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# Chronicle

Friday, Jan. 31, 1986

Volume 63 Number 31 St. Cloud, Minn. 56301

## Tradition leads activist to fight against plight of past oppression

by Bob Keyes  
News Editor

As a Comanche Indian, LaDonna Harris has felt the pain of discrimination.

Harris, who spoke Monday night in Atwood Ballroom, was the keynote speaker for Non-Violent Alternative's (NOVA) 4th Annual Week on Violence and Non-violent Alternatives.

"(Nova Week) is so timely," she said. "The Native American experience ties in with global violence that's taking place throughout the world."

Harris compared the conflict between American Indians and this society with that between the United States and other countries in dealing with terrorists.

"When oppression continues to dominate a (group of people), irrational behavior is one way of dealing with it," Harris said.

"One man's terrorist could be another man's freedom fighter. That's why understanding what people are all about is essential. If we don't deal with our own people, we can't know how to deal with terrorists," she said.

Harris was raised in Oklahoma, a heavily Indian-populated state. Growing up gave her an awareness of how discrimination hurts American Indians and "people of all races," she said.

She blamed the past oppression of American Indians, in part, on a lack of understanding between American Indian and Western cultures.

"Indians aren't seen in a sense of our modern-day presence," but they are still cast into stereotypes of being lazy or alcohol-abusive, Harris said.

"(American people) have no sense of who we are or what we can contribute to society," she said. "What they don't understand they fear."

United States policies have cramped traditional values of American Indians, according to Harris.

Indian tribes have "internalized" laws of the constitutional government even though they differ from traditional Indian values.

Harris continued on Page 7

## Earth-shattering news



Atwood Center's main lounge became a theater of horror Tuesday as students watched newscasts of the explosion of the space shuttle Challenger. The seven astronauts, including school teacher Christa McAuliffe, were killed in the catastrophe just 74 seconds after liftoff.

Photo/Terry Meyer

## Sexual harassment gains new voice in bringing power issues to surface

by Tricia Bailey  
Staff Writer

SCS made positive steps in affirmative action Wednesday.

These steps were in the form of a panel on sexual harassment, part of the 14 hours of affirmative action education plan for SCS. The plan is a result of the affirmative action mandate of the Mary Craik case.

The first sexual harassment guidelines were issued in Title VII of the Civil Rights Act of 1964. This act prohibits employment discrimination.

In 1980, the Equal Employment Opportunity Commission issued final, interpretive guidelines on sexual harassment under Title VII. These guidelines state that:

- Title VII prohibits sexual harassment of employees;
- Employers are responsible for the actions of their agents and supervisors;
- Employers are responsible for the actions of all other employees if the employer knew or should have known about the sexual harassment.

"It's true that not all cases of sexual assault are males harassing females, but by and large that is the situation in 95 percent of the cases," said Anne Thorsen Truax, director of the Minnesota Women's Center at the University of Minnesota.

"We are pretty sure from surveys that 25 to 30 percent of the women on campus have been harassed at some time when they have been at school," Truax said.

"I have handled some 24 (sexual harassment) cases at the University of Minnesota," said Patricia Mullen, director of the Univer-

sity Equal Opportunity Office at the University of Minnesota. "I also talk to some people (about sexual harassment) on the phone."

"It's usually women bringing complaints about men, and the women are usually students or civil service workers," Mullen said. "They are generally low-status people."

"The issue (in sexual harassment) is power, not sex," Truax said. "None of us are against sex. We are talking about the issue of power—that has nothing to do with sex."

"Perceptions of men and perceptions of women are very different," Truax said. "It's a shock for some men that some behavior is actionable. It's a shock to men who have been doing it throughout their years when someone says she's not going to put up with it."

Women vary a great deal in the way they cope with sexual harassment, Truax said. "Some women don't put up with a great deal of harassment—they will tell the harasser off," she said. "Some women can't cope with harassment but come forward and report it."

"But there's a third group of women who cannot cope and don't report it," Truax said. "They simply cannot continue life as they have been."

Many women do not report sexual harassment, and this is a problem, Truax said. "Victims of sexual harassment are afraid. They don't want to cause trouble and don't think anyone will believe them."

Another reason many students do not want to report sexual harassment is because they fear retaliation, whether it be in a grade

Rights continued on Page 13

## INSIDE—

### A blizzard of winter features

Advice is like snow; the softer it falls, the deeper it sinks in.

Chronicle wants to snowball readers till they're blue in the face with tips to survive the toughest part of winter: just before spring break.

See Page 3 for a breakdown of this winter's weather.

Chronicle will not be outdone by the Minneapolis Star and Tribune—we can do a winter-theme edition too. This is it—our tribute to hardy SCS Minnesotans and a peek at life in spite of the climate. So enjoy it, you aspiring yuppies.

As with all proper newspapers, we are including a weather almanac of November, December and January. We've enjoyed a less-than-average winter, or more-than-average, depending how you look at it.

"We're way ahead in snow fall (for these three months), mainly because of November," said meteorologist Bob Young at the St. Cloud National Weather Service bureau. The temperature also has shown nonconformity. It was colder on the average in November and December, and warmer than usual in January.

"Most people appreciated the January thaw," Young said. "If January had stayed as cold as normal, it would have been a long, gold winter."

St. Cloud's weather overall has not been outstanding in the state, but it set and broke some records of its own. On Nov. 29 we had a record low of -16°F. Dec. 13 saw us tie a record of -25°.

November 1985 was the second coldest November since 1900. The coldest November was in 1911. November 1985 had an average temperature 8.7° below normal, at 21.2°. In November 1911, the average temperature was 20.9°.

By the middle of February, we can count on cold snaps lasting fewer days, Young said. The days are longer already, and the sun is higher in the sky, giving us more heat.

## Fight it out!

# Conflict is constructive problem solver

by Bob Keyes  
News Editor

The warmth of the indoors can turn hot when conflict builds between roommates.

Maybe it's cabin fever, but winter seems to be a time when friends find it hard to live together. Conflict may be the way to ease this tension and survive the long winter months spent together inside.

There are constructive ways of dealing with conflict, according to Erika Vora, who teaches a communication and conflict course this winter at SCS.

"Living with someone is not that easy," Vora said, "but conflict is an inevitable part of life." It is good for roommates to fight if they do it constructively, she said.

Most roommates like most people—prefer to avoid conflict if they can. The consequences usually are destructive though, Vora said.

"Many times we keep the peace on a superficial level and avoid the conflict. That doesn't help," she said.

Keeping conflict inside causes it to build up. Eventually, a roommate may unexpectedly lash out at another over an insignificant event. "Lashing out only leads to defensiveness," Vora said. "Then you have war."

We all have little idiosyncrasies," she said. Little things, like sloppiness or having friends over, can create conflict between roommates.

Roommates need to deal with these conflicts, however trivial

they may seem.

To deal constructively with conflict, people must keep in mind what they want out of the relationship and what they can achieve from the conflict, Vora said.

It is best to have a conflict where both parties can win, she said. "The more understanding we are (of each other's point of view), the better we can deal with conflict."

A major reason conflict cannot effectively be managed is that of personal insecurity and the need to be accepted, according to Vora.

"One of the biggest problems is finger-pointing." When this happens, a win-lose situation is created and defensiveness usually results, escalating the conflict.



Photo illustration/Janet Walsh

she said.

"In this situation, you can no longer be yourself. You have to compete with the other person to make an impression. You can't fully listen to your roommate until you (feel good) about yourself."

Destructive conflict is less likely in people with a positive self-image, Vora said.

If one roommate has a positive self-image, but another does not, the insecure one may remain

Conflict continued on Page 6

# Diet, exercise essential prescription for total fitness

by Patrick Mahony

Staying fit in winter is not easy for most students.

Many students diet without exercising or work out but do not eat right. According to health experts, both good food and exercise are important to good health.

"Nutrition and fitness are closely related—you can't really separate the two," said Terry Weyer, a registered dietitian for ARA Services. That doesn't mean students have to take a lot of time keeping track of what they eat, though.

Calculating calories is too complicated for the average person, Weyer said. Instead, she recommended that students follow the four basic food groups: breads (whole wheat is best), fruits and vegetables, the

meat group and the milk group.

A balanced diet consists of 50-58 percent carbohydrates, 25-30 percent unsaturated fat and 15-18 percent protein, she said.

"Stay away from salty foods, since they're associated with high blood pressure," Weyer said. "Saturated fats increase cholesterol levels associated with heart disease," she added.

Another woman concerned with students' eating habits is Nancy Knop, SCS women's track and cross country coach. Her recommendation: Have your meat and potatoes, but go easy on the red meat.

"A proper diet consists of high carbohydrates (potatoes, whole wheat bread and pasta) and medium amounts of protein (turkey, chicken and other white meats)," Knop said.

A good diet also includes fat—in small amounts. "You need fat in a diet to maintain structure in the body," she continued.

Fat also makes food enjoyable. "Fats are what you smell and taste in foods," Knop said.

Students can enjoy their food and eat right. But what about physical fitness?

Although health experts differ on what is the best exercise, they agree that physical fitness and eating right are equally important to good health.

"If you improve your diet and have an exercise program, you'll decrease certain health problems," Weyer said. "That in itself should be a motivating factor."

"There is no reason why students can't keep in shape," Knop said. Walking and

running are two of the aerobic exercises students can fit into their schedules, she added.

"Walking is the most practical type of exercise," Weyer said. "It gets your cardiovascular system pumping."

Frank Thueringer, co-owner of The Exclusive Gym, a local fitness club, recommended bicycling. "Bicycling is better than running," Thueringer said. "It's not as hard on your body."

Most important is to enjoy what you do and the food you eat, Knop said. "You'll feel great all the time."

That's a prescription we can all live with.

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# At 68, sculptor still carves fun out of winter

by Jerene Throckmorton

"Using snow is better than griping about it," Larry Saatzer said.

While many Minnesotans are skiing or snowmobiling their winter away, Saatzer, 68, has been sculpturing figures in his yard for 14 years now. Even as a little boy shoveling sidewalks around his house, he did not just throw the

snow in a pile. Rather, he piled it in neat stacks and made picket fences out of them, he said.

Saatzer has lived in St. Cloud all his life and has always had a desire to become an artist, which he did, in fact, achieve. He is a retired commercial artist.

Every year Saatzer comes up with a different theme for his snow sculptures. "Very seldom do I go back to the same idea," he said.

Some of his themes in more recent years include a tribute to the zodiac and the 1984 Summer Olympics. This theme contained sculptures depicting Olympic athletes, such as discus throwers, wrestlers and basketball team members with their arms extended, reaching for the ball.

Anniversaries is this year's theme. Some celebrated in the sculptures around his yard are the Vikings' 25th, the Statue of Liberty's 100th and ABC's *Wide World of Sports*' 25th. Currently, Saatzer is sculpturing the 1986 Winter Carnival Ice Palace for its centennial.

"I don't like starting a snow sculpture, but as soon as I begin to recognize results, I enjoy it," he said. He piles snow, backs away from it and then stands in front of it until he sees something, he said.

Saatzer's tools range from step ladders to two-by-four boards. "Anything that fits the occasion does a snow sculpture," he said.

Saatzer sculpts as often as he can, he said. He does not keep track of how many hours he spends at it, though, because it would make it seem too much like a job. "It's a joy, a pleasure," he said. If Saatzer knew how long it was going to take him to sculpt something, he would not do it, he said. "If I feel like coming outside, I come outside." The complications of a particular sculpture determine how many hours will be spent sculpturing.

"Snow sculptures don't get along with mother nature," Saatzer said. However, sculptures can last a long time because he packs them, he added. Ultimately, the life span of a snow sculpture depends on the winter. "You could call snow sculpturing a

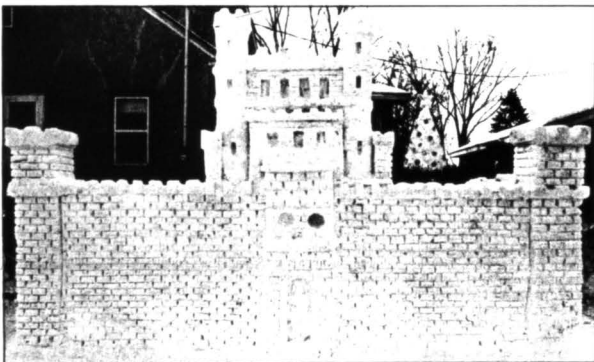
fun hobby," he said. For Saatzer, about two months is the longest a snow sculpture has lasted and one day is the shortest.

"This is the best year for snow sculpturing," he said.

Location in the yard and nature of the sculptures also determines how long they will last. Tall things do not last long, he said. "But in March, I'm glad the snow melts. I want to go golfing, and it's time to think about gardening."

Saatzer enjoys snow sculpturing because it is a creation, he said. "It's challenging." Snow sculpturing is just plain satisfying, he said.

"You don't have to be crazy, but it helps."



Photos/Deb Weish

Call it a mini Winter Carnival, when actually it is the yard of Larry Saatzer, 68, who sculpts snow. This year his theme is anniversaries, and some of his projects celebrate the 100th anniversary of the Statue of Liberty, left, and the St. Paul Winter Carnival's centennial with a replica of its ice palace.



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## Handy-dandy weather comparisons

	Snowfall		Temperature	
	1985	Avg.	1985	Avg.
Nov.	18.3 in.	5.9 in.	21.1°	29.8°
Dec.	10.9 in.	7.9 in.	4°	15.2°
Jan. (approx.)	9 in.	8.8 in.	11°	7°

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# Editorials

## Do not turn page on Challenger without learning a lesson

In the haste to assure ourselves and the world that the shuttle show must go on, we are missing a life-and-death lesson.

In the days since the Challenger tragedy flashed into our lives, public discussion has insisted that manned space flight continue. Calls to continue the program often refer to early setbacks of airplane flight. Pioneers of the skies did not give up flying just because some planes crashed, the reasoning goes.

Perhaps a better analogy would be the national tragedy of President John F. Kennedy's assassination. There was shock and horror then, just as there is now. Yet there was no public outcry for a new form of government because a president died. Nor is there any public outcry to

dismantle the shuttle program now.

A program in which billions of dollars and measureless human energy has been invested will not be abandoned because of one disaster, however horrifying. Most Americans neither expect nor want that to happen. Those who try to persuade an unwilling America to press on undauntedly are pleading to an imaginary foe.

The reminder that people sometimes die while challenging new horizons is not the only lesson to be learned from this tragedy. The instant incineration of two women and five men aboard the Challenger should also remind us of our human frailty and imperfection.

The seven who died were brave

men and women, but they did not reconcile themselves to giving their lives for the space shuttle program. They dreamed of coming back to share their lives and experiences with the world.

A "major malfunction" turned those dreams into a "nightmare in the sky," and left us feeling all the more vulnerable. As that majestic symbol of power roaring toward the heavens suddenly collapsed into mindless fireballs zig-zagging crazily across the sky, the precarity of our lives flashed before our eyes.

One lesson we must learn again and again is that we cannot be perfect, nor can our creations. We can use technology to risk new ventures, but we should not be lured into believing that technology makes us

indestructible.

If that lesson is applied to another proposed space program, commonly called Star Wars, the program will be seen for what it is: an impossible dream.

Billions could be spent on such a program. The finest engineers in the world might create a system that would be incredibly reliable. But money and mathematics cannot erase the chance of human error.

Christa McAuliffe embraced the uncertainty to give others the chance to share her life. This teacher's last lesson was that life cannot be lived under a blanket of false security. It can be truly lived only by challenging fears, so as to share our lives.

## Letters

### Writer's letter on rape misunderstood

In reply to Thomas Schneider's letter opposing Felix Okafor's opinion about rape, I would like to say that Thomas didn't understand the idiomatic expression Felix used. What Felix actually meant, if I understood him, is that there is not much rape anymore on campus, nor throughout the country. When a boyfriend and girlfriend have a misunderstanding the girl might accuse the guy of raping her, which is a reality in some cases.

Also, Felix's letter doesn't say that rape doesn't exist. It does, and both sexes might rape each other. So, my friend, Thomas, you should stop practicing favoritism. The ladies will see it as practicing sexism against them. You should allow them to write and express their own opinions against Felix's article.

There is nothing like unreported rape if a person has actually been raped. To me, an unreported sexual encounter means that both enjoyed their sexual relationship; in that case, there is no victim of circumstance. If there is a rape, the incident shouldn't be unreported. How can society combat such a crime if it goes unreported?

**Ignatius Okonkwo**  
Senior  
Criminal justice/psychology

### Sports deserve support, not criticism

Isn't it about time we stopped all of these stupid comparisons of the basketball and hockey teams at SCS? For crying out loud, both teams are having terrific years, and we should all be proud. Trying to compare the two sports is like comparing apples and oranges. It simply can't be done. Both sports require tremendous amounts of skill and athletic ability. Both sports are exciting to watch, but for different reasons. That's why they are appealing to different people.

What's the use of arguing over which sport is more exciting? What are we going to do, vote on it and pick one sport for everybody to watch? Not very likely.

Let's be realistic. Minnesota has a rich hockey tradi-

tion, and the SCS pucksters are having a great season. If you're a hockey fan, get out to the arena and cheer them on! If you're a basketball fan, get down to Halebeck and cheer for the hoopsters!

If you think one sport is better than the other, fine. Don't let it ruin your day, though.

Finally, I would like to comment on *Chronicle's* role in this controversy. I think it's very sad indeed when a good newspaper feels it must create controversy to attract attention to itself. Printing the first hockey vs. basketball letter in the Jan. 21 issue was irresponsible journalism at its finest. Why try to bring down the spirit of the university by letting someone criticize the sport that just happens to have its No. 1 team at your university? There was just no need for that.

I felt that up to then, *Chronicle* had been doing a fair job giving equal time to both sports, as well as women's basketball, swimming and wrestling. It's only natural when a team is ranked first in the nation that it is going to receive extra attention in the media. It's no reflection on the accomplishments of any of the other sports.

Come on, you *Chronicle* people. Let's promote pride, not controversy. We have the *Enquirer* for that.

**Rick Rignell**  
Junior  
Physical Education

### Book exchange not described well

As assistant director of the student book exchange, I felt the headline referring to the exchange as "inefficient" was inappropriate.

The simple purpose of the book exchange is to allow students to purchase and sell their books without the high costs and hassles associated with the bookstore. I feel this is done, and done efficiently.

Bob Keyes' story said that "compensation and organization are downfalls of the student book exchange." True, but these aspects deal with the structure of the exchange and do not in the least affect its operation or ability to

serve students.

Students buying and selling their books are not concerned with how much the accountant gets paid or what the staff structure is; most are thankful for the opportunity to use this service.

Perhaps our news editor should consult his thesaurus more often in the future.

**Lynda G. Kisby**  
Junior  
English

### Laughter—the best breath freshener

We have all heard such quotes as "laughter is the best medicine" or "take it with a grain of salt."

Or have we?

While reading the letters I began to wonder if any students here have a sense of humor.

Lighten up, SCS! The world is too depressing without being offended by an "obscene" banner at a basketball game, insulted that someone prefers hockey to basketball or worried about the sanity of a person who thinks homosexuals and gerbils have something in common.

The best reaction to such antics and satire is not to get defensive, but to pass them off as amusing or downright funny.

Besides, all that pent up stress can only lead to alcoholism, suicide and terminal halitosis—not necessarily in that order.

Thank you, and have a nice day.

**Tim Valek**  
Junior  
Biology

**Correction:** In Tuesday's edition, one portion of Scott Silva's letter read: "The average basketball game is about two and a half hours shorter than the average hockey game." However, this was incorrect. Silva's original letter said the average basketball game is a half hour shorter.

## Adventures Aboard



# Opinions

## Disaster is 'challenger' to American courage

By Tom Dell

Shock.

Utter and complete shock gripped SCS Tuesday, and indeed, the whole nation.

Seven national heroes died in a tragedy as horrifying as it was awesome. SCS educators learned the fate of one of their own, social studies teacher Christa McAuliffe, and pondered the implications of this devastating blow to man's headlong plunge into the future.

No one knows for sure what caused America's graceful space shuttle Challenger to explode after takeoff.

But there will be theories. Some of them will be helpful. Some of them will not.

Whenever anything as shocking as this occurs, two types of peo-

ple emerge. There are those who wish to know the cause. And there are those who wish to place the blame.

The cause-finders will give us the information we need to carry on after the tragedy.

The blame-placers will torment us by forcing us to re-live the nightmare as they attempt to find a target on which to vent their impotent outrage.

We are shocked. We are stunned. We are numb.

We are not defeated. Remember always that the spacecraft was not solely NASA's Challenger—it was America's Challenger. We must not stray from this nation's destiny in space.

If we do, those seven heroes have died for nothing.

Tom Dell is a junior majoring in mass communications.



## 'Good old days' seemed colder, harsher; today's living easier

by Gary Gunderson

How many times have you heard the old folks say how tough they had it in "their day?"

"Back when I was a kid, we had to walk 13 miles through waist-deep snow drifts to get to school," the old-timers say. "And that was one way. And it was a lot colder back then, and snowed more and was windier. But boy, a dollar was a dollar."

As far as economics go, I cannot argue that a dollar is a dollar, if you have one. But I do not think our weather patterns have changed that dramatically in the past few years.

The old folks may have a point, though. It probably felt colder back then because they did not have modern conveniences we now take for granted.

Before 1940, Minnesota winters were even more brutal than now because a lot of effort was needed to keep warm and get somewhere.

Before home heating was graced with natural gas, fuel oil and electricity, people had to burn wood, corn cobs and coal. These organic materials would have to be shoveled by hand into stoves. Now, we do not give a second thought to turning the heat up a few notches because it is so



Photo courtesy of Stearns County Historical Society

George and Therese Klein seemed quite happy with their 1911 mode of transportation in Minden, Minn.

effortless.

Transportation back then was more basic. Roads were mostly dirt—dusty in dry weather and miles of mud otherwise. In the winter, snowdrifts covered these roads, making them impassable for horse and buggy. In any season, the only way to go more than 10 miles was by train. Now we have all the options of the mechanized age, except for trains.

The cars of the early 20th century were not conducive to winter travel. Autos with closed roofs did not become affordable to the mass market until the late 1920s. Before then, all that protected people from

the elements was a thin canvas top and inadequate or non-existent heaters.

Think of hand-cranking a cold and stiff car motor. No wonder many people considered driving a car a summer avocation and put the Model T on blocks for the winter. The horse was more dependable, needing only hay and water.

The modern automobile is the greatest equalizer in America. People can now go anywhere they please in almost any kind of weather, no matter how rich or poor they are. It also gives people the chance to go to the mall or to south Florida without chance of frostbite.

It is strange how transportation has changed in the last 70 years. Back then, the poor had horses and the wealthy had cars. Now, the rich have all the horses.

Claustrophobia must have been a terrible problem back then. Now when it is very cold or snows heavily, people have televisions, video cassette recorders and other diversions to fill their time.

What did they do back then, when Minnesota was a more rural state and nobody dared travel more than five miles from home in winter? They read books if they had them, told stories and went to church. If that was not exciting enough, they probably made pudding just to watch it harden.

There is no way I would want to go back to those earlier times. I do not understand how people could call those years "the good old days." My idea of a good time is not pushing more wood into the stove or sitting at home because the snow is below level to my horse. We now have a chance to have more fun during winter because of our labor-saving gadgets and better transportation systems.

But they did have one advantage back then: They never had to jumpstart a horse.

Gary Gunderson is a senior majoring in mass communications.

### Chronicle

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# Don't trip on own travel-plans

by Tim Hennaghr

Travel may broaden the mind, but a poorly planned vacation can give anyone a headache.

Students going on trips for spring break can benefit by consulting an expert—a travel agent. A visit to a travel agency can yield travel information quickly and accurately and avoid some common mistakes made by student travelers.

"If you go through a travel agency, you have the benefit of access to information that you yourself would have to spend a lot of time and energy getting," said Laura Wanciered, an agent for Bursch Travel Agency. "We can use our computer system and our toll-free numbers to get information for you."

Agents can arrange travel

packages for specific locations, according to Wanciered.

"Most agents will try to find out what you are planning to do, if you are looking for air travel or if you need a package with a hotel," Wanciered said. "If you see an idea of what there is to see, they will try and get that organized for you so when you pick up your tickets, you have all that information at one time."

Students flying to their destinations should allow plenty of time before boarding their planes. "Definitely check in early—try to check in at least an hour beforehand. That cuts down the last-minute tensions and the rush," Wanciered said.

A troublesome area for traveling students is the legal drinking age in other states. "This is a big problem in the airports," Wanciered said.

"A lot of young people go into bars where they are not old enough to drink. Don't harass the bartender if you are not old enough," she said.

Once students arrive at their destinations, other activities are offered besides drinking. Checking in with the hotel front desk can be a helpful guide to area nightlife. "They can tell you where the tourists go and where the locals go," Wanciered said. Travelers often prefer places where local people go to enjoy the atmosphere, she said.

"Flexibility is the key," Wanciered continued. "It's fun to do things on the spur of the moment, but do have a basic plan of what you want to see. Give yourself plenty of time at each thing you do."



Cartoon/Monte Gruhke

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## Conflict continued from Page 2

silent in a conflict, giving permission to be "stepped on," she said.

"In our culture, we need to be assertive. A person can be quiet and still be assertive, though," she said. "Roommates affect each other tremendously, but often they take each other for granted. If we never (engage in conflict), we get taken for granted so much that we don't get listened to anymore."

Lack of individualism among people is a reason for avoiding conflict, Vora said.

"There's a lot of plastic out there," she said. "Trying to fit in and be popular is particularly important to students, but in doing so, we don't assert ourselves. Why do we not want to be different and let people see who we are?"

Engaging in conflict and revealing oneself can be tremendous self-image builders, according to Vora. "You might not be loved

(for your opinion), but you will be respected. This has a lot to do with integrity," she said.

"Some conflicts can't be resolved, but all can be constructively managed," Vora said. "It's a question of attitudes. We need to understand that conflict isn't a bad thing. Our society is based on conflict and the best relationships have conflict."

"We can all create a supportive, healthy way of dealing with conflict in our lives," she said.

"If we want the relationship to grow, we have to engage in conflict by listening with our ears, heart, brain, understanding and empathy," she said. "Put yourself in the shoes of the other person without taking off your own shoes."

"If we can listen like this, it's truly an act of caring and of friendship," Vora said.

Winter does not need to be so cold, after all.

**A WOMAN GETS BEATEN**

**THE WAY TO STOP IT IS TO BECOME UNITED.**

# Harris

continued from Page 1

This has caused conflict among Indians and between Indians and whites," Harris said.

"It's very hard to change (American) history to include the Indian," she said.

"We're not part of anyone's consciousness until something negative happens," she said. "(In the past), the only progress we've made has been based on violence. It's been part of our struggle (with whites), but not part of our tradition.

"As we've become more sophisticated, we've taken these conflicts to court," she continued. "but as we learn the rules of the game, the laws change on us."

Comparing traditional Indian and American constitutional governments, Harris criticized American government because it yields winners and losers. "When you lose, it's a form of rejection," she said.

"Certain traditional Indian customs could eliminate this win-lose structure and bring greater equilibrium to everyone," Harris said.

American colonialism overshadowed the pride and intelligence of the American Indian, according to Harris. It instilled in them a negative self-image, based on early American beliefs that the white man's views ruled over those of Indians. This conditioning has played a part in the



LaDonna Harris

Photo/Janet Walsh

American Indian's lack of identity and other problems they have faced since," she said.

"It was a new way of conditioning. If you don't see yourself as someone of value, you become self-destructive," she said.

Harris metaphorically compared the American Indian's self-concept to an apple—red on the outside but white on the inside.

American Indian tribes are as culturally diverse as are Italians and Chinese," Harris said. "There's no such thing as an Indian," she said. There are Comanches, Sioux and other groups of Native Americans.

Comanches are interdependent, according to Harris. "It's important to maintain your cultural identification. It restores a sense of self-pride. My strength is in knowing I belong to someone bigger than

myself," she said.

In improving the lives of Indians, women and other minorities, Harris has been awarded two honorary degrees and the Human Rights Award by the National Education Association. She views these accomplishments as repayment to her tribe.

"As a Comanche, the more privileged you are, the more you give back to (your) community. It's a contribution to making us a (more) whole people," she said.

"There is hope (for unity among Indians and whites in the United States)," Harris said. Young Indians are being better educated and their self-image is strengthening, she said.

"As tribal governments become more confident, the larger community will see us in a more stable way, and they'll look at what we have to contribute to the United States," she said.

"There are many positive values of Indian culture—like giving, sharing and equalizing—that everyone could learn from," she said. "If these were incorporated into the (United States') social structure, all (Americans) could be more harmonious, rather than antagonistic."

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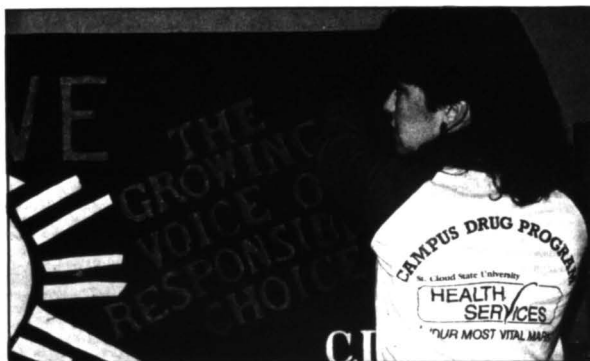
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# Arts/Entertainment

## Non-alcoholic drinks provide party choice



Natalie Schreiner hangs the Alternative Bar banner, advocating "The growing voice of responsible choice." The Alternative Bar serves non-alcoholic beverages. Photo/Terry Meyer

by Jan Hanson  
Arts/Entertainment Editor

An increased awareness of alcohol's negative effects has produced alternatives in entertainment.

SCS' Campus Drug Program provides the Alternative Bar for parties and other social functions. It serves attractive and healthy non-alcoholic beverages in place of, or along side of, alcoholic beverages.

The Alternative Bar was started in 1980, a time when college campuses that could legally serve alcohol began to offer non-alcoholic beverages. This created an awareness of alternatives for socializing, according to Ramona Yunger, administrative director of Student Health Services.

"The bar experienced a lot of activity in the first years, serving at different university functions and social events," Yunger said.

Now the alternative bar wants to stretch out to student parties on

and off campus. "The Alternative Bar was made available to give students a choice," said Marcia John, Campus Drug Program, who is working toward a certificate to counsel problem drinkers.

"Some people are hesitant because they think (the Alternative Bar) is different," she said. "Others enjoy having something other than alcohol to drink. People are becoming more aware of the problems of alcoholism and are turning to alternatives."

The Alternative Bar is a portable service that travels to parties. Peer educators from Campus Drug take turns setting up and serving drinks. They charge a set-up fee plus the cost of drinks.

The Alternative Bar is set up every Tuesday in Atwood Showboat. A fraternity has requested that the bar serve at a party, John said. They will also be at one of University Program Board's Snowlaze dances.

"Campus drug doesn't stress

abstinence but responsibility when people are having a party," John said.

"There is a difference between being a social drinker and being a problem drinker," John said. "The social drinker drinks for entertainment, while the problem drinker drinks to cover up problems or feelings."

JoAnne Kane, program coordinator for Campus Drug, defined social drinking as drinking without becoming intoxicated. She said this is generally about one drink an hour, depending on the size of the drink and the size of the person.

"Drinking is an accepted way to mix with people," Kane said. "The cross-over to becoming a problem drinker is when the person gets a DWI, or has other problems caused by his drinking, and he continues to drink anyway."

"There is a lot of experimentation with drinking at the college stage," she continued. "What we are saying is alcohol is a drug and



"Bartender" Judy Murphy, SCS student and peer counselor for the Campus Drug Program, mixes a drink. Photo/Terry Meyer

needs to be handled with respect. If you are experimenting, we provide information about drinking—that there are other alternatives to getting drunk."

Most people do not know how to party without alcohol. "Parties geared around physical activity, like volleyball, are good mixing activities. A group that doesn't know each other well can mix that way," Kane said.

"A winter-time party could be centered around food and non-alcoholic drinks," Kane suggested. "It is safer not to drink alcohol at a party when planning an outside activity."

Kane suggested having a party centered on a common goal—something to work on together.

"I had a Super Bowl party," Kane said. "We had different foods that we didn't usually make."

Parties can be a chance to watch old or new movies. People can experiment and come up with different drinks for different parties. Campus drug has recipes for hot or cold drinks, she said.

"Responsible hosting is more prevalent today. Even if the host serves alcoholic beverages with dinner, during the last couple hours non-alcoholic beverages can be served. It is important to

know that coffee does not sober people up, only time does."

When college-age students try the Alternative Bar's drinks, the hope is that they might more likely use non-alcoholic drinks at public places, according to Yunger.

Public places are becoming more sensitive to the choices people want to make in their drinking. D.B. Searle's is one downtown restaurant serving a variety of non-alcoholic beverages in the bar. Some well-known drinks are made without the alcohol, including pina colodas, daquiris and coolers. They also serve alcohol-free beer.

Campus Drug's Alternative Bar will serve at any party. They bring the mixes and supplies. Drinks like the Robert Redford, the Pike Driver, the Catawba Cooler cost 25 to 35 cents. The bar can be set up anywhere, Kane said.



Nita Bischoff tries the non-alcoholic drink "Showboat Special" Tuesday night in Atwood Showboat. The Alternative Bar serves there each Tuesday night. Photo/Terry Meyer

## Music ■

**Jazz Ensembles**—Jazz I and Jazz II will perform Tuesday at SCS. The performances will be conducted by Robert Greene, SCS instructor of music. Some features include *Daphne Dance*, by Herbie Hancock and *Don't Get Around Much Anymore* by Duke Ellington. Selections by Sammy Nestico, Thad Jones and Don Schamber will be performed. ■ **The jazz performance is 8 p.m. Tuesday, Stage I of the Performing Arts Center.**

**Showboat Presents**—A variety of music by Barbara Bailey Hutchison will be presented Tuesday in Atwood Showboat. She has released three albums of original music. She plays contemporary light rock on the piano and guitar with a special sense of humor. Hutchison won the campus entertainment award in 1984, given by the National Association for Campus Activities. ■ **The performance is 7:30 p.m. to 9:30 p.m. Tuesday, Atwood Showboat.**

## Films ■

**Cal**—In conjunction with NOVA's Week on Violence, this film is a story about the love between a young, Catholic man and the widow of a Protestant policeman. The relationship becomes overshadowed by war in Northern Ireland, with both sides being driven by fanaticism and revenge. ■ **The movie is 3 p.m. Friday and Saturday and 7 p.m. Friday, Atwood Little Theatre.**

**Picnic at Hanging Rock**—A mystery film about the disappearance of four people who are led by a friend up Hanging Rock, a geological formation in Australia. One girl is found alive but has no recollection of what happened. ■ **It will be shown 3 p.m. Wednesday, 3 and 7 p.m. Thursday, Atwood Little Theatre.**

## Theater ■

**Dance**—Nina Wiener and Dancers will perform at the Benedicta Arts Center at the College of St. Benedict. Wiener established her own dance company in 1976. She was selected to be one of six participants in the American Ballet Theatre Workshop/Emerging Artists Laboratory directed by Mikhail Baryshnikov. Her works include commissions for American Ballet Theatre II and North Carolina Dance Theatre. ■ **The performance is 8 p.m. Wednesday in the Benedicta Arts Center, College of St. Benedict. Tickets are \$5 for students and senior citizens, \$4 for children and \$6 for non-students adults.**

**County Stearns Theatrical Company—Relatively Speaking** ■ **Productions are 8 p.m. Thursdays through Saturdays, with a 2 p.m. Sunday matinee Feb. 16. Tickets are \$5 on Thursdays and Sundays and \$6 on Fridays and Saturdays.**

## Art Exhibits ■

**Jewelry exhibit**—A mixed-media jewelry exhibit by Laurie Field Mahling will be displayed at the College of St. Benedict. Mahling creates earrings, neck pieces and pins by folding paper into various three-dimensional forms and stiffening them with lacquer paints. Metal, beads and twine are added to finish the jewelry. ■ **The exhibit is open daily until 11:30 p.m. through March 7, Benedicta Arts Center Gallery Lounge, College of St. Benedict.**

**Painting Exhibit**—Jon Anderson, SCS art student, is featured in the student gallery of the Kiehle Visual Arts Center. ■ **Opening reception is 7:30 p.m. Feb. 4 in the Student Gallery.**

**Paintings**—Richard E. Weis will display his paintings in Kiehle Gallery. ■ **The exhibit is Feb. 5-28 in the Kiehle Gallery.**

## Healthy drinks sure to wet your whistle

by Jan Hanson  
Arts/Entertainment Editor

In case your next party is going to be activity oriented instead of alcohol oriented here are a few recipes to serve appetizing and healthy drinks.

### Mock Margarita Punch

12 ounce can frozen lemonade  
12 ounce can limeade  
1 cup powdered sugar  
4 egg whites  
6 cups crushed ice  
1 quart club soda  
lime slices

In a four quart non-metal container combine lemonade, limeade, powdered sugar, egg whites and crushed ice, mix well. Cover and freeze, stirring occasionally. Remove container from freezer 30 minutes before serving. Spoon 2 cups slush mixture into blender. Add one cup club soda. Blend until frothy. To serve, if desired rub rim of glass with lime slice, dip rim in coarse salt, fill glass. Garnish with lime slices. Makes 24 servings.

### 7 Up Slush

6 cups boiling water  
2 cups sugar  
1 46 ounce can pineapple juice  
24 ounce can orange juice  
5 bananas

Add sugar to water, mix. Add rest of ingredients. Mash fairly ripe bananas and add to rest of ingredients, freeze. Add 7 up to each glass of slush when serving.

### Hot Drinks:

#### Apple Eggnog

4 eggs separated  
2 tablespoons sugar  
2 cups vanilla ice cream  
2 cups apple juice

In large bowl beat egg yolks until thick. Add sugar ice cream and apple juice. Mix until blended. Beat egg whites until stiff peaks form. Fold into apple juice mixture. Sprinkle with nutmeg. For orange eggnog, substitute orange juice and omit nutmeg.



St. Cloud restaurant/bars, like D.B. Searle's, serve non-alcoholic beverages for non-drinking customers.

## Community program drives home partying safety

by Amy Hinsverk

St. Cloud's most popular bars and restaurants are helping decrease the number of drunk drivers.

Drinking is a factor in at least half the fatal motor vehicle accidents, according to some studies.

The activities of local community groups have increased awareness of the drinking driver problem in the public sector and among legislators and courts.

Many bars have taken action in an effort to reduce the number of drunk drivers in St. Cloud. In recent months, almost all bars started offering a designated driver program—a means of rewarding special privileges to persons driving drinking people.

LaChateau Restaurant and Lounge has a designated driver program and feels it is effective, said Tina Posch,

LaChateau floor supervisor. Part of the program is a bus service to and from SCS. In June, LaChateau started serving pop to anyone driving two or more drinking customers. Offering free hors d'oeuvres and selling food at the bar are ways to deter people from consuming only alcohol. Eating also slows down the absorption of alcohol in the blood stream, according to Posch.

Many people make use of the bus service, Posch said. The restaurant is planning to start a bus service to the College of St. Benedict in the near future.

The public is made aware of LaChateau's program by advertisements on KCLD radio. "We do all we can to protect our patrons as well as ourselves," Posch said.

Village Paradiso tries not to promote just alcohol, floor supervisor Deb Moen said. "We also carry specially priced deals on food and non-alcohol beverages."

Beginning this fall, the Press Bar started serving pop to

the driver in a group. "As a member of Northwestern Beverage Association, I'm aware of the tougher DWI laws. It's a service for the well-being of the customers," owner Greg Payne said.

O'Hara Brothers' Pub offers free pop and a taxi service for "those who are really in need of it," employee Ron Knudson said. During the year, an estimated 300 people make use of the taxi service.

Trader and Trapper rewards responsible drivers by giving them free pop on the night they are driving. But when they return, and are not driving, they receive two free drinks, owner Ken Turner said. A sign on the front of the building informs customers of the deal.

Trader and Trapper also runs a bus service to SCS. "Offering the bus service and pop is better for students. It helps out the police and protects the bar," Turner said.

# Sports

Staying on top

## Streaking Huskies ramble to 18th straight victory



SCS senior forward Kevin Catron shoots during Tuesday's win against Morningside College. The top-ranked Huskies are at home for a pair of NCC games this weekend.

by Jeff Marr  
Sports Writer

The SCS Huskies have become a team of streaks.

The men's basketball team tore away from a 16-14 deficit by scoring 22 unanswered points—a streak that helped them to an 89-77 victory over North Central Conference foe Morningside Tuesday night at Halenbeck Hall.

The victory boosted the Huskies winning streak to 17 straight games, giving them an 18-1 overall record and a perfect 9-0 conference mark.

"The streak is kind of a symbol of a fast break team," Coach Butch Raymond said. "When we get a streak we really get things going."

The Huskies assumed a 36-16 lead at the five minute mark of the first half after scoring the 22 straight points. They then went on to post a 44-23 halftime lead and never looked back.

The Huskies came out flat in the second half, allowing Morningside to close to within eight points several times. But all was pretty much said and done when Kevin Catron jammed home a Terry Kuechle miss at the 3:52 mark. The resounding dunk brought the Huskie crowd of 5,049 to its feet, roaring its pleasure for nearly ten minutes.

The Huskies warmed to the crowd, playing tenacious defense the remainder of the game and coasted to the 12-point win.

For Butch Raymond and his Huskies it was good to be home again after being on the road for three straight games.

"Fantastic," explained Butch Raymond of the crowd. "It's very rewarding to see a crowd like that behind you. They were very instrumental in our run in the second half."

"It was fun," explained Barry Wohler of the crowd antics. "When 'K' (Catron) got that dunk we kind of played with them.

The crowd got fired up and got us fired up. We played tough defense after that and kept them going."

Bruce Anderson turned in yet another fine game, scoring 22 points from his post position, while pulling down nine rebounds. Kevin Catron led the Huskies with 28 points, while grabbing 10 boards, and Barry Wohler added 15 points.

"I've really been concentrating on being a consistent player," said Bruce Anderson whose consistency, as well as steady improvement per game, has optimized the SCS team. "I'm shooting better and good players have been getting me the ball."

Sophomore guard Reggie Perkins placed himself in the record book Tuesday night, eclipsing the SCS record for most assists in a season. Perkins dished out eight assists on the evening, giving him a season total of 112, surpassing the old mark of 111 set by Jeff Browne in 1980-81.

"It's a great feeling to break the record," Perkins said. "What a better way to do it than in front of the home crowd."

"On the road we play against five guys and the crowd. At home we've got the crowd and we want to please them."

### Hot Huskies stay No. 1 for second straight week

NCAA Division II poll

St. Cloud State	18-1
Sam Houston State	20-1
Mt. St. Mary's	15-2
Gannon (Pennsylvania)	17-2
Norfolk State	13-1
Wright State	17-2
Delta State	15-3
New Hampshire College	14-2
Sacred Heart	15-3
Kentucky Wesleyan	14-4
Tampa University	15-4
C.W. Post	16-3
Cal State—Los Angeles	11-3
Milwaukee	15-3
Jacksonville State	12-4
Lewis University	16-2
Mercyhurst	16-2
Eastern Montana	14-3
UC-Riverside	14-4
Northern Michigan	15-5

## Ice fishing: Catching panfish a matter of technique

A bobber that constantly floats, never sinking, wriggling, bobbing or doing anything else that indicates fish activity below can be a depressing sight for winter panfish anglers.

The mere-thought of sitting idle for hours without a bite can bring out symptoms of severe depression in even the strongest-willed panfish enthusiast. Yet one main reason most winter panfish anglers fail to fill their bucket with sunfish, crappies and perch is their lack of mobility. Simply sitting on one spot all day severely decreases a panfish angler's efficiency.

Most ice fishermen do not fish as efficiently as open-water fishermen. Few open-water anglers would be content fishing just one or two areas on a lake for a whole day of fishing. This, however, is the strategy used by many ice fishermen, and those seeking panfish in particular. Many disgruntled ice fishermen will fish through one hole for several hours. If they do not catch any fish in this time they will simply pack up and head for home, mumbering to themselves on the way about how poor the fishing was.

Open-water fishermen go to the fish; ice fishermen let the fish come to them, and, often times go home skunked. More fish are caught by seeking them, and then staying on them one they have been located.

Efficiency can be carried on step further in this situation.



Chris Carlson  
Outdoors

Most open water anglers would never dream of venturing out on a lake without a properly rigged boat, a smooth-running outboard, a tackle box full of the necessary equipment, a depth finder, fresh bait and so on.

Ice fishermen, on the other hand, frequently fail to prepare themselves as efficiently as the open-water angler. They are famous for going out on the lake unprepared. The primary difference between the winter panfish anglers who consistently get skunked and those who fill their buckets is their approach. Panfish anglers who catch more and bigger fish abide by a few simple, but important, guidelines.

Mobility is an essential element in a panfishing strategy. After fishing in an area for 20-30 minutes without any action, pack up and move to a different area. Sometimes it is not necessary to move to a completely new spot. It is not uncommon to see an angler abandon his old hole which is not producing, move 15-20 yards away, drill a new hole and immediately begin catching fish. The distance moved on the ice is not the crucial factor; it is the change in the depth of the water below that matters most.

The name of the game is locating an active school of fish. In the frigid winter water temperatures, it is extremely rare to find panfish schooling moving. Do not expect the fish to come to you.

Once the fish have been located, it is important for the panfish angler to be versatile, making sure to change methods in an attempt to discover which method is most productive. To do this, a panfish angler should always carry a tackle box with a selection of different types of jigs and plain hooks. The color jig which is working best will often change from spot to spot. When the right combination has been found, stick with it.

When fishing panfish, the jig size should never exceed one-sixteenth ounce. The smaller the hook size, the more

Carlson continued on Page 11

'Snow what?'

# Winter campers pitch tent, rough it year round

by Mike Casey  
Sports Writer

When most think of winter camping, they envision themselves sitting in a tent, shivering, and wondering when they will get to go home.

But, for seven SCS students, winter camping will be much more this weekend.

They are campers braving the cold for a weekend trip to Wild River State Park, 10 miles north of Taylors Falls, Minn. It is sponsored by the University Program Board's Outings Committee.

Though camping in this weather may seem crazy to some, Atwood Recreation Center manager Paul Young said winter camping offers a person lots of activities.

"There are no bugs, you don't have the crowds, you get to participate in winter activities, such as snowshoeing, cross-country skiing and fishing. You get a chance to take unique photographs and enjoy the solitude winter offers," Young said.

"It's a special kind of quiet in the winter because you have total silence—unlike the summer when you hear the rustling of the leaves, for example," Young said.

"It is a really satisfying feeling to get away and relax," senior Tom Schneider said. "Camping is a good way to take a break from the pressures of school."

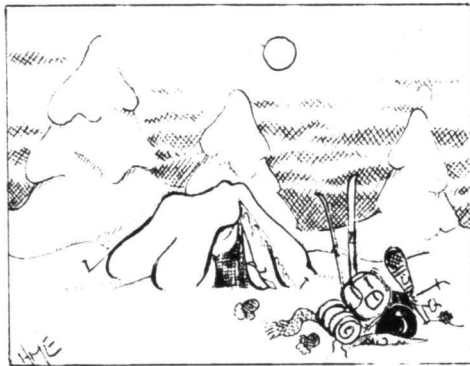


Illustration: Ned Eckroth

The person who engages in an activity like this can be almost anyone, Schneider said. "I think anybody who likes winter activities can do it. They just have to be willing to learn, and the easiest way is to try it." Schneider will winter camp for the first time this weekend.

But those who have a positive mental attitude and can be creative with their time will have the most enjoyment, Young

said. "You've got to go with the flow and make the best of your situation," Young said.

After finding a positive group of people, the next step to a successful trip is preparation and caution, Schneider said.

Because winter conditions are unusual for camping, the kinds of clothing and foods taken on the trip can make a big difference.

When planning a menu for the trip, Young advised, remember you need to eat about 4,500 calories a day compared to the normal 2,000-3,000. "When you're skiing or snowshoeing, you are exerting energy for that activity as well as exerting energy trying to keep warm."

Foods containing high carbohydrates are good because they help maintain energy longer. More liquids are needed also, because the air is dryer and a person dehydrates faster, Young said. Liquids also make up for a person's water loss due to perspiration, he said.

When picking out your clothing, you should be concerned with garments that keep you the warmest and driest, Schneider said.

To keep warm, the camper should wear wool or an insulated material, such as getex, warm boots and gloves. "You should layer your clothing as much as possible," Young said. "This way you have the warmth of the clothes, plus the air trapped between the clothes, forming the insulation."

Keeping dry means wearing windproof or rain gear. "Synthetics are good because they are non-absorbent," Young said.

The Outings group leaves 8 a.m. Saturday and will return 6 p.m. Sunday.

## Stargazing not just for summer

Summer is not the only time to gaze at heavenly bodies in the nighttime sky.

Stargazing might not be the ideal winter activity, but considering there are just four ideal gazing weeks throughout the year, the thought of viewing a crisp, winter night sky might not be so cold after all.

Consider the following display this winter's nighttime sky has to offer:

- The biggest advantage of winter stargazing is a longer period of darkness. This is a disadvantage for those who don't appreciate the opportunity to stand in the cold longer. At least there are no mosquitoes.

- There is also less humidity and the atmosphere is less turbulent, providing a clearer view of the skies, according to Charles Eckroth, chairman of the Department of Physics and Astronomy.

- The moon is seen higher up in the sky now than in summer, Eckroth said. It looks larger



Illustration: Monte Grubbs

and brighter than in summer too because of the less turbulent atmosphere.

- The winter sky hosts some of the brightest constellations in the heavens, including Orion, with his three-starred belt, Taurus the bull, the Gemini

twins and, of course, the Big Dipper.

Not every twinkle in the sky is a star, however. The planet Jupiter, for instance, is one of the brighter star-like objects to be seen this winter. It is positioned low in the southwestern

sky and can be seen with binoculars just after sunset.

Halley's Comet will not be easily visible again until late February, Eckroth said. "Through binoculars, it looked like a small fuzz ball (earlier this winter)," he said. Halley will be most visible when it returns just in time for spring breakers traveling south.

"Students in Florida will have a much more spectacular view of the comet than we will up here," he said. They will have to get up pretty early, though, because the best viewing time will be just before the sun rises.

Comet-watchers should take note that the best viewing times in Minnesota for Halley's comet will last only about two weeks.

The magic of winter's lucky stars soon will be gone—and, really leaving you in the cold.

### Events this week

#### Friday

Men's basketball  
at Halenbeck Hall, 7:30 p.m.

Hockey  
at Bemidji State, 7:30 p.m.

Women's basketball  
North Dakota, 5:30 p.m. at Halenbeck Hall

Men's swimming  
Bemidji State, 7 p.m. at Halenbeck Hall

#### Saturday

Men's basketball  
N.D. State, 7:30 p.m. at Halenbeck Hall

Hockey  
at Bemidji State, 7:30 p.m.

Women's basketball  
N.D. State, 5:30 p.m. at Halenbeck Hall

Men's track and field  
at Bison Open (Fargo, North Dakota)

Women's track and field  
at University of Minnesota Open

North Dakota, 2 p.m. at Halenbeck Hall

Men's swimming  
North Dakota, 11 a.m. at Halenbeck Hall

Wrestling  
at UW-Eau Claire Invitational, all day

## Carlson

continued from Page 10

bites you will get. Small grub worms and crappie minnows are the best bait. Make sure you carry both with you. Minnows might be the answer one day, and worms the next.

The main thing to keep in mind with winter panfishing is not to get caught in a rut by sticking with one particular method when it is not producing fish for you. Be flexible by frequently moving and switching your techniques.

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COLUMBIA PICTURES [R]

Wkdays: 5, 7, 15 & 9, 15 ● Sat, Sun: 1, 30, 3, 30, 7, 15, 9, 15



"Twice in a Lifetime" [R]	"The Jewel of the Nile" [PG]	"101 Dalmatians" [G]
Wkdays: 5, 7, 9, 10 Sat & Sun: 1, 30, 3, 30, 7, 9, 10	Wkdays: 5, 7, 9 Sat & Sun: 1, 30, 3, 30, 7, 9	Wkdays: 5, 10 Sat & Sun: 1, 30 & 3, 30
"Out of Africa" [PG]	"My Chauffeur" [R]	"EVES ONLY" 7:15 & 9:15
Fri: 6-45 & 9-40 Sat: 2-6-45 & 9-40 Sun: 2 & 8 Mon, Thur: 5 & 8		

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"WHITE NIGHTS" [PG-13] Evns: 8:30 & 9:30 Sat: 2:00 Sun: 1:30 & 3:30

Rob Lowe -- Patrick Swayze

**YOUNGBLOOD**

Evns: 7:10 & 9:20  
 Matinees: Sat: 2:00  
 Sun: 1:30 & 3:30



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or a letter of recommendation, Truax said.

However, retaliation is prohibited by both Title VII and the Minnesota Human Rights Act, according to Bonita Sindler, associate university attorney at the University of Minnesota.

"If a victim does report sexual harassment, she'll go through a lot of trauma," Truax said. Many victims who report sexual harassment feel angry, guilty, apologetic and responsible for harasser's behavior, she said. "But if she decides to report a complaint, that also means we can get her into therapy."

When a student does file a sexual harassment complaint, many instructors do not deny the charges, Truax said. "The harasser very frequently admits to what has been done," she said. "They do not understand they've done anything wrong. They are trying to continue life in the old way they understood."

According to Sindler, three defenses may be used by a defendant in a sexual harassment case. "The first is voluntary participation by the other party," Sindler said. "However, this is not an absolute defense.

"The second defense is that there was a legitimate, nondiscriminatory reason for a student to receive a low grade or an employee to not receive a promotion," Sindler said, adding that this is harder to prove.

"The third defense is that the response was appropriate in the workplace," Sindler said. "The employer says, 'We did all we could under the circumstances.'"

Although defendants have tried to submit the plaintiff's prior sexual conduct and mental health as evidence, the courts have never allowed these as defenses, Sindler said.

Universities must come up with their own policies and punishments to prevent sexual harassment on each campus, Mullen said. "The law itself is not a sufficient deterrent," she said.

"Prevention of sexual harassment simply will not work out until you talk about it and have a standard of behavior that your department can live with," Mullen said.

"The best strength of (the University of Minnesota's) policy is that it was adopted by the faculty senate," Mullen said. "Our law does say what the sanctions will be. I think that's important in trying to make a sexual harassment policy work."

"Everyone in the institution has the right to be free of unwarranted interference," Truax said. "For the first time, institutions have the support in society to do something about sexual harassment."

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Foods that may help reduce the risk of gastrointestinal and respiratory tract cancer are cabbage, broccoli, brussels sprouts, kohlrabi, cauliflower.

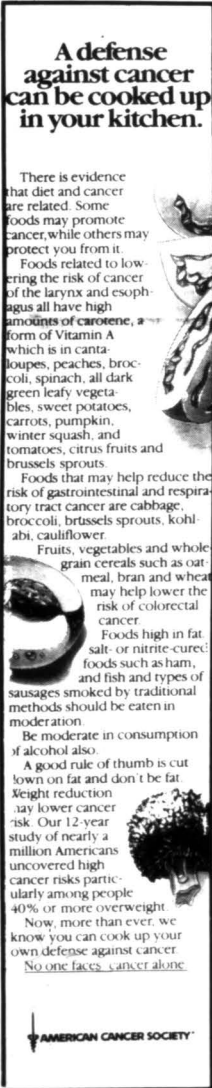
Fruits, vegetables and whole grain cereals such as oatmeal, bran and wheat may help lower the risk of colorectal cancer.

Foods high in fat, salt or nitrite-cured foods such as ham, and fish and types of sausages smoked by traditional methods should be eaten in moderation.

Be moderate in consumption of alcohol also.

A good rule of thumb is cut down on fat and don't be fat. Weight reduction may lower cancer risk. Our 12-year study of nearly a million Americans uncovered high cancer risks particularly among people 40% or more overweight.

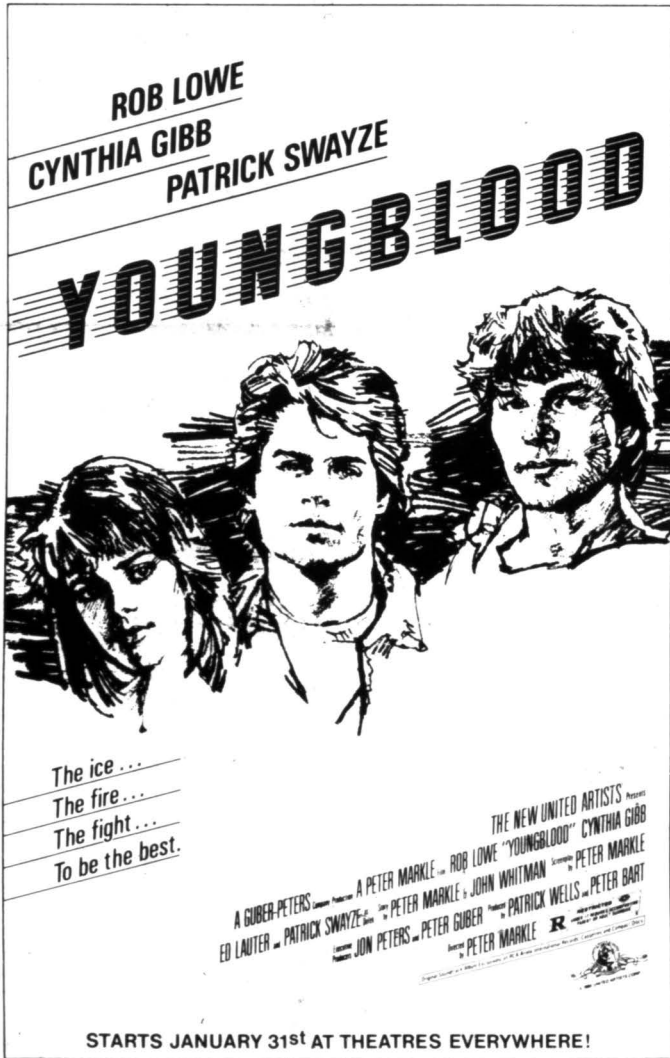
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Application forms and more information concerning eligibility are available through Feb. 7, at the Financial Aids Office and the Career Planning & Placement Office in the Administrative Services Building.

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**WALNUT** Knoll—the ultimate student residence. New 3-bedroom apts. for women for 4. Unique, inexpensive. 3 blocks from SCS. Dishwasher, microwave in every full-size apt. Call 252-2298 or 253-2525, Miller Property Management.

**ROOMS** for rent. Call 253-7116.

**WOMEN** to share apt., 1 block to SCS, furnished, utilities paid, available immediately. Call 252-9890 or 252-6327.

**UNIVERSITY Apts**—1 female needed to share 2-bedroom apt. with 3 others. Call 259-0532.

**FEMALE:** Quiet, single room, furnished, utilities paid, close to campus and downtown. Call 253-0451 for appointment.

**PLAN ahead**—women's fall housing near SCS, neat, clean. Call 251-4072.

**FREE** women's summer housing, 251-4072.

**HOUSING** for women: Are you looking for a quiet, well-kept room, with no smokers or parties? Close to campus? A place to study? Call 253-8027.

**MEN:** Single room in nice 5-bedroom house. Cable, washer/dryer. Walking distance to campus, off-street parking. \$145 a month. Call 259-1890.

**FEMALE:** 1-bedroom, duplex, \$260 single, \$140 double each 100 9th Ave. S. No pets, utilities included. Available March 1. Call 251-8986.

**FURNISHED** 1-bedroom apt. Utilities included. Call for rates or make offer. Call 253-1462 after 4:30 p.m.

**FEMALE** needed to share 2-bedroom apt. near campus, available immediately. Features include deck, double sink, vanity, breakfast counter. Call Rick, 251-1502.

**PRIVATE** rooms near campus. Individual leases, parking, coin laundry. \$145-\$160 a month. Details? Call Mark 259-0977.

**WOMEN'S** housing: Single room, \$105; double \$85, utilities paid, laundry facilities, near campus. Call 253-4516.

**FURNISHED** sleeping rooms, 6 men, private entry, full bath, plus kitchen, located in Sauk Rapids. Call 252-0703 or 251-6962, exceptionally clean.

**FEMALE:** Single or double, furnished, utilities paid, \$125-\$150. Call 253-8606.

**WOMEN:** Non-smoker to share house with others. Furnished, utilities included, double room \$125. Call 251-8564.

**MARCH 1** Non-smoking male share large double, utilities paid. Call 252-5162.

**APT.** 8th Ave., single and double. Call 253-6176.

**WOMEN:** Double room available, free cable TV, microwave, dishwasher, parking, 1 block to campus, completely furnished, available March 1. Call now! 253-3115.

**ROOMS** for women. Kitchen and laundry facilities, utilities paid. Singles and doubles, \$100-\$119/month. Call 252-9226 after 5:30 p.m.

**WOMEN'S** single room available for spring. Across from campus, \$160/month. Call Anita, 253-8056.

**FURNISHED** basement efficiency, off-street parking. Call Steve, 251-3929, after 4 p.m.

**FREE** rent until March. Male, non-smoker needed. Single room, \$135/month. Call Dave or Brett, 252-4524.

**TWO** bedroom in clean, spacious house \$80/month plus 1/2 utilities, unfurnished. 253-9082.

**FEMALE** double room, spring quarter \$135, utilities paid 426 4th Ave. So. Call Debbie, 253-4397.

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**WEDDING**, special-event photography by award-winning photographer C.H. 253-5865.

**PROFESSIONAL** typing of term papers, theses, resumes, cover letters, etc. by word processing, at student rates. Call Alice, AB Secretarial Services, 259-1040 or 251-7001.

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**Typing:** Reasonable rates. Call 255-8965, evenings.

**Typing:** Term papers, reports, resumes, etc. by experienced typist, 253-5271.

**Will** do typing. Call Kim, 251-1450 before 5 p.m., Call 259-1504 between 5:30 p.m. and 10 p.m.

**EVALUATION** therapy available for persons with stuttering problems. Contact clinic director for information or appointment, 252-2092. SCS Department of Communication Disorders.

**Don't** miss the train! Spring break in New Orleans, \$247 roundtrip train and hotel. Look for us in Alwood Carosel today! Darrin, 252-5174; Susan, 253-4841.

**TAKE** the Nestle Quik spring break \$86 Challenge and win all-expense paid trips to Daytona Beach for up to 24 people or \$10,000 cash! Call 1-800-NESTLE-1 for information.

## Employment

**\$60** a hundred paid for remaining letters from home. Send self-addressed, stamped envelope for information, application to Associates, Box 95-B, Roselle, NJ 07203.

**NEEDED:** Person wanting part-time job with flexible hours to introduce new business to St. Cloud. Call Cindy, 682-5970.

**GOVERNMENT** jobs \$6,040 to \$59,230 a year. Now hiring. Call (805)687-6000 Ext. R-4922 for current federal list.

**MOTHERS** helpers: Live and work in New York City suburb. Licensed agency seeks high school grads for child care and light housekeeping. Private room, good salary. No fee to apply. Call Laura, 914-638-3458.

**STUDENT** Senate Secretary position open. Typing, office management skills required. Inquire in Senate Office, Alwood 222A. Applications due now Feb. 10.

**WANTED:** Nannie to live with family in suburban Washington, D.C. and care for 1 child. Must be loving, energetic, responsible, non-smoking, with references. Transportation paid, private room with bath, excellent salary dependent on responsibilities. Home convenient to museums, cultural events, transportation, shopping. 1-year commitment expected. Interviewing in St. Cloud. Call (612)251-5097 after five or on weekends.

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**KING-size** waterbed with bookshelf, mirror, headboard. Excellent condition, \$200. Call 251-5165.

**DOWNHILL** skis, poles, boots. Call Peggy Mahoney, 259-0130 or 251-2700 ext. 3211.

**MOVING** sale 4-piece bedroom set, full-sized box spring mattress, \$50. Butcher-block kitchen table, two leaves. Four leather-look chairs, \$250. Call 255-0928.

## Personals

**JESUS** and Satan are pretend. Question everything with unassailable honesty. Anything that has the properties of matter is matter. Anything that interacts with matter is material. Dial-An-Atheist, (612)956-3653.

**WHAT'S** exceptional about Feb. 8? Ask a CEC member.

**SAM**, thanks for the movie. I am looking forward to this weekend. Love ya, Gus.

**BETH**, Good Luck in A&P. Don't let em burn your goat! I sure hope things work out for you! D.

**T.L.C.** Thanks for the happy moments and wonderful year. You've been a great support. Here's to many more. Love Becky.

**KRISTINA** Sherer (Shroom Mama) Johnson Collection Agency? What a joke! Do they know they're calling for organic edibles?

**GIDGET** (Janet) G.U.R.A.Q.T. Love, Kerry.

**ROCKPICKER**-How's the Pantry? Love, Strawberry Picker.

**NANCEE** lets party soon, Jackie.

## Notices

**Don't** vegitate this winter. Dance! SCS Folkdancers practice 3-5 p.m. Mon and Wed, Halenbeck Dance Studio. Beginners welcome.

**SAM** party with AISEC, 8-12 p.m. Fri, the German Athletic Club. Selling tickets Wed and Thu, Alwood.

**ATTN:** Final payments for Delta Sigma Pi's Florida trip are due Fri, Feb. 7 by 3:30 p.m. Please stop by our booth, Alwood Carosel.

**DR. Paul** Riedesel, V.P. of research for Mid Continent Research will speak 7-8 p.m. Feb. 3, Alwood Sauk-Watab Room. Open to all. Sociology Club sponsored.

**UPB'S** speakers request budget has \$500 available to pick up for speakers during spring 1986. Call up application forms in Alwood 222. Deadline is Feb. 10.

**PHI** Chi Theta. Informal meeting 7:30 p.m. Feb. 2, Alwood Sauk-Watab Room. Carnation sales Feb. 12-14, Alwood Carosel.

**PHILOSOPHY** Club meets 3:30 p.m. Fri. for discussion drinks. New members welcome. See department notice for details.

**CEC** meets 5 p.m. every Tue, Room B239 Education Building.

**ATTENTION** writers! Creative Writers Club meets 3 p.m. every Wed, Riverside Lounge. Poets, lyricists, story writers and playwrights all welcome. Call Paul, 2171.

**ANTS**, Association of Non-Traditional Students, meets noon, Wed, Alwood Mississippi Room.

**FUN** times 7 p.m. Tue, Alwood Little Theatre. Campus Crusade for Christ welcomes you.

**SPANISH** Club meets weekly. For information on time and place check in the Language Department in BH 1. Buenvidenos a todos.

**GAY/lesbian** support group now forming. Contact Fr. Bill Dorn, Newman Center, 251-3260.

**JOHN** Investments Club. Meets noon, Wed, Alwood St. Croix Room. Learn about finance field for professional, personal experience.

**SUMMER** study in Poland for 4 weeks. Study Polish experience, foreign travel in Poznan, Gdansk, Warsaw. Contact

Abdalla Hanafy, International Business Program.

**SCARED** by a friend has a problem with alcohol or other drugs? Call Campus Drug Program for one-to-one peer discussions, 255-4850.

**ARE** you an adult child of an alcoholic? For support, discussion come to ACOA, 2 p.m. Thu, Alwood Ruid Room.

**CHRISTIAN** Science Organization meets 4 p.m. Tue, Alwood.

**JAPANESE** Karate Club meets Tue and Thu 3-5 p.m., Eastman main gym. Beginners welcome.

**CAMPUS** Ambassadors meets 7 p.m. Mon, Alwood Calk-Pennery Room.

**MUSLIM** Brothers and Sisters pray 2 p.m. every Fri., Alwood Lewis Room.

**SYNCHRONIZED** swimmers: Winter quarter, Eastman pool, Tue and Thu, 2-4 p.m. New members needed, no experience necessary. Call Kathy, 251-6401.

**WOMANSPIRT** meets 1 p.m. every Wed, Newman Center, Jacquie McCullan's office.

**AERO** Club meetings 7 p.m. Wed every month, Alwood Civic-Pennery Room. Aviator speakers, films.

**HEY!** Campus Crusade for Christ meets 7 p.m. every Tue, Alwood Little Theatre. Everyone welcome.

**ASSOCIATION** for Non-Traditional Students meets noon 1 p.m. Wed, Alwood Mississippi Room. All non-trads welcome. Bring bag lunch if you like.



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<b>Mustang Island, TEXAS</b> <small>BEAVER CREEK WEST CONDOS</small>	<b>\$91</b>
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<b>Fort Lauderdale, FLORIDA</b> <small>THE LAMPLIGHTER MOTEL</small>	<b>\$159</b>
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RESERVATIONS AND INFORMATION: -8AM-7:30PM MON-FRI -8AM-5:30PM SAT -8:30AM-5PM SUN Mountain Std. Time

2900 South College Avenue Fort Collins, Colorado 80525



**LOOK**

**SPRING '86 PROGRAM LINE-UP**

**AUDIOPHILIA**

Our music-in-concert series spotlights such luminaries as Phil Collins, David Bowie and Tina Turner.

**THE WALTER WINCHELL FILE**

America's number one newspaper columnist Walter Winchell was heir and narrator of the action series based on actual events. Some of the most famous moments never to appear on television from an NCTV exclusive.

**CARE-FREE COMIQUICKIES**

Cartoon-based daily comedies, news segments and other fun and informative.

**NEW GROOVES**

Top musical acts from the past three years are featured in this new series.

**THE ADULT CARTOON SHOW**

Adult-oriented cartoons from the Museum of Cartoon Art. Featuring "The Simpsons," "Bart Simpson," "The Simpsons Movie" and other adult cartoons.

**THE SPIKE JONES SHOW**

The Spike Jones Show is a weekly music and variety show featuring the band. The "Rock Show" is also featured.

**CENSORED**

The most controversial films, documentaries and news stories are presented with audio commentary and alternate endings.

**NCTV NEWS**

Up-to-date on the latest news, events and trends of your interest in an hour across America. With special features by Lisa Brubaker and Jan Swanson.

**NCTV IS A PROGRAMMING SERVICE OF**

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Viewing Locations:  
Atwood  
Listening Lounge

M,T,R,F, - 11:30 a.m.-3:30 p.m.  
W - 4:30-8:30 p.m.



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Sat. 11:30 a.m. - 5:30 p.m.  
Sun. 2:30 - 7:30 p.m.

**ATWOOD LISTENING LOUNGE**

-New Videos each week-  
Check out a headset & Check in on The most recent works of:

**Pat Benatar  
John Cougar Mellencamp  
RUSH  
Culture Club  
ABC  
& Others**

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