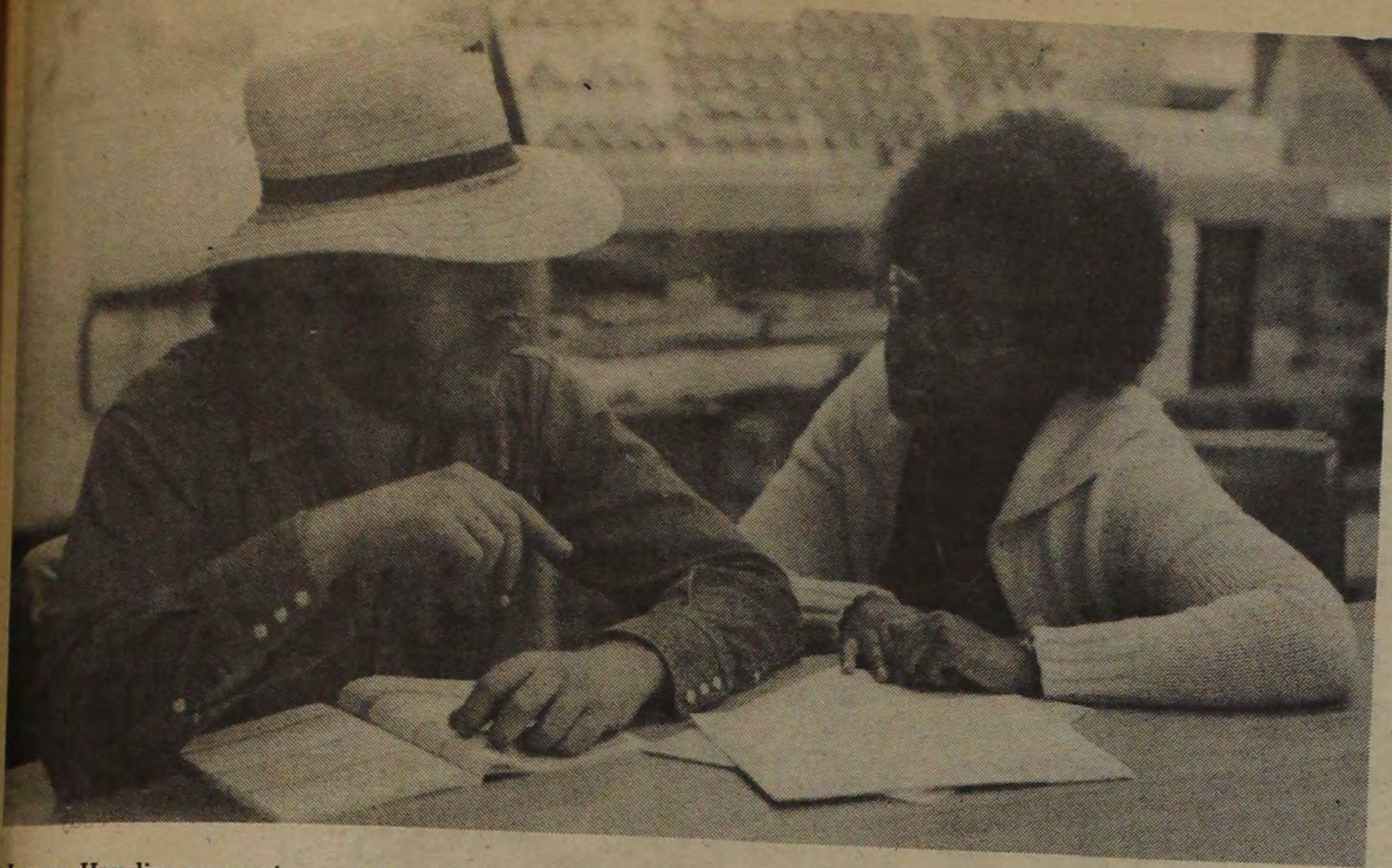
- Spotlight Albums:**
- 1. Menagerie Bill Withers
 - 2. Disco Bill Bill Cosby
 - 3. In City Dreams Robin Trower

Music Update—Be sure to check out David Bowie on the 42nd annual Bing Crosby Christmas Special Nov. 30. He'll be singing "Little Drummer Boy." For no reason at all, Steely Dan has canceled it's fall tour. Bassist Timothy Schmit has quit Poco to join the Eagles, replacing Randy Meisner. Be on the lookout for the score from Sidney Portier's new comedy, "Big Time," produced by Smokey Robinson.

Kool Jazz—"Theme From A Symphony," is the latest l.p. out by jazz great Ornette Coleman. Smooth saxophonist Stanley Turrentine has a deep album out called "Nightwings." Jessie Coltrane, wife of the late jazz genius, John Coltrane, has another sharp album out entitled "Miriam." "You've Come A Long Way Baby" is the latest from the sweet voice of Esther Phillips, and "Piccolo" is the new 12-inch by bassist Ron Carter

Well, this knocks the bottom out of it for now, so until we meet again, I'll say, Chow!

Jam Session



Joanne Hamlin, supervisor of the Learning Skills Center gives Bob Laird, fr, Uwchland, Pa, her undivided attention to the matter at hand during a learning skills lab. (photo by Ward)

Learning skills offers services for everyone

Learning skills—"a center for everyone," said Joanne Hamlin, supervisor of the Learning Skills Center located in Miller Library. Mini-courses and lab experiences are offered for credit or non-credit under the Pass-Fail system.

Mini-courses allow students to get concentrated study for one hour per day for two weeks in one area of need: Study Techniques, Efficient Reading, Writing Skills or Research Techniques.

In these mini's the students participate in small group discussions, attend lectures and get practical experience through the use of techniques, without the pressure of failure.

Study Techniques takes a look at college adjustment and helps develop techniques in reading texts, recalling facts, note-taking and test-taking.

Under Efficient Reading, one deals with generalizations, facts, patterns in reading materials, thought units, skimming and rate increase.

The Writing Skills mini-course helps the students with sentence construction, usage, paragraph construction and essay construction.

Research Techniques gives students instruction on research papers as the course deals with topic selection, bibliography writing, gathering and organization of information, outlining, writing and editing.

Individual work is integrated into the mini-courses. Also, these hours spent in mini-courses may be applied on a credit in ID 100 or ID 101 for a maximum of two hours credit.

In the lab experience, the course of study is on an individualized basis. Pre-tests are given to help determine in what areas the students need improvement. In

this way, the students study only what they need to know, thus avoiding repetition of mastered skills.

An individual plan is made for each student at which he then works at his own pace and has frequent conferences with the instructor. The learning plan can be revised as needed.

Although it is a self-paced course, 25 hours of study are required to pass either the learning or writing skills lab. At the end of the course, the student is asked to review his progress and complete an evaluation.

Surveys are also given in various areas, such as math, to see if the student is prepared to take courses in that area. A student can then "brush up" on his skills in the area before or during a course.

Students can also use the center "just to brush up on their vocabulary or reading abilities, or even to prepare for graduate exams," Joanne said.

Currently, 18 students are involved in Writing Skills and 40 are enrolled in Learning Skills. Six students who regularly come to the center, are not taking a course for credit.

Joanne stressed, "We encourage students to drop in if they need any help."

Alice Henson, director of the Learning Skills Center, and Joanne share the teaching responsibilities. They facilitate various teaching aids including tape recorders and reader mate machines.

The center is open from 10 a.m.—5 p.m. Monday through Friday. It will remain open over interterm, but Joanne recommends that students come by and visit with her concerning the interterm schedule.

Fall campus days in progress

by Janice Monk

McPherson College is a private, co-educational, liberal arts institution of higher education. Its curriculum is planned to give students the broad liberal arts background they will need to make responsible decisions in all areas of life and to combine this with vocational preparation.

"We here at Mac feel our campus and college life is one of the best. If we could get students to come visit our campus, then they would consider coming to our college," explained Roger Carswell, chairman of Mac Ambassadors.

The Mac Ambassadors and Admissions Director Joe Johnston have carefully arranged campus tour days. One took place last Saturday and another campus day is in progress this weekend.

These visits allow prospective students to visit classes and meet with faculty members. More importantly, visiting students are given a chance to be with McPherson College students.

"Students need to visit campuses to meet people and actually

picture themselves on campus to determine if this is really what they want," said Mr. Johnston.

Never have "campus days" taken place in the fall; they have always been during the spring. The reason for this early call was stated by Mr. Johnston: "We want to get a student early in his interest stage, because in the spring, most students have already decided on a college. Seeing people earlier in the year gives us some indication of the number of students we can expect," he added.

Hosting visiting students are the Mac Ambassadors. Planned activities include a bus tour around McPherson, directed by Becky Baile and Tonie Alvarado. Other activities include the Mac vs. Tabor football game and a dance Saturday night in the Student Union.

Due to a conflict with other colleges also having campus visitation last Saturday, a better turnout is expected this weekend. Faculty members are phoning students who have shown interest in McPherson College and are inviting them to come and visit on campus days.

The McPherson directors expect 40 to 60 students this weekend. Due to housing shortages, students did not stay overnight on the weekend of Nov. 5.

Bringing these students to McPherson will be curiosity and a desire to just look around. At the same time, Roger Carswell said, "We want to give them an accurate idea about what is happening here and let them make up their own minds."

There will be several other "campus days" scheduled throughout the year.

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THE SPECTATOR—Page 3
Nov. 11, 1977

Buzzing around wondering what's happening?

Read The Spectator



Subscriptions \$1.50 per sem.

Harriers to district tomorrow

Everyone knew it would be a close race. Predictions placed the top three KCAC teams within a 10-point span.

At the KCAC conference meet in Salina last Saturday, the McPherson Jog Dogs didn't lack desire, only experience. A fast start took its toll later in the race as the Dogs strung out and allowed too many Kansas Wesleyan and Bethany runners to get ahead of them.

Team scores were close as KWU and Bethany tied for first place with 44 points each and Mac trailed with 50 points. Southwestern finished with 79 points and Bethel rounded it off with 146. The tie was broken by adding the top four runners' totals rather than the top five, and KWU had 28 points as compared to Bethany's 30.

Mac fielded a winner as Dave Burgess, sr., won the individual title with a time of 25:49.

"Dave ran a fine race," said

Coach Dewayne Jackson. "He broke a big lead soon after the first half and ran strong like the real KCAC champ he is."

Also finishing in a top position for the Bulldogs was Albert Zavala, jr. Zavala finished sixth, clinching a spot on the KCAC all-conference team. Harold Spencer fr, turned in his best performance of the season, finishing 11th and just missing the KCAC team.

Finishing out for the Bulldogs were Ben Hilton, soph, 15th; Jim Kitson, soph, 17th; and Jim Lovercamp, sr, 18th.

Lovercamp has been recuperating from a hip injury for the past two weeks.

Tomorrow at 1 p.m. the McPherson Jog Dogs will compete in the NAIA District 10 meet at Emporia. The top 15 individuals and the top three teams will travel on to Kenosha, Wis., for the NAIA national meet Nov. 19. Competing tomorrow will be Fort Hays, Emporia, Pittsburg, Marymount,

Mid-America Nazarene and all the KCAC schools.

Mac hopes to send at least one individual on to nationals.

"I think if Dave improves as he's capable and gives 100 per cent tomorrow, we'll be making a trip to Kenosha," said Coach Jackson.

"Like with any athletes, desire and dedication will determine how great he or she will become," he said.

Bulldogs ready for final clash of 1977 season

With three minutes remaining to play, a blocked punt gave Bethel a shattering come-from-behind victory in Mac's last home game of the season.

Two plays after the punt was blocked, Bethel hurled in from the one-yard line for a 12-7 win. The loss gave the Bulldogs their sixth conference defeat in seven bouts.

According to many of the Bulldog players, unsportsmanlike conduct was part of Bethel's game plan.

The defense did an outstanding job accumulating five quarterback sacks and four interceptions, two of which were picked off by mobile Cornerback Jerald Legins.

Coach Don Rominger stated, "We lost the game, but they didn't beat us—we lost by making our own mistakes."

The loss may have been a heartbreaking blow, but the resilient Bulldogs can still end the season on a happy note with a victory over Tabor at Hillsboro tomorrow at 2 p.m.

Offensive Guard Russ Blancken said, "There is no way our season should end without a victory. Everyone will be going all out on every play because there's no tomorrow."

Special recognition is given to Mike Norris for "selling himself out for the program," but consequently he suffered a serious knee injury.

THE SPECTATOR—Page 4
Nov. 11, 1977

CAROL LEE
"Atlasta Good"
DONUT AND PASTRY

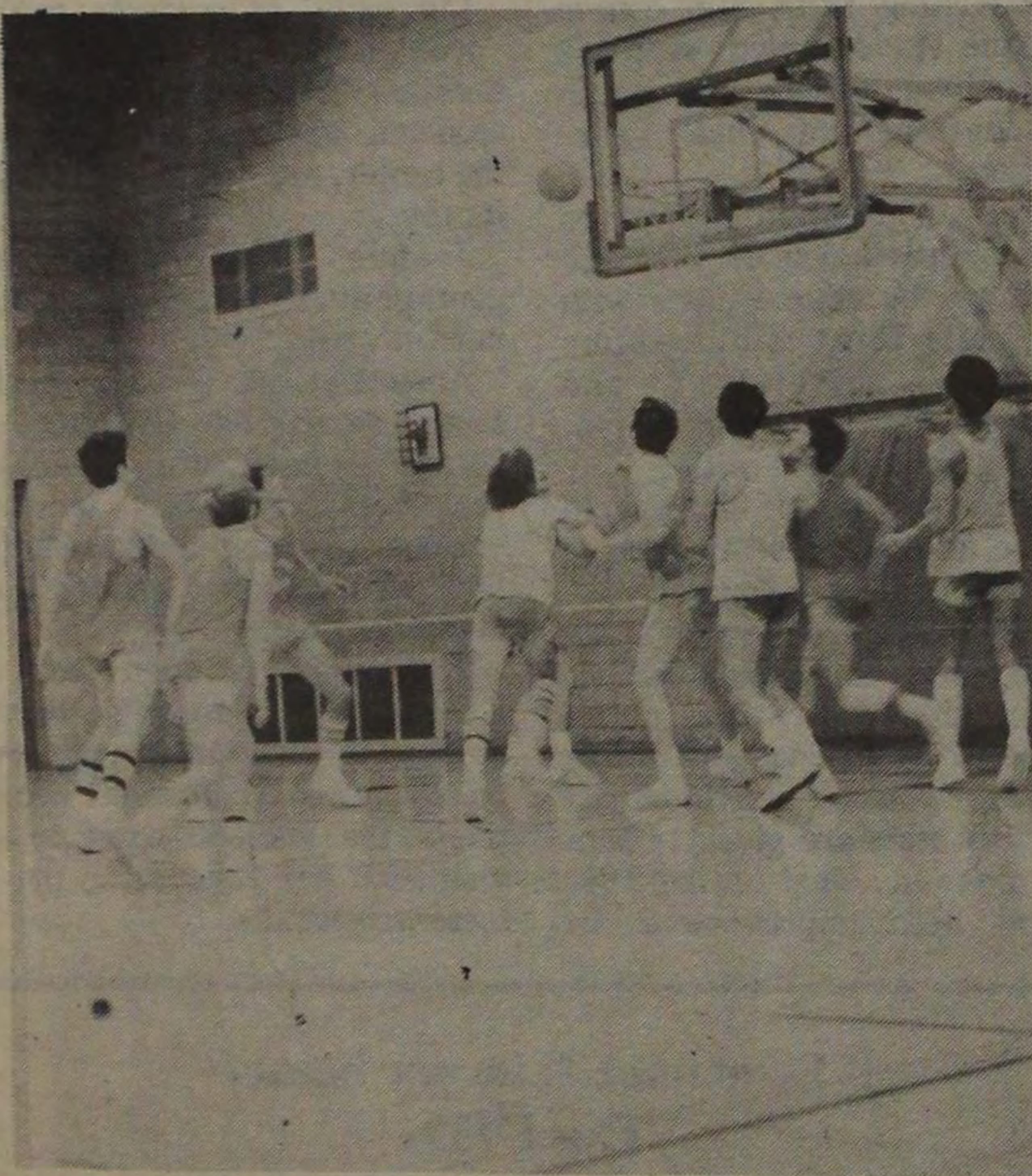


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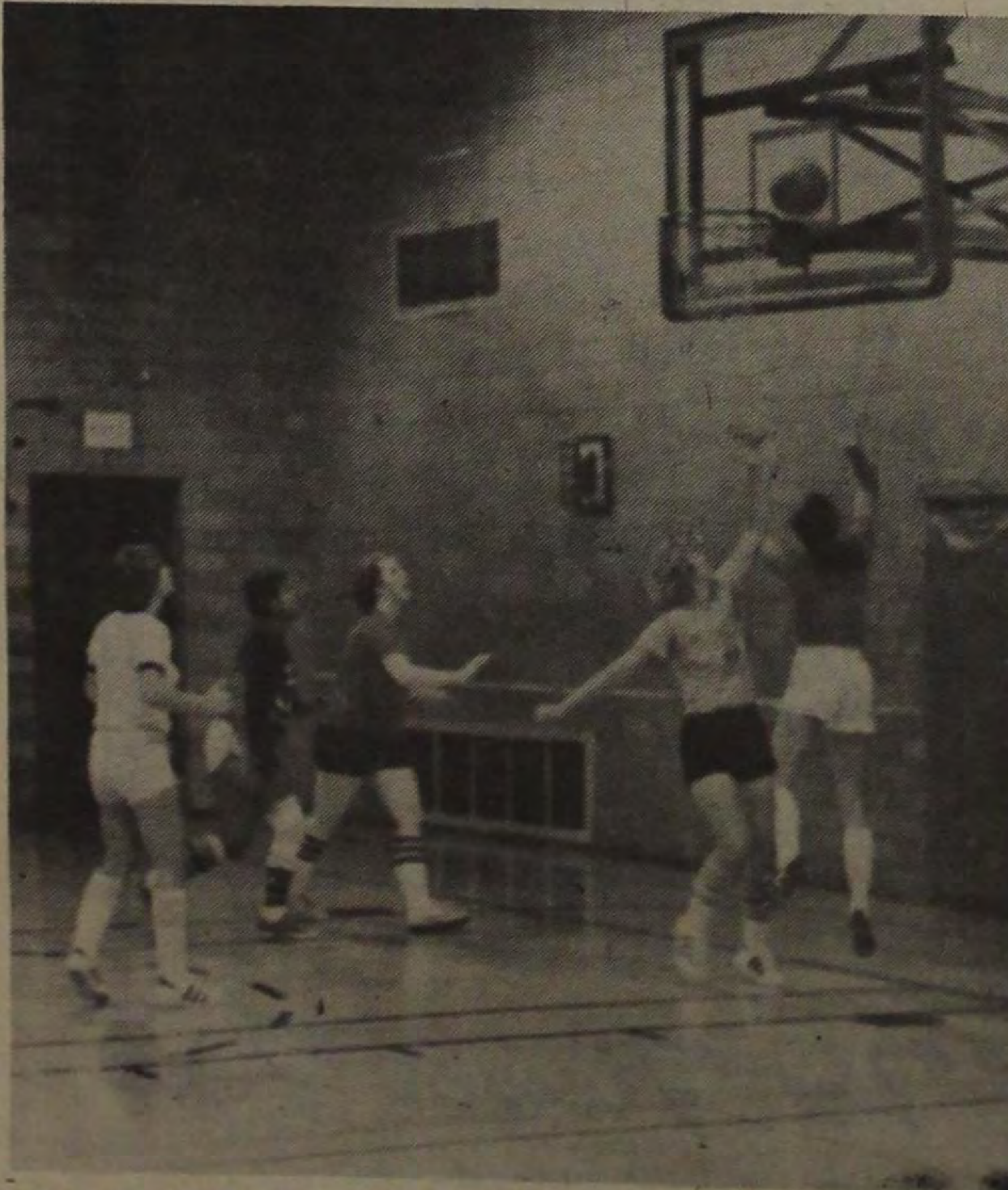


Kent McDowell, sr., Canton, Ill, brings down his man during the hard fought battle between McPherson and the Bethel Threshers. The Bulldogs will meet Tabor tomorrow in the last game of the season. (photo by Ward)

Basketball preview



Following a free throw, the Bulldogs anticipate the rebound during a recent practice session. The varsity squad scrimmaged at Emporia Tuesday night and will participate in the Rockhurst Tournament at Kansas City next weekend.



Rigorous practice sessions have begun for the women's basketball team which will be competing against Marymount in its first home game Tuesday. (photo by Ward)

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"Play Misty For Me" (pg)

Students reveal techniques for avoiding speeding tickets

by Becky Baile

"Breaker, breaker for that Road Runner! What's the smokey situation out there, good buddy?"

"Let your hammer down and that's a big ten-four!"

Does this conversation sound familiar? It is just one of the many dialogues that go on each day across the United States as people try to exceed the 55 m.p.h. speed limit and avoid the police.

Americans have been traveling at 55 m.p.h. since 1974 and it has had some affect on the way they live. To see how people feel about the 55 m.p.h. speed limit, "The Spectator" interviewed a number of different individuals who had quite a variety of responses.

Twenty people were asked about the 55 m.p.h. speed limit and if they liked it. Thirteen responded positively indicating that they believe it is a good idea, while seven of those interviewed think it is not a good law.

Some of the main reasons supporting the 55 m.p.h. speed limit include the fact that it saves lives and energy in the form of fuel. Dave Burgess, sr, Wamego, believes the law is in the drivers' best interest because "it slows people down to a safer reacting speed."

Many of those who believe the speed limit was a valuable law indicated that they did not drive 55

m.p.h. Terri Etter, jr, Leola, Pa, commented, "I think it's a good idea, but on expressways it could be faster. I usually drive 58 m.p.h. and slow down all of a sudden if I see a police car."

Tim Flaming, jr, Hillsboro, does not see any problem driving around 60 m.p.h. "They never stop me at 60 m.p.h.," he explained.

Sue Whitacre, sr, Golden, Colo, does not drive, but she still likes the 55 m.p.h. speed limit. "As a passenger, I like to ride at a safe speed and I figure if I'm going to get bashed I'd rather do it at 55 m.p.h. than 65 m.p.h.," she responded.

Of the seven people interviewed who disliked the 55 m.p.h. speed limit, only two had gotten caught exceeding 55 m.p.h. One of their main objections to the law was that they felt 55 m.p.h. was too slow on most major highways.

Russell Carswell, fr, Quenemo, Ks, had an interesting experience when he was caught traveling 68 m.p.h. on a country road. Although he had taken out the policeman's daughter, he still paid a \$30 fine. Russell indicated his main problem was that "I didn't have a fast enough car to get away."

Albert Zavala, jr, Rocky Ford, Colo, has also learned his lesson. "I got caught going 69 m.p.h. once, so I don't do it any more unless I have to," he explained.

Some tricks for by-passing the police (which several of those interviewed revealed) include using C.B. radios and slowing down when approaching a bridge, since that is where policemen often "hide." Tom Mason, fr, Udell, Ia, does not believe that one needs any tricks to get by the police—"just brains."

Another interesting mechanism for the speed demon is a device which Kirk Higgins, soph, Albuquerque, N. M, uses called a Fuzz Buster. These gadgets pick the radar waves up to a mile away and start beeping to tell the driver to slow down before it's too late.

'Actions speak louder than words'

...While discussing her seemingly happy marriage, a woman clenches her fists into tight, angry gestures... In an everyday business conversation, an Arab shiek gazes intently into the eyes of an American oil executive. Feeling uneasy, the American backs away; the Arab wonders how he has offended his associate... An elderly woman, starved for companionship and affection, fondles and caresses all objects within her reach...

The cliché, "Actions speak louder than words," has only recently become the basis of a new science, the science of kinesics. Adding new dimension to human

understanding, this science of non-verbal communication seeks to uncover and explain the causes behind both conscious and unconscious body gestures and movements. Kinesics probes far beyond commonly understood gestures such as the tapping of feet to indicate nervousness, the lifting of the eyebrows to indicate surprise and the scratching of the head to indicate puzzlement.

Many times the most revealing information a person gives about himself comes from his "body language." Whether a person is conscious of it or not, he is constantly detecting other people's body signals and reacting to these signals. According to an article in "American Youth," approximately 70 per cent of human communication is non-verbal.

"Body language, like spoken language, varies from one culture to another," the article pointed out. For example, a North American will tend to "back off" if another person gets too close or is "breathing down" his neck.

Arabs, Italians, Latin Americans and Poles are representative of the people from many cultures that stand very close in normal conversation but intend no intimacy. These people consider North Americans to be cold and standoffish.

The appendages do much of the speaking in the language of body

gestures. For example, people often use crossed legs to unconsciously include or exclude members of a group, according to the book, "Body Language" by Julius Fast.

The crossing of arms is a common protective gesture. Although arms and legs play an important role in the over-all body language vocabulary, "Body Language" believes the hands are the most natural organs of gesture, simply because they are free for movement, are most exposed and are intimately connected to the brain.

According to "Mademoiselle," there are basically two types of gestures—extrovertive and introvertive. Extrovertive gestures are assertive and expansive: a playful punch, the patting of someone on the back. Introvertive gestures are defensive and withdrawn: the biting of nails, the touching of the hair, the fingering of a tie or buttons.

"Mademoiselle" theorizes that the hand a person favors in gesticulation reveals a lot about his personality. Supposedly, the left lobe of the brain controls the right hand and the right lobe of the brain dominates the left hand. The left lobe of the brain is the seat of learning and conscious action, while the right lobe is the seat of the unconscious, dreams, instincts and emotions.

By morning jogger

Trials of running exposed

by Ken Hogle

Each morning they stumble out of bed, half-asleep at six a.m. (an hour which does not exist for most college students or anyone for that matter) and blindly wander about the pitch black room trying to locate that other shoe and a sweatshirt. Ah, there they are.

Suddenly the body lying in the bed across the room stirs, then comes to life offering a few "kind" words of encouragement before turning over to resume his interrupted sleep. Oh well, he'll get over it.

Tip-toeing out of the room and sneaking down the dimly lit hallway, the door swings open to greet the crisp morning air an hour before dawn. That beautiful soft warm bed seems to be calling him to come back. The temptation is almost irresistible, but the open

road beckons with all the beauty and serenity of dawn. A few yawns, a stretch or two of the arms along with several toe-touches, a couple of jump and the experience begins.

Just who are these crazy persons? They are the early morning joggers of McPherson College. Male and female, athlete and non-athlete, freshman and senior ... all

By now the smell of freshly baked doughnuts is strong enough to make anyone run to the counter and order up a dozen, but breakfast is waiting back at the cafeteria, and besides, it takes money to buy doughnuts—money which is inside a desk in a dorm room. That takes care of the uncontrollable urge for freshly-made doughnuts.

'And there it is.

Dead ahead.

It's almost over.'

take to the streets to get in that early morning run of only a few blocks for beginners to six or seven miles for the veterans.

The incredible journey gets underway as some head for the open country roads and others make for the security of the city streets.

Soon the body begins to hurt, the mind strays and breathing becomes difficult. One mile seems like ten and a feeling of panic overcomes the exhausted runner as he wonders if he'll ever make it back in time for breakfast and that 8 a.m. class. Suddenly a streak of barking fury comes flying out from behind a bush and the pace is picked up considerably. Fortunately Rover has already had breakfast and was just out for a little morning entertainment.

Onward, onward back towards the beautiful sight of Mac College. A few other joggers are up and about now. There is a couple who just started out. They wave energetically and shout a cheerful "Good morning." Between gasps for air a weak "Hello" is squeaked out as the journey continues.

And there it is. Dead ahead. It's almost over. The pace quickens as the sight of Mohler Hall inspires an all-out sprint for the last block. Faster and faster move the arms and legs which now feel like solid lead. Only a couple more feet. Finished!

The body almost collapses, but instead walks limply toward the cafeteria and that ice-cold glass of orange juice as thoughts of tomorrow morning's run flash through the mind.



Enjoying one of the most popular pastimes at McPherson College, Tammy Lavy, soph, Fayetteville, Ark, and Terri Enos, fr, Marion, struggle to keep their eyes open during an early-morning jog. (photo by Ward)

Warning: Twinkies are hazardous to one's health

Boycott Twinkies! Down with Ding-Dongs! Ban white bread! Reject junk food!

These were among suggestions made by Dr. Betty Behl, this fall's Mohler Lecture series speaker.

According to Dr. Behl, who is one of the nation's foremost chemical-nutritional consultants, many of today's societal ills are caused, and can be cured, by diet. She observed that the United States is a nation of malnourished infants, hyperactive children and irritable adults. She attributed these ills to the types of highly-refined foods Americans consume.

It has long been common knowledge that the typical American diet leaves much to be desired, but Dr. Behl really laid it on the line.

Americans have long been taking warnings of this type with a grain of salt, though studies have even found salt to be unhealthy.

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