The East Carolinian

Serving the campus community for 54 years.

Thursday, July 31, 1980

6 Pages

A Campus Streetlight Gets A Little Help

Photo by MARIANNE BAINES

... from the night lighting in the Jenkins Art Building's large studios

Mendenhall Student Center To Offer New Services, Programs For Fall Semester

By PENNY AUSTIN Assistant News Editor

Vol. 54 No. 67 60

Beginning this fall, students will ing. have a place to eat their lunches and This fall will also see the return of in' and find out what programs are to enjoy a film or two. According to the Ice-Cream Bingo program. being offered at Mendenhall. Ac-Wanda Yuhas, assistant program Beginning Sept. 9 at 7 p.m., the cording to Jackie Jackson, secretary director at Mendenhall, several film university community will have the for the office of programming, each shorts will be shown in the Coffee opportunity to come out to day's activities will be listed on the House weekdays from 11:30 a.m. to Mendenhall for some ice cream and phone. Deaf students will also be

Among the many shorts to be shown community.

gram catches on, then it will be continued, she added.

Students returning to campus this Family Fun Day. Yuhas explained alley, she said. fall may find that things have stayed that one Saturday each month, Also, a close-captioned machine

The Mendenhall staff, in an ef- The first Family Fun Day will be said. fort to serve the university com-munity better, has instigated some Sept. 20 from noon to 3 p.m. and munity better, has instigated some will offer reduced rates at the information desk at changes in programs, as well as in recreation centers, games, prizes Mendenhall. This phone, which is and a movie geared for family view- connected to the main switchboard,

bingo. This program is also schedul- able to use the system for any pro-Admission is free for the film ed for once a month. Both the ice gramming question they may have, shorts, and any student or faculty cream bingo and Family Fun Day Jackson added. member is welcome, she said. are free and open to the university

semester will be a trial run for this find some major changes at activity card when getting tickets. In ing Fall semester. program, Yuhas said. If the pro- Mendenhall, according to Yuhas. the past, the student had to present This summer, a hydraulic lift was the valid university I.D. before he

Another new program at lift allows the wheelchair-bound stu- pointed out that the student should

the same at ECU. However, they Mendenhall will sponsor the family will be installed in the television tion concerns the amount of tickets will find that there have been some day in an effort to provide program- screen at Mendenhall for the hear- a student can obtain. In the past, a changes made at Mendenhall Stu- ming for the non-traditional student ing impaired student. The machine student could only pick up one (that is, the student with a family.) will be installed sometime soon, she ticket for an event. However, this

will allow the deaf student to "call

installed in the bowling alley. The could pick up tickets. But Alexander

Mendenhall this fall will be the dent to have access to the bowling have his university I.D. since it is a general university requirement.

East To Join Reagan Panel

By JACK HOPKINS

Greenville, N.C.

Dr. John East was recently apdomestic affairs for the Reagan presidential campaign.

The panel, which also includes such well-noted individuals as economist Milton Friedman and former Treasury Secretary William Simon, will advise the Reagan campaign on current trends and the panel's opinion of them.

Dr. East, since 1966 a political science professor at ECU, is running for the U.S. Senate against Robert Morgan.

"This panel will not meet as a group but will consult with each other by phone and then contact Gov. Reagan or his staff," East said. "The only time we would possibly meet as a group would be after the election, if Gov. Reagan is elected."

East, a member of the Republican National Committee, was present at the Republican Convention in Detroit this month, when the appointment to the panel was made.

Dr. East stated that he felt the Reagan-Bush ticket "is a good, strong ticket that can win in November," adding that the use of the advisory panel could help the campaign greatly.

When asked about the Bush nomination he said, "I think that George Bush was a good choice, and I think that he will lend strength to the ticket." Although Dr. East would have preferred former President Ford or Sen. Jesse Helms, he is not unhappy with Bush. The "Ford incident," which Dr. East feels was

a media created event, "will have no effect on the election by November. think President Ford made the pointed to an advisory panel on right decision. He made the best choice for him," East said.

Circulation 5,000

"I am pleased with the general direction of the platform," said East about the 1980 Republican platform. "I think that this country needs to return to the Jeffersonian principles on which this country was founded - that is, a decentralization of government."

On the issue of the ERA plank, Dr. East stated that "the platform gives the choice of having ERA or having the same rights by other means without, for example, having compulsive military service."

Dr. East sees the future of the Republican party as bright. This optimism is evidenced by the current rise in Republican registration nationally and in North Carolina. The current ratio of Democrats to Republicans in North Carolina is about 3.5 to 1.



Dr. John East

Concerts Money Needed For Committee

By JADE GORMAN

The Major Attractions Commit-Several policy changes have also tee, which is responsible for all mabeen made, according to C. jor concert programming and funare the Flash Gordon serials, Abbot These programs may take a while Rudolph Alexander, director of ding at ECU, is faced with such a and Costello, W.C. Fields and ex- to catch on, Yuhas added, since they Mendenhall. Beginning this fall, if a devastating budget problem that student loses his university I.D., he there will probably not be any big they performed at LCU. The first five weeks of the fall
The handicapped student will also may present his driver's license and concerts on campus during the com-

Charles Sune, chairperson of the committee, explained that the budget problem is part of a trend that indicates the nation's recession has hit the concert market.

"We're not the only ones having problems," said Sune, as he pointed to a front page article in the July '80 issue of Billboard magazine headlined, "Like Records and Films, Concert Business Droops." He continued by saying that other universities across the state are also faced with the drop in concert attendance.

The last academic year, 1979-80, the Major Attractions Committee lost approximately \$25,000 on concerts, said Sune. The rock group America was the first concert at ECU last year, appearing in November, and resulted in a

\$15,000 loss for the Major Attrac- a big money maker. But things did tions Committee. Sune could not ex- not go as planned. "Mother's Finest plain why the group was such a failed miserably," said Sune. The loser, but said that the Unviersity of remaining \$8,000 left in the budget Virginia lost the same amount of was lost. money on the group when they Sune explained that unlike other

The next concert was Nantucket and Mother's Finest, who perform- tractions Committee gets no part of ed at the first of December. This show resulted in a profit of about \$5,000, said Sune.

The rock group Toto appeared at ECU in the spring. According to just hope to break even on the deal, Sune, this concert lost between he explained. \$5,000 and \$6,000. He said the fact that the concert was on a Thursday night, and close to exams, may have affected the poor turnout. "We can't select the days for the concerts," said Sune. "We had to get the group at the first of a tour and we feel Toto was a good selection.'

At the end of the spring semester, the Major Attractions Committee had \$8,000 left in their budget. Sune said they scheduled the Mother's Finest concert in the summer to make some money for the upcoming year, Mother's Finest usually being

played there just a few days after Student Union Committees, such as the Films Committee and the Artist Series Committee, the Major Atthe Student Union fees appropriations. "We work on a break even basis," said Sune. A concert is funded by the committee and they

> "The concert business is very complicated," said Sune. "Groups decide they will tour to make money. Then, ECU will get an offer from that group to appear. They want a flat fee and then a percentage of gate money. For example, Toto got a flat fee and then 60 percent of the gate. This percentage was conservative gate, as most groups get about 70 or 80 percent. Firefall got 70 percent," Sune emphasized.

See CONCERTS, page 2, col.5



Sidewalk Sign Provokes Anti-Gays

Photo by TERRY GRAY Members of the East Carolina Gay Community (ECGC) brothers to respond with paint of their own. Recognized recently painted their organization's name on the amid controversy by the SGA in January, 1979, the sidewalk along Greek Street, provoking some of ECU's ECGC is apparently still a touchy subject.

Higher Rents Curtail Student Interest

Apartment Plan Seems Doomed

By TIM GILES

Lack of student interest and economic factors have all but terminated university plans to provide off-campus housing, according to Dan Wooten of ECU housing.

Housing for students this fall is expected to be tight. The Department of Housing at ECU had planned to accomodate extra students by leasing Wilson Acres Apartments and renting them to students. Letters were sent to dormitory students about two weeks ago to find out how many students would be interested in renting from the university. The letters also offered an extension for withdrawing from the dorm contract to allow students to be \$95 apiece. refunded their deposit on the room.

Approximately 3600 letters were sent out to male and female students. Only 67 persons respond-

One problem Housing faced concerned the fact that they would have to charge higher rent than the independent apartment owners. The reason for the steeper rents is that during the summer residence in the apartments would fall-off drastical-

On The Inside

Anno	uncements	2
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Play	Review	,
Film	View	,
Popu	ation	

Also, the university would have to sign a three-year lease and accept responsibility for the apartments.

According to Wooten, if ECU had signed a lease, students would pay about \$55 more for a two bedroom apartment. For example, three students would be the maximum number that would be allowed to live in a two bedroom apartment. Each student would pay \$600 per semester, or \$150 per month. tive. The three students would be paying ECU \$450 total for the apartment. But if a student rented the same apartment independently, it would cost \$285 per month total. Three students renting the apartment independent of ECU, then, would pay

Student housing will be difficult to find this fall and the Housing Department has noted that this year more students than usual have been trying to get dorm rooms. Because the cost of a dorm room this fall semester will be \$295, as opposed to \$500 per semester for a three bedroom apartment or \$600 for a two bedroom apartment, a dorm room is economically more attrac-

Another factor that may have deterred student interest in the apartments is that, besides kitchen appliances, the apartments are unfurnished. The kitchen appliances consisted of a refrigerator and

Basic Grant Funds Reduced This Year

Secretary of Education Shirley M. Hufstedler has announced a newly revised Basic Educational Opportunity Grant (BEOG) payment schedule that schools will use in calculating the amount of individual student grants in the 1980-81 academic year. This schedule supersedes an earlier version sent to schools in June.

The payment schedule takes into account the \$140 million reduction in funds that will be available for BEOG for the year which began on July 1. Under this reduction each student's 1980-81 award will be \$50.00 less than he or she would

receive if the program were fully

Under the existing formula, approximately 50,000 applicants in this low-income category were found either ineligible for grants or eligible only for small amounts. To correct this situation before the beginning of the fall term, the Department will send these students new eligibility reports that reflect the revised income assessment for-

The Basic Educational Opportunity Grant program is authorized under Title IV of the Higher Education Act of 1965, as amended.

Discount Day

Mendenhall Student Center Prices are 1/3 OFF every Friday Make Friday your day to save and have fun too with "Discount Day" at Mendenhall.

Video Game

dent Services is receiving applica 8:30 a.m. 5:00 p.m., Tuesday Friday.

Poetry Contest

A \$1000 grand prize will be award

tions from students who are in wheelchair students and readers those who are visually han dicapped. If interested, contact C.C. Rowe, Coordinator of Han dicapped Student Services. Whichard Building, Room 211 Phone 757 6799.

are available from World of

Poetry, 2431 Stockton Blvd., Dept.

Needed

N. Sacramento, Cal. 95817

Sponsors Needed

Students are needed to participate

For more information call 758 5978 Bates, a housewife from Wood bine, Md. She won our grand prize last year with her poen PIETA. Rules and official entry forms

Lost One necklace on the ECU mail the Stars played. A lacy agate sur rounded by silver with the name Les on the back. Is a birthday pre sent and belongs to Christine Fisher. Please call 758 8855 or return to Les's shop on 5th Street Reward Offered

ty for one to gain exposure to the

Pancake Fest The University City Kiwanis Club

Annual Pancake Festival on September 10, 1980. This is one of the Club's community service pro iects. All proceeds will go towards the Greenville Pitt County Boy's Breakfast, lunch, supper

Wednesday, September 17, at the same location and times Contact any University City Kiwanis member or Charlie Ent zminger, Chairman, 756 1212; or Steve Evans, Publicity Chairman, 56 1111 for tickets or other infor

Summer Theatre

The Drama Department is now busy rehearsing for its Summer Theatre productions, Same Time Next Year and Vanities. Due to the renovations in progress, the Sum ner Theatre will take place in A.J letcher Hall. Same Time Next ear will run from July 28 Aug. 2 Vanities will run from Aug. 4 Aug. 9. The cost to ECU students is \$3

Ushers Needed

If you would like to usher for the ECU Summer Theatre produc tions of Same Time Next Year July 28 Aug. 2, 8:15 p.m. matinee July 30, 2:15 p.m.) and Vanities (Aug. 49, 8:15 p.m. Matinee Aug. 6, 2:15 p.m.), call 6390, or come by the box office in duction free as an usher in the air conditioned A.J. Fletcher Hall.

McGinnis Silhouette

Steel construction beams present a striking contrast against the summer sky. The beams outline the future walls of the new stage under construction at McGinnis since spring. The

renovations are expected to be complete by June, 1981, and are estimated to cost around \$1.9 million.

percentage attending sciences and in 1.3 percent

Mendenhall Offers New Program Continued from page 1 Mendenhall charged On Aug. 25 and 26 staff and the second is

fall, as long as the stu- for all technical help. the Mendenhall staff set aside for students. dent has proper I.D. Now, one technician is will sponsor an open Mendenhall will proand activity cards, he provided at no cost. may pick up as many However, if more than house. The first day is everyone is welcome, tickets as he has iden- one technician is need- set aside for faculty and Alexander said. tifications, Alexander ed, then the group or

College Notes

VIETNAMESE STUDENT ORGANIZA-

TIONS have been accused of being front

organizations for CARP, the Unification

Church organization. At Northeastern U. in

Boston, where CARP was denied official

recognition for allegedly trying to skirt univer-

sity rules, a dance sponsored by the Vietnamese

Student Association was heavily promoted by

former CARP members. On other campuses,

says an ex-CARP member, followers of Rev.

Sun Mung Moon either sponsor or support

Vietnamese student organizations because both

A BABYSITTING DIRECTORY, compiled

and distributed by the Oakland U. residence

hall staff, aids Rochester, Mich., mothers in

finding qualified sitters while also helping

students earn money. The directory lists each

interested student's name, address, age and ex-

perience and is sold for a small fee to communi-

A COPYRIGHT BATTLE against ABC televi-

sion was won recently by the Iowa State U.

Research Foundation. The foundation claimed

it owned the copyright on a film about ISU and

Olympic wrestler Dan Gable and that ABC us-

ed excerpts from the film on three telecasts

without proper authorization. A U.S. Court of

Appeals recently upheld an earlier damage

award requiring ABC to pay the foundation

\$15,250 in damages and \$17,500 in lawyers'

AN EARTHQUAKE HAZARD POLICY,

believed to be a first for a campus, is now in ef-

fect at the U. of California-Santa Barbara. The

policy incorporates lessons learned in a 1978

earthquake and is designed to eliminate 80 per-

cent of the injuries that could be expected

because of a moderate quake. It includes

emergency training for campus personnel, an

increased "earthquake awareness" program

for everyone on campus and a series of physical

changes that will make furniture, equipment

THE FOURTH "HAIR" SURVEY at Winona

(Minn.) State U. shows that a slightly higher

percentage (53 to 49 percent) of male graduates

were clean-shaven in 1980 than in 1979. About

35 percent of the men had a mustache while 12

percent had both mustache and beard, an in-

crease of 7 percent since the first survey was

taken by Dr. J.H. Foegen in 1977. This year,

Foegen's graduation ceremony observations

also included female shoe styles. About 40 per-

cent of the women wore heels of three inches or

more while 41 percent wore heels of less than

three inches and only 19 percent wore flat

and supplies less vulnerable during a quake.

groups share anti-communist goals.

ty groups and individuals.

fees.

Alexander, university vices. Off-campus departments and groups and nonorganizations will no university organizause. In the past, ed.

pared to the early years increase among blacks physical sciences The institutions most predominantly black engineering, Hispanic undergraduate longer have to pay for tions must pay for all of the 1970s, the rate of in the South — more declined by 4 and 5 per- adversely affected by institutions als declin- participation is slight. engineering all the technicians they technical help, he add- black enrollment in col- than double the in- cent, respectively. has slowed con- nationwide. siderably. By contrast, "Trends among the number of blacks and universities, most numerical drop in total the recent participation black students are in- enrolled was unchang- of which are located in enrollment in the tradi-

> enrolled. Among South between 1976 ween 1976 and 1978: and 1978 (the most re- •At

vide free beer and

Also, according to organization must pay for the additional ser- Black Enrollment Displaced By Hispanics

of Hispanics in higher creasingly reflecting ed, but nationwide the South. This group tionally black institueducation has increased those observed for the there was a decline of of institutions, which tions - about 4 persubstantially, par- student population as a almost 3 percent. ticularly in Florida and whole," notes James •Black enrollment in declines in both full- Among Hispanic Texas, where nearly 9 R. Mingle, SREB first professional pro- time and part-time undergraduates, black higher education.

enrollment actually black enrollment in the in dentistry and in the South, the South, but in the decreased slightly both nation and in the South in the nation and the varied as follows bet-

cent year for which data is available), according to a new report statistics showed an incording to a new report statistics showed an infrom the Southern creased preference Regional Education among blacks for study

ATLANTA — Com- registered a 16 percent biological sciences and veterinary medicine.

Continued from page 1

larger facilities when they are coun-

ting on a percentage of the gate.

"We can't get superstars; we have

to get either rising acts or those that

Furthermore, claimed Sune, the

location of ECU is undesirable. This

is a rural area that is not a major

money market. There are no major

airports here. "If the choice for a

group is to come here or go to Duke

University, they'll go to Duke

because it's a major money area

with three large universities near-

Sune explained that there are a

few options for the prospects of

year. One alternative, Sune said, is

for ECU to get out of the concert

business. But he feels this alter-

native would not be a popular one

are falling," Sune said.

by," Sune said.

with the students.

programs in the South, tionally black colleges 1978 signaled the first registered numerical cent.

ECU Concerts Hurt

out of 10 of the South's research associate, in a grams in Southern in- enrollment between business and manage-Hispanic students are study of black and stitutions increased by 1976 and 1978, consists ment claimed a large Hispanic enrollment in about 8 percent in the typically of four-year, portion of all two-year period, with residential institutions. enrollments in 1978 in students, full-time By level of study, largest gains occurring Of all black students the nation and in the

the enrollment ed steadily over the past In 1978, for example, enrollments in the leges and universities crease among blacks •In graduate level slowdown are the tradi- 20 years. However, Hispanics represented South. ABORTIONS UP TO 12th WEEK OF PREGNANCY \$176.00 "all inclusive" pregnancy test, birty con-

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(SREB). in agriculture, architecfacilities at ECU are not large the Student Union Committees. However, these ture, engineering, enenough to attract major groups "For this to be a viable alterdeclines were offset vironmental design and here. There are 6,000 seats at native," said Sune, "other commitsomewhat by part-time natural resources, but Minges Coliseum, compared to tees would have to make sacrifices." enrollments, which enrollments in the 17,000 at Greensboro Coliseum. Obviously, groups will want to go to

Slow Increase education is going up inflation rate, that is again this fall, but a expected to average

College Costs

last year.

College Scholarship tion has escalated." on campus. That's an meet. increase of 10.3 percent "If parents' incomes school went up 10.6 Case said he did not percent.

college costs, however, this year.

The cost of higher is less than the overall survey by the College about 12 percent for Board indicates that the 1980. Joe Paul Case, rate of increase will be director of program adslightly less than it was ministration for the scholarship service, According to the said he was surprised survey of more than that the rise wasn't big-3,200 schools, con- ger, "considering the ducted by the board's way the rate of infla-

Service and released Case said, however, Tuesday, total costs for that students and their the 1980-81 academic parents — who pay 56 year at a private, four- percent of the college year college or universibill on the average ty will average \$6,082 will have increasing for a student who lives trouble making ends Patronize

over the price for the don't keep pace with 1979-80 academic year. inflation," he said, From the fall of 1978 to "the gap between the the fall of 1979, the amount they can pay ... cost of a year at a and the rising cost of private, four-year college will widen..."

expect any increase in The latest increase in federal aid programs

money from the Student Union Pro-Sune also explained that the gram Board, which is made up of all

A third alternative is to terminate the present University policy of not allowing outside promoters on cam-

pus. But it could mean higher prices and perhaps dissolving the Major Attractions Committee, Sune said. "If it meant dissolving the committee to keep concerts going, we would," he said. "We may decide to go that route sometime during the coming year and then get back in it the next year."

Sune went on to say that administrators at ECU would prefer that the Student Union get out of the concert business because rock groups' contracts are demanding and complicated and difficult to concerts at ECU for the coming negotiate.

As for the immediate future, Sune said that nothing can be done until school gets back in and the Major Attractions Committee can meet. "We've been knocked down and Another option is for the Major now we have to get back up," he Attractions Committee to get concluded.

The East Carolinian Advertisers



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Storm Deaths Peak In Summer

Summer is the peak the number of seasonal doors.

shoes.

time of year for 113 persons have died lightning-related deaths from lightning in North and injuries because of Carolina and 258 have thunderstorms and to the National Oceanic because many people and Atmospheric Ad-

compiles information

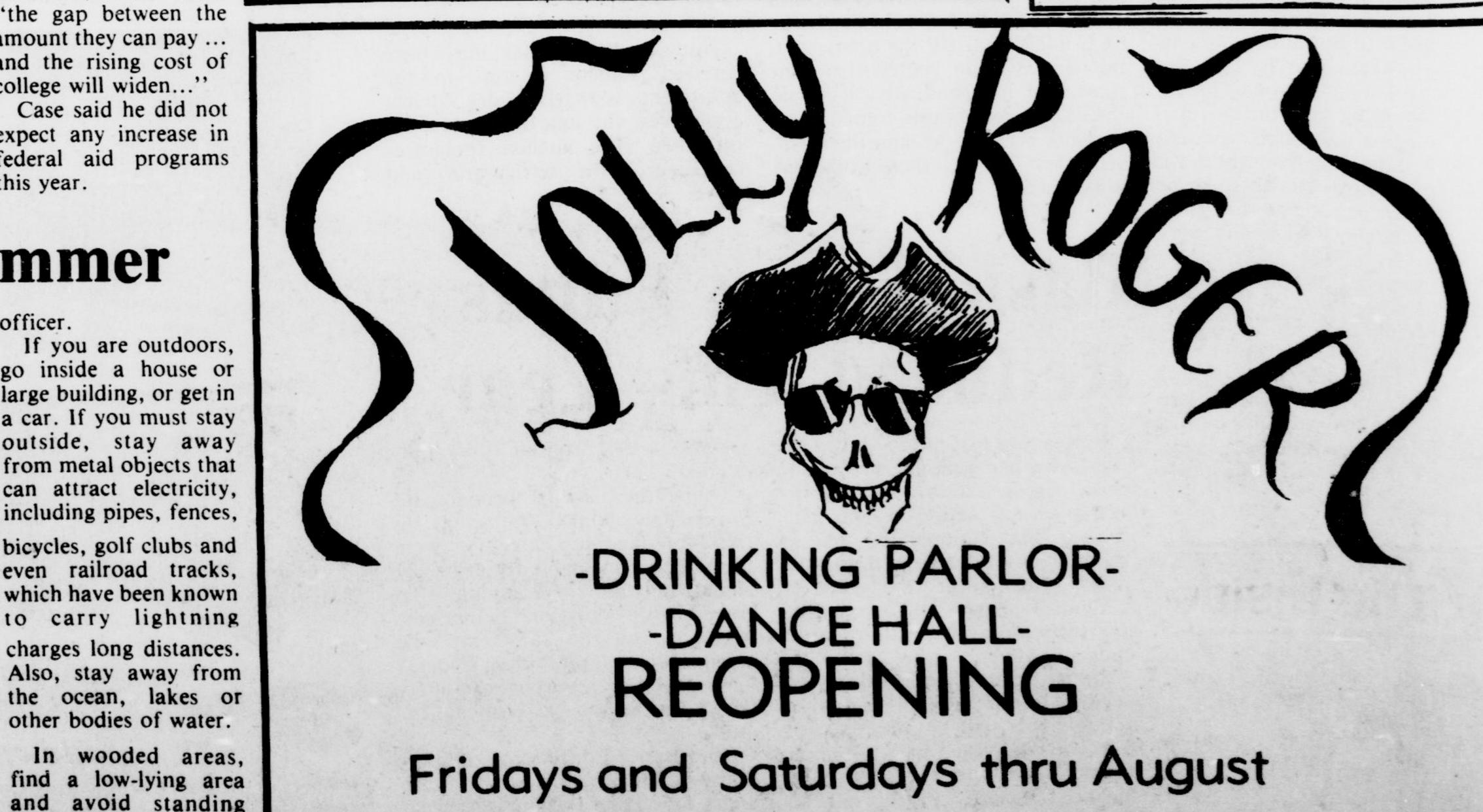
In the past 21 years, on lightning-caused officer. deaths and injuries in If you are outdoors, go inside a house or the United States.

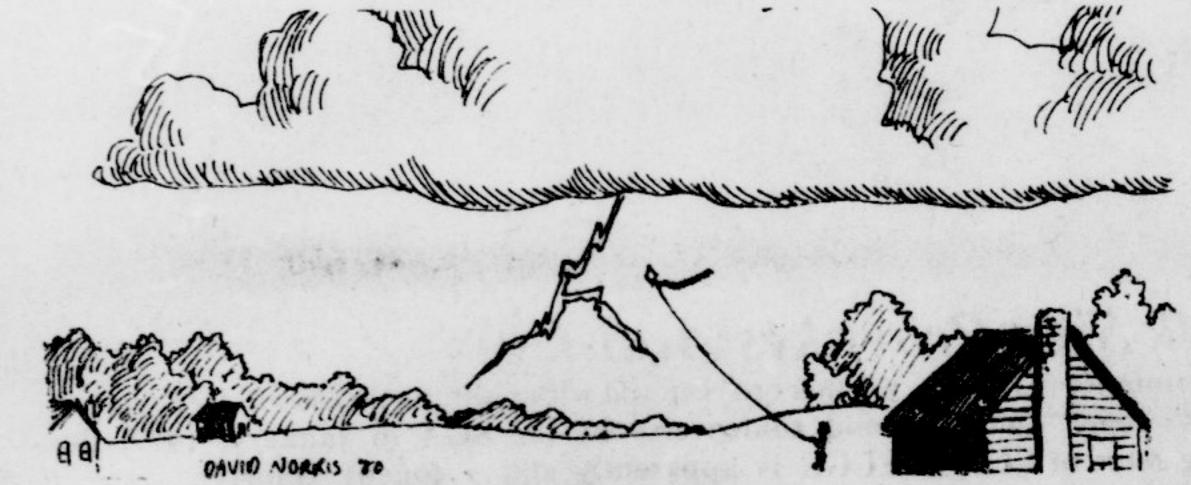
Precautions for large building, or get in been injured, according avoiding lightning a car. If you must stay dangers are relatively outside, stay away simple, according to from metal objects that spend a lot of time out- ministration, which William J. Brennan, can attract electricity,

NOAA public affairs including pipes, fences, bicycles, golf clubs and even railroad tracks, which have been known to carry lightning charges long distances. Also, stay away from

> In wooded areas, find a low-lying area and avoid standing near tall trees.

other bodies of water.





Greenville, providing state and federal aid. about 5400 students in the city with a solid "It means quite a bit, economic base. But the because the students the dormitories alone. city also profits in other are counted just like the That means that ways from the universi- people who live here students account for at ty community, especial- permanently," said least \$180,000 of the each decade, when the ville's community ing Shivar's \$20-percount.

35,000 people live in estimate that it comes Greenville now, up out to \$20 per capita. the 30,000 figure revenue-sharing money federal money is often population is only one alloted to local govern- of the factors involvments based on popula- ed." tion, the thousands of State-shared revenue students who live in is money returned to town and on campus local governments from help fatten the city certain state taxes, exbudget by their very plained Shivar. Federal

presence here. dent population in local governments to growing dramatically in purpose. Last year, the last 30 years, accor- Greenville received ding to the city's census \$539,000 in federal data. In 1950, only revenue-sharing funds, 1,904 students were and about \$2.4 million counted. In 1960, the in various forms of number had grown to state-shared money. 5,167, and by 1970, to Of course, not all attend ECU.

say, in terms of dollars of them do, represen-ECU students, staff and cents, what the ting 25 percent of the and administrators presence of these city's present populaspend millions of students means to tion. The preliminary dollars each year in Greenville's share of 1980 census results list

ly at the beginning of Ben Shivar, Green- state-shared money, usnation - and Green- development director. capita figure. ville - takes its head "The state-shared revenue that we get is Preliminary census based mostly on figures show that over population, and we about 15 percent over But the federal reported in 1970. is based on a very com-Because state and plex formula, and

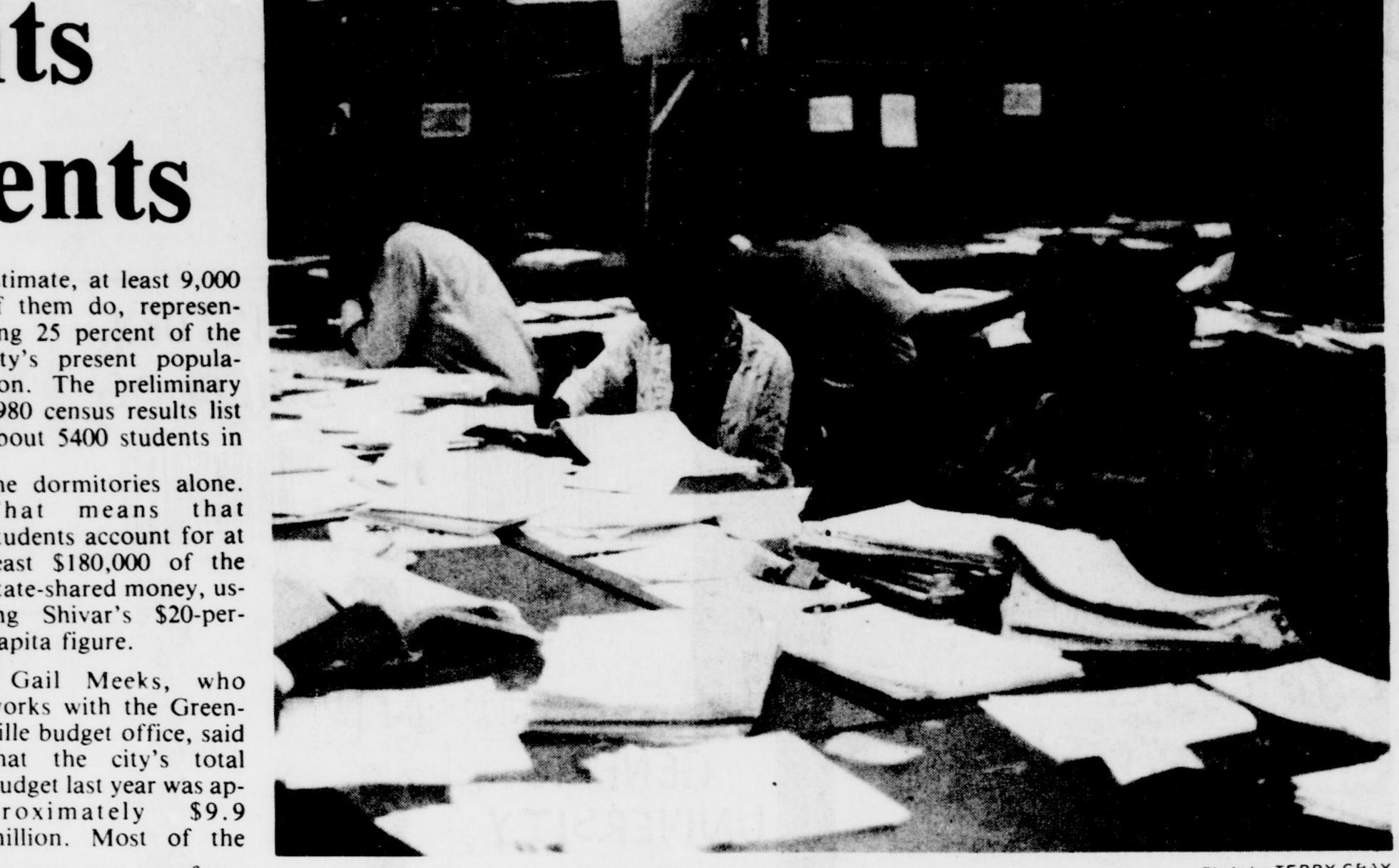
revenue-sharing money The size of the stu- is given to state and

By TERRY GRAY But it is difficult to estimate, at least 9,000

works with the Greenville budget office, said that the city's total budget last year was approximately \$9.9 million. Most of the money comes from local taxes and other grants from state or

federal government,

she said.



Greenville Census Workers

... are tying up the last loose ends of their mission

THE EAST CAROLINIAN JULY 31, 1980 School Sex Bias Workshop Set

ECT News Bureau

"Quality and Equali- Dr. Lillian Woo, ty in Education," a director of Project summer workshop for Aware, Chapel Hill, teachers, will be co- will give the opening sponsored by ECU's address, "Women: The School of Education in Promises and the Pro-Nags Head August 6-8. blems."

ranged by the ECU Sex speakers are Alexzena Desegregation Training Irving Furgess, assis-Institute in cooperation tant director of the with the Southeast Sex University of South Desegregation Carolina's Title IX Assistance Center, Training Institute and University Tennessee-Knoxville, 1X specialist at ECU.

Its purpose is to help Stereotypes quire knowledge of and Hers?"

ways to overcome this

problem.

The program is ar- Other featured of Dr. Karen Kale, Title

and the N.C. Depart- Workshop topics inment of Public Instruc- clude "Women in History," participating classroom Values," "Textbook teachers, counselors Maneuvers,' and school ad- "Vocational Educaministrators become tion: Career Choice aware of the presence and Title IX" and and effects of sex bias "Stress: Is There a Difin schools and to ac- ference Between His

Smokers Find It Hard To Kick Habit

Three out of four probably the most study with 40 smokers initially reported toms and their smoking previously been able to Greenville has been use for any legal public tually start smoking a craving for tobacco. smoking cessation the "cold turkey"

symptoms. The tobac- severe tobacco craving four daily questionco withdrawal syn- when they attempt to naires which the drome includes well- quit. known effects such as In order to study chart the withdrawal

increased anxiety and tobacco withdrawal symptoms. irritability, metabolic more . closely, What Shiffman and 9,370. This fall, close ECU students live in changes, and weight psychologists Saul Shif- Jarvik discovered was to 13,000 students will Greenville. But based gain. The most com- fman and Murray Jar- that withdrawal symp-

psychologists used to

on a conservative monly reported and vik conducted a UCLA toms varied according to the method used to help the smoker quit. by smokers to attempt Half of the subjects to cut down may serve quit "cold turkey" and smoking slowly, agony by intermittently also showed that Although both groups reinforcing their symp- smokers who had

smokers who quit even- significant symptom is who participated in a similar symptoms, only behavior." toms during the first

Family smoking jects whose fathers did not smoke were more According to Shiff- likely to successfully man and Jarvik, quit than those whose coupon coupon coupon coupon coupon coupon "Smokers who cut fathers were smokers. down their consump- The psychologists also tion precipitate a found that those who chronic state of smoked heavily at withdrawal. The social gatherings were 2 cigarettes indulged in less able to quit successfully, as were those who smoked most heavily during the evenhalf reduced their only to prolong their ing hours. The data

again, most of them In fact, 90 percent of clinic. For two weeks, group experienced a habits were also a periods were most like- "because a significant because of withdrawal all smokers report a each subject completed large decrease in symp-significant factor. Sub-ly to be successful in other wanted them to

smoking cessation pro- do so were more sucgrams.

Of the motivational quit on their own for characteristics studied. considerable time the psychologists found that smokers who quit cessful."

Canvassers Banned

Dorm Rules Redefined

The relationship bet- residence halls. court cases.

Amendment questions, because dorm hallways on behalf of a Labor guarantees to all peras well as legal defini- and rooms are legally Party worker charged sons, even though the tions concerning private areas.

within on campus ficials are still awaiting claims the university is buildings, particularly a New Jersey Supreme comparable to a

ween educational in- The Pennsylvania could determine if stitutions and outside Supreme Court ruled private schools have the because students live commercial or political recently that regula- right to regulate and work there. If the groups is being redefin- tions allowing students political activity on court agrees, the ed following recent to ban political can- campus. The American university may have to vassers from dor- Civil Liberties union, At issue are first mitories are justified which entered the case extend free speech

Court decision that "company town,"

with trespassing while campus is private pro-

Night And Weekend Courses

Continuing Education Offers

University College. Prospective college students put on waiting general college credits sion. lists since ECU temcan be earned in evenporarily suspended new ing and weekend classes University College, said ECU Division of Conti-

nuing Education. This fall's course of-

economics. The University Col-

through the campus' classes. Completion of high school is the only About two years of requirement for admis-

After the initial \$10 offered through application fee, University College students Allen Churchill of the are charged \$19 per

semester hour (North Carolina residents) and a \$5 registration fee The only other cost is the purchase of textbooks, which varies with individual courses.

Registration for scheduled for August 6:30 p.m. in Erwin Hall on the west end of the

Further information tunity for persons about University Colwithin commuting lege is available by condistance of Greenville tacting the Division of to earn college credit in Continuing Education evening and Saturday at ECU (757-6324.)

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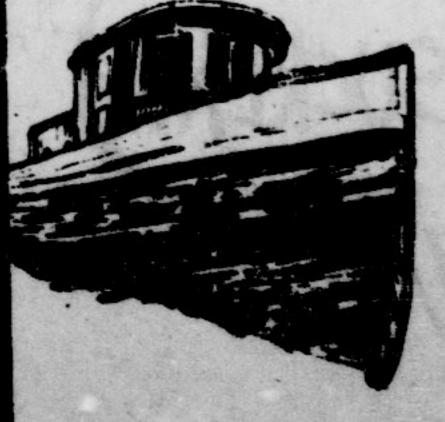
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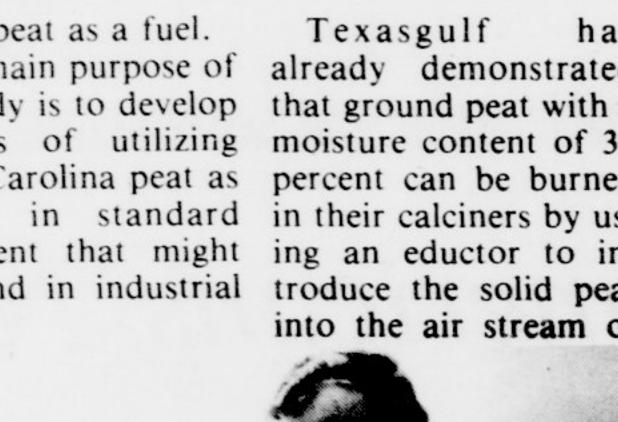
freshman admissions private and public areas Princeton U. of- distributing literature, perty. can still enroll this fall Study Explores Use Of Peat As Fuel

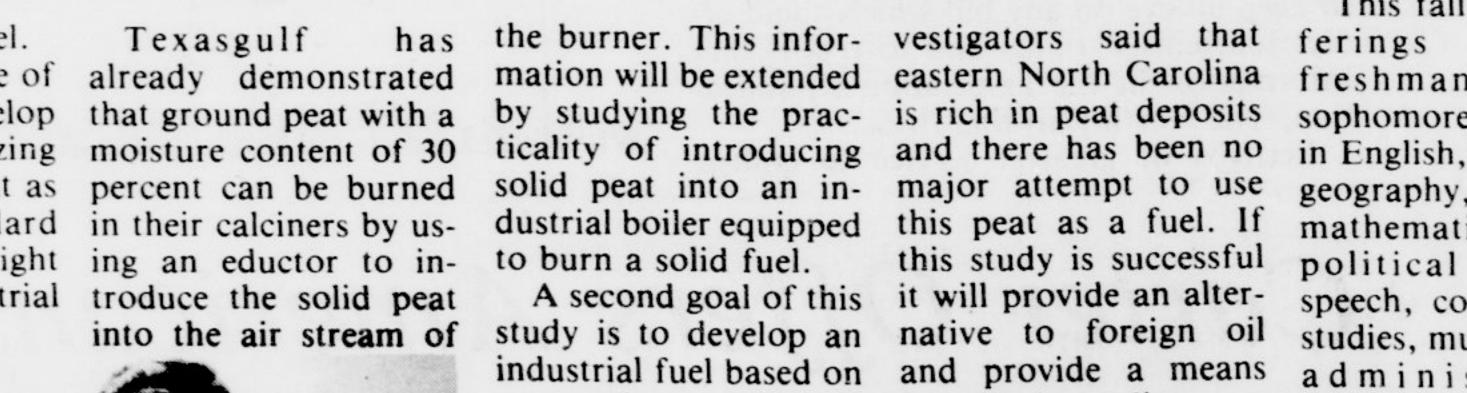
ECU News Bureau

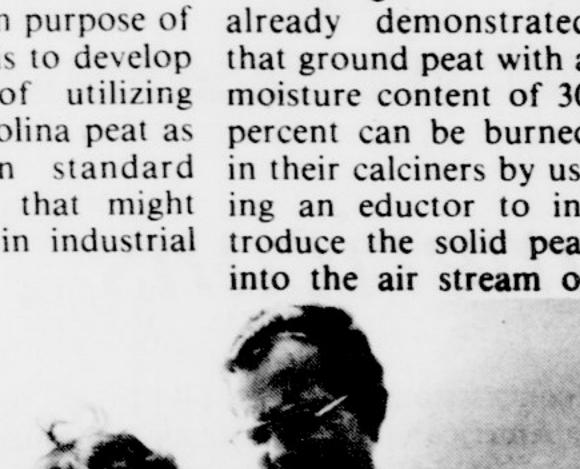
stitute to study utiliza- plants.

tion of peat as a fuel.

The main purpose of already demonstrated mation will be extended eastern North Carolina freshman awarded a \$40,000 con- a fuel in standard in their calciners by us- dustrial boiler equipped this peat as a fuel. If tract by the North equipment that might ing an eductor to in- to burn a solid fuel. Carolina Energy In- be found in industrial troduce the solid peat









Brooks Whitehurst (left) of Texasgulf, and Drs. George Evans and Don Clemens of ECU's department of chemistry demonstrate the burning capability of peat, a decomposed vegetable material found in great abundance in North Carolina.

The principal in-

with methanol.

by the students of East Carolina University. .\$35 yearly .\$25 yearl Second class postage paid a Greenville, N.C. The East Carolinian offices are located in the Old Sout

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The East Carolinian Serving the campus community for 54 years.

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Building on the campus of ECU

Greenville, N.C.

East Carolinian

is accepting applications from students interested in contributing to our News, Features and Sports columns during the coming school year.

> If you can offer good basic writing skills, we can offer training in newspaper writing -and a chance to earn. Apply at our office in the Publications Building.

East Carolina this study is to develop that ground peat with a by studying the prac- is rich in peat deposits sophomore level classes University and Tex- methods of utilizing moisture content of 30 ticality of introducing and there has been no in English, psychology, asgulf Inc. have been North Carolina peat as percent can be burned solid peat into an in- major attempt to use geography, history, art, mathematics, health, political science, University College's this study is successful speech, coastal marine fall semester courses is A second goal of this it will provide an alterstudy is to develop an native to foreign oil studies, music, business industrial fuel based on and provide a means administration, 26, from 8 a.m. until suspensions of peat for the immediate use business education, acwith fuel oil and peat of natural resources of counting the state. ECU campus.

The contract with the state was developed by lege provides an oppor-Brooks Whitehurst of Texasgulf and Donald Clemens and George Evans of the Chemistry Department, ECU.

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July 31, 1980

OPINION

Page 4

Calendars

Student Life Office Vs. Student Supply Store

When students return to campus this fall they will no doubt know calendar? Furthermore, does the what day of the week it is. As it University have a need for the type stands now, there will be roughly of 28,000 calendars printed by three wants? different organizations. There will be enough calendars for every stu- dars already being printed, it's hard dent to have two, with some left to justify yet another calendar. over.

Two of the three organizations so for several years. The Student where they can find listings of the Supply Store has been printing its various student services. calendar for the last 10 years, while first time.



Does the university need another calendar that Student Life

When there are so many calen-However, as Dr. Elmer Meyer, vice chancellor for Student Life mainprinting calendars have been doing tains, students do need a place

The larger question is does the the Student Union has been printing university need to continue the Stuits calendar for the last four years. dent Supply Store calendar? Does The Office of Student Life, on the the Supply Store calendar list any other hand, is printing its combina- information that students couldn't tion calendar/handbook for the otherwise learn from another source?

> The Student Supply Store has prepared its calendar for the last 10 years. The calendar has been used as more of an advertising tool than a place to inform students of campus events. As a matter of fact, Mendenhall Student Center has prepared the list of events and then given that information to the Supply Store to print in their calendar.

> Meyer's calendar seems to be long past due.

> Now, perhaps students will know what student services are available to them. And there is little doubt that this coming year, students will know the correct day of the week.

Democrats Vote To Remove Anderson From N.C. Ballot

The State Board of Elections and more about "Billygate." voted Tuesday to bar independent

fall. What will this action mean to the ballot this fall. the thousands who are disillusioned who are unable to support Ronald off the ballot. They know they are Reagan?

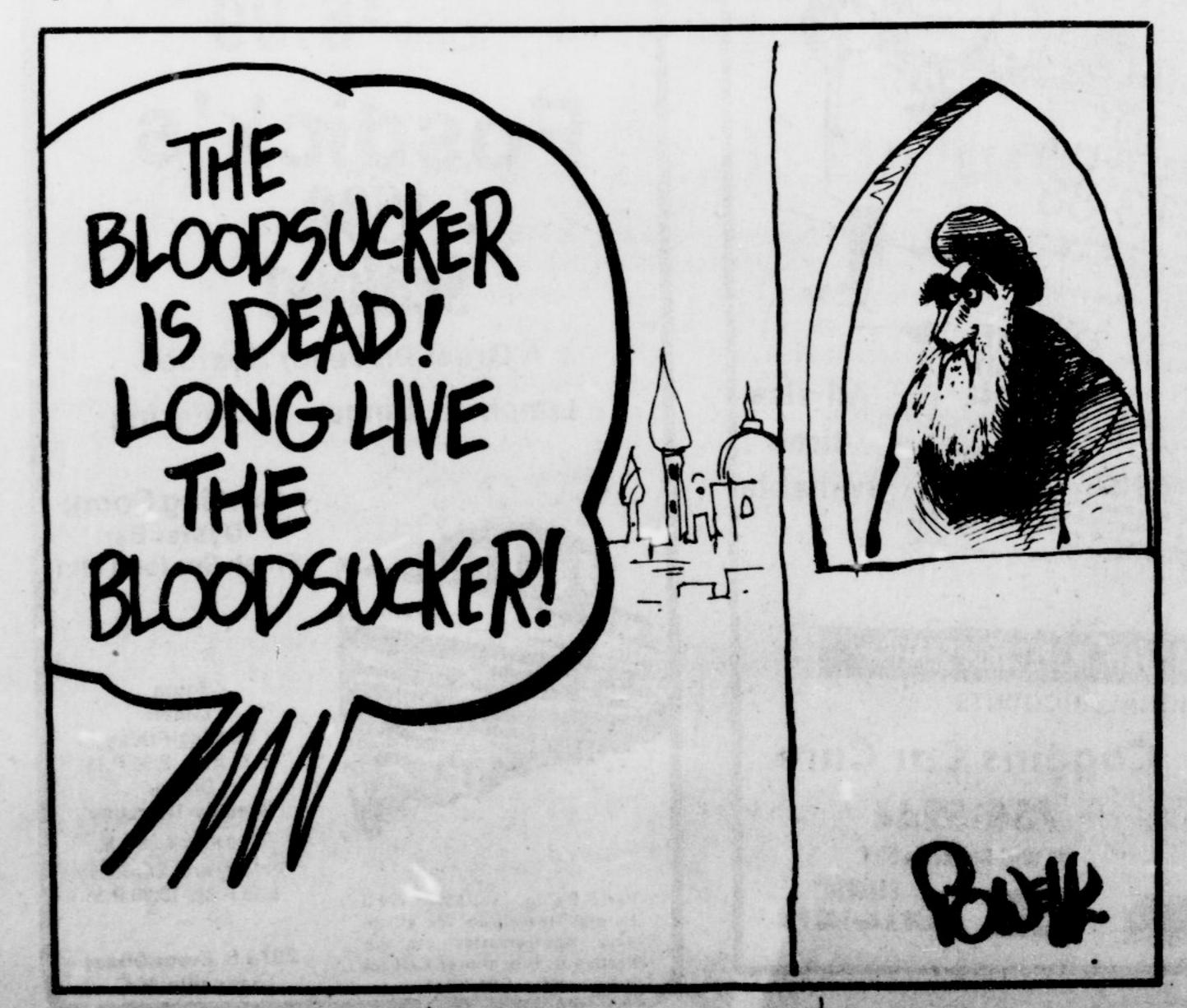
In all likelihood, many will opt not to vote.

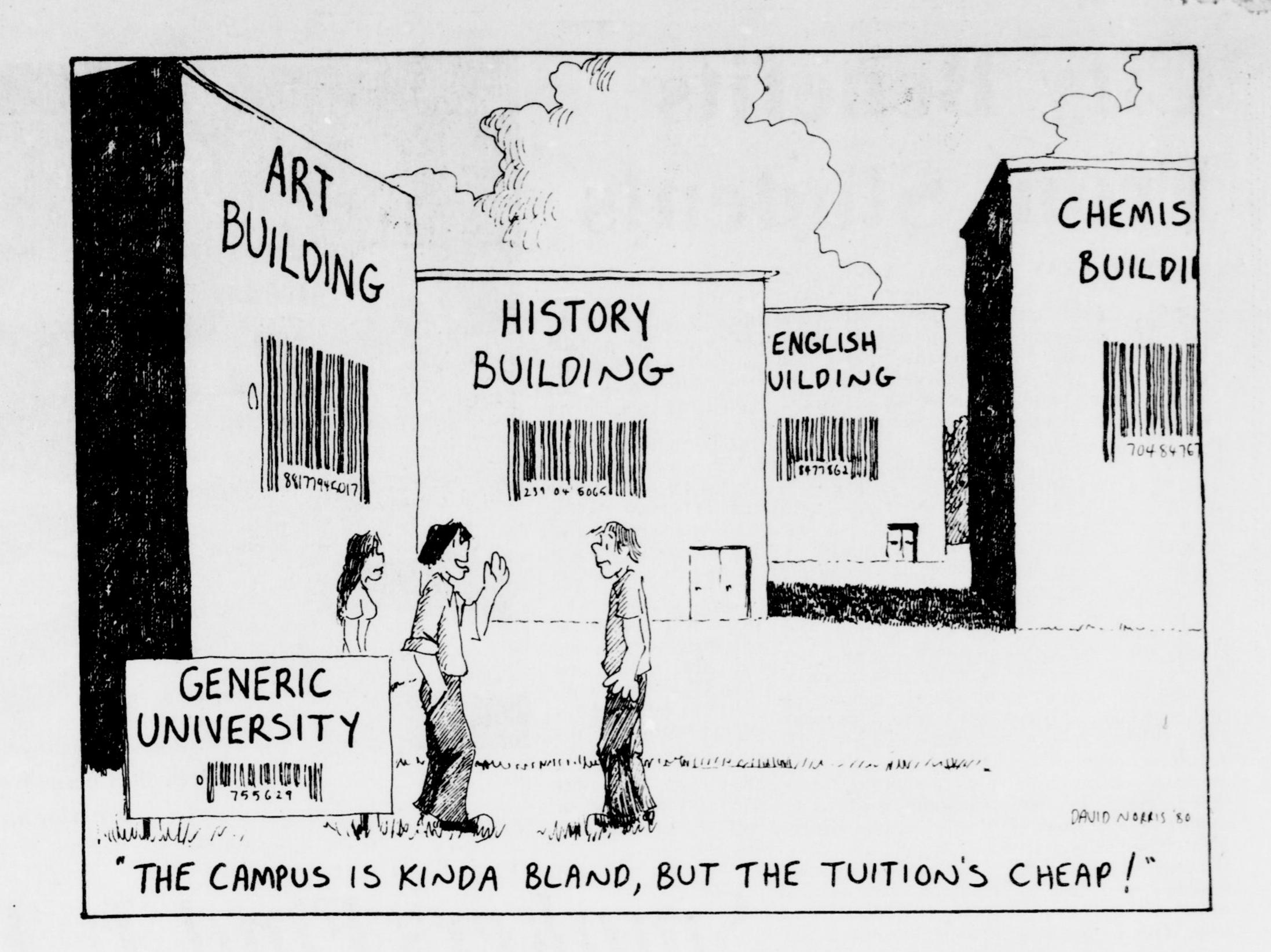
In the coming months, the reactionary like Reagan. American people will learn more will learn more about the man Esquire magazine called "a nap man"

It is apparent that the Democrats presidential candidate John Ander- did not want to give North Carolison's name from appearing on the nians a choice this fall. It isn't state's general election ballot. The enough that the Carter people don't vote was 3-2 and went along party want to open up the Democratic convention to allow for the selection The decision to remove Ander- of a candidate who would better son's name from the ballot means represent the party; they are now set that many North Carolinians will on stopping independent candidate have no alternative candidate this John Anderson from appearing on

The Democrats have plenty of with President Carter and to those good reasons for wanting Anderson in serious trouble and Anderson would more likely take votes from a moderate like Carter that from a

Under the guise of following state about the candidates. Americans law, the Democrats have attempted to save an election that appears already to be lost.





NCPA Aids Student Newspapers

By RICHARD GREEN

Three East Carolinian staff members and one member of the ECU Media Board attended a North Carolina Press Association (NCPA) convention July 24-26 in Asheville, N.C. Although the paper has been represented at NCPA conventions in the past as an associate member, we are now the first student publication to achieve full-time status.

I was very surprised to discover that we are the only student newspaper to push for a full-time membership and succeed. There was some opposition among the smaller newspapers in the state because they thought we would be just one more competitor for awards. That's almost a compliment.

Some NCPA members are The Charlotte Observer, The Washington Daily News, The Fayetteville Observer, The Salisbury Post, and the Durham Morning Herald.

Most of the editors and publishers we spoke with were also surprised that other student papers had not sought membership. I'm certainly glad The East Carolinian did.

The greatest benefit to any NCPA newspaper is the strength that all North Carolina newspapers wield in the battle to maintain freedom of the press. The association retains a legal counsel (some call him a lobbyist) in the state legislature to keep an eye on any bill which could effect journalists' rights and to report that information in the association's publication, The North Carolina Press.

Perhaps of greatest service to college

newspapers is William C. Lassiter, NCPA general counsel. Lassiter is only a phone call away with 41-years of experience in solving journalists' legal problems, including libel, freedom of information, and open-meetings laws. You wouldn't believe how many times a collegiate journalist needs that experience on his side.

The NCPA conventions are also a great way for collegiate journalists to learn. As is common at most conventions, more is

learned after the formal meetings, with refreshment in hand, talking with people like Frank Daniels, publisher of The News and Observer; Walter Phillips, editor of the Carteret County News-Times; or Armfield Coffey, editor of the Watauga Democrat.

For ECU students interested in journalism, NCPA membership is another bonus offered through The East Caroli-



Carter Offers Americans No Hope

By PAT MINGES

Billygate will mean very little. Everyone knew that he was a boob all along, and you cannot fault Jimmy for his brother's actions. Jimmy has enough of his own. Even if the involvement in the scandal proceeds all the way to the presidency, it will probably have a minimal effect on the election. One cannot add insult to injury when the injury is fatal.

The two main tenets of Carter's platform will be selling his experience and instilling a fear of a Reagan presidency. So it looks as though he will have to rely on Reagonophobia because he has little to offer in the area of experience. His first term has consisted of broken dreams, empty promises, vacillation and limp policies. He has proven to be the very things that he campaigned against in the 1976 election.

A mid-June N.Y. Times CBS News Poll asked over 1500 adults this question: "Whether or not you agree with him, do you think Jimmy Carter's positions on the issues are firm and consistent?" Only 40 percent said "yes," while 53 percent said "no." Reagan, Anderson and even Kennedy had higher ratings than Carter on consistency. Nine percent identified the quality they disliked most about Jimmy was his indecisiveness. What seems to scare people the most about Carter is the fact that they have absolutely no idea how he will react in a crisis.

Let's take a brief look at Carter's record on crucial issues. His biggest flip-flop was on the U.N. issue on Israel, but his policy toward the Iranians has been the most vacuous. His campaign said that unemployment would never be used to fight inflation; that was just an empty promise, like so many others. First he said "Don't Spend," then he said "OOPS! Spend." He swore that tax cuts were out and that we must reduce defense spending. But when Reagan gained popularity,

Carter changed his tune. In 1976. Carter offered the voter a government "as honest and truthful and and fair and competent and

idealistic and compassionate and as full of love as are the American people." He also promised never to lie or to make a misleading statement or to avoid a controversial issue. Four years later I wonder what happened to those promises. Were they just idealistic dreams that bit the dust in the bitter world of the American

presidency? Human rights were an integral part of this upright campaign, but Carter has not taken hard steps to reinforce his rhetoric when he had the chance. His role in Billy's grandiose scheme has not yet been fully examined, but already things are looking bad for the "honest politician." Jimmy sought to eliminate wasteful water projects, but when some were discovered to be pet projects of Russell Long or John Stennis, they were deleted from the hit list. Carter rejected judicial nominee Archibald Cox, who has received high bi-partisan acclaim, when Cox was discovered to have been sponsored by Ted Kennedy. Carter's electoral campaign of Rose Garden tactics has been viewed by many as political skullduggery, but desperate times call for desperate measures.

Carter insists that he never makes decisions about government according to his political concerns, and this contention has aroused much public skepticism. CBS News questioned Carter on this point by offering evidence that each significant announcement or "breakthrough" in the Iranian dilemma has coincided perfectly with various state primaries. Jewish organizations expect that as soon as the elections are over, Carter will take an extremely hard line against the Begin government. Both his stand on registration and on the Olympic boycott are seen by some as having distinctly political overtones. Some have inferred that the "rescue mission" could have been the ultimate political

maneuver. Part of Carter's problem is his consistent use of negative superlatives. Everything is the "gravest," the "worst" or the "most severe" the nation has ever endured. This tendency has brought about

a sort of fatalistic resignation among Americans and has given the Republicans their most viable tool against the administration. Are the problems so deep, or are these the attempts of an inept administration to buy time?

All of these problems are creating a cry from Democrats for an open convention, but Carter delegates would sooner die than allow that to happen. They are now trying desperately to change the rules of the Democratic Convention and bind delegates to candidates according to the primaries. Times are quickly changing, and for the first time since Nixon, more Americans are willing to vote Republican than Democratic. An open convention would probably reaffirm Carter and build Democratic solidarity for a tough struggle against Reagan.

Wouldn't it be nice, however, if Kennedy were nominated and we could have a clear-cut ideological struggle for control of

Forum Rules

The East Carolinian welcomes letters expressing all points of view. Mail or drop them by our office in the Old South Building, across from the library.

Letters must include the name, major and classification, address, phone number and signature of the author(s). Letters should be limited to three typewritten pages, double-spaced, or neatly printed. All letters are subject to editing for brevity, obcenity and libel. Letters by the same author are limited to one each 30 days (14 during summer ses-

Personal attacks will not be permitted. Names of authors will be withheld only when inclusion of the name will cause the author embarrassment or ridicule, such as letters concerning homosexuality, drug abuse, etc. Names will be withheld only on the author's re-

Disappointing

Summer Theatre Mauls 'Same Time Next Year'

By PENNY AUSTIN

Same Time, Next Year opened Monday night. Perhaps it should also have closed Monday night. Well, that's not exactly fair. There are some good points to the play, but they are qualities that are inherent in the script and not necessarily in this production.

The comedy, produced by East Carolina Summer Theatre and directed by Edgar Zoessin, is about a man and a woman who, over the course of 25 years, carry on a oncea-year affair. Bernard Slade's script is witty, fast-paced, realistic, and sharp.

The play is full of one-liners that leave behind a stunning impact on the audience, or at least they should. The play requires a sincere and complete unity from the actors. The success of the script screams for a superb sense of timing and coopera-

tion. Loessin's production, pitifully, lacks all of this.

Del Lewis as George, gives by far the best performance. His sense of timing and delivery are mainly on the mark. What he desperately lacks is support from Amanda Muir, who plays Doris, his once-a-year lover.

Muir seems to be more than inadequate in the role. She frantically flails about the stage, desperately searching for her character. Unfortunately for the audience, if she has a character, it is never seen. Her part comes off as insincere, flat and void of any real animation.

Instead of providing a real human character with whom Lewis' more developed character can act and react to, what she achieves is merely a one-dimensional manequin delivering lines that become even flatter and more lifeless as the evening progresses. Lewis' part finds no help or haven in Muir's dismal per-

formance. One would think he would do better with the character of Helen, his wife, who exists in theory only.

Had there been two fully developed and functioning characters on stage Monday night, success would not be in question. The script is good enough on its own merit. All it needed was a little help. Even Muir couldn't help but get laughs at times, through no effort on her part, I should add.

The best moments of this production occur when Lewis is alone on stage. Then he doesn't have to

worry about Muir's non-character. However, Lewis runs into difficulty also. The play is basically a comedy, but there is a serious vein that runs underneath and at times surfaces to punctuate the laughter with a gut-rending twist.

See FAILS, Page 6, col. 5



Lewis is on the mark; Amanda Muir is inadequate in her role. What could have been an excellent theatrical

event was, instead, a poorly planned and half-executed

Hidden Fat Lurks Within Our Diets

By JANE E. BRODY N.Y. Times News Service

NEW YORK — If there is one nutrient that has the decks stacked against it, it's fat.

The typical American diet has a higher fat content than nearly any other in the world. While agreement on this issue is not universal, many scientists blame this high-fat diet for a number of our chronic health problems and killing diseases, among them heart disease, obesity and possibly cancers of the colon and breast.

Fat is a more concentrated source of calories than any other nutrient and thus is the most fattening foodstuff we regularly consume. A gram of dietary fat supplies the body with nine calories, compared to only four calories per gram of carbohydrates or protein.

Even alcohol has fewer calories (seven per gram) than fat. Thus, cutting down on fats is one of the best ways to reduce caloric intake and achieve and maintain a normal body weight.

At the turn of the century, fat accounted for about 32 percent of the calories consumed by the average American. Today, more than 40 percent of our calories come from fat. We eat a lot more cholesterol-lowering polyunsaturated vegetable fats than we used to, but we haven't cut back much on cholesterol-raising saturated fats, which come mainly from animal foods.

Most of the fat we eat is superfluous from a nutritional standpoint. To meet basic nutritional needs, we need to eat only one tablespoon of a polyunsaturated oil each day. This supplies the essential fatty acid, linoleic

acid, and helps you absorb fat-soluble vitamins. However, the average American adult eats six to eight times this amount of fat. Thus, fat is a major source of nutritionally empty calories for millions of Americans.

hard-to-notice marbling in meat. It is an integral part of hard cheeses and cream cheese, fish, deep-fried foods, nuts, seeds, cream soups, ice cream and chocolate.

It is a major ingredient in a wide variety of factoryprepared products, including baked goods (especially cakes, pies and cookies), processed meats (frankfurters, bologna and the like), instant meals, coffee whiteners, whipped toppings, snack foods and granolas. Even one

"Although as a nation we have become very fat-conscious in recent years, most people consume far more fat than they realize."

Hidden Fat

Although as a nation we have become very fatconscious in recent years, most people consume far more fat than they realize. This is because only about a third of the fat we eat is so-called visible fat, such as the hunks or strips of hard fat on meat, the fats and oils we use in cooking and seasoning our foods, and the oilbased dressings we pour on salads.

Most of the fat in our diets is hidden fat. It is the

popular diet product, Pillsbury's Figurines, has fat as its

main ingredient. The meals you eat in restaurants also may contain far more fat than you may suspect. You may pass up the butter on your bread, the sour cream for your baked potato and dishes that are deep-fried. But your soup, gravy and sauces may be swimming with hidden fat; your steak (already three-fourths fat calories) or yourfish may be broiled with butter; your salad may be loaded with a fatty dressing, and your rich desserts may contain far more fat than sugar.

Heavy Health Foods

Even those who advocate more healthful diets that are not overly dependent on red meat often substitute fattier foods than the ones they reject. Examples include the quiches, avocado salads, nuts and seeds, nut butters, sesame paste and granolas featured in health-food restaurants and stores.

A quiche is made from cheese in which three-fourths of the calories come from fat, cream in which nearly all the calories are fat and pie crust in which more than half the calories are fat calories.

Similarly, 85 percent of the calories in nuts come from fats and three-fourths of the calories in seeds (for example, sunflower seeds) and avocados are fat calories. Whereas most breakfast cereals are very low in fat, granolas derive about a third of their calories from the fat in nuts, seeds, coconut and added oil.

Figuring How Much

It is difficult to know how much fat might be contained in most processed foods. Check the list of ingredients on the label; ingredients are listed in order of their pro-

See FAT Page 6, Col. 1

Humor

Ain't No Cure For The Summertime Blues, Except September

By DAVID NORRIS
Assistant Features Editor

Another summer in Greenville (as well as everywhere else) is nearing its end. If I were one of those typical young people who splash around in mountain streams drinking beer or soft drinks all summer on one of millions of TV commercials, I'd be upset about summer's ending. Since can't afford to go to the mountains, or even buy beer or soft drinks, I'm pretty much looking forward to the fall.

Lest you think I'm some sort of summertime Scrooge who gives bad reviews to this wonderful and carefree season, I will mention some nice things about summer, too.

For instance, this, my first summer in Greenville, has dispelled many myths I've always believed about Greenville summers.

l learned that the local mosquitoes aren't really large enough to carry off even small dogs. They are neither potbellied nor bulletproof. They never fly in such numbers as to blot out the sun.

People often say that "nobody's here in the summer." That is obviously false, since I'm here writing this article and you're out there reading it.

People also claim that it's hotter here in the summer, or that it rains more, or things like that. In reality, it is going to be hot anywhere, unless you sit in front of an air conditioner.

Of course, many myths have a basis in reality. One example is the myth that says that there is nothing

to do during the summer in Greenville. (This statement brings up an interesting question: if something is true, is it still a myth?)

Sometimes, it's nice to go into a bar with only four people in it, if you like solitude. A party with half a dozen people is economical, since the keg will last for about a week.

Economy is important in summertime, since most students have even less money than usual. And since Greenville operates on a skeleton crew over the summer, there are not too many jobs around. I have a few friends who are working full-time, but they are too burntout from getting up at six in the morning to really enjoy spending the money.

You know it's been a slow summer when one of the high points is going home for medical and dental appointments. It can be dangerous, too, since last summer I nearly froze to death at my doctor's office. He was upset over creeping socialism and the President's temperature regulation. If you remember, thermostats can't be set under 78 degrees F (or something like that) in the summer. Anyway, doctors were exempt from that rule, so my doctor set his office temperature at about 45 degrees, just out of spite.

Going to the dentist in the summer isn't so bad, since mine is reasonable about his temperature setting. If he wouldn't ask me questions when he has all those dental tools and machine parts in my mouth, everything would be perfect.

See BLUES, Page 6, col. 6

Film View Echoes of Hitchcock: De Palma's Thriller 'Dressed To Kill'

By STEVE BACHNER

moted as a routine shocker of the secret before his characters tumkind that has made its ble in to it. Americandistributor, But it is much, much more—and more interesting—than that. It is if a bit erratic, young director, Brian de Palma ("Phantom of the Paradise," "Carrie," "The Fury"), to one of the cinema's genuine masters, the late Alfred Hitchcock.

The theme is Hitchcockian: a demonstration of the way private sexual obsession has a way of spilling over into public, with murderous consequences ("Vertigo"). There are the innocent bystanders drawn dangerously into a closely woven believable enough, though there criminal web ("The Man Who is very little dialogue. Like Knew Too Much"). Even the "Psycho," this is a filmmakers murder that is the film's central film: an almost purely visual efincident—a perhaps too ghastly fort that uses the camera as its knifing-reminds us of the main player-if audiences are "Psycho," as does a splendid, won't be because of a perforspooky score that is reminiscent mance or because of the of the score done for "Psycho" dialogue. "Dressed to Kill" is by that film's masterful com- pure file. poser, the late Bernard Herrmann.

between humor and horror with medical and psychological pro-

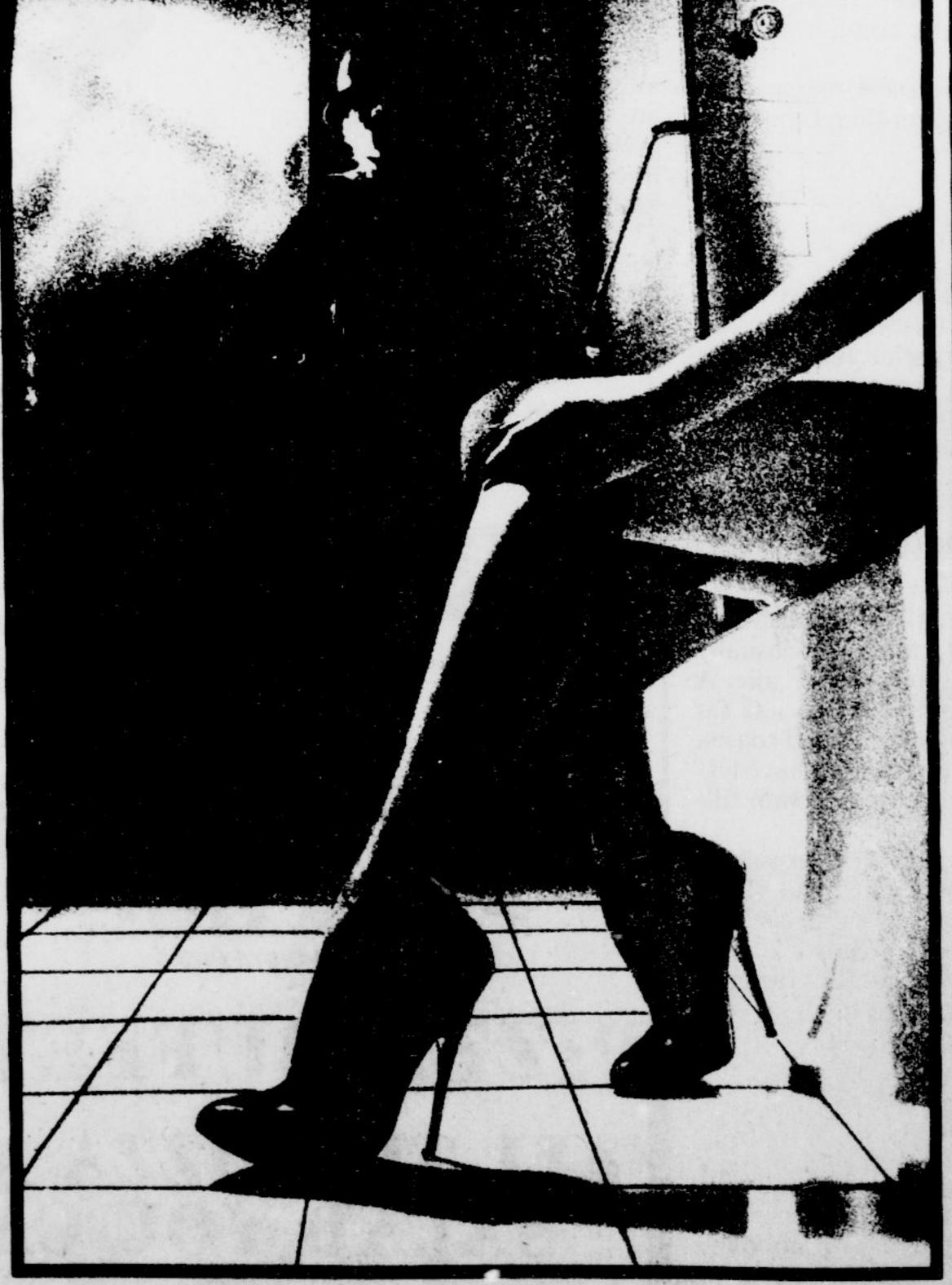
which he permits it to unfold, and the suspenseful way he lets "Dressed to Kill" is being pro- the audience in on the plot's

De Palma's story is about a International, rich and infamous; schizoid killer who dons wig and women's clothing before he rips his victims to shreds with a another homage by a very gifted, straight-razor. Not unlike Hitchcock, De Palma plays games with the audience, keeping his viewer wondering whether or not the next murder will be as violent and gory as the first. Certainly, this is the director's most complete tribute to a single film.

Each scene manages to top the last, building to a weirdly plausible and marvelously original crescendo.

The characters are all famous shower-bath murder in aroused, moved, or frightened it

But even the parts of the script that do give the principle players More important than these a chance to act allude to other specific references to glories past, Hitchcock works, especially an however, is the Hitchcockian earnest and somewhat dimwitted discipline De Palma brings to his lecture by the film's psychiatrist storytelling, the delicate balance (Michael Caine) explicating the



"Each scene manages to top the last, building to a wierdly plausible and marvelously original crescendo."

blems of some of his patients

("Spellbound"). De Palma's New York location work in this film, as it has in the past, reveals facets of an overfamiliar urban landscape untouched by other filmmakers.

There is an appealing performance by Nancy Allen (Mrs. Brian de l'alma in real life) as a high-class call girl whose cries of "Wolf, wolf!" go unheeded until it is almost too late. And Caine is

See FILM, Page 6, col. 8



Judith Townsend, Beth Grant and Kathi Diamant star in The East Carolina Summer Theatre's production of Jack Heifner's delightful comedy "Vanities". The play will be

presented in the Fletcher Recital Hall at ECU. Performances will be at 8:15 p.m. from August 4 - 9 with a 2:15 matinee August 6. Call 757-6390 for tickets.

Birthrates Are Falling

shows that the popula- means that the popula- here last week.

living and changing in 99 years. morality have diminish—
Worldwide, the patof the World Fertility diminishing at increasin throughout Europe so been partly influenced b drastically that they are by a growing and recognized as the largest social science numbers of the retired population.

Throughout Europe so been partly influenced and recognized as the largest social science numbers of the retired population.

Throughout Europe so been partly influenced and recognized as the to support the growing maintain a steady that will have a storage attic above it. Furtherreplaced, and the fall- ing use of contraceping rates have promptives everywhere and the massive survey tility has collapsed," governments to try to modernization and urreverse the trend.

ly to be high in fat.

fat calories in the product.

sumption of hidden fats:

and veal are also lean.

off the fat.

some of your meals.

banization.

Hidden Fat Is

Within Food

Continued from page 5

minence by weight. If a fat is listed among the

first few ingredients - especially if it is listed

ahead of other main ingredients (such as butter in

pound cake, which precedes the flour) - it is like-

If the product has nutrition information listed

on the label, multiply the number of grams of fat

in a serving by nine, then divide this total by the

number of calories per serving. If you then

"Nutrition and Health," a newsletter prepared

multiply by 100, this will give you the percent of

every two months by the Institute of Human

Nutrition at Columbia University, advises that

escalloped, au gratin or with cheese sauce; but-

tery, buttered or in butter sauce; au lait, a la

mode, or au fromage; marinated, stewed, basted

or casserole; prime, hash, pot pie or hollandaise.

dishes described as pickled; in tomato sauce or

Here are some other tips for reducing your con-

Meats, Fish and Poultry

Avoid the heavily marbled prime cuts of meat

ed turkey are much lowerin fat than bologna,

salami or other luncheon meats. Buy lean ham-

burger (especially if you prefer your burgers

rare). Flank steak, sirloin tip and London broil

are among the leaner cuts of beef. Leg of lamb

Broil or grill, rather than fry, meats, fish and

poultry. Prepare stews and soups in advance, chill

them and remove the fat that hardens at the top.

Discard the skin of poultry before or after cook-

ing. Avoid gravies and cream sauces in

restaurants; make gravy at home after skimming

Tuna and salmon are among the fattier fishes.

Sardines packed in oil and many forms of smoked

fish are also high in fat. Fillets of flounder, cod,

haddock, halibut, perch and sole and shellfish

have considerably less fat. Canned tuna packed in

Substitute vegetable sources of protein - dried

water has a third the fat of tuna packed in oil.

beans and peas (for example, kidney beans, split

peas, lentils and bean curd) - and low-fat dairy

products (cottage cheese and yogurt) for meat in

Instead, the institute suggests that you choose

woman in the late 1950s and is rapid," Dr. Leon restraining childbirth. ANATOLE BROYARD to 1.8 during the past Tabah, director of the In Europe, the trend of the political system decade. Despite the population division of can have major drop, however, the the United Nations, economic and in-LONDON — A large number of young told 600 specialists on dustrial implications, tional pressures that survey of 400,000 people resulting from the subject from 93 according to experts at women in 61 countries the previously high rate countries who gathered the meeting. Shrinking favored the family."

In fact, new styles of can be expect to double five-day conference to shortages, while those that in West Germany, around 'to doing assess the first returns in the work force, where the average renovations. I also letters from different

found that more said Prof. Milos couples are marrying Macura of Yugoslavia. later and using con- "The Industrial In the United States, "The decline is well traceptive methods to Revolution, the fertility rate has established, and affects delay birth, and that in- dividualism, condropped from its peak an important part of creasing numbers of sumerism — both in of 3.5 children per the world's population working women are Western and Eastern Continued from page 5

than the hard varieties.

cheeses.

tion explosion is easing. tion of 222.5 million The experts met for a to face serious labor the worst situation is

which traditionally Among other things, worked in favor of fer-

In Western Europe when the university gets

Fails

One such moment should have occurred when George announced that his son died in Vietnam. His announcement should shock the audience as well as Doris. It does not. It merely passes by as "oh by the way did I tell you that..." The gravity of this scene is lost somewhere. The audience, and seemingly George, do not ex-Ice milk and frozen yogurt have less fat than ice perience any pain, excream, and "thick" shakes have less fat than milk cept the pain that shakes, but there is usually no caloric saving comes with the realizabecause they contain considerably more sugar tion that this was a than ice cream does. Soft ice cream (frozen poorly done scene.

custard) and soft-serve ice milk contain more fat The production is horribly lopsided. Parmesan cheese and mozarella cheese made What could have been an excellent theatrical event was, instead, a poorly planned and half-executed ordeal. The script deserves better. In short, the production left me wanting

Fats

from part-skim milk have less fat than other hard

Dairy Products

you avoid certain dishes on restaurant menus: Whipped butter and margarine and diet or imthose called creamed, in cream sauce or in its own itation margarines contain less fat per serving more — but not more gravy; sauteed, fried, pan-fried or crispy; than regular butter and margarine (air or water of the same.' replaces some of the fat in these products). A tablespoon of oil or mayonnaise has as many fat calories as a tablespoon of hard fat; however, the softer fats are less saturated.

Baked Goods

with cocktail sauce; steamed; in broth; in its own juice; poached; garden fresh, roasted or stir-Most commercially prepared sweetened baked goods contain a lot of fat, and it is usually saturated fat. An exception is angel food cake. A graham cracker crust can be made with less fat than ordinary pie crust. Slightly sweetened toasts, gingersnaps, fig bars and vanilla wafers have less fat than cookies made with chocolate, cream filling or nuts. and all processed meats. Lean boiled ham or slic-

In place of fat-rich biscuits, muffins, croissants and butter rolls, choose sandwich bread, hard rolls, pita bread, English muffins or French or Italian bread. Matzohs, toasts, breadsticks and crisps are low-fat substitutes for fattier crackers. Popcorn without butter or margaine is an excellent low-fat, low-calorie snack food.

Soups

Use skim milk to prepare cream soups. In restaurants, choose clear consomme or broth, madrilene, or clear soup prepared with noodles, rice or vegetables.

Salads

In restaurants, order your salad dressings on the side. At home, experiment with low-fat dressings made with herbs and spices, yogurt and buttermilk, perhaps with just a small amount of mayonnaise. Treat avocados with the same discretion you bestow upon bacon, butter and margarine; they are all high in fats.

Suspicious Ashtrays Used By Smugglers

By BOB MURPHY Cos News Service

MIAMI - The young couple from Denver approached the harried customs inspector at Miami International Airport and plopped their suitcases on the counter.

They were self-assured and confident. They were well dressed. Their luggage was by Gucci. The only suspicious item in their luggage as a \$1.98 white, glazed ashtray marked "Souvenir of Colombia."

What would a well-to-do couple want with a cheap ashtray from Colombia, the inspector wondered.

He asked senior customs inspector Dale O'Connor to have a look at the ashtray.

"I was flabbergasted," O'Connor said later. "That very morning the Drug Enforcement Administration showed me a photograph of the same kind of ashtray. It was compressed cocaine, molded and glazed to look like a cheap ashtray. It was worth about \$20,000 on the street. They were mass-producing them in Bogota."

As O'Connor puts it, "Working narcotics at Miami International Airport is like playing hideand-seek with the best brains in the smuggling business. But sooner or later we usually win. We'd better."

thunderstorm.

For those of you who

greatly miss summer,

The Summertime Blues Are Here

Continued from page 5

One thing that even the most bankrupt of us can do in the summer is watch television. Since the summers are often uncluttered with classes or work (or anything), it is a good time too for staying up until Rocky and Bullwinkle come on and that's not until nine a.m.

I learned while trying to type this piece that

attic above it. Further-students for money; it more, I found out that seems something like calculating

ypewriter. The hammerers have adjourned to another room, so ... no, they haven't. Anyway, getting back to the sum- little better for cookmer as a whole, this is ing. also a good season for

cept to relatives. At

least I get to keep the

stamps for my collec-

tle bell on the the sidewalk anymore. zard, but that didn't Although this practice have quite the same apgives you slightly dirty peal as sitting on the eggs, it saves electricity. front porch during a If you have a teflon- nice relaxing summer coated car roof, it is a

writing letters. Writing thunderstorms, too, summer and its warmth miss there is one place where for most people, but since they are relatively and sunshine live on year round. It's those

getting them is nice. scarce in the winter commercials with the The only people who months. There was beautiful young people would write to me are thunder and lightning who splash around in

all in Greenville this last March when I was mountain streams summer, so I haven't hanging my senior art drinking beer and soft been writing much, ex- show during that bliz- drinks. Film Echoes

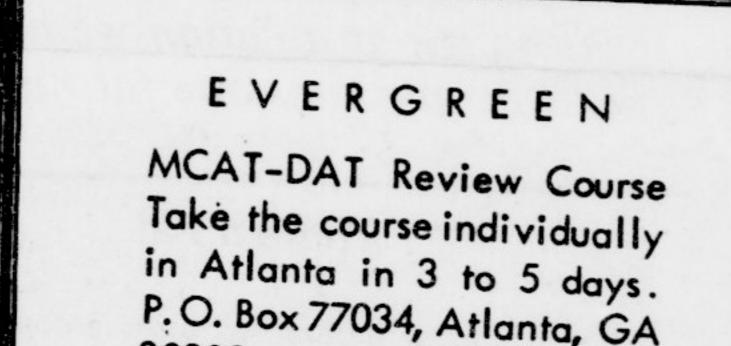
Art and Camera

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Down Town

the work is beginning around, there will be today. The lines keep some things to miss 'Dressed to Kill' moviegoers with the running off the margins about summer. It will reveals De Palma, after special satisfaction of on my paper since all take longer to preheat a short lapse, as finding a real treasure the hammering drowns ovens, and it won't be capable of moving while out the sound of the lit- possible to fry eggs on from the esoteric fringe cinema's bargain baseof the movie world to ment.

the stairs to the attic are going fishing in Death frightening as the most spirit that first marked without sacrificing the thoroughly split per- him as a director worth I work in, and that all When the fall rolls sonality in a long while. watching. "Dressed to



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RICK JURDAN