even though veterans Sandy Shapiro and

Their second match was at Rhode

Island College against RIC and Johnson

State. Once again Keene dominated the

KEENE'S GRAHAM JONES of Slough

England, makes his way past a Framing-

ton defender during Keene's first NESCAC

seven. Three of these were freshman. Keith

Martell who again finished first with a

time of 29:24. Denny Anderson finished

3rd followed by Glenn Braunhardt. Coach

Taft was also pleased with Glenn saying;

it's toughest opponents, arch-rival Ply-

mouth State College on Tuesday in Ply-

mouth, and Gorham State in Gorham on

petition today as they travel to Johnson

State in the second NESCAC match of

the season. The Owls then invade Salem

Saturday and will return to the KSC

Amletic Field on Tuesday, Oct. 5th for

a match against St. Anselms of Man-

This week Keene will be facing two of

natch of the season.

"He may be hard to beat."

field with six runners finishing in the top

Mark Malkoski did not run.



INTRAMURAL ACTION. George Allen (left) of the Raiders intramural football team rushes toward the goal line in Monday afternoon's game at the KSC Athletic Field. Raiders prevailed 22-6.

INTRAMURAL FOOTBALL

THIS WEEKS GAMES	2 STANDINGS
Wed. Sept. 29	1. Kappa A 20
4:45 p.m Raiders vs. Townies	2. TKE A 20
5:45 p.m Boozers vs. Ream-shotz	3, Alpha A 1-0
	4. Kappa B 1-0
Thurs 8-4 20	5. Phi Mu Delta 1-0
Thurs. Sept. 30	6. Townies 1-1
4:45 p.m Kappa A vs. Kappa B	7. Raiders 0-1
5:45 p.m TKE A vs. Buckeyes	8. Ream-Shotz 0-1
	9. TKE B 0-1
GAMES TO WATCH	10. Alpha B 0-1
	11. Buckeyes 0-1
TKE A vs. Buckeyes Kappa A vs. Kappa B	12. Boozers 0-2

Teacher Fellowships Available

Inquiries about the Danforth Fellowships, to be awarded in March 1972, are invited according to Robert L. Taft, Director of Placement & Student Financial Aid, the local campus representative.

The Fellowships, offered by the Danforth Foundation of St. Louis, Missouri, are open to men and women who are seniors or recent graduates of accredited colleges in the United States, who have serious interest in college teaching as a career, and who plan to study for a Ph. D. in a field common to the undergraduate college. Applicants may be single or

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married, must be under thirty years of age at the time of application, and may not have begun any graduate or professional study beyond the baccalaureate at the time of application.

Approximately 100 Fellowships will be awarded in March 1972. Candidates must be nominated by Liasion Officers of their undergraduate institutions by November 1, 1971. The Foundation does not accept diapplications for the Fellowship

Danforth Fellows are eligible for four years of financial assistance, with a maximum annual living stipend of \$2,700 for single Fellows and \$2,950 for married Fellows, plus tuition and fees. Dependency allowances are available. Financial need is not a condition for consideration.

Danforth Fellows may hold certain other fellowships such as Ford, Fulbright National Science, Rhodes, etc. concurrently and will be Danforth Fellows without stipend until the other awards lapse. Dan forth Fellows also may be designated honorary Woodrow Wilson Fellows.

The Danforth Foundation, created by the late Mr. and Mrs. William H. Danforth in 1927, is a philanthropy concerned primarily with people and values. Presently the Foundation focuses its activities in two major areas, education and the city. In these areas the Foundation administers programs and makes grants to schools, colleges, universities and other public and private agencies.

OPENING

FRIDAY !!

KEENE STATE BLANKS FARMINGTON 12 - 0

The KSC Harriers have looked very im-

son, despite the absence of a few top run-

In their first meet they travelled to Henniker to beat New England College 20-39. Nine of Keene's runners placed in the top 12, with freshman Keith Martell pacing the group with a time of 28:17. Denny Anderson of Keene placed 2nd with a time of 28:44.

Keene faired will in their first mee

Martell Paces KSC Harriers

By JOE PAPPO

In the first Conference match of the season, Keene State College's soccer team outclassed their oponnents, this time demolishing Farmington State College 12-0.

It took the Owls a little over 2 minutes to score after the opening kick-off. Rit Swain hit an open net after a shot by Steve Parker hit the crossbar. This proved to be the first of three oalse for the Owl veteran who played an excellent offensive game.

Hal Shortsleeve scored his forst goal of the season and contributed another during the fourth quarter to cap off a fine afternoon for the KSC halfback.

Hustling Vinnie Cameron, a freshman who packs the scoring punch, was injured during the last quarter of Saturday's game. Cameron is now recovering from a sprained ankle and should return to the line-up soon.

Mickey Rooney and Graham Jones also scored for the Ron Butcher-coached Owls. Rooney and Jones have proven to be fine playmakers, and have left their opponents bewildered at times.

The Keene soccermen tied a college record by scoring 12 goals in a game, repeating a similar performance against North Adams in 1968.

Keene should meet some tougher com-

SOCIAL NOTES

WEDNESDAY, Sept. 29, 1971

7:30 p.m. Movie, Student Union, Day the Earth Stood Still, Brown Room, Admission I'D. card.

FRIDAY, Oct. 1, 1971

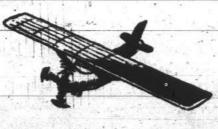
Dance featuring "Babriel," sponsored by Social Council, 8:00 p.m. Brown Room, Student Union. Admission \$.25.

The Graduate Record Examination will be administreed on this campus on Oct. 23 in Science 101. The last day to apply for this examination in Princeton, New Jersey is Oct. 5. However, you should send your application a month in advance. For additional information, Room 24, Hale Building.

THORNE ART GALLERY, presents "The Sea," paintings by Milton Avery. Gallery hours are Mon.-Fri. 1 p.m.-4:30 p.m. and on Sunday from 3 p.m.-5 p.m.



Student Special & Guaranteed Solo \$ 190



33 MAIN ST., KEENE, N.H.

5000 SEE BONNER INAUGURATED PRESIDENT OF UNH

Thomas N. Bonner inaugurated as the 15th president of the University of New Hampshire Sunday at Snively Arena in Durham last week.

The inauguration, held under sunny skies, saw little of the controversy that has surrounded Dr. Bonner since his nomination. Only scattered and indirect references were made to the campaign against Dr. Bonner led by the Manchester Union Leader, New Hampshire's only

statewide newspaper.

The new president emphasized that dispute was nothing new to the university, pointing out that in 1893 when the campus was moved from Hanover to Durham the Manchester Mirror and American questioned the need for the university at

Dr. Bonner's speech revolved around the direction that UNH is presently headed in, and the problems facing the school in attempting to steer it along the right

"Let no friend of the university mistake the crisis we are in. We shall either go steeply up in the next few years or we shall go sharply down. The crisis is moral as much as it is financial." Dr. Bonner expressed his fear that if

the tuition costs are raised further, the school will become a largely private university, with highly selective admissions requirements. The university, which has long had the highest in-state tuition rate in the country, raised its tuition in July from \$810 to \$1000 a year.

matic reversal in the people's support of

Otherwise, said Bonner, the alternative might be a reduction of student services, a rising size of classes, a neglect of the library, and a faculty and staff paid more poorly than their colleagues at 75 per cent of our universities.

He acknowledged that the road would be rough, and asked for the full support of the citizens of New Hampshire.

"It will be a welcome challenge to many to move this university forward after the harsh realities in the recent line of the institution. To students anguished by tuition rates and the anti-intellectual tone of public life in the state, I would urge restraint and civility.

sensational reports of campus events I ummon you to join in responsible efforts to bring change to the campus and to the

"To those made silent by caution and fear of personal or unfair attack, I summon you to a new effort to bring justice and fair play to the university and to the public life of this state."

Guest speaker for the inauguration was Dr. Albert Sabin, the developer of the o-

Speaking for 45 minutes without a prepared speech, Dr. Sabin discussed the present course of the United States.

Keene State College Keene, N.H. 03431 Keene, N.H. 03431 Vol. XXIIINo. 4 Oct. 6, 1971





LEARN FROM OUR RIVER. These shots of the Ashuelot were taken on campus. If we're going to clean the river,

NATIONAL STUDENT GROUPS CHARGE WAGE PRICE FREEZE DISCRIMINATORY

BY CARL NELSON

Washington, D.C. (CPS)---Three national student groups charged the Cost of Living Council with "incredible" discrimination against working students in the administration of the Wage-Price

A spokesman for the Council replied that the "unique relationship between students and schools" allowed universities to raise tuition, room and board rates. He said because university facilties are available tostudentson a year round basis that the announcement date of university expenses determined their eligibility to

Students across the country meanwhile are experiencing even greater difficulty

gaining the necessary funds for schooling because federal grants-in-aid and Nationa Defense loans have been slashed

The three groups-the Student National Education Association (SNEA), the National Student Association (NSA), and the Association of Student Governments

(ASG)-made the charges demanded that the Cost of Living Council: "1) Exempt all work-study wage increases from the freeze, 2) Set and broadly publicize guidelines for wage exemptions in student hardship cases, and 3) Instruct Office of Energency Preparedness offices to expedite speedy decisions in those hardships.

"Working students who were scheduled

for pay raises need to know immediately if they will receive the necessary funds to stay in school," said Frank Buress, president of the 85,000 member SNEA. "And yet the Cost of Living Council has failed to spell out procedures and quidelines that could ensure speedy decisions for these student hardship cases."

"Students," he continued, "are among the last to be considered when actions are taken that touch their lives. We interpret the Council telling us: 'You must pay more money to go to school, but you will not be able to earn or borrow enough money to pay for school ".

The crucial ruling that allows colleges and universities to increase fees comes from the Council's interpretation of when the business transaction between student and school took place. The council feels that since school facilities, such as libraries, are available for student use year round-that the student is, in effect, in school year round-the school can raise its fees if more than 10% of "the actual transactions (which) were made during the base period of thirty days ending August 14, 1971," were made at the in-

For example, approximately 7,000 students at the University of Texas live on campus. Only 65-or less than 1% of these individuals-had paid for their room and board by the time president Nixon announced the freeze.

River Clean-Up **Slated Thurs**

Several members of Doug Mayer's freshman advocate group are making final preparations for the Ashuelot clean-up to be held Thursday (Oct. 7) from 12 to

All KSC students have been urged to participate in the clean-up which will attempt to remove large debris such as tires, bicycles and beer cans from the 300 yard section of the river bordering the "A"

Rakes and shovels for the project will be provided by both the college and the city of Keene. Keene City Manager Jamss C. Hobart has also promised the group the use of a truck.

Students plan to use a large turnout at the event as a basis to reason with Keene area industries who currently dump their wastes into the Asheulot.

Douglas Mayer, Director of Student really nice if we could get the river so that the only pollution you see is the oil

Student Trustee To Be Named

Dave Gagne, Student Senate President announced Monday night that he, along with U.N.H. and Plymouth State student government presidents, will nominate three to five students for the newly opened position of student Trustee to the University system.

Two students will be nominated from Keene and Govenor Peterson will be responsible for choosing the member to Board of Trustees from those nominated by the three schools. The student Trustee's term is for the length of time the student remains an undergraduate.

Three participant-observers will also be chosen to the board, one as an observer to the Board of Trustees; the others to be observers to committees of the Board. These observers will be able to voice opinions but will not have a vote.

UNH student government president, Charlie Leocha, said that this method of nomination is for the sake of expediency, and that a standard procedure is still to be established. He mentioned that within the procedure, some method of rotation of the postion among the three campuses

Mini Concert To Feature Atlantis

The Social Council announced Monday that the rock group Atlantis will be featured in concert this weekend. Led by drummer Dave Curtin, the group will appear Saturday (Oct. 9) in the Brown Room of the Student Union.

Social Council President Russ Batchelor said that the five piece band was considered to be one of the best groups to play at the University of Vermont and is presently Canada's number one night club group. The group is capable of playing music from rock to folk. The Social Council will also supply a light show for the

Because of the limited seating capacity of the Brown Room admission will be on first-come, first-serve basis. Tickets may be purchased at the door for \$1.00. KSC students .50 with ID.

A concert is also scheduled for next month. According to Batchelor the concert is considered to be "big" and he hopes that it will help "break the ice as to bringing back name groups to Keene State. This next concert will be the deciding factor for many more large concerts of this nature," he added.

WEAPONS



CLEAN-UP

In many ways this year's freshman orientation program was the best KSC has seen in quite a while. The program itself has generated a number of groups with ongoing activities, including the orientation committee itself.

Perhaps the most outstanding program, though, was a product of Doug Mayer's advocate group: The Ashuelot clean-up day scheduled for Thursday (Oct 7).

Keene has been traditionally thought of as a semi-rural community secluded from the urban problems of overcrowding and pollution. One look at the ailing Ashuelot, however, proves that the problem of water pollution is not so far away after all.

The clean-up day comes at a crucial moment in time. As the spirit of anti-pollution swells nationwide, the Ashuelot has stood unnoticed. Students must demonstrate a broad base of support here at the grassroots level to bring out the real issue of water pollution in the open. A good turnout here may serve as a basis to attack the worst offenders: industry.

THE MONADNOCK urges all students to participate in some small way in this first step toward keeping Keene clean.

SEX IN A NUTSHELL

Peanuts and peanut butter have been

banned by a leading Johannesburg, South

Africa white girls school. Schoo' officials

believe them goobers to be sex stimulants.

gort

Hey, Alchemist... do you have a magic potion that'll kill insects?

Sure do, Gort! This one's odorless,

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THE OTHER REPUBLICAN

Alarmed at the administrations war policy and at the lack of 18 to 20 year olds registering to vote as Republicans, Paul N. McCloskey was convinced that only radical change could save the Republican party. The colorful junior congressman from California then proceeded to startle the hierarchy of the GOP last July by announcing his intentions to "symbolically" oppose Richard Nixon in the New Hampshire and California Republican presdential primaries.

In a news conference with the N.H. Student press last week, however, McCloskey said that his campaign is no longer symbolic. "Pete" McCloskey is running for

McCloskey told the students that if he received a broad base of support in New Hampshire he would enter primaries other than just those in N.H. and California. He defined this "broad base" to be 51% of the Republican vote.

A liberal Republican, McCloskey admits that such a figure may be unrealistic for New Hampshire, a conservative, Nixon stronghold. "But I'm not so sure that it can't be attained in a hard campaign," he is quick to add.

This isn't the first time McCloskey has faced overwhelming odds. In a special California congressional race in 1967, the unknown McCloskey was victorious in a 10-man GOP primary. He topped the shoo-in candidate, child star Shirley Temple Black, by some 17,000 votes.

The main thrust of McCloskey's campaign centers on three issues: ending the war, restoring truth in government and ending racial discrimination. He has spoken out on a number of issues, however, ranging from ecology to population con-

During his press conference last week, McCloskey called for a devaluation of the dollar. Strongly critical of Nixon's economic policies, he proposed this as an alternative to the 10% across the board excise tax. "The trouble with this tax," he explained, "is that while making the dollar more competitive with the Germans and the Japanese it also penalizes Mexico and Canada and out other trading part-

On the topic of crime, McCloskey said. "If you're going to attack crime in America, you've got to root out the causes of the crime. The cause of crime is when you don't have the ability to meet your aspirations. Concentration of population, rural poverty, racial discrimination.... you can trace these as the basic causes of

"We've got the laws to end racial discrimination," he went on, "but we haven't got the moral leadership from the White

McCloskey, himself a third generation lawyer, voted in favor of the controversial D.C. Crime Bill last year. He had this to say about the three main thrusts of the

much

lice, and other

One pebble.

what if I try your DDT and don't like it?...I see that

bill: 1) wiretapping-"It should be used only in the fight against organized crime." 2) the no-knock policy-"It is no more a violation of rights than present civil law." 3) preventive detention-"There are circumstances when successive conduct by any individual justifies preventive detention."

Speaking out on the Mansfield amendment to the recent draft extension bill. McCloskey said, "It mutes the war issue



"Pete" McCloskey

in the minds of the public. It is more moral today to kill in the name of the Thieu regime than it ever was to kill in Vietnam."

A firm believer in stopping the war by cutting off the administrations funds, McCloskey said, "We're killing as many people as we ever did with our tremendous air power."

A former Marine lieutenant, McCloskey's views on the draft lean not so far to the left.

"I have a great fear about an all professional army," he said. "I think this country is far better served by an army, in times of peace, of reluctant citizen soldiers, than by people who are trained to kill and who love to kill.

"I think that it's a small price to pay for the privilege of being in America to spend 18 months in the service in your youth. It's not the draft that bothers us, it's the Vietnam war."

McCloskey's willingness to be vocal on almost every issue and his apparent sincerity have won him sizeable support in the past. The youthful republican (he's 44) may find that speaking out on all his views may estrange much of the voting populace in New Hampshire. This state, for instance, is hardly a place where a candidate preaches abortion reform. (McCloskey believes that women should have the right to voluntary abortions within the first 24 weeks of pregnancy.)

McCloskey's vitality, although a threat to GOP leaders, is a breath of fresh air to the party itself. Republican leaders may not want him; but they may not realize just how much they need him.

by Pat Gilmartin

Roger Alan gones **FOOD THING**

OCT. 6, 1971

Last week I spoke about some guidelines for choosing the foods that you eat; and I made reference to something called "the 10 diets". I will explain them this week, as we get more specific about your food and how to prepare it so that you might achieve greater health.

To summarize for a moment, the idea behind all this is that you can be the creator of your own life, health, and happiness. And further, all physical, mental, and moral disease can be cured by this plan for good health, the product of wisdom that is 5,000 years old. This plan for good health is called macrobiotics. The word comes from the Greek: macro means good, bio means vitality, and biotics means the technique of rejuvenation, and this is just what macrobiotics isthe technique of rejuvenation and long-

As we mentioned, the plan for health consists of ten different regimens or diets. The regimens are numbered from seven to three in descending order, ten in all. They are numbered in this way, instead of one through ten because regimens one, two, and three are not recommended. They are the hardest ones to keep in balance so you will be in balance with life yourself. This is the reason for the lack of recommendation

The regimens are as follows: 3) 10% cereals or grains, 30% vegetables, 10% soup, 30% animal products (meat, milk, cheese, etc.), 15% salads and fruits, and 5% desserts. Beverages in all cases, as little as possible.
2) 20% grains, 30% vegetable, 10% soup,

25% animal, 10% salads & fruits, 5% des-1) 30% grains, 30% vegetable, 10% soup, 20% animal, 10% salads & fruits, no des-

1) 40% grains, 30% vegetable, 10% soup, 20% animal, no salads, fruits, or desserts. 2) 50% grains, 30% vegetable, 10% soup,

10% animal. 3) 60% grains, 30% vegetable, 10% soup, no animal products salads, fruits, or des-

4) 70% grains, 20% vegetables, 10% soup. 5) 80% grains, 20% vegetable, no soup, animal products, salads, fruits, or desserts. 6) 90% grains, 10% vegetables. 7) 100% grains and cereals. This is some-

times called the brown rice diet, as, of course, brown rice is the stable of all grains. When cereal is mentioned, the box of corn flakes down at the store is not what is meant. Cereals refers to organically grown wheat, barley, rice, oats, etc., unmilled, unprocessed, and unrefined.

The idea is to balance the various foods so that your body will itself be in balance. I will just say at this point that of all the foods known to man, only brown rice contains the proper balance within itself, and this is why diet number 7 is so effective, and why it is so easy. If you cook up some brown rice as your meal, you know you are eating a balanced food, naturally balanced, internally in the food. This is the diet I am on at the current time, although I do vary it every few weeks. You have already heard me comment on the state of my health, now, versus what it used to be.

As you move down six, five, four,

Continued on page 4



A KEENE STATE student raps of God with member of a Hare Krishna group who were on campus Tuesday afternoon.

DRAMA STUDENTS RETURN FROM EDINBURGH FESTIVAL

Nine drama students are back in classes at Keene State College after a successful trip to Scotland where they took part in an international arts festival in Edinburgh.

The troupe and their director, E.T. Giudotti, returned Sept. 17 from the five-week trip. Three weeks were spent in Edinburgh performing at the internationally-renowned annual festival.

The play they chose to do was "Collision Course," a collection of rapid-fire satires by comtemporary writers and edited by Edward Parone. Keene audiences saw it done this summer at the college, and it will be repeated on the evenings of Oct. 20 through 24 at Drenan Auditorium on campus.

Muskie Coalition To Be Formed

Senator Edmund S. Muskie's bid for the Democratic nomination for president will take another step forward this week as a chapter of "Youth Coalition for Muskie" will be established at KSC.

Lanny Davis, Muskie's National Youth Coordinator will speak at the group's organizational meeting tomorrow (Oct 7) at 7 p.m. in the Student Union Conference Room A. Coordinators for the group will also be elected at this meeting. According to Thomas M. Stauffer,

Chairman of the City of Keene Muskie campaign and Academic Administrative Intern at KSC, "The coalition will co-ordinate local programs, sponsor the Senator's visits to campus, sponsor Muskie campaigns in local high schools, co-ordinate with neighboring colleges, become involved in local canvassing and telephone campaigning, and prepare for the Muskie Youth Rally at St. Anselm College in Manchester on October 12."

Muskie will be on campus this Saturday, (Oct 9) for an address at the Keene Chamber of Commerce's annual dinner, in the Spaulding Gymnasium. Announcements will be made later as to how students might hear the Senator's speech after the \$7 a plate dinner is over.

Plans to take the group abroad grew out of Guidotti's desire to initiate a program in theater arts at Keene State College at the liberal arts level. "As I saw it, part of the 'in-standing'

process might be a sustained run in an exciting milieu. So I chose the most exciting one I could think of, the top international festival in the western world," he

The Edinburgh festival, in its 27th year, lasts for three weeks each summer. The media represented are theater, dance, mime, ballet, opera, music, and film.

Two clippings from Edinburgh newspapers were extremely complimentary. One reviewer said, "As soon as the ensemble from Keene State College began, it was clear that they could act, had style, had been well directed, and knew what they were doing." Another stated, "It is at once abundantly clear that the group is very talented and well disciplined."

Guidotti said: "We were invited to play at the Traverse Theater in Edinburgh, where the top resident company of Scotland performs. This - theater has what they call 'tatoo', when bits are presented from many of the shows at the festival. When we were asked to join in, we were quite honored."

The students making the trip were Thomas Andrews of Martha's Vineyard, Mass.; Anne Marie Chaput of Nashua, Andrew G. Curtin of Wynnewood, Pa.; John S. Derting of Keene; Cheryl A. Downing of Plymouth; Robert E. Ransom of Claremont; Gregory B. Smith of Torrington, Conn.; Mark A. Tullgren of Keene, and Kristi Wivagg of Simsbury,

STUDENTS FOR McGOVERN Any student interested in working on the Students for McGovern Committee should meet Thurs, (Oct. 7) at 1 pm., top floor, Student Union for an organizational meet-

Yoga Specialist To Begin Series

Al Mesher, a specialist in yoga and meditation, will be present in the Coffee Shoppe this Wednesday, Thursday, and Friday from 7 to 9 p.m. to demonstrate the art of yoga. His appearance marks the first in a series of weekly arts, crafts, and information displays sponsored by the Student Union Board.

"Doing these things is what we're trying to stress," explained Steve Smith, KSC's Assistant Director of Student Activities. "We hope people may be able to discover hidden talents."

The second presentation of the series will be Janis Carlton, who will demonstrate the art of candlemaking. She will appear next Monday, Tuesday, and Wednesday (Oct. 11 to 13) from 10 to 12 a.m. in the Coffee Shoppe. Miss Carlton will also have candles on sale during the demonstrations.

Steve Smith, who is working with the Union Board pointed out, "We'd like to see this become an on-going process where any student could display his art in the

Other topics for future demonstrations and displays include silversmithing, pottery, crocheting, leatherwork, sculpture, photography, and the draft. The Union Board is also planning an arts festival for the fall and the spring.

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Peter Pickett picked a peck of pickled peppers.

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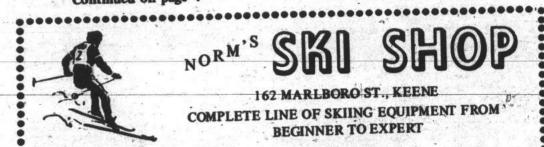
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NOVICE TO

The Owl s clobbered so far undefeated St. Anselm's last night 8-1 for their seventh win of the season. The team, still undefeated, will face Westfield Thursday.

The competition is getting tougher but KSC's soccer team still continues to win. The Owls have now won six in a row, their latest successful effort coming over Salem State College by a score of 3-1, Saturday.

Pat Boudreau of Salem became the first player to score against the "Big Red Machine" in this years regular season. Boudreau's goal put the Owl's behind early in the game but Rit Swain (KSC) quickly evened things up with his 8th goal of the season. Then freshman Mickey Rooney tallied on a direct kick to put Keene ahead 2-1. Rooney's blast marked

JOURNAL BOARD SETS STANDARDS

The newly appointed staff of the Journal held its first meeting of the semester last week. The meeting was called by editor, Marilyn Zanes, to discuss "the possible directions for the Journal this year."

New Editorial Board members Del-Sanford, Chris Hodge, and Domi O'Brien agreed that the staff should plan to finish the first publication by the end of Octo-

Standards for editorial selection of materials were the main point of discussion, and it was decided that "quality, and not quantity should be the basis of selection."

Contributions may be left with the new board members, the editor, or with David Worcester, also a board member, and President of Sigma Pi Epsilon, or at the Student Union desk, with the Sigma

Copy deadline is October 15.

FOOD THING

Continued from page 3

three, down to one, it becomes creasingly more difficult to keep all the foods in balance. However, as your comprehension on how to balance your foods grows, you can use any diet higher than number 3 with no danger. If you are not getting better, try diet number 7 for one or two weeks.

CHEWING: In order for the food you intake to do its work, and to keep your fluid intake at a minimum, you must chew your food well. How much is "well"? At least a minimum for each mouthful of 50 times. If you want to assimilate the macrobiotic philosophy as quickly as possible, chew each mouthful one hundred and fifty times. This is also an excellent way to measure the quality of the food you intake. The foods that are good and necessary for your body become tastier the more you chew them. as an example of this, chew a hard, uncooked grain of brown rice fifty times. Then try chewing a piece of steak or beef or, quote-unquote "enriched" white bread that you buy at the store. Notice the difference after 50 chews. Notice which type of food is tasteless after chewing.

MMERS' MOUNTAIN CENTER

Darryl Leduc KSC '71 Specialists in Skiing, XC Skiing, Mountaineering and Backpacking Rental equipment available also. *************** THIS WEEK'S SPECIAL IS:

STEEL POLES \$94 50 AMERICAN MADE BINDINGS

A \$120.00 VALUE **Backpacking and Mountaineering** Suppliers to Keene State College

Announcements ==

In addition to Swain and Rooney, the Owls have another 8-goal scorer in Vin Cameron, a freshman who sat out Saturday's game with an injured ankle sustained a week ago against Farmington.

During the fourth quarter Mark McEnvoy who also ranks among Kenee's top goal scorers with 7, hit the nets with an insurance goal that gave Keene a commanding two goal edge that stayed with them for the remainder of the contest.

WESTFIELD THURSDAY

Keene will face a strong team when they meet Westfield Thursday at the KSC Athletic Field. The Owls have been looking forward to the Westfield game and expect some stiff competition.

The Owl booters have scored an amazing 43 goals this year, compared to last year's total of 35. Goalie Brad Stuerer seems to get a busier work-out during practice sessions but should see some tougher action as the season progresses.



352-9200 Hi-Fidelity Stereo Components by ... Pioneer, Sony, KLH, Garrard. Acoustic Research, and

The Sound Center of the Monadnock Region

TOMATO & CHEESE (popular)

- GREEN PEPPER (sweet and - GREEN PEPPER & ONION

6 - LINGUICA (Portuguese sessage)
7 - KRELBASA (Polish sessage)
8 - NAM (Imported)
9 - BACON (Connelium)

12 — MEAT BALL (our own) 13 — MUSHROOM (she best) 14 — ITALIAM SAUSAGE (mild & sweet)

16 - MEAT BALL & MUSHROOM (comb.) ...

(sirlain strips, pap. & an.)

(Pepperoni, Mushroom, Pepper & C 22 - PRATERNITY SPECIAL

19 - PEPPER STEAK

21 - TOWER SPECIAL

(Kielbase, Ham, Mushe 23 — SORORITY SPECIAL

(Mushroom, Meat Ball, Groon Papper)

24 - MONADNUCK SPECIAL

SPECIALS WITH ANY 3 OR 4

(Italian Savsage, Meat Ball, Pepper & Onion) .

Make your own combination - any 2 ingreduction combined or 1/2 and 1/4 (higher price prevails)

All Pizzas are 10 inches, 8 slices

- SPAGHETTI with Butter Souce - SPAGHETTI with MEAT SAUCE - SPAGHETTI with MEAT BALLS

RIGATONI with MEAT SAUCE

RIGATONI with MEAT SAUCE.

RIGATONI with MEAT BALLS

MOSTACCIOLLI with Butter Souce

MOSTACCIOLLI with MEAT SAUCE

MOSTACCIOLLI with MEAT BALLS.

RAYOLLI with MEAT SAUCE

RAYOLLI with MEAT SAUCE

RAYOLLI with MEAT SAUCE

BAKED LASAGNA

ANTERASTO (chaice saled) Lorge

ITALIAN DISHES -0

SHELL MACARONI with Butter Source 89
SHELL MACARONI with MEAT SAUCE 1 09

- SHELL MACARONI with MEAT BALLS 1.09
- RIGATONI with Butter Source 89

15 - MUSHROOM & GREEN PEPPER (comb.). 1 79

U.N. ADDRESS The Honorable George Bush, U.S. mbassador to the United Nations will deliver a public address Friday Oct. 15 at 8:00 p.m. in the Practical Arts Auditorium of Central High School (225 Concord St.) in Manchester, N.H. The address, which is sponsored by the Governor's Committee on the United Nations as part of the N.H. observance of "U.N. Week", is open to all KSC stu-

ICE HOCKEY There will be an organizational meeting for all those interested in playing Intra-mural Ice Hockey on Wednesday Oct.6, in the Gym Rm. II3 at 7:30 p.m.

SENIOR CLASS MEETING A Senior Class meeting will be held on Monday (Oct. 11) at 8 p.m. in the Conference Room of the Student Union. All seniors are urged to attend.

TRACK AND FIELD

Oct. 11-14; Events: 100, 440 and 220 yd. dash, javelin, high jump, long jump, dis

Oct. 11-14; Events: 100,440 and 220 yd. dash, javelin, high jump, long jump, discus, shotput. Sign up at P.E. Dept. Trophies to be given. Sign ups for paddie ball, hand ball and squash are also be-

RECORDER GROUP

Persons interested in playing the recorder will meet on Tues., Oct. 12, at 7:30 p.m. at the United Church of Christ (3rd floor) in Keene. The group will continue to meet on alternate Tues-

vanced groups are planned. Players with varying levels of ability are encouraged to attend, and to bring their recorder, a music stand, and any recorder music which could be shared with the group. For further information, call Judy

Hildebrandt, 357-0796.

NORTHEAST PERFORMANCE 599 Main St. - Keene, N. H.

Zip 03431 - Ph. 603-357-0310 OPEN MON.-FRI. 9 A.M. to 9 P.M. SAT. 9 A.M. to 6 P.M.



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MUFFINS_

(Solumi, Hom, Cheese, our own relish) .79 42 - MEAT BALL SUBMARINE 42 — MEAT BAIL SUBMARINE
(4 Meat Bails & Souce).

43 — SALAMI SUBMARINE
(Lettuce, Tomoto & Mayo.).

44 — SALAMI & CHEESE SUBMA WILD BLUEBERRY BANANA NUT CAPE COD CRANBERRY

45 — EGG SALAD SUBMARINE Lettere & Maye.)......

(Lettuce & Mayo.).

47 — NAM SUBMARINE
(Lettuce, Tossato & Mayo.)

48 — NAM & CHESE SUBMARINE (Letters, Tomete & Maye.) 30-PEPPER STEAK SUBMARING

(Sirlain Strips, Peppers & O. 51 — KIELBASA SUBMARINE 52 - LINGUICA SUBMARINE S3 - ROAST BEEF SURMARINE (Lettuce, Tomato & Mayo.)

54 - HOT PASTRAMI SUBMARINE 55 - CHICKEN SALAD SUBMARINI 99 - BACON & EGGS (Mulfins & Coffee) Sudden Service Eat in

HAWAJIAN PINEAPPLE

COUNTRY STYLE BREAKFASTS

95 - HOME-MADE MUFFINS
(Butter & Coffee)
96 - TOAST (Butter)
97 - TWO EGGS (the way you like them)

(With Mullins & Coffee) 98 - HAM & EGGS (Mullins & Coffee)

STRAWBERRY GEM

MAPLE NUT

A SPIN MAN STATE

the following served on ... White Bread, Rye Bread Round Roll

60 - OUR SPECIAL CHEDDAR CHEESE 61 - LIVERWURST (Musherd or Moyo.) 62 - LIVERWURST & CHEESE 64 - SALAMI & CHEESE (Mustard or Mayo 65 - HAM (Musterd or Maye.) 66 - HAM & CHEESE (Musterd or Maye

V - EGG SALAD (Lettuce & Mayo.)

oB - TUNA SALAD (Lettuce & Mayo.)

69 - CHICKEN SALAD (Lettuce & Mayo.) BACON, HAM, LETTUCE, TOM. & MAYO. 71 - BACON, LETTUCE, TOMATO & MAYO 69 72 - HAM, LETTUCE, TOMATO & MAYO 69 73 - BACON, LETTUCE, TOMATO, 74 - HAM, LETTUCE, TON 'TO. CHEESE & MAYO. 75 - HOT PASTRAMI - Mustord 76 - BACON, HAM, LETTUCE, TOMATO, CHEESE & MAYO.

(Entra Meat Balls - 19¢ each) 2/35 (Extra Submarine ralls - 19¢ each (Extra Sausage 19¢ each, 2:35 Spaghetti Saire (P rt)

----BEVERAGES ICE COLD DRAFT BEER

Take out

PLEASE ORDER

BY NUMBER

WORLD'S BEST COFFEE,
FRESHLY GROUND strom the heart Iced Coffee - 190 - COLD DRINKS -

R.C. Cola -- Orange -- Root Bee Grape -- Lemonade -- Diet Rite Fruit Punch - 7up Small 144 Medium 19e Large 24 JUMBO THICK SHAKES - 35¢ Make Your Own SUNDAE Small — 49¢ Large — 69¢ 6 Tappings To Chasse From

Plus State Meat Tax

weed by pleasable alde.

Introducing: The End of the Great KSC Rip-off

Library Installs Security System

By MIKE O'LEARY

Book-borrowers beware: the completion of an electronic security system for the Wallace E. Mason Library is scheduled for this Friday (Oct. 15), according to Christopher R. Barnes, College Librarian.

The system includes two turnstiles, two partitions housing the electronic components, and several railings. It detects metal tags that will be inserted into the library books. If there are tags in any book, the system immediately locks the turnstiles and electronically alerts the librarian.

Once the system is installed, everyone leaving the library will pass through the turnstile, carrying his own books. Library books will be handed to the librarian, who will check them to see that they are properly withdrawn. After going through the turnstile, the books will be returned.

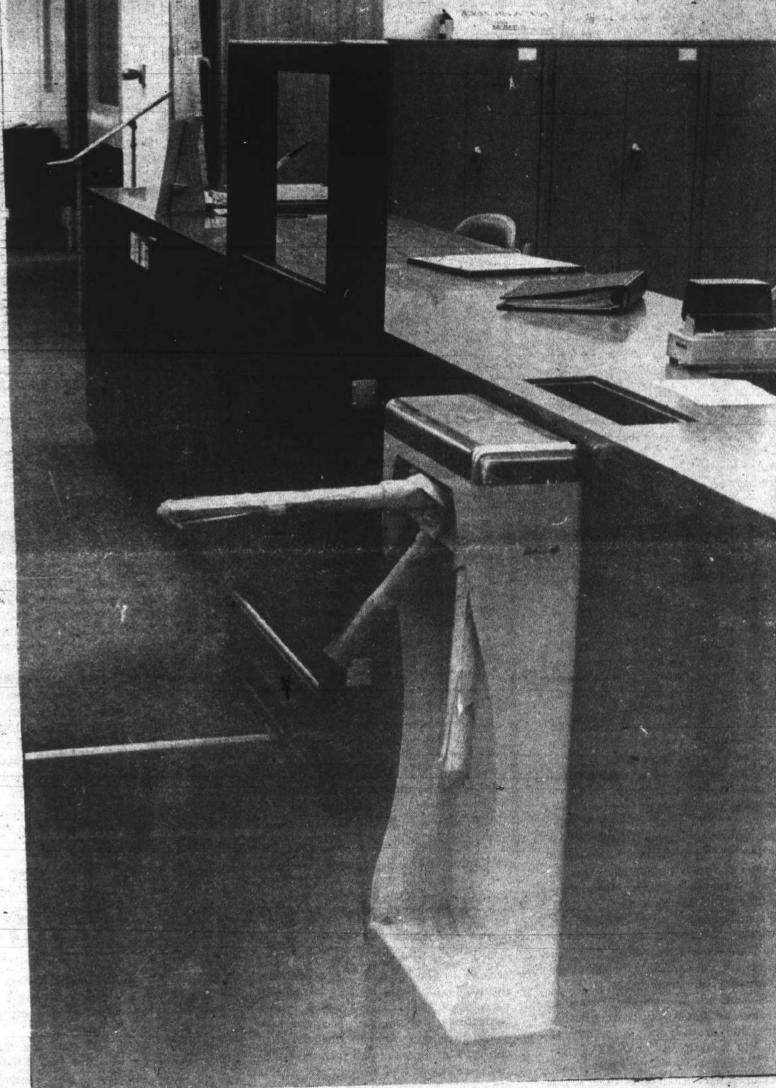
The need for a security system according to Barnes was determined by the fact that the value of the books stolen over the last two years was about \$35,000. An implication of the extensiveness of the stealing lies in the fact that all of the sections of the library have had books stolen.

The \$23,175 system is similar to those used in airports to detect hidden weapons. It is manufactured and installed by Checkpoint Systems of Barrington, N.J.

Barnes expressed his satisfaction with the new system when he said, "I feel that, technologically, this is the best available system for a library with our physical set-up.

According to Barnes, objects other than library books will trigger the locking of the turnstile. Such things as metal hair spray cans and certain types of briefcases have been known to cause the turnstile to lock. If this should happen to someone, Mr. Barnes has suggested that the student remain calm until the librarian frees the turnstile.

When asked how he felt about the purchase of the system, Mr. Barnes replied, "I am very regretful that we have to spend this money on a system such as this. I would like to spend that amount on books, but when one-fourth of our budget is spent replacing stolen books, some sort of security system must be used."



According to Christopher Barnes, this new library security system is "not to 'catch' the student stealing, but to maintain a full

on the inside

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