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**Davis named to chair music department**

by Jimmy Allen

Dr. Kenneth "Uncle Bud" Davis, director of the A Cappella Chorus, will be the new chairman of the music department effective at the start of the 1983-84 school year, it was announced recently by President Clifton Ganus.

Dr. Davis, who has been a member of the music department since 1963, is set to replace Dr. Earl Moore who is retiring to "spend time traveling and attending musical programs."

"Dr. Moore has given 33 years of effective leadership to the music department and has assisted in building a very strong faculty," said Dr. Joe Pryor, vice president of academic affairs.

In addition to the loss of its departmental head, the music program will be without the services of Mona Moore, Dr. Moore's wife. Mrs. Moore has worked in a part-time capacity with the school for the last 24 years.

Dr. Davis was one of several in the department considered capable of filling the role of chairmen, according to Dr. Pryor. During his 25 years at Harding, Dr. Davis has been active in national music organizations, has directed the A Cappella Chorus, and has led overseas Christian campaigns, in addition to teaching.

"Ken Davis is a man who has established himself as one of the outstanding choral directors in America," Dr. Pryor said. "He is dedicated to Harding University."

Beginning in the fall of next school year, Dr. Davis plans to pursue the department's national accreditation. Dr. Moore began the work this fall by receiving a preliminary investigation from the National Association of Schools of Music.

Additional replacements and departmental changes involving the music curriculum will be made public at a later date, said Dr. Pryor.

**Burks says 10th Management Seminar best ever**

by Jay Perdue

The 10th Annual Harding University Management Seminar last Friday and Saturday, was what Dr. David Burks, dean of the School of Business, called "the best of the 10 we've had thus far."

Approximately 165 businessmen from the Arkansas area, about 100 American Studies students and several other students and faculty members filled the American Heritage Auditorium to capacity Friday night and gave Saturday's lectures a large, but somewhat lower, attendance.

Featuring Friday night's program, Charles "Tremendous" Jones, a well-known salesman, executive, lecturer, humorist and motivator, spoke on "Managing Your Life for Results." Jones, chairman of the board and chief executive officer of Batten, Batten, Hudson and Swab, Inc., directed the Saturday lectures.

"Life is not a joke," Jones told his audience, "but you sure better be learning the power of laughter..."

And Jones seemed willing to teach the audience to laugh himself, telling several jokes and using Dr. Burks and President Clifton Ganus as the subjects of physical analyses.

"The greatest thing I've been learning for over 30 years, working in business, is that nothing works," Jones said. "You don't get a sense to hear the speaker. Mr. Batten and I are excuses to get you to come here. You come to be with other people to learn to relate."

Jones dealt on the topic of human relations, analyzing America as a nation of people.

"When America turns around, it's not going to be because of a good man as President like Mr. Reagan or a good Congress," he said, "It's going to be when Americans put out more than they demand.""

"And I haven't seen a whole lot of that happening lately at all," Jones said. The audience's attempt at applause was interrupted by a bit of Jones' frequent humor: "I hold it. Hold it." he said. "I'll get you conservatives later...

"Some of you students wish you were in business and some of you businessmen wish you were back in school," Jones said. "Life is life where you are. You're fulfilled when you pour your life into something."

Bending over in Dr. Ganus' face and addressing him as "Clifford," Jones said, "You are one of the few people I know who came to a place, was educated there, worked there, lived their (sic) life there, and will probably die there.

"Of all your credentials, that is the one I'll remember best," Jones said.

To the crowd of approximately 60, Jones said, "You're here to get bigger and better questions and to learn how to face them."

"You think you can't wait to get out of here and get graduated and get a good job and then you'll be motivated," Jones told students. "Well, that ain't true. "Pressure's not in a job, it's in the human being," Jones said. "The air traffic controllers (who were fired) never dreamed they'd have this much pressure."" Saturday morning, after presenting a motivational film entitled "KeepReaching," Batten presented many ideas of management and motivation. He described growth as a combination of goals, realistic assessment of strengths, openness, wonder, thorough-minded expectations, and hope.

Citing the three basic beliefs of the IBM Corporation, Batten listed the "heart of the management process" as respect for the individual, expectation and demand for superior performance, and the IBM motto "We will provide the best customer service in the world."

"We are our strengths," Batten said. "Our weaknesses are what we ain't."

In regard to expectations and demands, Batten said, "Perhaps the finest gift you can give another human being is the gift of an excellent expectation."

Quoting American businessman T. J. Watson, Batten said, "It is better to aim at perfection and miss than it is to aim at imperfection and hit it."

**Inside**

**Addicted...?**

A drug that we often don't consider a drug, but we're ingesting it by the cupful.

*Story, page 8.*

**Reviews...**

Read what our reviewers thought of "I Saw the Wind," the Randy Gill Seminar and this semester's SA movies. See pages 4, 5 and 6.

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**Keeping Busy**

Junior Tim Graham (left) and sophomore Sarah Johnson make themselves comfortable while waiting in line for Spring Sing tickets in the Benson Auditorium. Tickets went on sale Tuesday afternoon for the April 5-10 performances.

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**Batten listed for the audience 15 steps toward self-fulfillment.**

Among them were "Know thyself, Define your dreams, Set Goals, Develop action plan, Faith, Hope, Love, Gratitude, Vulnerability, Truth and Beauty, and Asking questions."

Dr. Burks reviewed the seminar saying, "It was a success not only because of higher attendance, but also the responses of those who attended were very favorable."
Letters to the Editor

To the Editor:

Union suits that they have defended... have been involved of this syndrome.

If has subtly been trying to delude know that people love and care whatever is pure, whatever is necessary or eternal destiny. We said, "Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about these things.

Food reductionism is mind contamination. C'mon, let's get "spiritual!"

The American Civil Liberties Union, which, accompanied by any act, is within the bounds of propriety and the limits of reason, is the defender of the rights of the accused. It goes much beyond this, however, in its fight for the right of every individual to be treated as a human being and not as a slave. It is for this reason that the ACLU is one of the most respected organizations in America.

The result of this type of education is that the mind is being trained to live a life that is not only simple, but also meaningful and fulfilling. In Christ, we find the ultimate expression of this ideal. By living a life of faith and love, we can experience the true meaning of life.

The Fifth Column

The Bison: who reads it?

by Danny Campbell

It was past midnight. I was sitting at my desk once again, working my brains to the bone, attempting to write another "Fifth Column" for the Bison.

I had been thinking for some time, but I was at a stone wall. Turning away from the wall, I realized that my creative juices were definitely at low ebb. I didn't have any ideas. Anxiety was now setting in.

How could I face my friends and family, who had grown accustomed to my moderately low literary standards? Especially if I couldn't come up to them?

Then it struck me. After I received the phone call and bagarded my cuts, bruises and abrasions, an incredibly comforting thought crossed my mind. It was just this: "Who reads the Bison anyway?"

It's not like I am the scribe for some great literary journal that is to be read by the intelligentsia. Let's face it, if you're sitting down reading this article, you are a definite minority in this nation, if not on the Harding campus.

This realization dictated a definite change in my journalistic style. Since there are more people not reading the Bison than there are who are, I decided to write the Bison in a style that would attract a new audience.

And who are these people, those unidentified ones who don't read the Bison? Actually, I know some of them from all walks of life. According to recent surveys, not a single immigrant from the region of Latin America ever read a copy of the Bison, much less one in any other language. Also included in the list of Bison non-readers were TIP O'Neill, speaker of the House; Steve Nicks, singer; and Dennis O'Keeffe, Families Director.

Since the people I am writing for will not be reading the "Fifth Column," I decided to change the standards of writing to sink even lower than they already have. I could misspell words, completely discard grammar and write whole articles about nothing, such as what you are reading now.

I could also say things that don't make sense, such as, "Smoking Curing Tape is hazardous to your automobile's intake system" or "Igneous rocks, if taken internally, grow up to be salmonella, Kirby vacuum cleaners." It wouldn't matter at all.

Sure, you know I'm an idiot, but would you quote the Bison to back your accusations?"
Guest Editorial

The National Education Program

The following is a guest editorial written by Dr. George S. Benson, president of the National Education Program and former president of the University. Upon arriving back in the States in 1938, I found a different world than I had left 11 years earlier. It was in the midst of the Great Depression. Unemployment was extensive; all manner of federal aid programs had been created, such as WPA, PWA, NYA, CCC, etc.

Something else however, worried me much more. That was the growing anti-Chinese sentiment and the fact that the Chinese were the number one enemy as far as I was concerned. I concluded the propaganda was so effective in America because the people had little or no comprehension of the real merits of Constitutional government and private enterprise, or the actual goals of Communism.

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The National Education Program

The campaign was begun with a program of government and our economic system. In the second place, I must convince them of the actual goals of the Communists and the methods of destroying all capitalist nations and creating, in their place, a Communist world. Mr. Khurshdev helped me out a little bit when he was in America and shamed on national TV, "Communists are atheists." I began accepting every possible opportunity to speak.

As time moved along, my speaking invitations grew until I found myself addressing America's largest corporations, including, for instance, the annual banquet of The American Iron and Steel Institute at the Waldorf-Astoria Hotel in New York City, the international operation of major industries. Teachers were focusing on what they got at the universities.

In addition to other activities, it produced a series of 10 animated color cartoon motion pictures (the Disney techniques) to help tell the story of private enterprise. These were followed by a series of live action pictures; then various other materials for aids to help illustrate the story of our American heritage, and to dramatize the threat of Com¬munism, which America has already worked chiefly un¬derground.

When Harding University, in the early '40s sought accreditation through the North Central Association of Colleges and Secondary Schools, she was repeatedly rejected. She was later agreed that I should serve as Executive Secretary of The North Central Association. It was one of the most prominent educators in the nation. Upon invitation for me to write a column in American newspapers. This column appeared in the New York Times being requested by about 1,500 medium-sized newspapers and company publications, a level at which it is still operating. By invitation I also started a four-page Newsletter which still has a readership of perhaps 50,000. The column appears each Thursday in the Searcy Citizen and the radio program appears each Sunday afternoon on a Searcy radio station.

When World War II closed, I had an excellent background for a financial campaign for Harding University on a national basis. Among those making a financial contribution in that first campaign were such companies as U.S. Steel, Bethlehem Steel, Republic Steel, Armco Steel, Sheffield Steel, The Standard Oil Company of New Jersey, Standard of New York, Standard of Indiana, Standard of California, Gulf, Humble and other companies, including the DuPont Company, Montgomery Ward, Sears & Roebuck, Quaker Oats, International Harvester, etc.

This first campaign reached its goal of $500,000 in just three years with the last one concluding in 1966—the year of my retirement, and the year the American Heritage Building was finished.

When the first of these campaigns started, there were doubts of whether the IRS would approve the deductibility of such contributions. I inspired a court government and private enterprise since these are fundamental parts of our American system.
Entertainment

Gill: ‘That’s Entertainment?’

by Randy Anthony

Would you take Jesus to an AC/DC concert? Do you think The Dukes of Hazzard will go to heaven? These questions may seem silly, but at a seminar on Christians and entertainment, Randy Gill from Michigan Christian College presented evidence that made them and other inquiries concerning our leisure hours altogether too pertinent for comfort.

Gill, an alumnus of Harding, discussed the dangers of modern entertainment last Saturday in the Benson Auditorium. He spoke not as an antagonistic outsider, but as a sympathetic fan of cinema, rock music and television.

Still, one got the feeling that the seminar was a sort of ‘Alcoholics Anonymous’ for movie buffs and record freaks, for time and time again Gill punctuated his presentation with horror stories of his own past addiction to records, TV and movies, regardless of their moral content. He mentioned thousands of dollars and hours wasted on amusements that he would not presently recommend for anyone presently recommend for anyone.

'70s songwriter. At a Coffeehouse on Friday night, he performed his own songs and a few written by others accompanied in part by the James Dickerson Trio. His music is in the singer-songwriter mode popularized in the early ‘70s by people such as James Taylor and carried on by artists such as Dan Fogelberg. These performers, and Gill as well, are marked by a sometimes cumbersome sensitivity. This made Gill’s upbeat or witty numbers rather refreshing.

In the seminar, Gill established a base in Matthew 6:33 where Jesus, Michael Iceberg, the alleged good guy? Or snickered at Jack and Chrissie when they trick Mr. Roper into thinking that Jack is a homosexual? Or sing along to “I want some hot stuff, baby, this evening”? Slowly, our standards for reality and fantasy have become disparate, yet the fantasy on the screen or on the turntable still influences our thinking in the real world.

Having said this, Gill gave four steps to a more wholesome entertainment life. First, we must recognize the danger. Combining I Corinthians 6:19 and Matthew 19:14, our body is a temple of the Holy Spirit which, if divided by ungodly entertainment, will not stand.

Secondly, pay attention. Don’t disengage your mind when you turn on the TV or radio or enter a theatre.

Then, once you are noticing what’s on the screen, be selective about it. This third point hinges on a decision concerning what’s good or bad; this is a subjective decision based on experiential evaluation of not so much what is used, but why and how.

Finally, we must encourage one another to high standards and keep our appetites in check. A Christian’s dilemma in entertainment is solved if we practice Hebrews 13:13, “Exhort one another everyday ... that none of you may be hardened by the deceitfulness of sin.”

Review

pendencies in light of Matthew 6:33, the “where your money is, your heart is also” verse.

Second, entertainment takes too much money. This is especially true of TV where intelligent people often spend hours minuciously watching pointless shows. In fact, by age 65, the average American will have spent nine years watching TV as compared to only four and a half years in worship.

Finally, entertainment can cause us to think like the world. It is true, Gill said, that movie and TV producers only show reality, not invent it. But they do not show a Christian’s reality. Yet we are influenced by their product in subtle, but effective ways. How many of us have guffawed at Burt and company as they duping Sheriff Buford T. Pusser, the homosexual? If you may be hardened by the deceitfulness of sin.”

Michael Iceberg plans third appearance

by Jane Gore

Making his third Harding appearance, Michael Iceberg will perform with his Iceberg Machine at the Benson Auditorium Saturday, Feb. 6 at 7 p.m.

According to Dr. Jerome Barnes, director of the Media Center, Iceberg has changed his show this year, adding a new light show, new music and changes in his musical Iceberg Machine. Dr. Jerome Barnes says that Iceberg is very excited about coming back to Harding. Iceberg is a keyboard musician who has built and put together synthesizers, computers and technical devices which allow him to produce the sounds of violins, flutes, a guitar, a cello, French horns and other instruments simultaneously.

The concert will feature rock, classical and country music, Disney tunes, and selections from a Broadway musical. Iceberg will also perform some original works.

Next Bison:

Feb. 12
Rehearsals underway for spring drama
by Jennifer Irete
Casting has been completed and rehearsals are underway for the Feb. 18 performance of “The Wind and the Willows,” Harding's first major dramatic production of 1982.
"Technically, the play is a children's musical," said actor Warren Alkire. "Kids can see it and adults will enjoy it. We're doing it as a children's show in that we will have mime performances but it will be most enjoyed by adults," said director Robin Miller.
The drama focuses on a character called Mr. Toad, an individual who enjoys life almost as much as he enjoys himself. Herein lies the major problem. Toad's second greatest weakness lies in his strong affinity toward cars. Unfortunately, Toad is not the best driver around, a fact which causes him serious trouble with the neighbors. But, despite his flaws, Toad's closest friend Mole, River Rat and Badger determine to stick by him and help to solve his problems — although not quite as Toad may wish.
"It may seem to be a simple show but it functions on many levels," said Miller. "On the children's level, the moral would be Assistant director to Robin Miller.
I saw the wind.
I felt the rain
I heard the light
as it called my name.
A clear tenor voice sings, accompanied by a slide or 12-string guitar or piano, as color slides of a mountain climbing trip flash by on a large screen. That was "I Saw the Wind," a combination slide presentation, concert, and conversation that played to a crowded audience in Hammond Student Center.

Singing His Song

Concert portrays beauty of nature
by Laura L. Brown
"I saw the wind.
I felt the rain
I heard the light
as it called my name.
"That's Entertainment," a show of songs from the musical "The Sound of Music," was given by the Arkansas Arts Council at the Springdale Civic Center Sunday night.
The show began without introduction; nature shots appeared on the screen as singer-songwriter Mark Thompson, dressed in red polo shirt and grey slacks, sang.
When Thompson wasn't singing, Bob Jamieson, in plaid shirt and brown slacks, was narrating the slides. Jamieson shot the bulk of the slides during a 37-day climbing trip that he went on with three others.
Jamieson's narration was informal, informative without being technical, and interesting. And funny. One of the better jokes of the evening was a gibe at湘xas: "I think they think of a wilderness area as a parking lot without the lines painted on."
Most of the songs were originals by Thompson. He wrote one, titled "The Climber," about Jamieson, and sang it to a series of slides of people climbing. During the final slide of that series, showing a climber planting a flag on the summit of a mountain, he sang the refrain: "And he climbed toward the peak and his heart seems to soar and this pride that he seeks is a key to a door and if I knew just why he strove on above the trees then I'd feel what he feels and I'd know what he sees." Jamieson had to change the slide cartridge twice during the approximately 90-minute show.
In the first of those interruptions, Thompson (who confessed "I'm weird") sang "The Star-Spangled Banner" the way Johnny Cash, John Denver, Gordon Lightfoot, or the Bee Gees might have sung it if they had been there instead of Francis Scott Key. During the second changing of the reels, Thompson did the inevitable record plug.
Some of the most beautiful shots came in a sequence of photos of rainbows, and another series of shots of the moon and sun. Thompson sang Cat Stevens' "Hound Dog" to this segment. Although Jamieson's group had to turn back when they were only 56 yards from the summit, he didn't consider the expedition a failure. "This is what I really look back on, what really made the trip worthwhile," he said in introducing the shots of moonrise and sunset.
If there is a message that "I Saw the Wind" was trying to get across, it is the beauty — and accessibility — of nature. We don't have to climb mountains to find it, Thompson said as he closed the show; we don't even have to go to Colorado. "Enjoy where you are," he urged.
As the last slide showed, Thompson sang a Dan Fogelberg tune, and invited the audience to join in on the chorus. Softly singing voices filled the student center.
"There's a light in the depth of your darkness
there's a calm at the eye of every storm
there's a light in the depth of your darkness.
Let it shine, oh, let it shine..."
SA movie schedule has something for everyone

by David Ulmen

January is practically over, and already the Student Association has presented some outstanding films. And during the coming months, there are some really great films scheduled to be shown on the Harding campus.

This weekend’s classic offering is “Far From the Madding Crowd,” based on the Thomas Hardy novel. It stars Julie Christie, Alan Bates and Peter Finch. It’s a beautiful film to watch and in style is not unlike Roman Polanski’s “Tes.”

Wait Disney fans have something to cheer about, with no less than three animated features being offered. “Alice in Wonderland” is a delightful film. And although it does not totally capture the spirit of the Lewis Carroll classic, it can stand on its own as a good film. “The Aristocats” is an example of Disney animation from the ’70s. The animation in “The Aristocats” is not as good as Disney’s earlier features, but it is still the best animation being done today. “The Best of the Best” is Disney’s latest animated feature and it is an attempt to return to that earlier animation style. There are also three live-action Disney features. “The Incredible Journey,” “Snowball Express,” and my personal favorite, “Old Yeller.”

Followers of Miss Piggy, Kermit and Jim Henson’s other creations will be glad to know that they are all on their way here again in “The Great Muppet Caper,” the sequel to “The Muppet Movie.”

Movie Review

Cinderella is still magic

by David Ulten

I suppose that one of the most common fantasies that people have is imagining themselves to be children again. Maybe it’s so common because childhood is supposedly the time of carefree days, wide-eyed wonder and innocence. Well, for around 90 minutes this week, I had the opportunity to return to those childhood days while watching “Cinderella.”

“Cinderella” is Walt Disney’s 1950 animated classic. The animation is beautifully done. And while it is not up to Disney’s previous efforts in “Snow White and the Seven Dwarfs” or “Pinocchio.” It is far above Disney Studio’s work of the ’60s and ’70s.

The story line follows the famous children’s classic, but Disney doesn’t make some new additions for his film version. He adds the characters of the mouse community which inhabit Cinderella’s attic bedroom. Most prominent of the mouse characters are Jacques and Gus Gus, a new member to the mouse community. Disney also adds a new villain in the form of the black cat, Lucifer.

And then there are the songs. Cinderella wishes away her dreary existence in “A Dream Is A Wish Your Heart Makes,” and it never sounded tollower.

Another magical musical moment occurs while Cinderella is scrubbing the floor and her step-sisters are engaging in a snarky lesson, attempting to sing “O Sing, Sweet Nightingale.” Cinderella picks up the melody and sings it as she should be sung, while the countless Cinderellas reflected in the soap bubbles harmonize along with her.

The Academy Award-nominated “Bibbidi Bobbidi Boiz,” sung by the fairy godmother, is no less enchanting. “The Work Song,” performed by the mouse chorus as they fashion Cinderella’s dress for the ball, is a beautiful tune.

All the pieces are here for a simply wonderful movie — a truly great animated, well-defined characters, lively tunes and even suspenseful moments. I found myself tensing up at the film’s climax, but didn’t know how the story would end.

“Cinderella” is a movie that anyone can enjoy. Wait until the mouse chorus as they fashion Cinderella’s dress for the ball, is a beautiful tune.

It’s the real thing. Coke.

Real life calls for real taste.
For the taste of your life — Coca-Cola.

“Coca-Cola” and “Coke” are registered trade marks which identify the same product of the Coca Cola Company.
Honor society to be chartered

In a ceremony to take place the evening of Feb. 9, the official recognition of Harding's Honor Society for Nurses as a chapter of Sigma Theta Tau, a national honor society, will be combined with the induction of new members into the society.

The ceremony begins at 6:30 with a welcome by the president of the Honor Society. Following will be guest speaker, Virginia Jarrett, president-elect of the National League of Nurses. Rebecca Markel, a national officer for Sigma Theta Tau, will then present the charter to the president and the cost of arms to the vice president. Induction of new members will then take place. The program will end with the installation of officers.

Along with present members, students inducted in the Feb. 9 ceremony will have the special privilege of being charter members of the new chapter. Chosen by the present members of the society, students are judged on scholarship, leadership, and character. A 2.0 overall grade point average is required, as well as a 3.5 GPA in nursing curriculum.

Beginning in the 1920s in Indianapolis with six charter members, Sigma Theta Tau now has approximately 28,000 members, including students, faculty, and others in the nursing profession. It has 133 chapters, including Harding's.

Epsilon Omicron, the official name of the Harding chapter, is the fifth of 12 new chapters to be chartered this year. Eligibility to open a chapter requires an established honor society for nursing, a baccalaureate program, and accreditation by the National League of Nurses, which Harding received in May of 1980.

The ceremony, which will take place in the American Heritage Auditorium, is open to all.

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McDonald's calendar sale by ASNSA ends today

Orders for calendars, the proceeds of which will go to support the Ronald McDonald House in Little Rock, must be placed by today with the Arkansas State Nursing Students' Association (ASNSA), Candy Cox, president of the Harding chapter.

The calendars, which contain coupons for food items from McDonald's restaurants, cost 50 cents each. The entire amount will go to the Ronald McDonald House, a residence near Arkansas Children's Hospital for parents of critically ill children from around the state who need to stay near the hospital. The calendars may also be purchased at McDonald's restaurants, but the restaurants turn over only 25 cents on each to the house.

The Ronald McDonald Houses in more than 50 cities in the United States and Canada and Sydney, Australia, are not owned by the McDonald restaurant chain, Cox said, but receive the name and a $25,000 grant from McDonald's when they meet standard requirements. The house at 100 S. Wolf St. in Little Rock, which is owned by Parents and Friends of Children, Inc., had been in operation for about a year, she said, but only recently became a Ronald McDonald House and received its grant.

The first Ronald McDonald House opened in Philadelphia, Penn., in 1974 with the help of the Philadelphia Eagles football team, Cox said. One of the Eagles' players, Fred Hill, had a son with leukemia and first expressed the need for such an establishment. Now the house serves more than 5,000 family members each year, Cox said.

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SPEED READING

★ Would you read more if it involved less time?
★ Do you usually get bored and fatigued just reading 100 to 200 pages?
★ Are you usually behind on reading assignments?

If you answered yes to any of these questions, a speed reading course may help.

You are invited to a Free Orientation Session which will explain the entire program and procedure to you in a two-hour meeting. There is no obligation and no high pressure sales tactics. Do a friend a favor and bring them with you.

Free Orientation Session Saturday Jan. 30, 1982. Time: 9-11 a.m. and 1-3 p.m. at the Carmichael Community Center in Searcy. Master Card and VISA accepted.

(See campus bulletin boards for further information.)
Are you hooked?

Caffeine: drug abuse by the cupful

by Cynthia Hooton

Drug abuse.

The phrase brings to mind scenes of junkies injecting heroin into their arms with dirty needles or of people smoking funny-smelling cigarettes in dim rooms with strange music playing in the background.

But not all drug abuse takes place illegally. In fact, the average person in the United States today consumes 500 milligrams of the most abused drug in the country. It is found in beverages such as coffee, tea, cola drinks, and cocoa. It is caffeine.

Caffeine is a member of a group of natural drugs called xanthines which stimulate the central nervous system, increasing increased mental awareness, quicker and clearer flow of thought processes.

It is because of these effects that many people, including students, ingest caffeine. After taking caffeine, one is considered to have entered a greater sustained intellectual effort and a more perfect association of ideas. Motor activity is increased; typana, for example, work faster and with fewer errors.

These effects may be brought on by the administration of 150 to 200 mg of caffeine, the amount contained in one or two cups of coffee or tea or one or two pills such as No-Doz.

Because of these pleasing effects, it is not uncommon for students to take large amounts of caffeine in order to stay up to study for tests or write term papers.

Like any other drug, caffeine has the potential for abuse. One Harding student told of how she began to use caffeine to stay awake and alert to study for tests: "Last semester, between midterms and finals. I had several rough tests," she said. "I had heard of people who took No-Doz, Vivarin or diet pills to stay awake and cram for a few days.

"I bought some Dextarim (diet pills). It worked great; a few pills and a cup of coffee and I was wide awake. I felt like I could do anything. I got an amazing amount of work done the first two days I took them.

"When I wanted to sleep, I still felt 'hyper' so I took sinus medicine to 'bring me down'. This went on for about two weeks." Although rarely perceived as a drug by the average person, caffeine does produce mild euphoric effects and its use may lead to psychic dependence.

The student continued, "I started having to take four Dextarim instead of two to get the same results. I wasn't so idiot. I knew things had gotten out of control, so I quit taking them altogether. I felt horrible for about four days."

"Caffeine is a stimulating," said Boyce Arnett, pharmacist at the Searcy Medical Center, "and can cause a kind of addiction." Just as caffeine produces pleasing effects when its use is first started, withdrawal is often unpleasant, producing headaches, tiredness and irritability.

"Caffeine has no real medicinal value," Arnett said, "yet it is found in a lot of headache remedies and appetite suppressants."

Caffeine is added to many aspirin products because it is believed to enhance their effects by enlarging blood vessels in the cortex region of the brain, which is believed to help relieve migraine headaches.

Though caffeine seldom produces serious side effects in the persons who use it, there are situations in which its use should be curtailed.

Many doctors recommend that persons with stomach problems, spastic colons, heart disease or low blood sugar levels stay away from excessive amounts of caffeine-containing substances.

Caffeine aggravates peptic ulcers because it increases the output of hydrochloric acid and gastric juices in the stomach. Persons with these ulcers are advised to drink their coffee well-diluted and only after meals.

Because of caffeine's action on the cardiovascular and nervous system, its use by persons with heart problems may be in question.

The link between caffeine and possible birth defects has not been proved, but it has become a question mark for pregnant women. Last year, the Center for Science in the Public Interest reported that consumption of caffeine was "almost certainly responsible" for birth defects in a child born to a Virginia woman who consumed 10 to 12 cups of coffee per day.

"The data presented do not permit us to conclude a direct relationship between coffee consumption and birth defects," the Center said. It is, however, calling for warning labels on coffee and tea and says no caffeine should be added to soft drinks.

"Caffeine also accentuates emotional problems," said Louise Bradford, teacher of the course on drug abuse in Harding's nursing program. This is why so many students become irritable during finals, she said. Use of caffeine combined with a lack of sleep puts a great deal of stress on people during this time.

Though caffeine can be abused and also psychological or physiological dependence developed, death from caffeine poisoning is highly unlikely. A fatal dosage of caffeine is believed to be around 10 grams, equal to 70 to 100 cups of coffee.

Early symptoms of caffeine poisoning are most often seen among night workers or students who use caffeine to stay awake and continue to work when physically tired. The symptoms disappear, however, when overuse is stopped.

If you wish to discontinue your use of caffeine, begin by cutting down gradually. It may be hard, though, to completely cut caffeine out of your diet because it is found in almost all popular beverages.

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East Race Avenue
Searcy
Actress portrays survivors, directs informal workshop

by Laura L. Brown

She gears the back of the stage, doing warm-up stretches that make her brown V-neck sweater rib up to show a crescent of midriff now and then. She sprawls on a wooden chair in the middle of the stage and describes to an audience of about 30 people in the Little Theater the aesthetic pleasures of throwing small frogs in the path of moving cars.

Later from that same spot, she will portray a highly independent Russian woman, a pioneer woman of the cloth, a Shakespearean housewife. She is actress Beth McDonald, Alcoa Foundation Affiliate Artist, and she stopped on campus Jan. 21 during her tour through Arkansas.

McDonald, who lives in New York with her husband, actor Nick Wyman, gives what Affiliate Artists call an informance. It's both a performance and an informal presentation. McDonald introduced each of the six characters she portrayed, answered questions, and directed students in an impromptu workshop. Before playing each character, McDonald returned to the back of the stage, stretching her arms, kicking her legs, as she got into character. "It's a way for me to sort of turn off my mind," she said. "I will do anything physical that shuts my mind off."

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Jan. 29, 1982 THE HARDING UNIVERSITY BISON, Searcy, Ark. 9

New York actress Beth McDonald performs for students in the Little Theater during her Arkansas tour. By Sharon Gerffert

Letters

(continued from page 2)

the legitimate scope of free speech even "if the logical consequences of its lead others to the commission of the act" (p. 1980). They believed "in the right of persons to advocate the overthrow of government by force and violence" (pp. 1980, 1981, 1987). This includes aliens and citizens, and membership in a "revolutionary organization" (p. 1987). The ACLU would defend Libyan and Iranian aliens in America who advocated the murder of President Reagan, and who belonged to organizations which advocated terrorism.

In a letter in August 1987, Baldwin said: "We want to, alas, look like patriots in everything we do. We want to get a lot of good flags, talk a good deal about the Constitution and what our forefathers wanted to make of this country and to show that we are the fellows that really stand for the spirit of our institutions." (p. 1988). This embodies the view, developed by certain radicals, that, while appealing to the ideals of democracy, through the legal process they should change America into a socialist state.

The ACLU has always been in the forefront of those who oppose laws which are designed to deal with subversive movements such as the Communist Party, and a society which cannot deal legally with organizations which are dedicated to its overthrow by force and violence is endangering its own existence.

Since there were socialist and communist conscientious objectors in World War I, who were such because they would not fight for a capitalist country (though they would for a socialist or communist country), the ACLU defended them as well as objects based on religious convictions. Good for religious objects was achieved, although such was not their (the ACLU's) objective in the beginning at least.

James D. Bales, Professor of Bible, retired
Women's sports are off to a good start

For Harding, 1981 was one of the most successful sports years in the school's history. Throughout the year, six championships were earned, probably a record for colleges in Arkansas. Yet I think there was an even greater accomplishment in 1981 than all of the championship trophies won. That was the initial season for women's intercollegiate sports at Harding.

For years, the campus was full of capable young women who would have given an arm or a leg to be able to play competitive sports outside of club or intramural. Yet they were willing to sacrifice their talents on the court or field to be able to get a Christian education in Searcy. That must have taken a lot of pride in their belief. It would be hard for an all-star athlete in high school to give up her competitive career to get an education here when other schools would be literally begging her to come and play for them. That has actually happened.

Sports Spectrum

by Ken Bissell

The women of Harding have finally gotten their break. And the thing that amazed most people is how successful the program has been in only two sports and one year of existence. Not only did we have one of the best women's softball teams in the state, but we had the best cross country squad in the NAIA District 17 and the 12th best in the nation.

Future prospective sports are being considered at the present time. More than likely, the next sport to be tried would be track and field. If we did start a track program, many of the top athletes in the nation would no doubt be interested in Harding and the campus population would be affected.

The women's softball season is not far away. What began last season as a "testing period" for the sport resulted in a great success. The one thing the teams need is support from the student body. If we are to have a successful athletic program, the campus must push for it.

We at Harding are presently considering having the program announced in the chapel or a schedule is posted, taken to the game on your calendar, and cheer for the Bisonettes. They need your help now more than ever.

Harding nips Hendrix, 75-73

A pair of clutch free throws with seven seconds left in the contest enabled the Harding Bison to down AIC defending champion Hendrix College, 75-73, in Conway Wednesday night.

With the score tied 73-1, Bison guard Danny Starkey drew a foul from the Warriors' Terry Burgess and coolly sank the winning points. A final shot by Perry Evans for Hendrix was off, and Allen Gibbons pulled down the rebound to seal the Black and Gold's 11th victory. It was the third straight win in conference play for the Bison.

Gardner named Player of Week

Harding senior Charles Gardner was named the NAIA District 17 Basketball Player of the Week. The award is determined by nominations each week from the sports information directors of the schools in NAIA Dist. 17 (Ark.).

Gardner scored 37 points and had 13 rebounds in leading the Bison to a pair of important Arkansas Intercollegiate Conference victories last week. The Bison defeated UA-Monticello and Hendrix College to move into the thick of the AIC race.

Gardner is currently leading the AIC with an 18.0 ppg scoring average and a per-game average of 8.5 rebounds.

Coach Jess Bucy's squad played an excellent game, shooting 49 percent from the field and drilling 23 of 47 free throws, including a perfect 21 for 21 in the first half.

Harding played a near-perfect first 20 minutes, leading by 10 on three occasions and 45-37 at intermission. Charles Gardner, who finished with 16 points, had 10 points at halftime. However, balanced scoring from Lawrence McNutt, Gibbons, and Hubie Smith, each with eight points, was the overriding factor.

The 21 first half free throws by the Bison kept the Warriors at bay despite an 11-point output by their junior postman Jerry Don Macon.

Harding twice held eight-point leads over the Warriors in the second half, but Mark Calvin gained a hot hand and fired through 14 points in the first 12 minutes of play. Evans' short jumper from the side tied it up at

Women's sports are off to a good start

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Legal play clinches Muleriders’ victory

Bye knew the Mulerider’s strategy so he instructed Presley to lob the inbound pass toward the bucket. Gibson caught the pass and slammed it home to cut the lead to 62-60. A timeout was called as the ball went through the rim and only one second ticked off the clock, leaving :08.

Preparing to inbound for the ’Riders, Ashbrook called a time-out to set up a play. Since Harding had scored previously to the first time-out, the ball was considered live and allowed the man inbounding the ball to move freely out-of-bounds. Ashbrook took the ball from the referee and prepared to pass the ball. But the trick of the game ensued to save the ’Riders from a turnover.

Foreman ran out-of-bounds, took a pass from Ashbrook, who ran inbound, and passed back to Ashbrook. McNutt fouled Ashbrook and a bench technical was called on the Bisons as they protested the play. Ashbrook hit both one-and-one free throws and the technical shots to push the lead to 67-62. With possession because of the technical foul and only one second remaining, the Muleriders held on to the ball to salvage the win.

Charles Gardner led all scorers with 21 points while Gibbons added 18 for the Bisons. Ashbrook and Eddie Gooden led SAU with 12 points apiece.

SAU coaches instructed their players that they played a stand-still zone defense on the inbound play. Bison coach Jess

PEMM Club sponsors Colorado ski trip

The ski trip sponsored by the Physical Education Majors and Minors Club (PEMM), scheduled for March 7-14, will involve about 48 persons, both advanced skiers and beginners.

This year’s trip will be to Breckenridge, Colo., located in the Rockies about 30 miles west of Denver. Dr. Karyl Bailey, Professor of Health, Physical Education and Recreation and a sponsor of the PEMM Club believes that this is a new place for most of the participants. It will offer a variety of ski terrains for the beginner and the advanced.

Not all of the time in Breckenridge will be spent skiing. The lifts close at 4:30 in the afternoon, so everyone will have free time to visit the town. Breckenridge is an old mining town that has become a tourist attraction. There are many shops to go to and several activities to participate in.

This annual event began in 1974 when Dr. Bailey took 25 physical education students to Marble Falls near Harrison, Ark. for a skills clinic in skiing. From that came a decision to take a longer trip involving all interested students, faculty, and alumni.

In 1975 the group traveled to Monarch, Colo. on the Continental Divide where they skied for three days. Last year’s group went to Big Sky, Montana. Since the first year interest has grown to involve 40-60 people.

For economic reasons this year’s trip will be made in cars. Lodging includes two nights in a motel and five nights in a condominium at the resort.

Meal prices are separate and will vary. Kitchens are provided, and those who choose to may eat at one of the surrounding restaurants.

The first two days on the slope will be instruction days for beginners. The next day, those persons will be accompanied by advanced skiers, and the third day they should be able to go anywhere on the mountain, according to Dr. Bailey.

There will be time spent in devotional periods and fellowship. Dr. Bailey believes that the thrill of the sport and the beauty of the countryside are matched only by the camaraderie and the concern developed between those who spend a week together away from school.

“It is a unique experience in that these particular people are so varied in interests that they may have never had anything in common before,” said Dan Tullos, another sponsor.

All those interested in more information should contact Dr. Bailey at extension 394.
A place to escape to, a place with no escape

by Laura L. Brown

It's Sunday night, and you're hungry.

You could go to Wendy's for chili, but it's probably crowded. You could go to McDonald's for a 19-cent sundae, but you've done that before. You're looking for something different.

You get some friends together, hop in a car, and drive east on Park Avenue past the Wal-Mart Distribution Center. You take a right on Highway 367, drive for a mile or so, and there it is on the right - the Motor Rest Restaurant, better known as the truck stop.

The tall sign in front has several panels: "RAGGEDY'S MOTOR REST RESTAURANT. SPEAK AND CHOPS. CATFISH AND HUSH PUPPIES. NO TRUCK PARKING. CHIC."
The "CHIC" sign probably used to say "CHICKEN"; the place is not chic. But it's what you're looking for.

You walk in, find yourselves a booth, and consult the menu, a yellowing two-page sheet with a mountains scene on the front, enclosed in a plastic protective cover.

Don Williams sings "Falling in Love" on the jukebox; the sound is surprisingly good for a place like this. A waitress with an order cover. The music makes you feel like breakfast foods, you might get the sausage and egg plate, substituting a biscuit and gravy for the toast listed on the menu. Or you might order the jumbo hamburger and a side of fries.

If you're really hungry, you can order the featured item on the menu, the Trucker's Special: for $5.25 you get your choice of meat (six-ounce rib steak, ham, bacon, or sausage) plus two eggs, hash browns, a biscuit and gravy. Alabama is singing "Love in the First Degree." You check out the jukebox; everything in country except Olivia Newton-John's "Let's Get Physical" and Foreigner's "Urgent." Both of them will be played during the evening.

You sit down again and take a look at the restaurant interior. The booths are upholstered in graying white vinyl; rips are repaired with silver duct tape. The booth line three walls. In the middle of the floor, there are several rectangular folding tables like they have in high school cafeterias, with accompanying folding metal chairs.

Each of the booths and tables has a green ashtray, a napkin dispenser, a jar of sugar, a couple of menus, and a brown imitation wood bowl containing packets of Grade A Fancy Jelly and plastic containers of Cale's crinkle-cut fries, and a skinny bearded guy in a green Army jacket. The guy in the cowboy hat keeps staring at you and your friends. You wonder if they came with you.

A Charles Manson look-alike in a denim jacket and unbuttoned shirt comes in and orders coffee. Throughout the evening he feeds coins to the jukebox.

The food finally arrives. The jumbo hamburger is loaded with mustard, pickles, and sweet onions, and the biscuit gravy is semi-solid, but you didn't expect much. The french fries are the best you've tasted in Searcy, big crinkle-cut fries, crispy on the outside and fluffy on the inside.

Don Williams is singing again, this time "Amanda." The four girls who serve as cooks and waitresses tonight sit at one of the tables and smoke. Above them is a sign that says, "Please! Pay for order before going into game room."

You take a look at the game room. There are two pool tables, a video game, a pinball machine, and water stains on the ceiling. A few cowboy types are playing pool and swearing.

Charles Manson plays "Blaze of Glory" by Kenny Rogers. It's getting late, and you're starting to get bored, so you get up to leave.

Your waitress goes to the cash register when she sees you get up. Beneath a sign that says, "No checks, no credit!" you pay your bill and take a toothpick from the cup beside the register. On your way out, you drop a nickel into the cholorophyll gum dispenser and get two green squares of gum.

While you all drive back to campus, Charles Manson is still nursing his cup of coffee, the waitresses are still flocked together smoking, and the guy in the cowboy hat is still talking to his girl in hushed tones.

For you, going to the truck stop is a deviation from the tedium of campus life. You can drive away when you're tired of it. They can't.

Don't forget to order Fried Chicken in a jambalaya basket!