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Increased voter turnout creates runoff

By LISA BUTE
TJ managing editor

"I'm very pleased," were the words used by Elections Board Chairperson Pam Williams to describe last Wednesday's SGA and DSU elections.

Williams said that 1,129 students voted, almost 50 percent more than last year.

"I think we had a great turnout because there was so much competition in almost every office. I think all candidates did an outstanding job," Williams said.

The last study of this nature was done in 1983. Since that time, the economic impact of the college has risen to over 50 percent more than last year.

"I can't say enough about the students," Williams said. "The students were out in full force, and they really helped us.

The students, faculty and staff of Winthrop College contributed over $46 million to York County during the fiscal year of 1983-84. These figures are a result of the college's Economic Impact Study.

The study is a result of surveys taken by the faculty, staff and students in regard to their spending habits. The survey does not include part-time or temporary employees since the majority of their income and spendings are not Winthrop-oriented.

The study indicates that Winthrop students spend $14.6 million annually. The survey shows that all full-time students are in the area because of the college. Therefore, the spendings of all the full-time students, and only 30 percent of the part-time students, accounted for the $14.6 million computation.

Receipts from the college payroll and college purchases were used to calculate the total local expenditures of the college.

The college made over half of its purchases in York County, which amounted to $4,441,674. Full-time college employees grossed more than $13 million.

"The purpose of the study was to estimate the financial impact that Winthrop College has on York County in terms of cash flow and dollars. The study excluded the community benefits that the college gives to the community mainly to county such as cultural events, percent of the part-time college short courses.

"I'm really glad to be in the runoff, although now I have another week of campaigning. Ann Mary is a tough opponent, so I'll really have to get to work," Bembeneck said.

"Whatever happens, Lane and I will both be with Dinkins next year. It's our friendship and working relationship that's most important," Carley said.

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Peace makers go nationwide

By BRYAN ROBERTSON
TJ staff writer

Nuclear warfare is one of the most controversial subjects worldwide. Have you ever thought of what you would be losing in ease of a nuclear attack? Three years ago Justine Merrill of Denver, Colorado asked herself this same question. She had an original and creative idea to make a visible statement for the efforts of promoting peace instead of supporting war. She started a project in Colorado which has since spread over the United States, Canada, and Mexico. The project was to simply design on a piece of cloth something pertaining to the theme, “What I Can’t Bear to Think of Losing in Case of Nuclear Warfare.”

After completion, the material pieces will then be tied together and wrapped around the Pentagon in Washington, D.C., which is one mile in circumference. The wrapping may well circle the structure two or three times. The wrapping ceremony will take place on August 4, the Sunday before the 40th anniversary of the nuclear bombings of Hiroshima and Nagasaki.

Lots of response has been given by York County which firmly supports the project. The Spring Mills Corporation has donated fifty yards of fabric to the York County Alliance for Peace that has named Dr. Mary deGrys, Anthropology professor at Winthrop, as the state coordinator.

Winthrop College plans to get on in the action by submitting its own creative entry. Special permission has been granted through the Executive Offices and Public Affairs at Winthrop for Peace that has named Dr. Mary deGrys, Anthropology professor at Winthrop, as the state coordinator. The wrapping ceremony will take place on August 4, the Sunday before the 40th anniversary of the nuclear bombings of Hiroshima and Nagasaki.

For more information or materials needed for the project contact Dr. Mary deGrys at 322-1218, or Pat Blaney Bright (Campus Ministry Advisor) at 327-5156 or at the Newman Office of the Catholic Church Center.

Jazz clarinetist featured

By JUDY ALSTON
TJ staff writer

Dr. Ron Odrich, New York Jazz Clarinetist, was feature guest soloist Thursday, February 21, in Byrnes Auditorium. Assistant Professor of Music Phil Thompson accompanied Odrich on woodwinds.

Odrich combines his dual professions: periodontal surgeon by day and nationally known jazz clarinetist by night.

Many musicians regard Dr. Odrich to be among the finest improvisationists on his chosen instruments. Odrich effortlessly achieves a nearly four octave range on the clarinet where most players barely squeeze two or three octaves.

He also plays the alto and tenor saxophone and flute. His father was a New York studio musician accomplished on the clarinet, saxophone, oboe, and English horn.

Odrich began his musical studies at the age of seven with the cello, and played for four years. After a small accident at the age of 11, the cello was destroyed. When he was 14 he found an instrument more to his liking, the clarinet. His interest in jazz came shortly after that when his brother took him to a jazz concert, then Odrich became a great admirer of Buddy De Franco.

Following the Air Force, Odrich returned to New York for academic studies and local playing activities. During this time he worked with many jazz musicians and in many famous clubs such as Birdland and Basin Street East.

In the late 50's Odrich entered Columbia University Dental School, and had to reduce his musical schedule. During this time he learned to play the bass clarinet.

He now has his own dental practice and teaches courses in periodontics at Columbia University and still has a very active playing schedule.
**Williams-Backbone of Public Safety**

By TOM STEARNS  TJ staff writer

Behind every well organized department stands one well organized individual. And so it is with Winthrop's Public Safety Department under the direction of Bob Williams.

"I've always had an interest in law enforcement," admitted Williams. "My father was a police chief in Great Falls, and so I naturally fell into the role. And I'm really proud of the public safety department at Winthrop."

Williams refers to himself as a "very simple, very laid back" individual. He went into the Navy immediately following high school graduation, and remained there until his retirement in 1983. Following his retirement from the Navy, he took over as head of Winthrop's Public Safety Department.

"I've seen a lot of changes over the last 20 years," said Williams. "Everything from the school going coed to the recent move for NCAA competition. I even remember when it was against the rules for a male to play tennis without a shirt on!"

Williams is content with his job saying, "I really enjoy it. I like working with the faculty and staff, and I feel they have treated the Public Safety Department well down through the years. I also enjoy the contact with the students. It's great to be able to work with them and I appreciate the respect they give the department."

Williams is also laid back in his spare time. He has been officiating high school football games for 20 years. He and his wife own a farm in Great Falls, S.C. where they raise beef cattle. The farm, his children, and his 5 grandchildren take up most of his spare time—not that he minds."

Williams comments on Winthrop in general, "I think the administration has things well in hand. I'm also glad to see the support the students have been showing the Public Safety Department lately, although I wish the students would stop throwing paper and ice, before somebody gets hurt."

Williams' greatest pleasure at Winthrop, however, has been watching the Public Safety Department grow. "I'm very proud of the advances we've made since I came here 22 years ago," said Williams. "Public Safety has gone from being simply a campus guard to a full fledged law enforcement agency, with 12 commissioned officers, 3 security officers, 4 dispatchers, and 12 student workers whom we couldn't operate without."

"Our bottom line," Williams concluded, "is that we are here to enforce the law, and we must be straight and fair in our dealings with the staff and students. I appreciate the support they have shown us."

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**Maghsoud caters to Winthrop**

By VIOLETTA WESTON  TJ staff writer

Winthrop College and Epicure Food Services are fortunate to have Essie Maghsoud as the catering manager.

"I love what I'm doing; each day is a new challenge. It's a seven day a week job that lasts anywhere from ten to nineteen hours," said Maghsoud.

Maghsoud and his forty-to-fifty student workers cater parties with as few as four people to as many as 1,000. Most of his services cater to alumni, faculty, staff and students. They also cater to other groups outside Winthrop. "Being Epicure's Catering Manager involves planning, and preparing fresh flowers, fresh vegetables, fresh meat, and fresh fish," said Maghsoud.

Maghsoud says he enjoys his job and he enjoys traveling. He has traveled to Europe, England, and Afghanistan and Pakistan (while stationed in the Army), and throughout the southern, northern, and eastern parts of the United States. "I especially like Maghsoud added.

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**T.J. will return... March 25, 1985.**

*Have a GREAT Spring Break!!*  

* TJ Staff

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**Frat Book Shakes Florida**

GAINESVILLE, FL. (CPS)– "I'm hearing more and more University of Florida officials of this type of thing," says U.F. President Eileen Stevens of Sayville, N.Y. who is likely to probe all the fraternity and sorority programs on the University of Florida campus after one house started selling a raunchy handbook to fraternity initiation rituals.

But, Stevens says, this is the first Fraternity event in which one student has been sold a female student, and the controller.

"It seems like many fraternities are doing this," said Stevens. "I think the administration here is going to investigate the situation." In most cases, these things have happened in the light of day sexual intercourse and are not being investigated by the administration.

Put out by the Beta Theta Pi bazaar, the members don't hang on for $2 a copy, talk about it publicly and there will be no book sale on campus.

"I'm really proud of the students," he says. "I think the administration here is where Beta Theta Pi for the remainder of 1985, and its "little sister" program for an indefinite period. Like a joke or as a National Lambda publication, we just find it funny," says The university also may suspend student affairs Dean review all such programs at the school.

"Little sister" programs try to involve female students in activities of a fraternity. Most of the students "sand niggers and ten the females are not sorority pointy heads," and makes anti-semitic references to others.

"But the Fraternity in a prepared statement, the Fraternity Administrative Association says fraternity president said the "little sister" programs are "not handbook is sold in any official desirable" because they distract from membership goals.

"The handbook on it poorly, frequently lead to coercion of female members who do not do what fraternity members ask of them.

National fraternity officials One UF "little sister" told the can't recall seeing similar student newspaper she was treated like a maid.

"It is extremely inappropriate," said Dean of Student Affairs responsible for monitoring fraternity hazing James Scott is to decide within the next week whether to launch the  "little sister" programs organization.

"National fraternity officials One UF "little sister" told the can't recall seeing similar student newspaper she was treated like a maid.

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**ADVERTISING STAFF: Diane Aten. Felicia Turner. Kim Ischkeker.**
Finally, Spring Break

Thank goodness! In just 4 more days, it will be that wonderful time of the year we have all been waiting for. That’s right! Spring Break is just around the corner.

Winthrop College campus will look as though an epidemic has struck. Suitcases will probably be packed before Thursday, rooms will empty out, cars speed away, and the administration promises that Phelps will be ready when we return.

Many will head for Florida, more specifically—Ft. Lauderdale. The only place in the world where it’s legal to party for seven days.

Others will embark on Myrtle Beach, Charleston, or even the ski slopes for one last run before real hot weather.

And there are even a few of us who will drift back to our hometowns to work or find summer jobs.

Wherever we may all choose to scamper to, it’s a much needed break. (Thank goodness we didn’t have to wait as long as we did for Fall Break!)

Let’s remember one important point, at the risk of sounding like your mother, be careful; think before you act. Wonderful times can be easily scanned. Look out for yourselves and your friends. It’s great to meet new people, but don’t be over trusting.

So, now go on your way to fun, it’s less than 72 hours away.

Thank you, Sharon.

Everyday challenges lead to growth

By Lisa Hazel
Special to TJ

Everyday, life presents us with many challenges, the primary challenge being to accomplish whatever it is we set out to do. Along with long term goals and aspirations, we have daily goals necessary to accomplish, for goals set are goals met. Whether it be writing that dreaded 500 word essay or even going with your friends to watch the Eagles play at the Coliseum, it makes you feel good when you can say that you’ve gotten done what you wanted to do today.

Successful days give us a sense of self-esteem, and personal gratification. We feel good about ourselves and we have more to offer others in our lives. Our inner incentive provides us with ammunition to tackle whatever task is set before us for tomorrow. Being satisfied with ourselves allows us to healthily interact with our roommates, friends, instructors, and co-workers. Experiencing this good feeling gives us the incentive to go the extra mile or stay up an extra hour to complete our tasks effectively and thoroughly, and more importantly, with a sense of pride. There are times, however, when we may lose our incentive to fulfill our daily goals. Poor habits begin to dominate our lives.

We cut class for no reason at all; we fail to prepare for exams, or cancel obligations previously set with others. When this happens, we usually pledge to ourselves, “Oh well, I’ll get it done tomorrow!” As all of us have the tendency to procrastinate at least once in our lives, these unfulfilled goals can get lost in oblivion and may never get accomplished. Losing our sense of motivation can result in a loss of self-esteem.

Negative thought patterns begin to override our positive side, and we might begin to put ourselves down. What’s worse is that the change is usually for the better. It is not always possible for us to perform at peak levels. We are human, and there will be times when it seems that our internal system of motivation has shut down. But it never leaves us. Those are the times when we must gather the strength from within to press on even further, sticking to the task for as long as it takes to get it done.

Sometimes we must dig deeper within to gather the motivation and ambition we need to help us become our ideal selves. In order to grow, it requires a certain level of maturity to push ourselves because we seem to be letting others down as well. In this lethargic state of mind, we are becoming closer to the very essence of our being.
Commercialism—spare me!

By ROBERT McDONALD
TJ contributing editor

Please, spare me! I swear, if I turn on the television set one more time on a Sunday afternoon and see a starving Ethiopian, I think I'll croak! Ya'll, this subject is getting real old, and I think it is time somebody ran the risk of becoming "public enemy number one" by saying so. Things are really getting out of hand.

Every Sunday it is the same thing. You have a choice between watching a very dull basketball game (with twenty or so slow-motion repeats of the same shots) or being a first-hand witness to starvation out of hand. Did I mention every Sunday it is the same thing. You have a choice between watching a very dull basketball game (with twenty or so slow-motion repeats of the same shots) or being a first-hand witness to starvation out of hand.

I have to say that I am sick and tired of this. I have watched every one of these shows, and I have realized that they are just not worth my time. I have seen the same thing over and over again, and I am tired of it.

I have also noticed that these shows are not the only thing that is wrong with television. The music, the commercials, the ads for junk food—all of it is just not worth my time.

I am tired of this, and I think it is time that something is done about it. I think that we need to have a new, better way of getting our message across.

I hope that you will consider my words, and I hope that we can make a change for the better. Thank you for listening.
Athletic department Utilize your assets

By LAURIE ANN DEDES
TJ sports editorial writer

A day does not go by when I don’t drive by that huge construction on Eden Terrace Road called the Coliseum. Hopefully, you all know which multi-million dollar facility I’m speaking of. And every time I drive by this glorious monument that represents in one GIANT nutshell, the progress and power that Winthrop College is attaining, the parking lot is virtually empty. And every time I drive by this symbol of victory (political or otherwise) I have to ask myself (I say) “Dedes, why is that place so empty?” And the answer is because with the exception of basketball and special events, I don’t think that the Coliseum is utilized the way it could be.

Everything has room for improvement including utilization of the Coliseum. I think that classes should be taught out there. For coaching and physical education majors this would be the ideal place. Peabody Gym is good for recreational activities, but why not? They are talented (which, obviously, is why they hold these positions). They should be happy to share their knowledge.

Since a good deal of physical education classes are designed for outdoors there is plenty of room out there. We have a baseball field, soccer field, a rough track, a golf course, and the new outdoor Development Center. I think it would be beneficial to build an Olympic-sized pool and tennis courts out there.

Winthrop College has a good thing going on out there on Eden Terrace Road. But it could be better. I say “Get athletics out of Peabody Gym.” Peabody is great for recreation and Intramurals but the Coliseum can be best utilized for education. Winthrop College could have one of the most prestigious Athletic EDUCATION departments in the Big South Conference if they’re evaluated the utilization of the Coliseum and improved upon it. The Coliseum was not built for just the baseball team but it was built for the entire student body. It’s high time everyone benefitted from it!

Season goes well

By TODD HUTCHISON
TJ sports writer

As far as a coach I was disappointed by the losing season, but there were plenty of other positive aspects on the season,” said Billy Mims on the men’s basketball ‘84-’85 season.

The biggest aspect of the season according to Mims was a 3-answer question. “First, we had a continued improvement at home. We won our last 7 games at home, and we hope to continue that tradition till next year. Secondly, the team chemistry jelled over the course of the season, with the players playing good “teamball” over the last two months of the season. Third and lastly, then we defeated Campbell on January 26th, it was Winthrop’s first win over a sanctioned NCAA Division I school.”

“On the other side of the coin we had too many turnovers and didn’t play too well on the offensive end,” said Mims on the team’s weak points.

Specifically, we started the season with experience, actually five juniors. The staff felt that the team should have had poise and we just didn’t have it,” Mims also added.

When asked about the team’s bad luck on the road, Mims said, “We were not pleased with our road record. But possibly the year could have been due to the long road trips, the change in playing facilities such as a wood court on a tartan floor, and of course we had to consider the other team’s home court advantage.”

Mims also added, “We tried to make each road game feel like a home game and told the players each game was a new night, new game, and a new chance to win.”

With Winthrop’s recent push for NCAA Division I status, Mims said, “We played better competition, had longer road trips and also showed more intensity.”

“Next year we play Furman, East Carolina, Campbell, and take a 4-day trip to Quincy, Illinois for a 3-day tournament,” Mims said of the schedule for next year.

Mims also added, "The district we left with teams such as College of Charleston, Laney, and USC-Spartanburg was very strong and the new Big South Conference also has some good teams. We, in the athletic program, feel fortunate to be in the league.”

This year’s team had several strong players on which Mims commented, “Fred McKinnon was a strong offensive threat. Allen Washington was a force rebounding, Jerome Mckiver turned into a steady playmaker, while Brian Pope was a consistent scorer.”

One strength about this year’s team was defense of which Mims said, “We played good defense all year, with the exception of two or three games we easily could have had a few more wins.”

About recruiting Mims said, “It’s an ongoing process. We are looking at more physical players than in the past. We feel certain we should be able to sign three or four good players.” Mims also added, “I’d also like to thank the fans for their support. Also the managers Terry Scott, Mike Harnish, and Todd Hutchison. They all did excellent jobs for the program. Also the graduate assistants Jeff Burkhamer and Steve Roberts for great jobs.”

Great Britain’s Scantlebury; Foreigner makes the scene

By DOUG COBB
TJ sports writer

Peter Scantlebury, a freshman from London, England, is one of the recruits this year for Coach Niel Gordon’s Winthrop Eagles Basketball team.

Scantlebury played basketball at Eastfield University in London one year. He is 6’4”, 190 lb. forward made the All-County and All-District team. He also participated in the England Junior League.

Scantlebury plays off the bench mostly and averages 6.1 points per game and 4.1 rebounds per game. He also has a 50.9 field goal percentage and 51.7 percentage from the free throw line.

Scantlebury’s best game this season came in an 85-71 loss to District 26 Conference foe Livingstone. Scantlebury led the team with 18 points and 8 rebounds respectively.

Scantlebury comes from a medium-size family of five. He has one brother (18), and one sister (19). His mother is a nurse, and his father is a motor mechanic.

Before Scantlebury came to Winthrop to play for the Eagles, he played Semi-pro basketball in England for a team called Bracknell.

When Scantlebury was asked to reply on his plans for the summer, he answered, “I plan to go back home and play in camps and improve on my skills.”

Scantlebury enjoys the weather and friendliness of the United States.

With three more games left this season, Winthrop’s chances to make the District 6 Playoffs are very bleak, especially since they finished the regular season with the red-hot Clemson Tigers.

Eagle Events

| March 3 | Tusculum College | Home 2:00 |
| March 4 | Voorhees College | Denmark, S.C., 3:00 |
| March 6 | Gardner-Webb | Home 2:00 |
| March 7 | Gardner-Webb | Home 3:00 |

Softball

| March 8 | USC-Spartanburg | Spartanburg 4:00 |

Men’s Tennis

| March 5 | UNC-Asheville | Home 2:00 |
| March 6 | Erskine College | Due West, S.C., 2:00 |

Women’s Tennis

| March 4 | Erskine College | Due West, S.C., 2:00 |
| March 6 | USC-Coastal | Home, 2:00 |

Finally, Spring Break
Eagle Pitching
Walters will be key

By DOUG COBB
TJ sports writer

The Winthrop College Eagles baseball team has always relied on strong pitching. Mitch Walters is no exception. Walters is expected to be one of the leaders of the team this season, his junior season. Head coach Horace Turbeville commented, "We are expecting him to be one of our mainstays in the pitching staff."

Walters is a 6 foot 3 inches, one-hundred and ninety-five pound righthander. Walters played his high school baseball at Northwestern High School in Rock Hill, S.C., under the supervision of Coach Owen Privette.

During the past two years, Walters has compiled a 15 wins and 3 loss record, 8-2 in 1983 and 7-1 in 1984. In '84 he had an earned run average of 2.88 and 3.46 in 1983. Walters only had 25 strikeouts in '84 and 51 in '83. This fact shows as Coach Turbeville stated, "He's not a powerful pitcher, but he has excellent control and pitches well. He has rhythm and can pitch long. These are his main attributes."

Winthrop fields a young team this semester. When asked if the team's youth would affect the team, Walters stated, "It will affect the team; we are inexperienced." He further stated, "The upperclassmen will have to take over for us to do well."

Walters plans to graduate with a degree in Physical Education next year. During the offseason, he plans to go to the beach. After graduation, Walters plans to move to California.

When asked how he thought he would do this season, Walters replied, "I hope I have as good a season as I have the past two seasons." Coach Turbeville commented on his hopes for Walters this season when he said, "We are expecting a lot from him."

If Walters' success is near to the success of his two previous years, then his play should prove to be a key factor in the Winthrop College Eagles' 1985 baseball season.

Men's tennis team warms up to a new season

By TRISH McKITRICK
TJ sports writer

Sunshine and warmer weather in February? Our men's tennis team certainly can't complain! What better way to start out a very busy season? A total of 35 matches are scheduled, and the Big South Conference won't be held until 2 weeks after school has ended.

Tennis coach Gerald Hendricks explains the gist of what has happened in the past six games by saying, "Basically we have gotten off to a slow start. Our record is 2-4. But, after winning our last two matches I feel that we will continue to do well. Also, it should be noted that although our record shows a loss against four of six teams that we played, those teams were ranked in the number ninth and tenth divisions of the nationals. The men played very well; the matches were only lost 5-4." The team is made of a group of experienced players. The first six players have been established as follows: Dean Taylor 11; Mike Cox 2; Mah Raj 3; Pena 4; Bouse 5; Ejer 6.

"Luckily there have not been too many injuries among the players. Unfortunately, there is an exception to this in the cases of Mike Cox and Hutch Moore. Cox injured himself during practice but should not have to leave the team. However, Moore will not be able to return this season due to a stress fracture."

"This season's schedule is competitive," commented Hendricks. He said, "Our toughest match will be against Lander. They beat Clemson, who are ranked in the top 10 in the nation, 5-4. Furman will also be a challenge." Henderson feels that Winthrop's going NCAA will not affect the men's team that much. "I have not changed any of my policies since our schedules in the past have already been mixed NAIA and NCAA."

Hendricks feels that the competitive schedule will be good for the team. He remarked, "The more we play, the better we will get."
Wellness increases life span

By JODI BROWN
TJ staff writer

Possibly the best time to begin living a wellness lifestyle is during the college years. If you wait until the night before that huge exam that will determine the fate of your life to begin studying; if you haven’t eaten a vegetable and have forgotten what fruit looks like since you left your mother’s table; if you find yourself living off of beer, cigarettes, and occasional pizza and a Snickers bar; if you take caffeine pills so that you can last the semester with only two or three hours of sleep weekly; and if you have to look the word “exercise” up in the dictionary, you’re a terrible candidate to adopt the wellness habits that will add quality, and perhaps quantity, to your life.

“My lifestyle isn’t that extreme!” you say? Do you sleep an average of eight hours a night, eat breakfast daily, drink in moderation, exercise, maintain a moderate weight, and refrain from smoking? If all of these things are second nature to you, congratulations. You live a wellness lifestyle that should help you ward off sickness and disease, handle stress, be happy and more satisfied with your life, increase your energy and success on the job or in school work, and maintain good blood levels.

Jackie Patterson, the manager of health education at Blue Cross Blue Shield in Columbia, visited Winthrop faculty and staff recently to spread the wellness “gospel” throughout the ranks. The slim, attractive Mrs. Patterson is living proof of what a wellness lifestyle can do for a person. She circulated a photograph that was taken of her when she weighed nearly 200 lbs.

“Every time we face stress we get a dump of adrenaline that we don’t work off with exercise. At night we cannot rest properly. We are the first living generation to have no activity in our lives. Our world of communication and easy access to transportation have made us overweight, but we don’t eat enough to get our nutritional requirements.”

Patterson warned of the bad repercussions that result from excess fat, sugar, salt, and chemical additives in our diets. “Our 19-year-old men have a 15% buildup of plaque in their blood vessels. We know that this causes heart attacks and high blood pressure. Some of the same chemical additives put in the foods we eat are also used in cleaning fluids, to kill lice and in rubber cement and oil paint solvents.”

“Smoking is the worst habit people can adopt,” Patterson asserts. “We’ve talked about the tobacco industry and the jobs it’s created; how glamorous it is to smoke. We sent our soldiers cigarettes during the war, we gave our workers breaks to smoke. Now we’ve pulled the rug out from under smokers. We tell them it is mentally, physically, and socially addictive.

“Smoking fulfills some need that can be fulfilled in other ways. You can’t nag a smoker, but you can kiss them! They can’t smoke if you’re kissing them! We should increase the fruits and vegetables we eat as well as high fiber breads and cereals so that we can get our nutritional needs.”

“Every time we face stress we get a dump of adrenaline that we don’t work off with exercise. At night we cannot rest properly. We are the first living generation to have no activity in our lives. Our world of communication and easy access to transportation have made us overweight, but we don’t eat enough to get our nutritional requirements.”

According to Patterson, exercising just 20 minutes three times a week helps the body relax and makes stress easier to cope with. Should we try to change our lifestyle habits we’ve acquired during our lifetime all at once? That would be virtually impossible. Mrs. Patterson suggests beginning with our nutritional habits.

“We should increase the fruits and vegetables we eat as well as high fiber breads and cereals decreasing the butter, gravy, and oils we put on them. Substituting fruits for sweets, skim milk for whole milk, whole wheat bread for white bread, and beans and peas (an excellent source of protein) for meat, is a great way to reduce calories and increase nutrition and fiber value.

Model U.N. attends Harvard

By JEFF COLEMAN


The goal of the model UN is to promote world peace by simulating the proceedings of the actual United Nations. The Harvard Conference consisted of colleges and universities throughout the United States and Canada. Each college was assigned a country to represent. Winthrop represented the country of Iraq, and were opposed by Georgetown University, who represented Iran.

Laura Cude, head delegate, was pleased with the overall performance of the Winthrop representatives, but was somewhat surprised by the Georgetown delegates because they “weren’t as challenging” as she had expected. She adds that Georgetown and other colleges were very much out of character with the countries they were representing.

Ashley Byrd adds that the “hot, heated debate” between Winthrop and Georgetown culminated when Georgetown agreed to a cease fire between Iran and Iraq. In Byrd’s opinion, this was “very unusual and unrealistic” since the two countries have been at war for ages. Byrd adds that Winthrop delegates were able to work with larger colleges and universities on an equal basis.

Randy Firestone adds that the Winthrop model UN “is more realistic” than the Harvard Conference because Harvard is less formal and more relaxed, unlike the actual United Nations Conference.

“Winthrop delegates learned a lot in regard to how to improve our model UN, and also learned what mistakes not to make as well,” said Firestone.

James Dedes said that he enjoyed the conference, but feels that “organization is far better at Winthrop than at Harvard.” Dedes adds that he expected much more from Harvard and also from Georgetown. He states that Harvard only had state department representatives, whereas Winthrop has national diplomats attending our conferences. He adds that the trip was a “great learning experience.”

According to Melissa Coleman, “the Harvard Conference was good in the sense that it gave the Winthrop delegates a model to go by.” However, she feels that the Winthrop Conferences are “more realistic and probably as good” as the Harvard Conference.

All of the delegates felt that the trip was beneficial in one aspect of another. The students left campus Wednesday Feb. 20 at 8:30 a.m. and returned home 2:30 Thursday. The conference was held at the Boston Marriott.

The Winthrop College Model UN Conferences will take place April 10-13. Unlike the Harvard Conference, the Winthrop UN consists of high school students. Over 300 students from various high schools throughout the states are expected to participate.

Dance Theater entertains

By DONNA CAPPS

The Winthrop Dance Theatre, directed by Joanne M. Lunt, presented its annual Spring concert Feb. 21 and 22 in Johnson Auditorium.

The dancers performed seven dance numbers. There was a variety of dance styles including Ballet and Jazz with subject matter concerning humor, politics, nationality, and persons of the surrounding community with some dances in that it contained live music which was performed by vocalist Katherine Stupak and accompanied by Timothy Belk, both Winthrop music majors.

The closing dance, “The Surprise”, was different because it was an improvisational dance. Lunt stated that, “things like a desk chair with wheels, a bunk bed ladder, a beach ball, and books had to be used for the improvisations.”

Other choreographers included Karen Dugan, a past time dance instructor, Memie Hold, Patti Marks, and Jack Yantis, a guest from Augusta, Ga. who created “Enigma.” “Enigma” was learned in a weekend workshop in late January.

According to Lunt, many dancers had the flu during the week of the performance, but that did not stop their determination or dedication. She stated that “they are extremely disciplined girls.

After Spring break, the group will begin rehearsing for the next dance concert which will be presented this fall. This will be much more informal than the Spring Concert. It will be held either in the Agricultural Auditorium or in the auditorium of the university, depending on space availability. There are a total of seven numbers in that concert.”

The Winthrop Dance Theatre is open to all Winthrop students and persons of the surrounding community with some dance background. Interested people must audition. Upperclassmen students should contact Lunt that the students may then enroll in the dance theatre class.

I encourage all people with a dance background to try out.” Lunt concluded.
Personal Messages

Plastic Amy. When are you going to wear your pants again? And tell Cathy to get a date by Friday on Tuesday. PSW

Nancy Stewart: I'm looking forward to your performance tonight at ATS. Break a leg! Your suitemate and No. 1 fan. Lori

Darren: Beautiful shot--your mom would have been proud! Love you, G Cone

Mike Clarkson, I wish I was still... just down the hall. I love you, too, Becky Young

B.C.T: Those eyes... T.T.A.

Hey Lisa, I do exist! T.T.A.

To Amy: Get over the thanks guys I have to study and let's party soon! We love you, Leigh and Ali

To Angie S.--Let's go cook some corn dogs at Carowinds and discuss comedians in the early twenties. We love you, Leigh and Ali

To Amy M.: Have you been to A&P and bought 4 pizzas lately? Hope you didn't fall down. Love M&M

I'll be sorry to see basketball season leave us, but I'll be glad when I can wipe my butt with toilet paper again!!! The general consensus of 2nd floor Mar. Nan.

Terri, I watching you "T"

Richard P.: My a/c needs to be cleaned. What else is a little brother for? Keep up the good work J.D.

Perry W. The A&P parking lot just isn't the same without you. Your purple polo goes nice with my leather. You know who.

Brett S. Good luck in the election! J.D.

P.IKA Little Sisters and pledges: Thanks for all the help in homecoming! What a team!! J.D.

To Libia, Franca and Suha, I'm still waiting for my flowers. Edie

To Pam B. You're my favorite Sigma pledge. Love always, Tim B.

Tricia, I had a great time at homecoming! I hope we can meet again real soon at Waffle House. PSW

Sam B. You're a great little brother. Keep up the good work! Try to be punctual. Also try to stay in South Carolina for one weekend. Perry W.

James Dedes: Now that you've had the "Ivy League" experience of Harvard and Princeton, doesn't it make you want to TRANSFER? (hint, hint)! Just kidding! Your loving sister-L.D.

To Lina: Beware of toilet brushes with long bristles!! They could be dangerous. We love you! Leigh & Ali

Tina: Get a buzz and get over it because it all. Love one L and one L.

Julie B. You're the best! Love your lil' sister.

We want to apologize to Winthrop for acting like such immature jerks. We figure that everyone knows what losers we are anyway so maybe everyone will overlook our personal problems. West Thomson 3rd floor losers: David Marke, Dean Kelly, Leonard, Kevin Dupree, Jay Costa, and Mark Braddern.

S.P.E.W.: You're a good girl today!!! Yes... You are awake! Love you lots-- Miss Arrogant and Unreliable. P.S. When are we going to eat pizza again?

Joni, Do you smoke? Not today--ok, maybe tomorrow. Watch out for that chair!!! What whipped cream? What's the beer bottle doing under the table? Love you, Engleburt--Sally Barry Manilow

LT, I haven't seen you in a while. Your dinner is cold, it's been waiting for weeks. Hope to see you soon. Your normal, well-adjusted little guinzo Italiano friend.

Miss Piggy, Since we were gone this weekend and you had the place all to yourself, how did the "new" you work? We can make arrangements for next weekend. Too. Tune in next week for details! Love ya-Fox & Beak

Wats: Are you being mean yet? I don't think I will need any help from the tattoo. Everything fits perfectly now, no problem. How's the new conquest or should I say old? He'll come around. Remember your promise. Love ya, Sherlock

Mike Clarkson, Thought it was going to say something else, huh? Still wish the same thoughts and still want you to know I love you, too! Becky Young

Happy Birthday Rubena Dorch, Angie Green, Alison Hall, Sherri King, and Mary Travis. Guess Who?

Yanne Larson: Want to work on some international relations? A U.S. native.

Watson, Did you see that elephant? Haven't seen Lurch lately, have you? Well, maybe you better just go to bed. Love you lots-- Raise your hand.

Shannon H., Hope you have a super-fantastic week! Your Secret P.I.K.A. Pledge

Rohmi M. Have a great trip to Ethiopia over Spring Break. Bring me back a surprise. J.D.

Linda Ciesla and Amie Baima: Who's green panties were those waving from an extension cord out of that 5th floor Wofford window? Love, the Bratnapper

Peanutbutter-- You're groovy! Get out of my window! Love, Groover

Kim B. What does B.G. stand for? R.M.S.

To Tim, E.B. Dean, Marc, Ty, Tommy, Dana, John, etc.-- Have a nice Spring Break. You're probably not going to party too much! Take care, OSH & Tay

To Holly, See ya in the city! I love Tracy

Varsity Cheerleaders: Thanks for a great year! The memories of the hard work and fun times will always be with us. We'll be with you in spirit when you go for that national championship next year. Love, Kim & David

Bob Mercer: Where have you been? Too good for us now or what? C.

Hey Brimage-- You ain't so bad. You ain't so bad.

Laura, Thanks for being such a good little sister-- Love, Your Big Sis.

Rue: Thanks for being so understanding Thursday night. You're a super roommate. Love, Sue

Mike Clarkson, I wish I was still. ^

Sue T. Was the hall comforatable? A concerned sister
W.C. sponsors studies abroad program

By BRYAN W. ROBERTSON
TJ staff writer

Would you like to add more to your summer vacation than just a trip to the beach for a week or two? Paris—where francés? Then take advantage of the Winthrop College Studies Abroad Program which will include a six-week span in various French cities. Not only will you be able to see the places you have read about, but you will also receive six semester hours upon completion of your studies. The trip is sponsored by Winthrop's International Center under the direction of Dr. Glen Thomas.

The program is open to anyone with two years of high school French or one year of college French. You must be 18 years of age or older, or 17 years of age with written permission from parents. You must also have the recommendation of your French teacher sent to the Winthrop International Center. Already, people ranging in ages from 17-57 have signed up to go.

The cost of the trip is $2,200 per person which includes round-trip airfare from Atlanta to Paris, all round transportation in France, room and board, 21 meals per week, tuition for six semester hours, group excursions, tickets for theatre and concert performances, and fees for museum entrance. A $25 application fee must accompany your application. Once you have been notified of your acceptance, a $175 deposit is due.

Dr. Judith Barban, a lecturer of French at Winthrop, will be director of the program in France. She will be participating in the first Winthrop faculty exchange with a foreign institution. "There are a lot of exciting details we are able to work out. I plan to work in a lot of surprise activities and extras that normally would not be a part of the program," Dr. Barban stated. She will depart for France in April.

According to the Travel/Study pamphlet the itinerary for the program is as follows:

July 1- Depart Paris for Aix: En Provence via "TGV," the world's fastest train. For four weeks you will study at the University of Provence in the South of France between the Alps and the Mediterranean Sea where you will earn six semester hours credit in courses ranging from intermediate through graduate levels. You will be placed at an appropriate level according to your demonstrated ability. You will stay in one of the new Residents Universitaires of the University of Provence in Aix where each person will have his own private room.

While in Aix you will be given the opportunity to roam the streets and shops and stroll the cafe-lined Cours Mirabeau. Weekend excursions to the French Riviera, including Nice, Cannes, and Monaco are available. You may also visit the Roman ruins of Nimes, Arles and Orange as well as travel to the Camargue region and see the "cowboys" and wild horses. The university will also sponsor academic, athletic and social activities.

July 29- Via chartered bus, depart Aix for a seven-day lecture tour of the following: Burgundy (LeBourgogne) offers some of the world-famous vineyards and wineries of France. Take a trip to the Palace of the Dukes of Burgundy in the medieval city of Dijon, visit the Hotel-Dieu (medieval hospital) in Beaune and the romanesque cathedral of Tourrus. Loire Valley (chateaux district) will offer you the chance to travel through the heart of France to the noble Renaissance chateaux of Chambord, Chenonceaux, Blois, as well as many others via Vezelea and Bourges. Following the tour of Loire Valley you will return to Paris for a farewell banquet at an unannounced surprise location.

August 5- Depart France for your return flight home. For those who wish to remain in France longer arrangements can be made.

The Pi Delta Phi French Fraternity has sponsored fundraisers to get scholarship money to help students get in the program.

For further information and or an application contact Dr. Judith Barban, International Center, Winthrop College, Rock Hill, S.C. 29733 or call (803) 323-2231.

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