

Helman to speak at convo

We all go through it but how do we see it, perceive it, understand it? How do we choose to look at life?

Dr. Patricia Kennedy Helman chose the journey as a metaphor for life and will be sharing this perspective in Monday morning's convo.

There have been a lot of metaphors for life:

Life is a bowl of cherries.

Life is like a hot bath, the longer you're in it, the more wrinkled you get.

Life is a stage.

Life is a joke.

Life is like a tax form; it's hard to understand but it must be completed.

These are a few attempts at metaphorizing life, some more serious and insightful than others. Dr. Helman will discuss life as a process and series of changes, full of beginnings and endings traveling.

Dr. Helman graduated from McPherson College in 1947 and is now an ordained minister in the Church of the Brethren, an author, columnist and poet. She is presently president of The Joyful Scribes Corporation, a greeting card producer.

Her husband, Dr. A. Blair Helman, is currently President of Manchester College in North Manchester, Indiana.

Some may remember Dr. Helman from the commencement exercises of May, 1984, where she amused and enlightened the audience with her humor, insights and memories of her days as a McPherson College student. She was awarded an honorary doctorate from the college, presented by Dr. Hoffman.

But what does she mean by "the Journey as a Metaphor for Life?"

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spectator

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No more free rides in game room

by Tim Crouse

"I don't see two cents a minute as all that outrageous. I think it's pretty cheap entertainment," says Dave Unruh, man in charge of student activities. In the past years there has been a charge for pool in the S.U. basement but now there's one for ping pong as well.

"I set the ping pong charge (initially three cents per minute) out of haste because I was mad at finding broken paddles," said Unruh, "but in all my humbleness I have lowered it to equal the pool charge."

There has been some complaining regarding the gameroom fee, arguing that students paid a student activities fee which should allow them to play without charge.

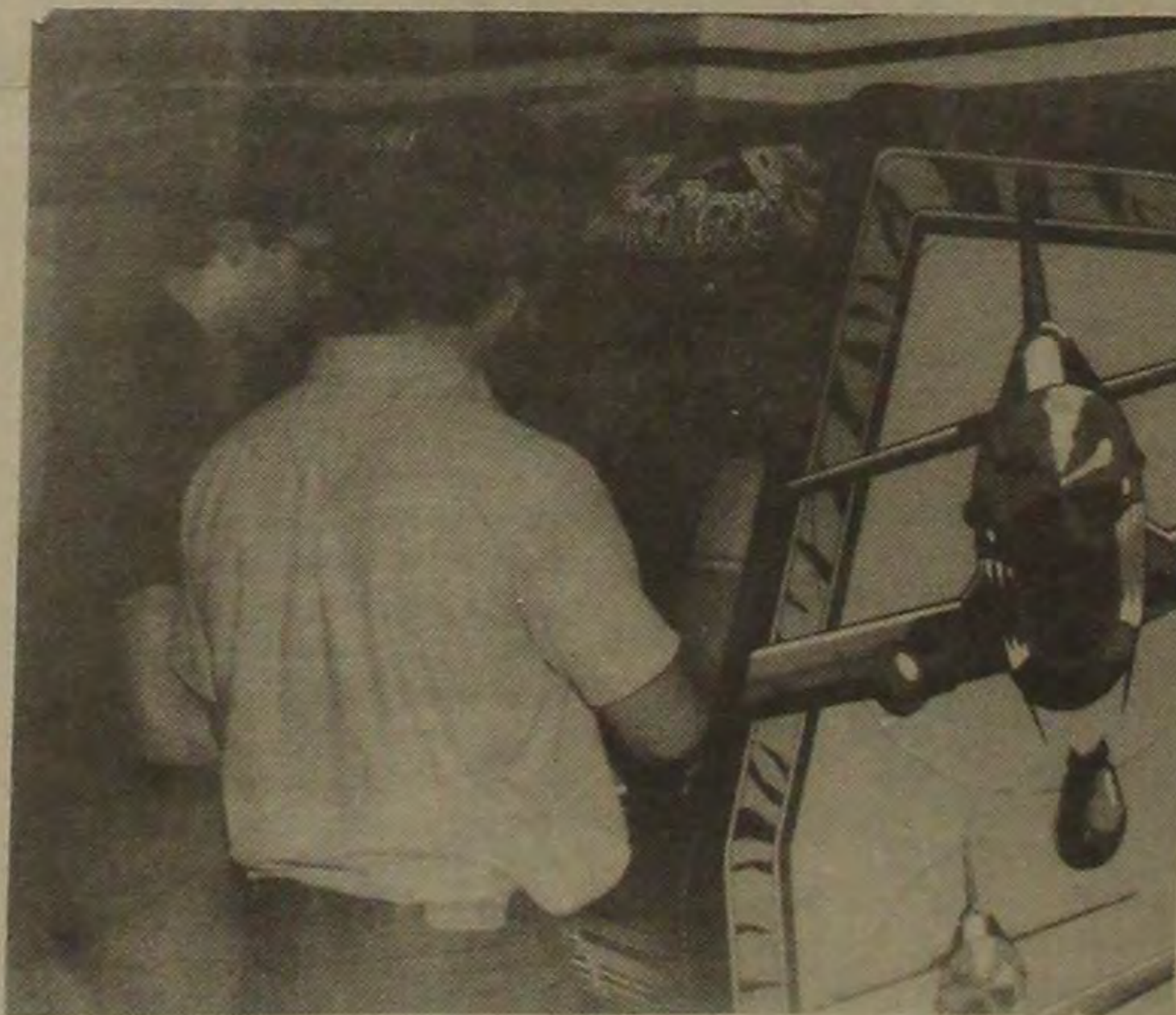
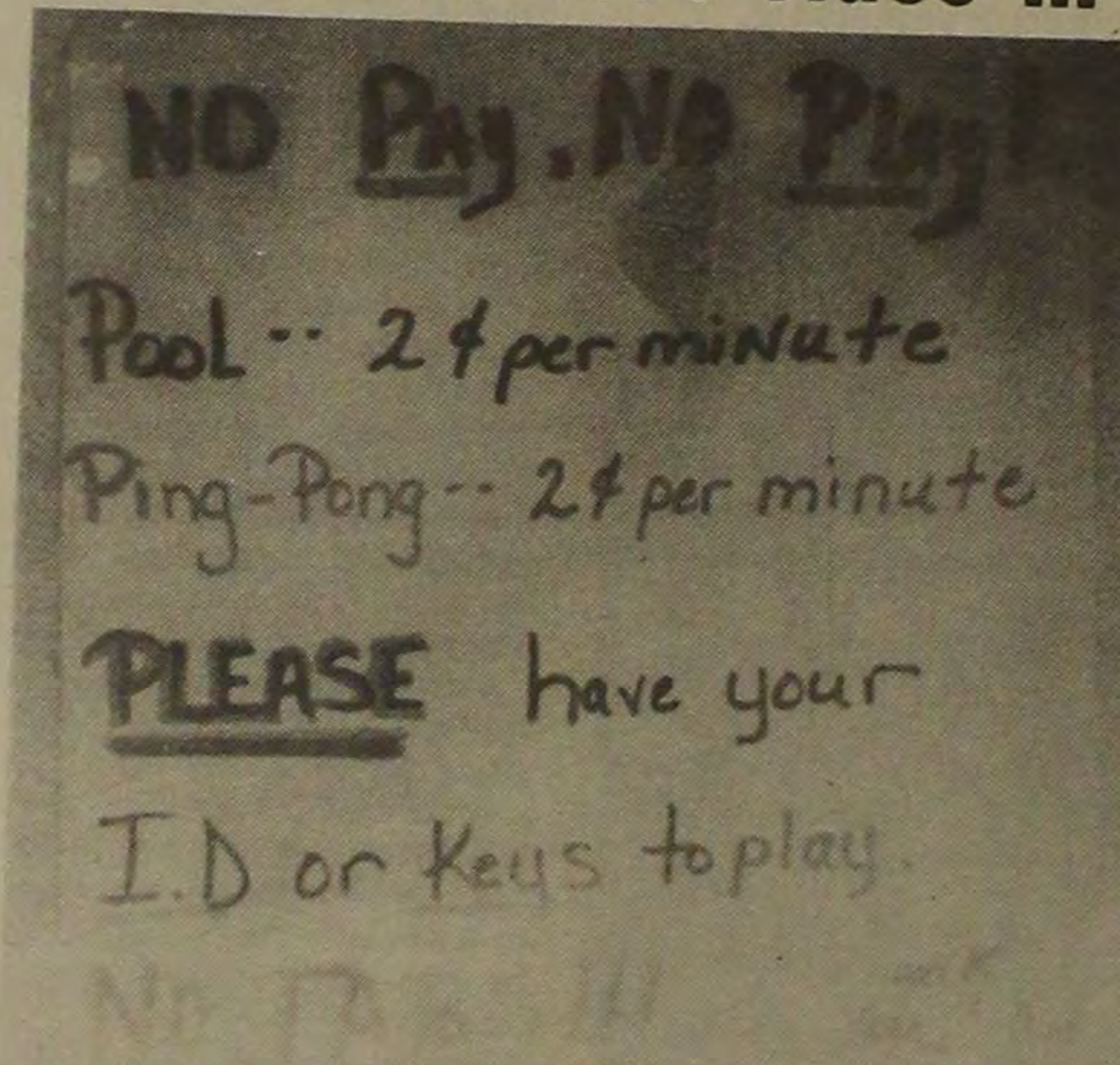
Leona Breeden, President of Student Council, points out that "the gameroom is its own business." This means that it does not rely on Stuco funds of which the student activities budget is a part.

"I think monies from Stuco would be better spent elsewhere. I feel that those who play pool and ping pong should pay," says Unruh.

Thus, the gameroom is self-sufficient. According to Dr. Ed Butler, V.P. of Student Services, "The college has subsidized that by paying personnel" and by contributing to new facilities. And Unruh says that with the charge they've been making quite a bit of money.

The income is necessary. The gameroom recently paid \$175 to repair a pool table and the foosball game is in need of \$100 or more in repairs.

To those ping pong players who still complain of the fee, Butler says that "people can bring their own paddles and ball and play for free."



FUN TAKES ITS TOLL — There's nothing new about dropping quarters into a video game, but the big change is the small change needed for other games.

Photos by Susan Mack

Wray is available to help

by Marty Moyer

This year McPherson College has a new face in the Career and Life Planning Office. His name is Roland Wray, a 1956 graduate of McPherson College.

Roland comes to us from the rural, southwestern part of Iowa in Lenox. He taught for 26 years, from kindergarten through the 12th grade level. His most recent teaching position was Pekin High School in Pakwood, Iowa for 13 years.

As director of Career and Life Planning, Roland deals with anything to help students in their career planning. This would include such areas as resumes, credential organization, and what the student did in his or her background.

A vital area in the career planning is the contact between the student and the employer, so that the employer knows what he wants from the student.

One could say that Roland is "the person between the employer and the employee." He helps the procedures for students before they enter the area of

vocation that they are pursuing.

So what kind of person do some professional employers look for? Some look for "mobile people who are excited to work for a company," reflected Roland. "Some people get stuck in a position at times, rather than to pursue to a higher position."

Roland sees student problems in career placement as finding the jobs and finding the student's interests. Another known problem is that students sometimes limit themselves in their area of vocation rather than expand their vocation.

To help with these problems, Roland recommends that the students attend a Communicative Skills Conference that will be held Oct. 1 at Kansas Newman College. Roland will also teach a class during the spring semester in Career Placement Planning.

Stop by Roland's office sometime, even if you do not have a question about Career Planning, I'm sure Roland would be glad to talk.

News Briefs...

Uneven distribution of people and food in the world is the concern and target for the CROP organization. The CROP Walk is a major fund-raiser, getting donations through sponsorship of those who walk.

The CROP Walk will begin on Sunday, Sept. 29 at 1:00 p.m. from the Congregational Church on Maple Ave. Sponsor sheets can be obtained from Liz Radford, Joel Knoery, Roy Winter or Roxanna Carlson.

The Student Council will hold its budget meeting for the fall semester on Wednesday, Oct. 2 at 7:00 p.m. in Miller 105. The purpose of this meeting will be to hear the proposals of various clubs or groups for Stuco funds.

Each semester, the Student Council is allotted a budget by the college then distributes and spends it as the Council decides.

Campus campout slated for tonight

by Ginko Ueshiba
"Campus Campout" is planned by the Student Activities Board. People who want to participate in the campout will be sleeping with their own blankets in the Quad on the night of Sept. 27. Foods and drink may be provided.

People who want to find boyfriends or girlfriends and have a good time can come to "Computer Date Night" on Oct. 2 at 7 p.m. in the Student Union. Ernie Allen will be a D.J. at the

Homecoming Dance Party on Oct. 12 at 10:30 p.m. in the S.U. The purpose of the S.A.B. is to fill the needs of the activities that students wish to have. The weekly meeting is held on Fridays at 7:30 a.m. in the Private Dining Room.

The chairperson of the S.A.B., Glenda Skarphol (sr., Loveland, Co.), said, "We will welcome anybody that brings fresh ideas and wants to arrange activities on campus."

The monthly movies scheduled until May are sponsored by the S.A.B., too. Those are — "Right Stuff" on Oct. 18, "Abbott and Costello meet Frankenstein" on Nov. 1, "Jungle Book" on Dec. 7, "Absence of Malice" on Jan. 11, "Ghost Busters" on Feb. 7, "Never Ending Story" on March 22, "Killing Fields" on April 26, and "Dune" on May 10. All of them will be presented at 8 p.m. in Brown Auditorium.

Meeting up with quality

Quality, you can feel it! It hits you and runs through every real part of who you are, empowering your very blood flow and kicking your gears into high rpm's of motivation. There is absolutely no high beyond meeting up with true Quality and recognizing it.

When I came out of convo. on Monday, I was high; not just feeling good, not happy, but HIGH. Whatever is mysteriously residing beneath this skin of mine seemed to be in a frenzy of energy. Soul, meat and bones were experiencing wild chemical reactions or something.

I could hardly contain the intense motivation and enthusiasm I was feeling. I was ready to go forth and achieve any goal or dream ever conceived, any one! Intoxicated with inspiration, I did no more than walk to the S.U. with an arm-load of books.

Maybe I over-reacted but that's irrelevant. I had met Quality and was strongly affected by it, by the Quality of Bach's music and the musicians' immersion into it.

How could the noisy voices I hear in cafeteria hub-bub unite in such harmony, such beautiful music? It was true Quality.

I wanted to share that with anyone who may read this. I feel quite fortunate to have the opportunity to write and communicate such things here and I hope all students are aware of this opportunity that they have also.

If you have an opinion on an issue that is important to you or something to express, this page is waiting with open margins. You may meet up with Quality that way.

Tim Crouse

Peace for Nicaragua

It is not another Vietnam. To compare Nicaragua to Vietnam is culturally ego-centric, that is, like looking through our rose color glasses as the situation applies to us. But what is the situation to the people of Nicaragua? They supported the Sandinista revolution in 1979 because they were severely oppressed by the Somoza right-wing dictatorship.

The U.S. government still hasn't been able to accept the fact that a small nation has pulled away from its power. But from the view of the Nicaraguan people, it is quite acceptable. Human rights have improved, the Somoza regime (when it was in power) held political prisoners, tortured people and basically ignored justice. Since the revolution there has been an effort towards agrarian reform, improved health care and education. All children now receive vaccinations and the illiteracy has decreased. This is not to say that Nicaragua's problems have diminished, it is still a poor, young country that is trying to ensure that the policies of the revolution become stable.

The U.S. is using Honduras as a base of operations for a covert plan designed to destabilize the Nicaraguan government. The war is all too real and bloody. Many attacks are plotted against innocent civilians by the U.S.-backed contras.

The contras have been trained by U.S. military personnel in Honduras. The CIA has also distributed its now public practical guide for "Freedom Fighters" (contras). The guide demonstrates how to create gas bombs, cut telephone wires and to do many other destructive acts. Many U.S. citizens are also donating large sums of money to be used by the contras for "non-military" items. One such donor is Adolf Coors. What is so maddening is that these efforts are intended to destroy a people that only want peace, safety and their own nation. Is that so absurd?

The Reagan administration believes that our national security is threatened by a nation of 3.0 million people. This is an unnecessary "redscare", it is paranoia. The truth is that the Sandinistas have been influenced by Marxist thought, but they have also had much influence in Christian thought. The mesh of the two has great possibilities to produce freedom and justice for the Nicaraguan people that the U.S. is trying to destruct. The present administration is so involved in pursuing its own interests in Central America that it has forgotten all about freedom and justice. Where are our values?

Maybe the chance that the U.S. would engage in war with Nicaragua is very possible. But there would surely be less of a chance for another "Vietnam" if we would be more concerned with the well-being of other nations.

Thought & Speak

by Kevin Burton

The entire nation, led by an extremely zealous pack of scribes, has been rhapsodizing about Pete Rose and his pursuit of Ty Cobb's age-old hit record.

Well now it's Pete Rose's hit record, and it's a wonderful thing. Rose has more hits than anybody else who has ever played major league baseball. Think about it.

Are your eyes glazed over with wonderment? Are you getting tearful? Not yet huh?

Well if you tried to read all the stories written about Rose recently — the reasonable ones and the overkill — your eyes would glaze over, and then some.

Breaking the record was a tremendous accomplishment, there's no question about that. But things in baseball land were getting a little goofy for a while there.

San Diego first baseman Steve Garvey said, "Pete should bypass the Hall of Fame and go straight to the Smithsonian."

Come again?

ESPN's Lou Palmer said, "Rose is one of those few who has transcended the game and become a piece of Americana."

Say What?

Maybe baseball needed this deafening roar of Rosehype to drown out all the negative talk about the mini-strike and the

massive drug problem. For his part, Rose doesn't mind the hype, although the media crush has certainly hurt his average.

The current bunch of Reds seem so far removed from the Big Red Machine of the seventies, you have to keep reminding yourself that the guy who stopped network programming with a single base hit, is Pete Rose as in Rose-Griffey-Morgan-Bench-Perez.

Hey, as long as we're sitting in front of our hypewriters, trying to squeeze out the definitive Pete Rose story, let's make some money at it. Are you with me?

Let's make a movie.

In September of '85 Pete Rose breaks Ty Cobb's all-time hit record. He plays the rest of that year, and the next full season.

He then announces his retirement, and becomes strictly manager of the Reds. In September of his first year of retirement, the Reds are in a pennant race with the hated Dodgers. The Reds are unable to obtain left-hand hitters for the stretch drive, so Rose activates himself for the last two weeks of the season.

The season boils down to one game. The Dodgers and Reds in Cincinnati Riverfront Stadium in front of 52,000 screaming fans.

Rose strikes out, walks and pops up in three trips, but in the bottom of the ninth he has a chance to redeem himself. He strides plateward with the bases loaded and two outs. The crowd is chanting "Pete, Pete", but by now he's so old he can barely hear them.

The game is tied at two, and Tom Niedenfuer runs the count to three-and-two—

What? What do you mean you've seen this story, let me finish. Yes he gets a hit and the Reds win the west, the pennant and the Series, but that's not the good part.

Rose has run his hit total to 4,303, or 112 more than Ty Cobb. The ex-Tiger, furious that historians are beginning to slight him in favor of Rose, comes back to earth so he can get the necessary hits to break Rose's record.

That's right, Cobb comes back to earth! It's a hit, (pardon the pun) I know it is.

Why it's even better than "The Natural." We'll call it "The Supernatural."

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Stuco memo

Another year has begun and we've started off on the right track. Each year we add a new class of freshmen, transfer students and returning students who have been away, and each year the atmosphere on campus changes a little. I am by no means an expert, but I personally believe that we've got nothing but good things ahead of us.

The semester is barely three weeks old but I have never seen a more enthusiastic group of freshmen. From my position as Stuco President, I see a desire to be involved and especially a desire to learn how and why things work as they do.

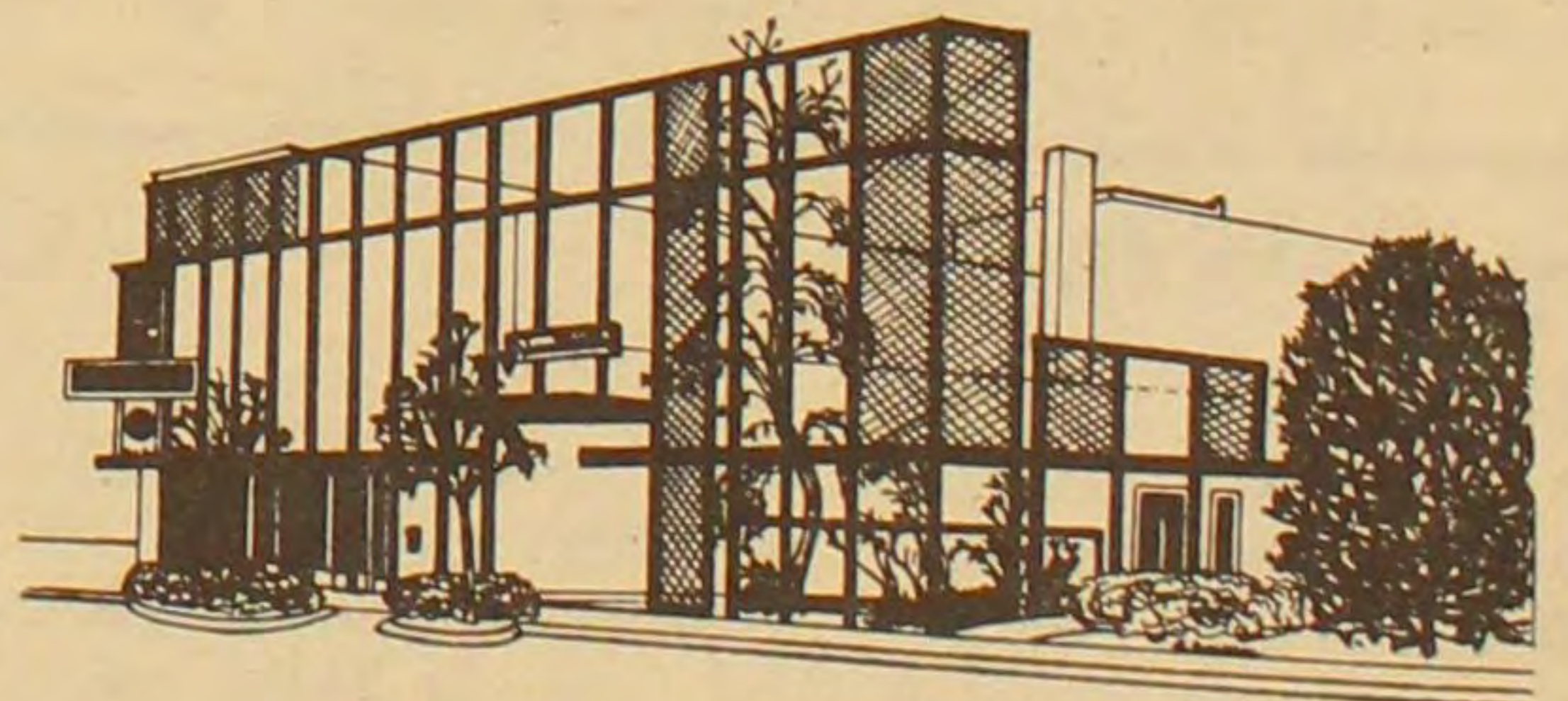
From my position as an R.A., I see a positive effort (and success) in forming friendships and also a respect for our campus buildings. And from my student view-point, I see learning and growth, and that's the reason we're here.

This kind of atmosphere makes my job easier, more fun and much more exciting. Enthusiasm generates enthusiasm so how could I possibly sit still while the campus moves around me? I can't because this college needs all of us and all the individual qualities that we can share to continue its definite upward momentum.

Keep talking! I'll keep listening!

Leona Breeden

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Cheever balances the budget but what about the diet?

by Kathy Moore

What do most of us think, worry, or talk about at least two or three times a day? What is usually associated with gatherings, parties, late-night studying and multitudes of other types of fellowship? FOOD!!!

This is yet another article dealing with food service, but more specifically, our menu cycle and the nutrition behind it. For starters, we'll look at the basics of the system.

Jody Cheever is the food service manager employed by DM Premier and under contract with McPherson College. DM Premier is given certain guidelines by the administration about what to serve.

Some rules are: Milk at every meal, a starch of some sort at every meal and two entrees at lunch and dinner. These requirements have to be met, after that Mr. Cheever has the ability to run things on his own.

DM Premier also places requirements on their food service managers. That means a four-week menu cycle and Mr. Cheever being responsible for what is on that menu cycle. Things do get taken off or added on, depending on what students eat, what's available and what is affordable.

Mr. Cheever has another set of voices to listen to — the Food Service Committee. These students and faculty meet once a

week to voice concerns or plan events. They perhaps aren't quite as detailed in nutritional evaluations, but any complaints or ideas students want to share are welcomed.

There are four basic food groups — for those a little rusty on their home economics — they are fruits and veggies, breads and cereals, meats, and milk and dairy products.

Adults need 4, 4, 2 and 2 servings of each respectively every day. Dr. Connie Nichols was consulted to examine the menu cycle. She gave some pointers for enhancing our consumption choices.

Breakfast has a variety of options — eggs, potatoes, sausage or bacon, rolls or donuts, cereals, fruit, juices, toast, coffee and milk. This meal is a good start for those who watch selections.

Most breads and cereal products are processed, so they lose nutrients. Sugar is added or some salt so the value of the items is altered.

Eating low sugar, salt and fat content foods, and having access to whole-grain products will be a better choice of foods.

At lunch and dinner, there are two main dishes, with the deli and hot dogs or hamburgers as a choice. At least two vegetables, salad bar, (soup in the future), desserts and drinks round out the meals. Dr. Nichols gives an A-plus for the salad bar, milk and dairy products being available.

Anyone can control their intake of fats, salt and sugar by eating a well-rounded balance of the four food groups, adding more fish

and poultry, getting whole-grain breads and cereals, not salting your food as much or at all and being aware of the foods that are highly processed.

When I talked with Mr. Cheever, he gave his main priority as food service manager of serving something every person would eat and enjoy at each meal.

He is acutely aware of any problems with shortages and reminds us that ordering from five vendors can sometimes cause slip-ups and our patience is appreciated.

Speaking of patience (Maintenance take note, please) the long-awaited conveyor toaster is here but still not hooked up to be used.

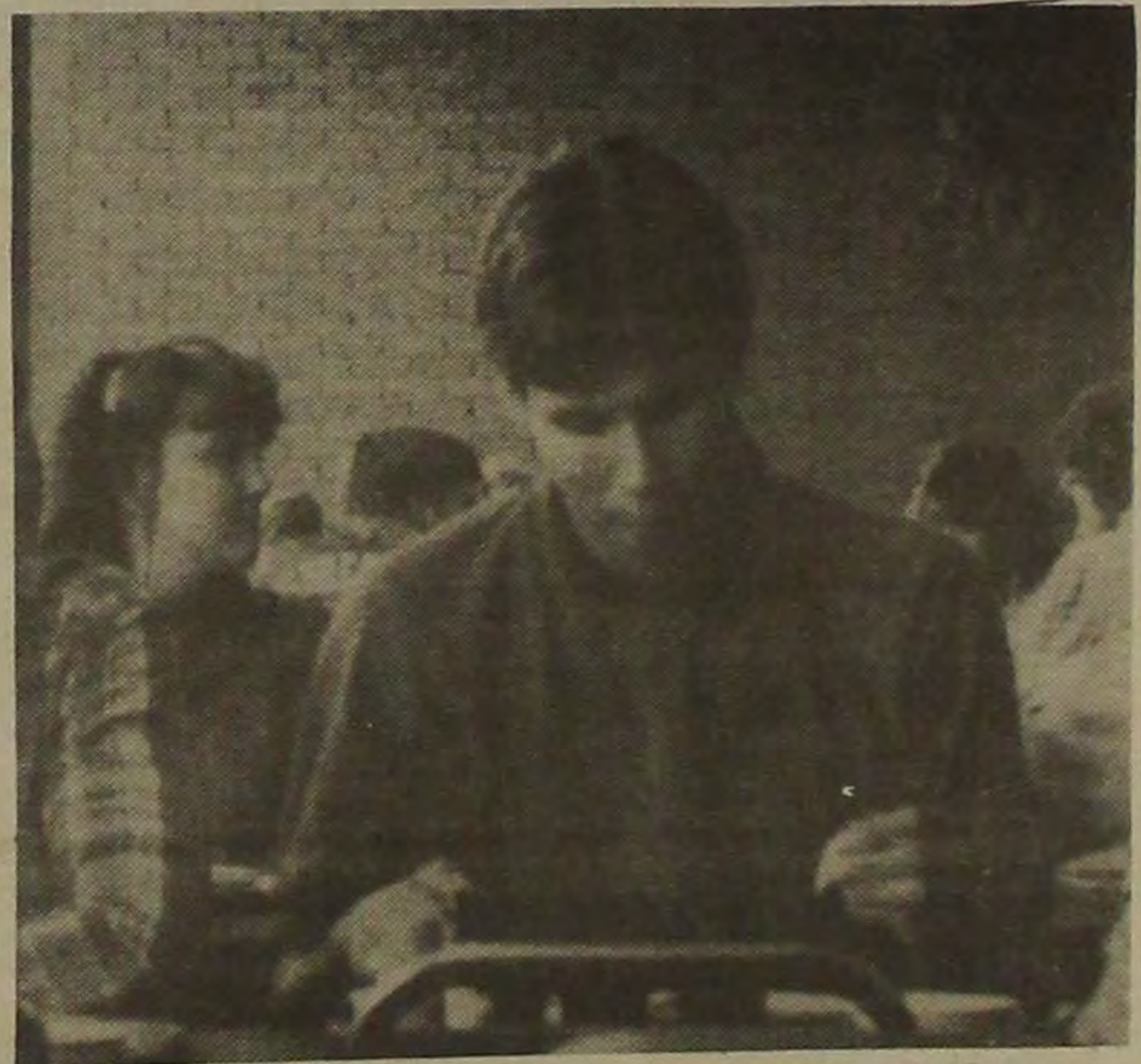
Once it gets worked on we can have up to six slices of bread or several English muffins toasted quickly and without burning in the present toaster.

Food service can be a horror story if you make it one. Appreciating what we have and watching what we eat are two ways to be in control and get the most out of our meals. Take charge of your diet: Eat, drink and be healthy!!



HOW DO YOU LIKE THAT? — Jody Cheever hopes you like it just fine, as he serves up yet another meal for McPherson students.

Photo by Susan Mack



EAT WE MUST — Tim Warren partakes of another meal in the cafeteria, where tasty food and nutrition are sought.

Photo by Susan Mack

Further research needed

by Tim Crouse

Carbon dioxide doesn't tend to attract attention. It hangs about, floats, maybe even mopes about, but it doesn't make a commotion. It's just there, being what it is.

If someone didn't go out to look for it we might just go on living, completely unaware of the carbon dioxide hovering above us.

On Thursday, September 19, a teleconference on the effects of increases in atmospheric carbon dioxide was broadcast across the continent, even to Hawaii. The intent of the teleconference was "to interest young scientists in the carbon dioxide issue." What issue?

In the past decades, there has been a significant increase in the


amount of carbon dioxide in the earth's atmosphere. It was once thought that the increase was due primarily to forestry, fewer trees to breathe it in. Now, fossil fuel consumption is thought to be the greater cause.

The most significant effects of this thickening blanket above us is climatic change, the warming of the atmosphere, the so-called greenhouse effect.

The temperature increase is known to be two to three times greater at the poles. This could result in melting glaciers and sixteen to twenty foot sea rises.

There's a lot to be known about this quiet, clear, smell-less gas. But somebody has already looked for it and found it to be growing.

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IN THE TRENCHES — The Bulldogs spent some time on offense, but more time on defense during a 33-6 opening night loss to the Bethel Threshers. Photo by Ellen Herschelmann

Bethel dominates Bulldog

In defense of their KCAC championship, Bethel visited McPherson and came away with a solid 33-6 victory.

At times the Threshers' execution was most un-championlike, perhaps the result of not playing a pre-season game. But in the end, superior talent prevailed as the Bulldogs went down to defeat for the seventh straight time.

"I was very disappointed," said McPherson coach Steve Phipps. "We had set a standard of performance and when you don't reach that standard, you're always going to be disappointed."

Bethel figured to pass their way to victory number one, but it was a balanced attack that netted them a 12-0 halftime lead. The Bulldogs gained most of their 108 total yards during the first half, though they never got into Bethel territory.

In the third quarter McPherson's offense stalled. They repeatedly punted the ball

after just three offensive plays. The McPherson defense played well at times, but generally didn't live up to their promise.

"We're still not playing as a unit on defense," said Phipps. "We need to work a little bit on technique." The visitors gained 380 yards on the muddy Bulldog Stadium field.

It was 33-0 by the time Dere Pierce scored McPherson's only touchdown on a 3-yard run in the fourth quarter. That touchdown drive, the only substantial one of the evening for McPherson, was aided greatly by a series of Bethel penalties.

The Ottawa Braves are the guests tomorrow night at the stadium. Last year, the Braves defeated the Bulldogs at Ottawa 14-0. Another defensive showdown is expected.

Tennis team on the road this weekend

by Kevin Burton

The Lady Red tennis team will be on the road this weekend at Washburn and Benedictine.

Those are two of the teams they faced at the Emporia State Invitational last weekend. McPherson came away with four first-round victories, but no player could get past the next round. The singles competition was condensed into three brackets, and pro sets were played because they played indoors.

Julie Oltman lost her first-round pro set 10-3, leaving her record at 1-5.

Cindi Powell won over Tabor 10-2 in the first round, before losing to Johnson County 10-6 in the next round. Her record stands

at 3-4, but it was a good tournament for Powell.

"Her second match even though she lost it was an excellent match," said Doris Coppock, coach of the Lady Red. "It was one of the best of her career."

Cindi Griffis lost in the first round and is now 4-2. Julie Jacks went to a tiebreaker after a fine come-from-behind effort, but lost 11-10. She is now at 3-3.

Kristen Stanley won over Johnson County 10-3 in the first round, before losing to Washburn in the second round to bring her record to 3-3.

Amy Yoder won 10-5 over Johnson County, but lost to Washburn in the next round to make her 4-3 for the season.

Oltman and Powell are now 1-5 at first doubles after losing to Washburn 10-6. Griffis and Jacks also lost at second doubles and are now 3-3.

Stanley and Yoder won a close match from Johnson County before losing to Benedictine in the next round. Their record at third doubles is now 3-3.

The KCAC tournament is still down the road a bit, but things seem to be shaping up well.

"With some hard work, I feel we're capable of finishing in the upper half of the conference," said Coppock.

Your next chance to see the Lady Red in action at home will be Wednesday as Sterling invades for a one o'clock match.

Meet results promising

by Kevin Burton

Early season enthusiasm continues for the McPherson cross country team after they turned in some impressive times in Olathe last weekend.

"It's encouraging," said Tim Crouse, one of two seniors on the team. "There's an atmosphere on the team that I haven't seen before. We are serious about being competitive."

Park College won both the men's and women's team competitions. The McPherson men, who will have a full team in future competitions, did not last weekend. Doug Baker attended a Navy Reserve meeting leaving just four men and one woman to travel to Olathe.

While Baker was being all he could be with the Navy Reserve, his team mates were doing the same on the grass course at Mid America Nazarene.

Tim Crouse finished 26th with a time of 27:12 for five miles. Jeff Gussie finished 31st at 27:37.

Next for McPherson was Matt Scoggins finishing 41st in 28:54. Kevin Miller was 50th, with a time of 29:31. It hasn't been long since McPherson runners routinely failed to break the 30-minute mark, so last weekend's showing represents quite a large improvement.

Sally Geisert placed 20th in the women's 3-mile race with a time of 21:25. She was McPherson's only entrant.

KCAC rival Bethany also made their presence felt at Olathe. Judy Nelson placed fifth with a time of 19:21 as the Swede women finished second as a team. The men finished third, led by Todd Kaufman's seventh place time of 25:57.

Conditions for the race were ideal. The winning time of 24:30 turned in by Blas Guerra of Park College led some to believe the men's course may have been short of five miles.

Tomorrow McPherson travels to Emporia for the Emporia State Invitational.

Lady Red hope to rebound in conference

by Kevin Burton

It has not been a glorious beginning for the Lady Red volleyball team, but a reprieve of sorts was slated for Wednesday.

That's when the conference portion of the schedule began, as the team travelled to Ottawa to face Ottawa and Bethany.

Prior to that meeting the Lady Red had dropped seven straight, including six at the Nebraska Wesleyan Invitational last weekend, and had seen their record drop to 3-11.

"We've played some decent volleyball," said McPherson coach Dan Hoffman. "We've been up against some strong teams."

"Our transition game is improving and our defense is solid, but we need to be more aggressive on offense."

At Nebraska Wesleyan both Cindi Harrison (2nd team all-KCAC) and Sandy Nichols (team captain) had serve efficiency approaching 98 per cent. Denise Race (1st team all-KCAC) and

Ann Davis led in attack efficiency. Kayla Corbett and Tanya Kingery also have been starting for the Red.

As conference play began what the Lady Red hope is a second season, the level of competition did not slacken.

"There are no weak teams in the KCAC this year," said Hoffman. "We're definitely going to have our work cut out for us."

Tomorrow the Lady Red take a small break from conference wars when they host Baker and St. John at 10 a.m.



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