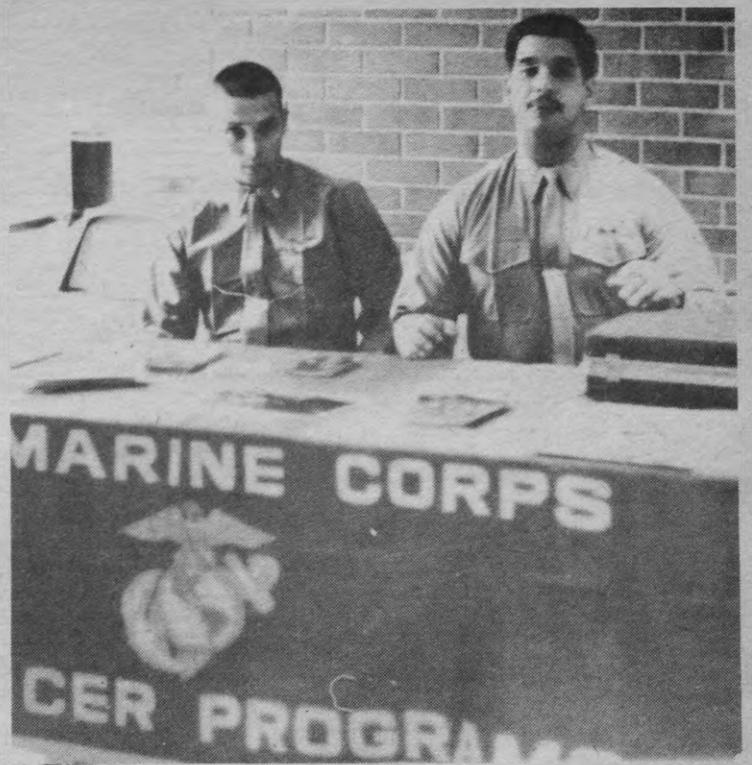




Semper paratus!

Viva la huelga!

It's sign up time on campus. Representatives of the United Farm Workers Union and the Marine Corps have set up recruitment tables in the main lobby of the College Center. Rehab students have volunteered to staff the U.F.W. table, offering passerby's buttons and bumper stickers for sale, and a two minute rap session for free. Left, Pat Obellero and Gloria Silvers collect Kevin Evanko's pledge to boycott non-union lettuce and grapes. Right, Lt. Conry and Lt. Henry, USMC, seek pledges of a different sort and report things are going "pretty good." (Photos by Rich Goldring and Jim McRobbie)



More criticism for tuition increase

Three prominent educational associations have further decried recent recommendations that public colleges raise their tuitions to create a parity between public and private institutions.

"We oppose totally the congeries of proposals which purportedly would 'save' private institutions by raising tuitions as public ones," said the National Association of State Universities

and Land-Grant Colleges.

A "magic money machine" would be needed to equitably carry out current proposals for increasing public college tuition as a means of narrowing the gap with private colleges, said the American Association of State Colleges and Universities.

The American Association of Community and Junior Colleges strongly favors keeping tuition in public community colleges low and that, "where possible, there should be no tuition."

All three groups submitted staff papers to the National Commission on the Financing of Postsecondary Education on the question of how responsibility should be divided for the financing of postsecondary education.

Proposals that public institutions raise their tuitions have been made by the Carnegie Commission on Higher Education, by a commission of the College Entrance Examination Board, and by the Committee on Economic Development. The latter group recommended a doubling of tuitions at public institutions.

President Chambers has denounced all such proposals, which would result in an \$800 tuition charge here per year, and has called for a lowering of the current fee in the absence of adequate financial aid.

The National Commission on the Financing of Postsecondary Education is due to submit its recommendations to Congress by Dec. 31.

Fire alarm was only fooling

The fire alarm that sounded in the College Center shortly after noontime Friday "wasn't a drill, but it wasn't a fire either," according to Director of Student Affairs Terry McGlinchy.

Expanding on McGlinchy's statement, College Center manager Bill Geraghty explained that a ceiling-mounted fire detection device located on the first floor was accidentally actuated when hit by a delivery man bringing supplies into the building.

Students in the cafeteria at the time paid little attention to the alarm, said Cheryl Tierney, a Winner's Circle cashier. "A few looked around," she said, "but most of them just kept on eating."

New prexy fears old problem

by Tom Power

"As it stands now, students have no voice in the college government. The new College Assembly will give students a chance to participate with faculty and administrators in regulation of academic affairs."

This is the opinion of Jerome Shindelman, Assistant Vice-President for Academic and Student Affairs, who will serve as Chairman of the Assembly for the first year.

Shindelman's first concern is to get the Assembly "off the ground." He believes the now dissolved College Senate, Middlesex's previous government, was a failure because "a meeting time was never established when all members could attend."

In order to avoid a recurrence of this problem, elections of all College Assembly members are being called for before January so that all members can be scheduled to have a common free hour.

QUO VADIS

Vol. 8, No. 18 Middlesex County College Nov. 20, 1973

Save fuel drive picks up steam

"There's nothing in the wind to indicate that we'll have to shut down completely," Paul Hilf, Vice President for Finance said. He was speaking about the suggestion brought up at last Wednesday's meeting of the Energy Crisis Committee to have a total campus shutdown in February because of a lack of fuel.

"There's enough in the furnace," Hilf said about the fuel shortage on this campus. He indicated that because January is a month of final exams and irregular use of classrooms, there would not be a need to close the school. "So far there seems to be enough fuel available, although it'll cost extra," he said.

At the Executive Council meeting yesterday, Hilf said that certain individuals were assigned the responsibility of checking different buildings to make sure there were no energy wastes. These people will be responsible for the temperature settings (69 to 70 degrees in an occupied room and 63 degrees in an unoccupied room) making sure that electricity isn't being wasted because of unnecessary use of lights, and making sure doors and

windows are kept closed.

As part of an overall plan to conserve energy on campus, Hilf announced a contest for posters that would remind people of the energy crisis.

"A successful effort to reduce electrical and fuel oil consumption on campus must come from the student body as well as the faculty," he said.

Although the vice-president thought the Marketing Art and Design students would have the edge in the contest due to "their prior experience in attention-drawing design," the contest will be open to all students.

No deadline for entries has been set as of yet and no specified prize has been announced, although a gift certificate for the Blue Colt Bookstore is a suggestion.

Dance questionnaire out to match you up

by Ed Mugavero

Hey guys and girls ... Are you tired of going out with each other and not saying much more than "hello" and "goodbye"? How about all you 6'8" basketball centers? Are you tired of doing deep knee bends to kiss your date goodnight?

Fear no more. Applications for the A.C.E.S. club computer dating service will be available in the student center for 25 cents until Dec. 7. Questions will concern your likes, dislikes, physical appearance, and other similar qualities. On January 7, the results will be posted throughout the campus supplying each applicant with the name and

Alcohol flagged again

The Alcohol on Campus Committee has been flagged again by the college administration. The latest set of guidelines presented to Vice President John Callahan for his approval has been returned to the committee for revisions.

Problems have arisen involving the identification of the purchasing agent. The purchasing agent is that individual or organization which will assume responsibility for buying and distributing the alcohol at social functions on campus.

Administrative sources have stated that, because of the unresolved nature of the guidelines, no presentation of the alcohol on campus proposal will be made at tonight's meeting of the Board of Trustees. This is the second time the committee's attempts to reach the Board of Trustees have been thwarted because of guidelines problems.

On the other hand, a member of the administration indicated that the possibility of ironing out the wrinkle in the guidelines does not appear to be a major problem. Chances of the committee making their presentation to the trustees at the December meeting appear to be good, the source added.

"They've done a good job, and, when they clear up this problem, I think they'll stand a chance with the board."

phone number of his ideal mate. Then you'll be all set. But where do you go with your date? Still got the shakes?

Then go to the computer dance on January 11th for only \$1.50 each. Beatrice Parkway will play from 8 p.m. till midnight in the Student Center. You'll be able to dance or just sit around talking about all the things you have in common.

Ordinarily, it may cost you \$50 worth of movies and hamburgers to find someone you really like. And even then you might find that all you have in common is movies and hamburgers. Spend a quarter. Who knows, you might get more out of it than you bargained for!

QUO VADIS

Middlesex County College
Edison, N.J.
College Center Room 317

JOSEPH WEBER, JR.
Editor-in-Chief

JOHN CARDONA
Business Manager

Editorials

Cigarettes and cancer

At a recent meeting of the Faculty Student Association, a recommendation to permit cigarette machines on campus was made and adopted, seven to two. Soon thereafter, Sy Solomon, chairman of the campus retailing corporation, was told to hold off implementing the decision until further notice by President Chambers.

Cigarette machines were once allowed on campus, but after the Surgeon General declared smoking hazardous to health, Chambers ordered them removed. At the time he also expressed a concern about damage to property caused by cigarette smoking.

Any damage to persons caused by smoking, as well as any damage to property, has not been lessened in any noticeable degree by the no-machine edict. In all probability, not one less gram of tobacco was consumed because of the lack of machines on campus.

In reality, the only function of the prohibition has been to create inconvenience for many smokers and a lot of profit for many outside retailers.

Since the ban, made in the interest of health, has not affected the amount of consumption, and there is a good deal of sentiment for machines on campus, we propose an alternative which would accommodate both.

It is wrong for the F.S.A. to profit from the unhealthy habits of many persons on campus, however, should the monies generated from the sale of cigarettes be donated to cancer research, two ends would be satisfied. One, the profit diverted from the pockets of outside retailers would go to a worthy cause, and two, we would be that much closer for that which many have claimed to be the end result of smoking, lung cancer.

We recommend, therefore, that cigarette machines be installed on campus, if and only if, all profits accrued are donated to lung cancer research. Further, we recommend that prominent notice be posted on each machine of where the monies are going.

People will continue to smoke even with the apparently severe dangers connected to the habit. Is it not better that cancer research profit from these dangers, rather than private individuals?

Something new for old

The "Best Years of Your Life" is more than a cliché to Irene Pearse and the folks down at the Division of Continuing Education. That too-often trite phrase takes on an original and important meaning when one is speaking of the diversified program being offered by the DCE with the term as its title.

The series includes an oil painting workshop for senior citizens at the Greater Plainfield Senior Citizens' Center and a course here entitled "Introduction to Lip Reading." In addition, two courses are slated for the spring, prepared especially for senior citizens, Lip Reading again and one entitled "Plan Now, Retire Later."

Other plans in the works include lecture demonstrations on various subjects. One such demonstration on sculpture was held recently at Rossmoor.

In addition, a variety of courses are being planned for Clearbrook Retirement Village and the Perth Amboy YMHA of interest especially to senior citizens.

We commend the work of Irene Pearse and the entire Division of Continuing Education in this area. In a time when people are too often blind to the needs and interests of the old, it is good to know there are those who see clearly.

No Quo Vadis Thursday, Tuesday

Quo Vadis will not publish either Thursday, Nov. 22 or Tuesday, Nov. 27 due to Thanksgiving.

Campus calendar

TODAY: Women's Caucus . . . CC312 . . . noon
"Take A Second Look" Club meet . . . CC 215 . . .
Motorcycle Club meet . . . CC 310 . . . 3 p.m.

Next Week

TUESDAY
11/27 D.E.C.A. meet . . . MM 100 . . . 10 a.m.
Business Div. Council meet . . . CC 312 . . . 10 a.m.
Motorcycle Club meet . . . CC 310 . . . 3 p.m.
Circle K meet . . . CC 319 . . . 4 p.m.
Concert Committee meet . . . CC 315 . . . 4 p.m.
Bowling Club meet . . . Edison Lanes . . . 4:30 p.m.
Movie . . . "Catch 22" . . . Cafe . . . 7:30 p.m.

WEDNESDAY
11/28 A.C.E.S. meet . . . CC 321 . . . 11 a.m.
I.E.E.E. meet . . . WE 109 . . . 11 a.m.
H & R Special Luncheon . . . Corral Rest . . . noon
German Club meet . . . CC 310 . . . 3 p.m.
Committee on Alcohol on Campus . . . CC 312 . . . 3 p.m.

How do you like driving at 50 mph?



Toni Bravo
ET 75



Jim Bellizio
ET 75

It doesn't bother me. I think to save gas and energy we have to do this. People in this state move at too fast a pace anyway and should slow down. We'd be much more relaxed and at ease by slowing down.

It's good on secondary roads, but should be 60 mph on interstates because the reason interstates were built were for high speed driving.



Pat Fraykor
MT 75



Dennis Katsanis
Ret 75

I prefer travelling at higher speeds on roads such as 287 and the parkway. The new speed limit seems to make traffic congested on these roads. It takes more time to get to places.

It's alright because I always drive at 50 miles an hour. It's safer and easier, it requires less attention to drive at 50 then 60 so it's easier too.

Letters to the editor

Christmas party planned

To the Editor:

Alpha Sigma Mu, the Veterans Organization of Middlesex County College desperately needs your help. We are a group of veteran students at Middlesex County College, Edison, New Jersey, dedicating our activities to community oriented service projects.

Annually our organization sponsors a Christmas Party for the children at the Middlesex County Cerebral Palsy Center, in Menlo Park, New Jersey. Our budget granted by the Office of Student Activities at Middlesex County College is only \$150, which has barely been enough to cover the expenses of operating our organization. Postal and stationery expenses have required nearly the entire \$150 and we are now left with very limited funds.

Our problem is that we do not have the necessary funds available for purchasing toys for these physically and mentally handicapped children. This is the reason that we so desperately need your help. There are eighty persons currently at the Cerebral Palsy Center; twenty-five of them are of preschool age. The ages of all persons presently associated with the center are between four and twenty years.

If you have any toys or games of any kind for either boys or girls, we would be extremely grateful if you would donate them to our organization so that we can make this party for these handicapped children a success.

The Christmas Party will be held on December 19, 1973, and for this reason, if you are able to

donate any toys we would appreciate if they were made available to us by December 10, 1973. A member of our organization will gladly visit you to answer any question you may have, or to pick up any donations that you are able to make.

If it is possible for you to make any donations, we would appreciate your contacting Mr. Joseph Tulli at 985-5931. Again, we will be happy to meet with you personally if you have any questions about this matter.

We sincerely hope that there will be a means available to you to contribute to this community project.

Thank you very much for your attention to this matter.

Sincerely Yours,
Joseph A. Tulli
Service Committee AEM

Women's Caucus explained

To the Editor:

Thank you for the article on the Middlesex County College Women's Caucus (Quo Vadis, November 13, 1973, "Caucus Still in Fetal Stage").

Ms. Jacques mentioned in it that active members of the Women's Caucus "regret that the caucus is still comprised mainly of faculty and staff." That is true, and we write this letter to URGE students to participate in the Caucus.

The article also stated that students unable to attend meetings might get minutes of the meetings from active members. Here is a partial list of names for students to use for that purpose:

Roseann Morgan, Old Student

Union

Irene Pearse, North I
Edith Rehbein, North I
Rita Losch, North I
Kathy Earley, North I
Anita Voorhees, second floor,

West Hall
Yetta Levine, second floor,
West Hall

The minutes of the meetings will also be available at the information desk of the College Center.

In addition to the comments made in the Quo Vadis article, we would like two others:

1. The Women's Caucus is not new; this is its second year of existence, and has considerable support.

2. Most women's groups in this country are led by professional

women who have first-hand come to experience the "differences" between themselves and professional men (i.e., fewer promotions, lower salaries, etc.).

Although many women students have not yet felt the pinch of these differences, they owe it to themselves at this time to prepare themselves for their entrance into careers after graduation. Therefore, the Women's Caucus both needs and wants much, much more student involvement.

After all, only the women students can direct the Caucus best to their needs.

Very sincerely,
Roseann Morgan
Irene Pearse

Affirmative action defended

To the Editor:

Our readers obviously lack factual information on affirmative action. If a recent letter is any indication, there is widespread misunderstanding and misinformation about affirmative action circulating on this campus.

An affirmative action plan is a road map, a guide for compliance with existing federal legislation which makes it unlawful to discriminate in employment on the grounds of race, color, age, religion, sex, or national origin. Affirmative action entails the development of a comprehensive

plan of action to remedy the effects of past discrimination.

Affirmative action does not mean that quotas are set or that unqualified women or minorities must be hired. It does mean that the college intends to develop a plan to insure that women and minorities are recruited and considered for promotion. It demands that criteria used for white males are applied equally to women and minorities. Affirmative action means that a merit system guides employment practices and the "buddy" system which has been all too

prevalent in higher education is eliminated.

I take pride in the positive actions taken by the President, Mr. Bush, and our Board of Trustees in approving the position of Coordinator of Affirmative Action. Affirmative Action needs the support of every student, faculty, and staff member on this campus who is truly committed to equality of opportunity.

Anita E. Voorhees
Director of Special Projects
Division of Continuing Education

At Thanksgiving, everyone seems to have good food on their minds. But our everyday repast usually consists of quickie snacks grabbed at some fast-food counter... hamburgers, frankfurters, french-fries, shakes, cokes. Nutritionists are now warning that, since our favorite "junk foods" have been doing little more for us than adding weight, we'd better start thinking of good food every day.



Fad fodder more beat than treat

by Jeff Gaydos

Beware of flashy new diets!

According to nutritionist Mrs. Eileen McCarthy, numerous "health experts" are making money and doing little good for millions of Americans concerned over their diet and health.

Mrs. McCarthy, who is co-chairman of the Monmouth County Nutrition Council, told an audience of about 50 people at Brookdale Community College recently that people who persistently follow fad diets tend to develop acute medical problems.

She advocated following traditional nutritional standards in her lecture "Watch What You Eat."

Mrs. McCarthy said, for example, that Adelle Davis, author of several books about American eating habits, is selling a \$35 diet which she claims can relieve arthritis. She added that the American Dietetic Association knows of no diet which can produce such a result.

"The American diet for years included rich milk, cream, and plenty of eggs in the morning," Mrs. McCarthy told her audience. "Later we found a large increase in cardio-vascular diseases.

"Our basic needs differ because of differences in age, health and patterns of exercise. But it behooves us all to get a good balanced diet with all the nutrients we need.

"The Atkins and Stillman kinds of diets are a great shock to our systems. Prolonged use of the Atkins diet can result in gout. The Stillman diet can lead to diabetes. Neither diet is normal. If you do use such a diet, do so under a doctor's care. At least he can check up if something in your system is going wrong."

The nutritionist divided all foods into four basic groups: Milk, meat, vegetables and fruits, and breads and cereals.

It is important, she said, to balance one's daily diet with foods from all four of these categories.

The milk group includes all foods made from milk, including cheese and ice cream. There is very little variation in nutritional value among the different kinds of milk (skim, low-fat, whole) except for the cholesterol content, Mrs. McCarthy said.

She said that whole milk contains butter fat equal to two teaspoons of butter, low-fat milk's butter fat content is equal to one teaspoon of butter and skim milk has no butter fat at all.

Mrs. McCarthy recommended that adults drink two or more glasses of milk each day.

Adults should also eat two portions from the meat group daily, she said. That food category includes meats, fish, poultry, eggs and cheese, and can be partially substituted with dry beans, peas, and nuts. But Mrs. McCarthy explained that the substitutes don't provide all the building blocks needed for a good balanced diet.

Group three, the fruit and vegetable category, includes dark green or yellow vegetables, citrus fruit, tomatoes and potatoes, among other vegetables and fruits. Mrs. McCarthy suggested that it is a good policy not to overcook these foods since a good portion of their nutritive value would then be lost.

She also said to remember that potatoes are more than just starch. They have a high vitamin content.

Four or more servings of group three should be eaten daily for recommended daily requirements to be met.

The last food category is the bread and cereal group. And although Mrs. McCarthy said four portions of that group should be eaten each day, she said it is the one group "people usually don't



illustrated by Jim Painton

have to be coaxed into eating."

Group four includes such things as enriched and whole grained breads, cereals and English muffins.

"Notice that the extras are all missing," Mrs. McCarthy said with a grin. It's with the "extras" that we add additional weight with unneeded calories.

The nutritionist's lecture was followed by a question and answer session with the audience, composed mostly of young women with families.

Among the topics she covered were:

- Sugar vs. honey: "It makes no difference if you use brown sugar, raw sugar, refined sugar, or honey. They all have the same basic nutritive value."

- Margarine: "The first ingredient listed on the label should be any liquid oil other than coconut. This is a way of cutting down on cholesterol intake."

- Perfect foods' "There really is no perfect food, but the one that comes closest to perfection is milk."

'Junk Food' can kill you

Many Americans' diets, these days, are composed largely of 'junk foods.' And according to speakers at the recent meeting of the Vitamin Information Bureau held in Washington, D.C., this kind of eating is one of the main contributors to heart disease and cancer in our nation.

Dr. Paul A. LaChance, a professor at Rutgers University's Department of Food Science, said "Fast-food

restaurants, food faddism and crash diets are robbing the homemaker of the control she believed she once had over her family's nutrition."

The implication is that the food we are shoving down our throats as we hurry off to 'here' or 'there' is worthless bulk that is doing little or nothing to make us healthy but a lot to make us overweight.

Intramural success gets directors 'yah-Huie!'

by Bill Benwell

Bodies hit one another with a resounding crash, as arms, and legs, and elbows fly through the air.

Above the crunching of bones, one can hear, on occasion, grunts or groans. No, this is not West Hall on the last day of pre-registration, but rather those were the typical sights and sounds of an intramural football game.

The man who presided over this mayhem twice a week, and who will supervise a one-on-one basketball tournament starting today, is former MCC student Allen Huie, now the college's intramural coordinator.

"My job is to provide familiar with the people who recreational activities for faculty could help me out."

Huie says, and Huie has been somewhat disappointed with the initial program this year will give turnout for the intramural members of the college an activities. "The faculty has taken opportunity to participate in a bigger part in the program than touch football, volleyball, tennis, students have," he points out, badminton, one-on-one sightng the recent tennis basketball, five-man basketball, men's and women's softball and a recreational tournament. "I would like to see more students participating."

The fact that Middlesex is a commuter school is basically the root of the problem, Huie believes. Many students either have jobs after school, or live too far away to come back to campus at 4:00 if their last class was earlier in the day.

Huie is optimistic for the future, however, and believes that as students begin to realize what intramurals are all about, they will become more interested in participating. While football and tennis had a "reasonable" turnout, he explains, the turnout for one-on-one basketball has been "excellent", and more of the same is expected for five-man basketball and softball later in the semester.

Still, while there have been some difficulties, intramural sports is interesting and exciting for its coordinator. "It's frustrating not having enough people turn out," he admits, "but it's really fun once everything gets going." Since intramurals has not reached its potential, one can be sure Allen Huie will not be content until it has. "If we push the program hard enough," he explains, "it will be a big success."

Hoopsters unbeaten in scrimmage tilts

by Brian Stolte and Todd Hoblitzell

Middlesex's basketball team continues its unbeaten string in scrimmage play by picking up two more victories last week, extending its pre-season record to 3-0.

The Colts handed Trenton State a 105-100 loss on Thursday and Rider College's junior-varsity, a 103-101 defeat on Saturday. Both games were played at MCC.

Coach Jim Kahora is optimistic about the upcoming season claiming, "we've gotten better with each game we've played."

Kahora said "everybody on our team is good enough to start." After three exhibitions, he has not, as yet, determined who will start against Burlington in the season opener on Dec. 1

In Thursday's contest, the Colts, on the shooting of Rich Mazzella and Bob Flaherty, ran away with the first period 38-26.

Trenton State got revenge in the second period as the Lions out-scored the Colts 42-36.

Kahora spent this and the remaining period shuffling players in and out of the line-up in order to take a look at all of his players in action.

The Lions were top scorers in the third period on precision outside shooting - 32-25.

An additional five minutes was added to the scrimmage at the agreement of the two coaches. Trenton's scoring attack was shut-off by a determined Colts' defense, with Middlesex taking it, 6-0 accounting for the 105-100 final score.

Mazzella, the only returning starter from last year, said the Colts would have to use their speed to outhustle the other team in order to win. "We've got to force the other team to make mistakes and then capitalize on them," he said.

Mazzella did just that when he displayed outstanding "man-on-man" coverage, stealing the ball on several occasions and turning the steal into scores, as the Colts notched victory number three at the expense of Rider on Saturday.

The Colts led all the way throughout the first period outscoring the Broncos 36-31 with Flaherty netting 14 of his 17 total points for the day.

The next two periods were just as close with Middlesex dropping the second, 34-29 and taking the third, 38-36.

The ball-handling on the part of both teams was sloppy, but both coaches got a look at all of their players.

Middlesex has three remaining scrimmages to be played against Drew, Upsala and Monmouth. All the games are away.



Intramurals director Al Huie keeps watch over a football showdown as night slowly descends upon campus. Huie, a former MCC student, is in his first season as intras overseer.

Ping-pong finals feature Mills and Kreisel duos

Walt Mills and Bill Fitzsimmons will face Kurt Kreisel and Pete Yutko in today's championship final in ping-pong "doubles", a part of MCC's intramural recreation tournament being held in the game room of the student center.

The match will be played at 1:30 with the winning team representing Middlesex in the regional tournament at Widener College.

Ping-pong "singles", billiards, table soccer, air hockey and chess are still in the early stages of competition and will continue past the Thanksgiving holidays.

Tryouts set

Indoor track coach Joe Shlegel has begun practice for this year's team hopefuls. Anyone interested in trying out can contact Shlegel this afternoon or tomorrow afternoon in the gym.

The staff of Quo Vadis wishes a Happy Thanksgiving to all!

EARN TOP MONEY!
Part time promoting student travel. Call or write (include your telephone number): VAGABOND TOURS, 242 East 80th Street, New York, N.Y. 10021 (212) 535-9840.

THE BRIDAL BOUDOIR & DISCOUNT JEWEL SHOP
All nationally advertised gowns at unbeatable prices! Headpieces, favors, invitations jewelry. New bridal gowns \$120. and under. Bridesmaids' gowns under \$50. Values up to \$200. Closed Monday. 1361 Oaktree Road, Iselin. 283-3393.

BLUE COLT bookstore

HOLIDAY GIFT CENTER

SUPER DISCOUNTS

COLLEGE & FRATERNITY JEWELRY

GIFT BOOK SETS

MUSEUM REPLICAS & STATUES

SONY RADIO'S TV'S STEREO'S

REMINGTON ELECTRIC AND MANUAL TYPERWRITERS

CROSS PEN SETS PARKER & SHEAFFER ALSO

AMERICAN TOURISTER LUGGAGE & TOTES

TEXAS INSTRUMENT CALCULATORS SR-10'S

SHEFFIELD WATCHES

GIFTS FOR THE WHOLE FAMILY