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The Parthenon

Thursday, Feb. 23, 1989

Marshall University, Huntington, WV

Vol. 90. No. 71

Osteopathic president: Report's goal predetermined

'Fishy' recommendations do not swim with him

By Thomas A. Taylor
News Editor

There is something very fishy about the Carnegie foundation's recommendations for West Virginia medical schools, says Olen Jones, president of the West Virginia College of Osteopathic Medicine.

Jones said he believes the foundation had determined its recommendations prior to any on-site visits from the study panel which consisted of three doctors.

The Carnegie report proposed consolidating the state's medical schools with a center in Charleston, but excluding the osteopathic medical school in Lewisburg from the state system. The report suggests that it merge with the medical school at Marshall, or be sold to private interests.

These, however, are not new proposals to the Charleston-based Sarah and Pauline Maier Foundation that funded the Carnegie report, a \$350,000 comprehensive study on higher education in West Virginia.

The Maier Foundation was established by William J. Maier in 1958.

In 1979, after spending nine years studying medical education in West Virginia, Maier personally submitted a report to members of the Legislature urging the creation of an independent institution, the University of West Virginia Medical Center, with campuses in Charleston, Huntington and Morgantown.

Jones said essentially the institution would be a consolidation of existing educational programs with administrative headquarters in Charleston.

Jones also lobbied for abolishing the West Virginia College of Osteopathic Medicine in Lewisburg.

The similarities in the 1979 report of Maier and the Carnegie report are undeniable, Jones said. The school has fought an uphill battle against the prejudice of the Carnegie Foundation, he said.



Jones

Last fall, osteopathic physicians were incensed by the Carnegie Foundation which neglected to include an osteopath on the study team which visited each of the schools.

Marcelino Oliva, president of the American Osteopathic Association, said in a press release, "It is imperative that someone who understands the unique programs and goals of an osteopathic medical college be included in the team that will study West Virginia's medical schools."

"I feel strongly that exclusion of an osteopathic medical perspective from this very important study would be a serious disservice to the school and to the people of the state."

Carnegie officials said that the interests of the profession in relation to members the study team were not totally disregarded. Dr. Richard Ruppert, president of the Medical College of Ohio in Toledo, one of the two physicians on the team, helped establish the Ohio University College of Osteopathic Medicine in Athens, Ohio, they said.

Later, the Carnegie Foundation relented and added an osteopath to the team. Osteopathic medicine emphasizes the relation between the skeletal system and organs as a cause of illness and often uses physical manipulations in treatment.

Jones said the foundation ignored the recommendations of the study team. They were "enthusiastic" about what was being accomplished and actually recommended the school receive additional state funding, he said.

"There was no mention of consolidation, closing or any relation to that," Jones said. "They recommended maintaining three separate medical schools."

The Carnegie report is also "filled with distortions" concerning admission requirements, number of out-of-state students, and other information which favors the ideas of the late founder of the Maier Foundation, Jones said.

Since the release of the report, two of the three members of the study team — Ruppert and Dr. Dale Dodson, former chairman of the education committee of the American Osteopathic Association — have publicly denied any input into the Carnegie report, Jones said. Ruppert confirmed this.

Nitzschke acts on racism

By Jeremy Leaming
Staff Editor

President Dale F. Nitzschke issued a statement of concern Wednesday after racial slurs were scrawled on a black student government candidate's campaign posters.

"Acts of racial intolerance will not be condoned," Nitzschke said. "Such incidents are to be reported to my office immediately and appropriate action will be initiated."

In Nitzschke's statement he asks Faculty Senate, Staff Council, Student Government Association and the President's Cabinet to examine university policies and assist in developing policies aimed specifically at acts of racial harassment.

The American Council on Education also was called upon "to provide a team to come to our campus and conduct university-wide seminars to help all of us learn more about one another, appreciate each other, and begin to affirm and celebrate our differences."

"There are those who will say that racism is a minor problem at Marshall University in comparison with other campuses and with society at large," Nitzschke said. "I disagree."

Nitzschke said he expects to make a public report within two weeks on the steps which will be initiated.

Carnegie Foundation distorts facts, Jones says

By Thomas A. Taylor
News Editor

Although it doesn't make sense to him, the president of the College of Osteopathic Medicine in Lewisburg says he is sure information in the Carnegie report on higher education has been distorted to accomplish a predetermined goal.

Dr. Olen Jones says the Carnegie Foundation officials had already decided on recommending the West Virginia College of Osteopathic Medicine be excluded from the state system, even before a study team visited the school.

The recommendations of the study team were completely ignored and "facts" in the report were altered to make the Carnegie report acceptable to state officials, Jones said.

"It makes no sense in my judgment to destroy this school," he said.

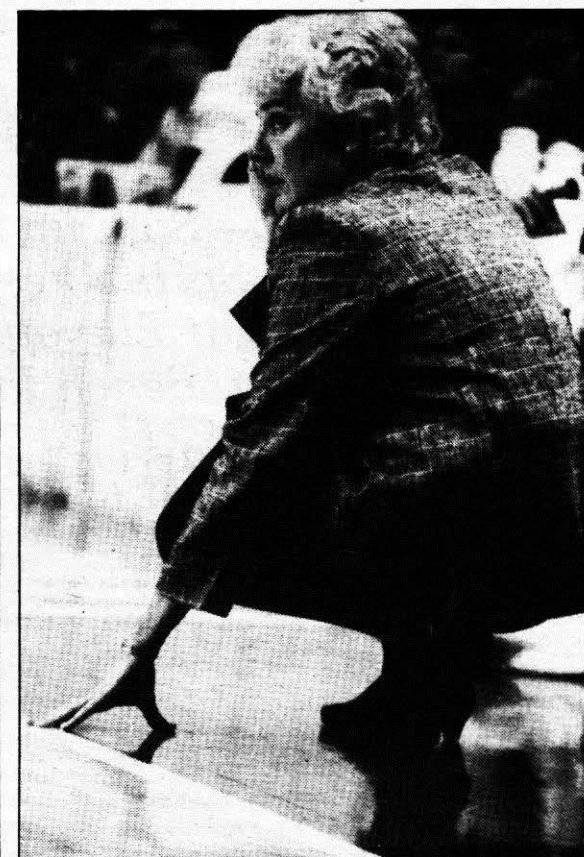
Although the school receives only 11 percent of the funding for West Virginia medical schools, 185 of the physicians in the state are graduates of the school, Jones said.

"These are doctors in places like Hillsboro, Williamsburg ... places it is ridiculous to think Marshall and West Virginia University would serve," Jones said.

An economic impact study conducted by Marshall showed that the maintenance of the osteopathic school creates 477 jobs and \$9.5 million in revenue — more than twice the \$4.4 million the state pours into it annually.

See CARNEGIE, Page 2

A watchful eye



Lady Herd Coach Judy Southard watches players' moves at a recent game against UTC.

INSIDE

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Snow, high 25

Old friends reunite

Students were able to enjoy some jazz last week when a professor invited a high school friend to campus.

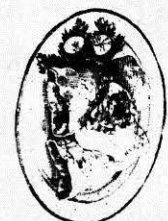
Page 5



Dieting on campus

Losing weight can be difficult when one lives on campus, but there are ways to do it — and do it safely.

Page 8



Parking to close on Fifth Ave.

Metered parking spaces along Fifth Avenue will be closed Friday to provide parking for guests attending an Engineer Career Day, according to Raymond F. Welty, acting associate vice-president of administration.

The parking spaces will close at 5 a.m. and opened later in the afternoon as the students and other visitors leave, according to Mary B. Wilson, director of parking.

Aproximately 150 high school students from 16 high schools and 200 people from the area, are expected to attend, according to Welty.

A speech given by Maj. Gen. Wesly Clark titled "The Challenges of Space," is open to the public.

Legislative action at a brief glance

CHARLESTON (AP) — Here is a brief look at action Wednesday by the Legislature:

The Senate approved 33-1 an administration-backed bill that allows the state to borrow \$135 million aimed at wiping out most of the state's debts by June 30.

The Senate approved 25-9 a bill that would allow for off-track betting at a hotel being constructed by the owners of Mountaineer Park at Chester in the Northern Panhandle.

The Senate rejected 29-5 a list of 196 executive nominees submitted by former Gov. Arch Moore.

The House approved 75-23 a measure eliminating any qualifications for a person to be named to the position of banking commissioner.

Director: PEIA must trim back

CHARLESTON (AP) — The state employees health insurance system chief told a Senate committee on Wednesday the agency needs to reduce mental health care benefits and some major medical care benefits as cost-saving measures.

Sally Richardson, head of the Public Employees Insurance Agency, said the agency plans to raise the premiums for non-state agencies and employees who are under special revenue accounts, which she said usually means federal money.

Richardson is looking to save \$40 million to \$45 million next year at the request of Gov. Gaston Caperton. She has projected the PEIA will have \$85 million in backlogged claims by the end of the fiscal year, which is June 30.

The PEIA director told the Senate

Banking and Insurance Committee that her agency has 102,000 policies and spends about \$1,991 per insured individual.

Richardson told the committee the agency plans to have a long-range funding study conducted this year and will act on what that report shows to bring the PEIA under control.

The state has been unable to fund the agency fully in recent years, causing huge delays in payments to health care organizations, some of which subsequently have demanded that state employees pay for service up front.

Richardson said one cost-control measure is to reduce the mental health care benefits. She said the state now pays all costs for 365 days of in-patient mental health care.

Carnegie

From Page 1

But the Carnegie Foundation has misrepresented admission requirements and statistics as well as excluded important information in its report, Jones said.

The report states, "At this school, a 2.5 grade point average is sufficient to gain admittance, and no minimum standard seems to exist for scores on the Medical College Admissions Test."

The ambiguity of this part of the report implies that the average grade point average of high school seniors admitted is only 2.5, Jones said. It is actually 3.1, he added.

The report also states, "This school gets 40 percent of its enrollment from outside West Virginia, mostly through contracts with surrounding states."

The correct out-of-state enrollment figure is 33 percent, Jones said.

The osteopathic school in Lewisburg is one of only 15 nationwide. Several states have contracts with it through the Southern Regional Education Board. The board exists to allow out-of-state students to attend schools for in-state tuition in fields which are not offer in their home states.

The Lewisburg osteopathic school is required to serve Alabama, Georgia, Kentucky, Maryland, Mississippi, North Carolina, South Carolina, Tennessee, Virginia, and West Virginia. This is set out in the mission statement which the Board of Regents requires but the Carnegie study failed to mention this, Jones said.

WHEN A WOMAN SAYS "NO!" IT'S RAPE

— LAURA X —

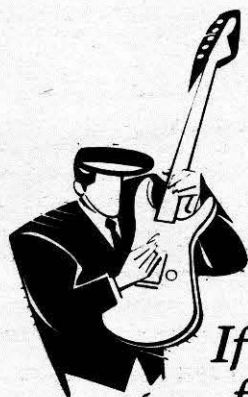
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Don Morris Room MSC



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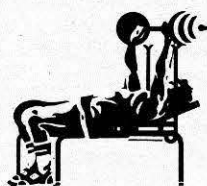
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Opinion

Editorials

College diploma worth more today

It costs a lot to go to school these days. Tuition here and at other schools across the nation has risen in the past decade faster than the rate of inflation.

That — as your checkbooks, or the checkbooks of your parents, can tell you — is the bad news.

But there is a positive side to the high cost of college.

After it's all over and we leave Marshall with our degree in hand, chances are our earning power will be 40 percent higher than those with a high school diploma only.

According to The Wall Street Journal, the salaries of college graduates in 1979 was just 25 percent more than those of who didn't pursue their educations after high school.

Our Readers Speak

Racism exists

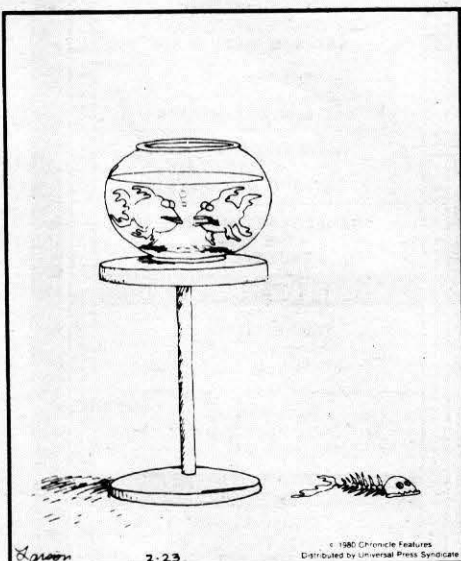
To the Editor:

During my attendance at Marshall University I have been relatively passive in my actions about biased articles written and negligent exposure of black issues on campus. I can no longer be silent. I am outraged at the ignorant display of racism. I am referring to the defacing of Thomas Simmons' and Krista Duncan's billboard. Yes, racism has reared its debilitating head and exposed yet another human being, or should I say being? I have always been aware of institutional racism at this institution but I have never been attacked so cruelly. I include myself because all black students have been attacked.

Kimberly D. Redd

THE FAR SIDE

By GARY LARSON



"I guess he made it. ... It's been more than a week since he went over the wall."

Situation critical

To the Editor:

Let me express my appreciation to The Parthenon reporter, Deanne Sharpe, and the editorial writer for the articles pertaining to the library in the Feb. 1, 1989 issue of the Parthenon.

We realize that this reduction in hours is a hardship for students, faculty and community patrons. We will return to our regular hours as soon as possible but we are having great difficulty in providing the quality of library service, which we must provide, with nine positions vacant.

I would like to make one correction in Ms. Sharpe's article. Library employees have received pay raises within the last three years.

Josephine Fidler
Interim Library Director

Correction

Because of a reporter's error, information in a story in The Parthenon Wednesday was incorrect. The story said that a petition was being circulated by the Faculty Senate to encourage President Dale F. Nitzschke to stay at Marshall.

The general faculty — not the Faculty Senate — is sponsor of the action.

Faculty Senate President Rainey Duke was incorrectly quoted as saying the resolution was passed by the Student Senate, then presented to the Faculty Senate for its approval.

Philosophy vital to education

"The Closing of the American Mind"
By Allan Bloom

Review by Howard A. Slaatte
Part I

Allan Bloom's book *"The Closing of the American Mind"* is an appraisal of the cultural decline of American society as focused on our universities. He describes how higher education has "failed democracy and impoverished the souls of today's students."

Bloom recognized, unlike most of the specialists, that the state of the university is inextricably linked with the fate of philosophy. He shows that our problems are such that "we need philosophy more than ever." Many educators fail to see this, because they fail to understand the role of philosophy to promote educational interpretation besides specialization. What is the student to be taught? This question is the beginning of philosophy in view of the fact that the university should "stand for something." And have visions of what an educated person is. It is no less than an exposure to a "whole" spectrum of thoughts, not merely to piecemeal learning; i.e. not merely tastes of specialized fields but a wholistic perspective of our culture both as it is and as it ought to be.

Education is more than a specialized collection of facts; it is an endeavor to "civilize" the student through an understanding of the great decisions and moral values derived selectively from the past while relevant to the present. Too few professors aid the student, Bloom contends, in giving him insight into the values basic to education that supercede the mere techniques for making a living. Too much of the latter has geared the university to the economic system and has promoted careerism before wisdom as an end in itself. General education for the undergraduate has suffered greatly in our time; it is even a "fraud" says Bloom. We must recover the "core" i.e. studies that are "both synoptic and precise" to give the student the ability to correlate all that he learns. Often the sciences are an "island" oblivious to this responsibility, in which case the student continues to lack a coherent corpus of thought. Too often he graduates with mishmash of ideas.

The most neglected area of studies is the humanities. Often scientist fail to see that after all the facts are in, they must be interpreted philosophically. Why? Because they must serve man as more than a physical specimen. The social sciences also have suffered from "the definite ejection of man" as more than biological. Also, students find the respective social sciences to be too disparate, each being presumably self-sufficient. Hence, Bloom says, "...the glory days of social science from the point of view of liberal education are over." But the need is still there. (It may be that the current correlation of anthropology with philosophical phenomenology is a sign of a new hope.) "True liberal education requires that the student's whole life be radically changed by it..." says Bloom. Too often students who aim at graduate professional studies are but "tourists" in the liberal arts. Professionals are often among the most gulli-

Guest Commentary

ble and naive about ethical, political and religious interpretations of life. They know their fields but cannot think will dialectically.) Bloom states that the university that stresses specializations without guiding the student to a sense of "the whole" is grossly remiss. Scientific objectivity without respect for the role of the subjective, creative consciousness is often a cause of this. Often the sciences go their own way on their "islands" as though alien to the other educational perspectives. Sciences, after all, could not exist were it not for the conscious knowing subject, whose creativity is behind it.

Today people often lack respect for tradition, while stressing pragmatic utility. A civilization demands cultural values to guide it. Unless the sciences are related to human values they can be a cultural liability rather than an asset. The sciences are not the source of cultural values. They need to be supplemented by philosophy, yet, philosophy, which surveys the whole of things and interrelates the disciplines, has been "dethroned" by democracy due to the American public's inability to appreciate its distinctiveness, (No wonder Europeans almost laugh at us.) On the continent today even school children are introduced to philosophy and languages; often European youths can far out do our twenty-years olds intellectually. (Until 1900 no American college students graduated without philosophy. John Dewey and the colleges of education have betrayed us in this respect.)

Allen Bloom sees how liberal education is being minimized, because the university administrators do not envision a possible wholeness. Yet we need it, for human nature is the same in our altered circumstances, and we face the same problems, basically, as in the past. But to understand our problems "we need philosophy more than ever," Bloom contends. Not limited to the classical philosophers in this respect, Bloom strongly hails the emphasis of modern philosophers like Locke, Rousseau, Kant and Hegel. They have been strong influences upon modern education and culture, but too few students and professors know this.

As the university goes, so goes our society. Since the university neglects philosophical wholeness, the same for our culture and people — all due to "the closing of the American mind."

The Parthenon

Founded 1896

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'TV 101' already on campus in 'MU Report'

Student-produced weekly newscast gives journalism majors hands-on experience

By Becky Atkinson
Reporter

Almost every student watches television, but some earn their grades from television — not watching, but creating a television program themselves.

Some may wonder how many people it takes to plan, write and produce MU Report, which is taped every Friday at WPBY-TV and aired on Sunday mornings at 10 a.m.

The weekly telecast is produced by a crew of seven: producer, associate pro-

ducer, assignment editor, chief writer, anchor, co-anchor and sportscaster. They are enrolled in the Advanced Broadcast class, worth three hours of credit. Each week the students switch roles. The small crew receives some help from volunteers and students in the Introduction to Broadcast course.

The half-hour show is taped as though it were live. No retakes are allowed. Students earn their grades directly from the telecast. Dwight W. Jensen, associate professor and interim dean of the School of Journalism, simply asks, "Who wrote

this?" or "Who taped this?" then puts down a grade.

As part of the weekly program, students produced a series commemorating the 200th anniversary of the Bill of Rights. This week's segment focuses on the fair trial of a federal judge, Circuit Court Judge Dan O'Hanlon.

Sunday's telecast of MU Report also will include: news on the budget and auxiliary funds, an update on the elevator construction in Smith Hall, features on the jazz ensemble and Comparative

Vertebrate Anatomy (CVA) classes and the regular sports and calendar events.

Steven R. Ring, St. Albans senior, describes the class as very nerve-racking. "Even though there's a lot of pressure, if you go in prepared, there won't be any problem as long as you think quick," this week's producer said.

Ring concluded, "The broadcast is a really big endeavor and in order to be a success, each has to do his or her own job well. Each job takes a lot of time and hard work. If you fall behind, the result is failure."

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On the road to Cancun for break

Twenty-one students and faculty members are traveling to Mexico for spring break, but not to shoot the swimsuit edition of The Parthenon.

The Anthropology-Archaeology Club, sponsored by Dr. Karen Simpkins, will spend five days in Cancun, Mexico. "We're just going to be your basic tourists, except for a little more knowledge," said Heidi Browne, anthropology lab assistant.

Airfare and accommodations cost \$303. To sign up for the trip, contact the anthropology lab at 696-2802.

The main reason for taking the trip is a visit to Chichen Itza, an ancient Mayan city. "It (Chichen Itza) is a living museum," Browne said. Because of international laws, the group will not be allowed to excavate the ruins.

"We're going on this trip for serious, educational purposes," Browne said. "The fact that we might have fun is incidental."

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COUSINS (P-13) DAILY 4:30 7:05 9:30 SAT. SUN. MAT. 2:00

Professor's childhood buddy benefits students

By Kim Taylor
Reporter

Connections and friendships of professors sometimes pay practical benefits for Marshall students.

Vibraphonist and percussionist David Samuels and Dr. Ben F. Miller, associate professor of music, grew up a block away from each other in Winnetka, Ill. They went to school together until they separated in their sophomore year of high school at New Trier High School. Over the years they have kept in touch.

When Miller learned Samuels was going to appear with the Bob Thompson Trio Feb. 14 in Charleston, he asked Samuels to come to Marshall.

The result was a high-spirited day of jazz, clinics, and demonstrations last week. Samuels lectured and performed for percussion students in the department of music.

Samuels has been recognized by critics in every major jazz poll in the world as having a strong creative imagination and presenting a fresh new sound and approach to both the vibraphone and the marimba.

Samuels played the drums for 11 years until at the age of 18 when he was introduced to the mallet instruments by a friend beginning a group.

"I always knew that music was going to be an important part of my life," Samuels said.

A graduate of Boston University with a degree in psychology, Samuels taught

at Berklee College of Music in Boston for two and a half years, while performing in Boston with Pat Metheny and John Scofield.

Out of college Samuels said his musical career gradually evolved. He began teaching, gained some notoriety as a player, and then began touring.

After leaving Boston and moving to New York in 1974, he gained international exposure by touring and recording with Gerry Mulligan. He also has performed with artists ranging from Carla Bley and Double Image to Frank Zappa and Spyro Gyra.

In 1987 Samuels won the award for best mallet percussionist in Modern

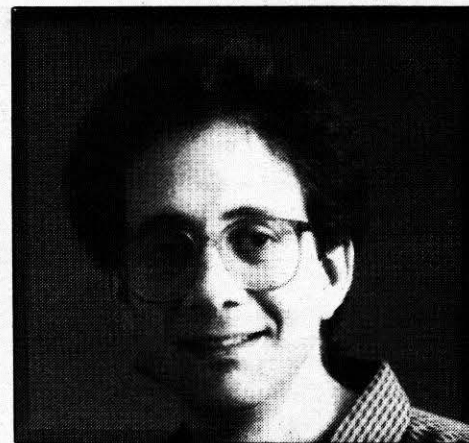
Drummer Magazine. He also written two books and produced two videos.

"I hope to inspire students to want to concentrate more on playing the mallet instruments," Samuels said. "Since it is such a new instrument, I want to show the students that you can make all kinds of different music on these instruments."

Samuels is currently touring with the jazz-fusion group Spyro Gyra.

His first solo record, "Living Colors," will be released in August by MCA Records.

Samuels said he hopes to continue to become a better player than he is now.



David Samuels

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By Deanna Sharpe
Reporter

Not only does the James E. Morrow Library contain copies of the latest releases, it also houses some one-of-the-kind medical references.

The books of the Dr. Charles A. Hoffman Library of the Medical Sciences, located on the third floor of the library, are under lock and key because of their rarity. According to Dr. Kenneth T. Slack, former director of libraries, if someone needs to refer to one of Hoffman's rare books, he or she will first need permission from a librarian and then will be under supervision while using the books. "We also have cameras set up in case a librarian is not available to stay while they are being used," Slack said.

Slack said several years ago, before Marshall had a medical school, Hoffman suggested a trust fund of \$250,000 be created to purchase these classic works. Hoffman donated half of the money himself. Today, the annual interest from his initial investment is dedicated to buying more rare books.

The Charles Hoffman Library of Medical Sciences is gaining national and worldwide recognition from scholars and scientists for its unique, detailed research materials.

Slack said some of these books are the only known copy in the world. "A researcher from the University of Hawaii contacted us to find out if we would lend him a particularly rare book written about leprosy," he said. "We had it in the mail 20 minutes later." Slack said he was a little apprehensive about the situation, but the book was returned in good condition.

Slack said Marshall has not been 'put on the map,' so to speak, because of this collection. However, it is gaining national and worldwide recognition from scholars and scientists, which

Slack said is something students probably did not know. Because the books are so detailed about some topics, diseases and illnesses most people do not know much about, Slack explained only the 'serious' scholar would find the information from these books useful. "Medical students really don't need to refer to these books," he said. "I think they could get by without reading through them." Slack also said the majority of requests for the books are for references for humanities papers.

Slack estimated there were approximately 1,700-1,800 of these rare books already at the library.

In addition to the books attracting his interest, Slack said he had particular interest in Hoffman's life. "He was an extremely intelligent man," Slack said. "In 1972, he was president of the American Medical Association. That was one reason why I requested that he give us copies of the minutes of his first meeting at the West Virginia Medical Society," Slack said. "There won't be another doctor to accomplish that (president of the AMA) from around here for a long time."

Police, FBI bust major heroin ring

By Virginia Byrne
Associated Press Writer

NEW YORK — Police and FBI agents confiscated 800 pounds of heroin Tuesday — enough to supply nearly 100,000 addicts for a year — in what the assistant FBI director said was the biggest such bust in U.S. history.

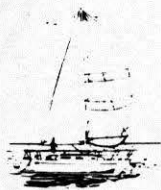
Officials said the raid in Queens smashed a major Southeast Asian drug ring that smuggled heroin into the country inside hollow rubber wheels. The raid resulted in 17 arrests and netted \$3 million in cash, officials said.

The street value of the heroin, said to be 90 percent pure, was estimated at more than \$1 billion by Assistant FBI Director James M. Fox.

The amount "would supply 40 to 50 percent of all the heroin needed for some 200,000 addicts on an annual basis in New York City," said U.S. Attorney Andrew Maloney.

"That makes this the largest heroin seizure ever in the United States," Fox said.

Thirty-one people from New York, Los Angeles, Detroit, San Francisco, Hong Kong, Singapore, Toronto, Calgary and Vancouver were named in a criminal complaint filed in U.S. District Court in Brooklyn.



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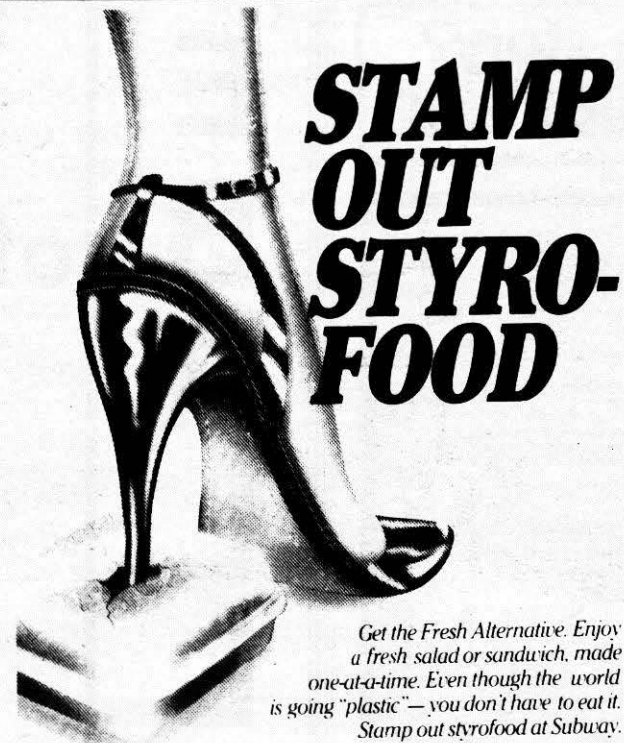
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Sports

Could be championship baseball season, coach says Experienced infield, strong hitters return

By Mark Stein
Reporter

The Thundering Herd baseball team opens its season March 4 at home against Kentucky Wesleyan, and head coach Jack Cook said he has the tools to make a run for the Southern Conference Championship.

At the start of the 1988 season, the team had nine consecutive victories. From that point on, however, the Herd lost 17 of its last 31 games.

"We were playing well," Cook said. "Defensively and offensively we were pretty good. Then the Piepenbrink brothers, John and Dave, got hurt. That was a major reason for our decline."

The brothers, both infielders, are back in good health, Cook said.

"That was the middle of our infield," he said. "After that, the chemistry

"Defensively we are pretty stable. The pitching staff is good for what we have and our hitting should be good."

Jack Cook

wasn't there. We really never recovered."

Marshall has an experienced ball club coming back this season, but two of last year's starting outfielders graduated, Cook said. "Our infield is pretty well set, and we have seven returning pitchers. But the outfield is still a question mark.

"We have some strengths that could help us contend for a league title, Cook said. "Defensively we are pretty stable. The pitching staff is good for what we have and our hitting should be good."

The Herd hit a combined average of .326 as a team last year and eight of the top 10 hitters are back.

Roger McIntyre hit .381 with nine home runs; Jason Nixon batted .371 with 15 homers; and Dave Piepenbrink stroked a .361 average with 10 round-trippers. The other returning .300 hitters are Mike Perry, Dave McNallen, Sam Nelson, Todd Hayes, and John Piepenbrink.

Cook also said he has a big problem to deal with. "Pitching depth is a major concern," he said. "We can't afford to have anybody hurt."

The top returning pitchers are Tony Petersen, Keith Throckmorton, Ronald

Thomas, Steve Bennett, Ray Nolan and Rob Dearing.

A new format has been put into effect in the Southern Conference this year. "They've done away with the two division format," Cook said. "You play everybody. One year you play a team at your home field, then you play them at their place the following year."

There is a setback to this new format, Cook said. "I like playing all the teams, but I don't like the traveling. It can take a lot out of everyone."

With all the rain this area is getting, Cook is worried his team won't be ready for conference play.

"Getting on our baseball field to practice is an impossibility at this time, due to the weather," he said. "I'd like to get a few games in before our trip to the Citadel. They will play 15 to 18 games to our two. They will be more prepared."

Athletes make the grade, take academic honors

By Mell Spicer
Reporter

Four members of the men's and women's cross country team have been named to the 1988 Southern Conference All-Academic Team.

The members are Steve B. Hansen, Kutztown, Pa. sophomore; Denise R. Littleton, Shadyside, Ohio, junior; Duane D. Miller, Moundsville junior; and Brad C. Studdard, Benwood sophomore.

Head Track Coach Dennis Brachna said this is an honor for the program both academically and athletically.

Hansen said maintaining a high grade point average takes dedication. "I try to keep up with my work and I don't go out through the week," Hansen said.

Hansen has GPA of 3.16 and is major-

'I study on the trips to away meets, after practice or whenever I can.'

Denise R. Littleton

ing in finance. He said he would like to achieve All-Conference in cross country and possibly attend law school.

Brachna said Hansen has improved in the two years he has been at Marshall and he sees a great future for Hansen.

Littleton has a GPA of 3.03 and said she uses it for motivation. "I know my studies come first," Littleton said.

Littleton said the hardest part of maintaining a high GPA while in athletics is having to take her tests early so she can

attend meets.

Littleton uses all of the time she can to study. "I study on the trips to away meets, after practice, or whenever I can," Littleton said.

Brachna said Littleton has improved tremendously since she's been at Marshall. "She has the desire to excel and her internal motivation has carried her to do great things at Marshall," Brachna said.

Littleton is majoring in elementary

education.

Miller is Marshall's number one runner and was on the 1988 All-Conference cross country team.

Miller said what he finds difficult in maintaining a high GPA is missing classes for away meets. "Other than missing classes, it's not too hard," Miller said.

Miller's ambition is attending optometry school. He would also like to be named to the All-Conference Team in track and maintain above a 3.0 GPA.

Miller is majoring in biology.

Studdard tops the list of his fellow teammates with a GPA of 3.27.

Studdard said he uses a schedule to balance his time. His goal is to graduate with a 3.3 GPA. Studdard is an elementary education major.

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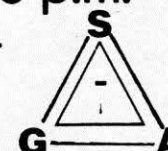
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STUDENT GOVERNMENT ASSOCIATION

Impressions

Weight Loss . . .

Dorm cafeterias offering all-you-can eat buffets

By Melissa D. Keith
Reporter

Because the dormitory cafeterias offer a wide variety of all-you-can-eat foods, students may find it hard to watch their figures.

David Wilson, food service manager at Twin Towers, said the cafeterias serve well-balanced meals everyday.

A typical day's menu: Two or three kinds of meat; three to five desserts; five to 12 ice creams; a 25-item salad bar; and two soups.

The cafeterias serve the foods students want, said Bobby W. Smith, food service manager at Holderby Hall.

"Pizza and hamburgers are served a lot more than other foods," he said, "because that's what the students want to see." The cafeteria runs on a four week cycle, starting over every fifth week.

Students may eat an unlimited amount of food in the cafeterias. Wilson said this may encourage some students to overeat.

"Some are very abusive and waste food," he said.

For students who want to diet, Smith said, the cafeterias can meet most any

Many Marshall students are battling the bulge right now. There are different approaches. Some try through eating right, exercise and dieting. However, a college setting can make losing those unwanted pounds a lot tougher.

'Put it this way, I've gained five pounds since I've been here.'

Kathy L. Bibb

dietary need.

If a student has a particular diet plan, she or he can give the cafeteria staff a copy of the plan so they can accommodate it.

Smith said a light vegetarian entree is available. Rosemary Higginbotham, Cross Lanes junior who now lives at home, said she found it hard to eat in the cafeteria when she lived in the dorms because she doesn't eat meat and also is a picky eater.

Higginbotham said two years ago she

had a \$600 meal ticket which she never used. Instead, she hid a microwave in the closet of her dorm. "My mom brought me about \$50 worth of food a week.

"I moved out of the dorm because of the food," Higginbotham said. She added that the items on the salad bar, such as the cottage cheese, got warm and unappealing to her.

Kathy E. Davis, Kenova freshman, said, "The real dorm food is disgusting. It makes the student center food look gourmet."

She added that because of this, overeating is not a problem.

However, Kathy L. Bibb, Amsted freshman, expressed a different opinion. "Put it this way," she said. "I've gained five pounds since I've been here."

Wilson said students can find out what's on the menu ahead of time by calling the menu-line, 696-6368.



Lose pounds the right way

By Joseph William Yingst
Reporter

Excessive weight loss may cause serious health risks if not medically treated.

Brenda S. Brown, counselor at River City Hospital, said successful weight loss must start with exercise and controlled eating habits.

"Food can become an addictive and compulsive behavior," Brown said. "Weight loss must be gradual."

"When people diet, they think they must starve themselves to lose weight, when it's not necessary," Brown said. "We propose a gradual weight loss program of about one pound a week."

Brown said that eating disorders are suffered by more women than men. "Ninety-five percent of anorexic and bulimic victims are women," she said. "Twenty percent die from these diseases."

Anorexia is a disease of self-starvation, Brown said. "Bulimia is caused by using laxatives, or self-induced vomiting, to get rid of the food after eating."

Brown said women with anorexia don't view themselves as extremely underweight. "They only see themselves as fat," she said.

"Anorexia and bulimia are very common with women during their late teens and early twenties," she said. "It is a psychological disease that must be treated with therapy."

Low self-esteem, depression, eating alone, mood changes, fatigue, and suicidal tendencies are signs of an eating disorder, according to Brown. "Behavior between anorexic and bulimic victims is similar," she said. "Eating disorders are similar to drug abuse because the behavior becomes compulsive."

Brown said there is no quick method to weight loss. "Our program is between three and six weeks depending on the patient's progress," she said. "Treatment is based upon the individual, and their need for treatment."

An assessment is the first process in the treatment, Brown said. "If the person needs to be hospitalized, they are educated to understand their problem."

Brown stressed the importance of a medically supervised diet. "Diet pills are dangerous," Brown said. "Pills have physical complications that affect the heart."

"Diet pills flush out vitamins and minerals that the body needs," Brown said. "Diet pills can eventually lead to death with prolonged use."

Brown recommends that anyone thinking of dieting should check with a physician or dietician to get a proper diet program to suit her or his need for weight loss.

"Weight loss must be gradual and accompany exercise," she said.

More information on dieting and eating disorders may be obtained by contacting Brown at 526-9111.

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