

# KEENE STATE OWLS WIN SOCCER TOURNNEY

By MIKE TARDIF



Photos By Tardif



THE OWLS sport new uniforms this year. Keene returns to home action this Saturday against Farmington State College.



A LARGE CROWD (above left) witnessed Saturday's championship match at the KSC Athletic Field.

STEVE PARKER (left) fires a perfect pass during Saturday's match against Western New England

## ALTERNATIVE ONE

Continued from Page 1

nity, activity, interaction and learning."

Bolle, who has been director of Monadnock Music for the past four years and a lecturer in music history at Keene State since 1970, is joined by two other KSC faculty members in the organizational leadership of the new program. They are Don R. Land, assistant professor of computer science, and David B. Andrews, instructor in psychology.

Says Land: "We will be trying to stress more involvement in activity, creating a situation in which people can learn to handle information, how to interact with people, how to develop effective

methods of communicating, and how to develop a learning situation based on active rather than passive observation of facts. We hope to stimulate the students and get them involved."

Andrews said a great many students are on college campuses today "because that's the only place they can get an education. But they find the atmosphere stifling and do not like having to sit and be lectured at. This type of student is not dumb, but he may be poorly motivated. He may have leaned only to dislike education, and this is what we hope to change."

Bolle, a graduate of Antioch College with a master's degree from Northwestern University said that each student was given a personal interview before being admitted to the program. He commented that approximately 72 students were in Alternate One, between 38 to 40 of them living at the former Monadnock Lodge at 32 Emerald Street, and the rest living off campus, at home, or in the KSC dorms.

"This week," Bolle said, "the students are making out their schedules and deciding which way to go." He explained that they're set up in four different areas and break up into groups that way. Many things are individual projects within the workshop. "Some of the specific seminars he said, are in psychology and religion and the students have projects in such things as photography and film making.

The "style" of any of the seminars within the workshops could vary greatly, Bolle said. "Conventional textbook learning and lectures might be chosen for one

seminar group," he said. "And in another the group might pursue a more involvement oriented program of independent study - or whatever the members of the group feel would best attain their goals."

Each student will be expected to participate in at least two of the four workshops. There will be no letter grades given for marks, but, rather, each student will be given written evaluations, indicating whether credit has been earned. Class size will vary, but Bolle said he expects most classes to be quite small.

"The need for this program at this time is two-fold," Bolle said. "One, we are at a time when colleges such as Keene State College must continue to make adjustments in their structure. At the state college level there is relatively little information available to facilitate appropriate and intelligent decisions. This experimental college could fulfill this need."

"Two, many students differ in their style of learning. If the college is to serve the needs of the people of the state adequately, it must provide education for all who are capable - with the best methods available."

"Many students need an alternative which allows greater freedom for self determination and involvement in their own education."

Mr. Bolle is the only full-time instructor on the Alternative One staff. He said, though, that part time instructors who will be donating their own time include, Don Land, Dave Andrews, Nora Kerr, assistant professor of Spanish, William Sullivan, assistant professor of English, Dr. Lawrence Benaquist, assistant professor of English, Dr. David Gregory, associate professor of Biology, and Sammuell Azzaro, instructor in Art.

The KSC soccer team completely out-classed all opponents in last weekend's Keene Invitational Tournament held at the KSC Athletic Field.

In the semi-finals Friday, the Owls blanked Roger Williams 9-0. Keene overpowered the Rhode Islanders, outshooting them by a 50-4 margin.

Vin Cameron, a KSC freshman from Quincy, Mass., scored 3 goals while Rit Swain and Graham Jones both hit the net twice for the Owls.

In the tournament finals against Western New England, before a crowd of over 800, the KSC booters were at their best. Keene amassed an awesome total of 58 shots on Bears' goalie Rick Arrich.

At the 17 minute mark of the first quarter, Mickey Rooney of Slough, England, opened the scoring on a penalty kick. By the end of the first quarter, full-back Dick Bush and forward Vin Cameron had also tallied for the Owls, resting the score at 3-0. During the 2nd quarter Rooney made no mistake on his second penalty shot of the game, giving Keene a 4-0 lead at the half.

The third quarter saw a 30 foot blast by Mark McEvoy and a nifty header by Chip Conran. In the final frame Vin Cameron completed his second hat trick in as many days, capping off a fine weekend for the Owl rookie.

A fine display of soccer was witnessed by the many present at the game Saturday. In the future fans can undoubtedly expect more colorful plays and witty remarks from England's Graham Jones along with accurate passing and shooting from the entire Keene Squad.

The halfbacks and forward line have controlled most of the action, while the Keene defense along with goalie Brad Steurer has not really been tested so far.

In the consolation match Roger Williams defeated the University of Maine Presque Isle 3-0.

The "Big Red Machine" returns to home action this Saturday at 2 p.m. against Farmington State College in the first NESAC match of the season.

KSC vs W.N.E.  
Keene 3 1 2 2 - 8  
WNE 0 0 0 0 - 0  
Goals: Cameron (3), Rooney (2), bush McEvoy, and Conran.  
Saves: Steurer (K) - 5 Arrich - 20

## ART GALLERY

Continued from Page 1

paintings by her father, a theme which culminated in an entire exhibition entitled, "My daughter March" held at Durand-Ruel in 1947.

The theme of domestic life in Avery's work has been accompanied at all times, according to Frank Getlein, by a cosmic vision: "Through Avery's preoccupation with his special locales, we are led back to the very beginnings of the human race, that meeting of water and land where man's ancestors first emerged from the sea, beneath the sun that was to energize and fecundate a new race on earth."

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# THE MONADNOCK

Vol. XXIII, No. 3  
Sept. 29, 1971



## THE FOOD REVOLUTION -

a special on natural/organic foods pg. 4, 5, 6

### the macrobiotic way

The so-called "Macrobiotic diet" is an individual interpretation of what might be the harmonious diet for any one given climatic and geographical area. Therefore, the diet and food varies infinitely according to location and season. In an age in which mankind is suffering from many physical and spiritual diseases, the application of the Macrobiotic principles offers a simple and practical way to "regenerate" and to stop the biological and mental degeneration of humanity.

The following seven suggestions are offered for consideration as the basis for a sound program to establish physical and mental well-being:

1. *Eat only pure, whole, natural foods.* Avoid processed, canned, and chemicalized foods. Choose the foods which come to you as close as possible to their natural whole state and use them as the "raw materials" of your cuisine. If possible, grind your own flours rather than buy them. Make soups from "scratch", avoiding mixes and instant flavourings. It is far better and more satisfying to take the time to hand-knead and bake your bread than to buy it. Vegetables taste better when you have nurtured and cared for them yourself.
2. *Choose foods which grow and thrive naturally in your local area and eat them in season.* Avoid foods which are imported from exotic places and foods which do not and cannot grow in your climatic region. These foods are not suited for you.
3. *Chew.* Our teeth are for biting and chewing. When we chew, we influence beneficially the complex digestive processes which follow in our stomach and intestines. By mixing our food well with saliva, we better utilize our food and consequently eat less. We feel lighter and more energetic.
4. *Eat coarse simple foods only when hungry.* Hunger is a gift. If we are constantly eating, we never experience real hunger. If there is no hunger, then we are always full, and if we are full, then we cannot receive. If we eat too much, then our blood is concentrated in our lower regions for extended periods and our brain becomes slow and inactive due to lack of blood. Hunger is ecstatic. Enjoy it every day.
5. *Eat serenely and gratefully while reflecting on the origin of our food.* If we are fatigued, angry or upset, it affects the quality of the food so much that it is better not to eat under such circumstances. Reflecting on the origins of food makes us thankful and mindful of the earth, sun, air, water, the farmers and nature.
6. *Eat two meals a day.* Avoid eating at night before bedtime or just after waking up. In the morning, allow your body time to awaken and become active before eating. At night, allow plenty of time for your stomach to empty before sleeping so that your sleep is a deep and refreshing one.
7. *Do joyous activity and exercise.* Run along the beach, swim in clean cold waters, climb mountains, and walk through the forests, all the time breathing the pure clean air deeply and rhythmically, and feeling the warmth of the sunshine against your body. Experience the weather and the seasons every day and let your body adapt to the heat and cold. Become one with the outdoors and rely as little as possible on artificial climates such as central heating and air conditioning. Enjoy the changes and flow with them. Experience the rising and setting of the sun and moon. Play on this earth as the children of God.

Photo by Gaw

Barrels of organic grains line two walls at "The Good Life" in Brattleboro, Vt.

The harvest at the Erewhon Farm started in mid-September. Here, a worker picks squash and pumpkin.



Photo by Gaw

### on the inside:

Thoughts on Registration ..... pg. 2

Happy Hours Postponed ..... pg. 3

Soccer Team Still Undefeated ..... pg. 8

## NOTICE This Column

### SWIM TEAM

All those interested in joining the KSC Swim Team should meet at the pool Monday, September 27 at 4 p.m.

THE 1971 KRONICLE HAS ARRIVED! Pick up your copy at the Student Union. An organizational meeting of the 1972 Kronicle staff will be held Monday, Sept. 27 at 8 p.m. in the Kronicle office, 3rd floor, Union. Writers, typists, artists, photographers and business managers are welcome.

All those seniors who did not have their pictures taken last year, or who want a re-sitting should sign-up for sittings this week in the Union. Pictures will be taken on Wed., Oct. 13. -Kronicle.

### URGENTLY NEEDED

Students with typing and clerical skills... must have blocks of free time... dependability a prime requisite. Male with an interest in sports... free to make all away trips, including those on Saturdays during September and October. If interested: See Mr. Taft, Student Financial Aid Office.

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## Registration Afterthought

By DAVE WORSTER

After the experience of many freshmen and transfer students at this semester's push and shove melee (commonly known as registration), students at good ole State will no doubt be pleased to learn that there are moves afoot at higher levels to make next semester's computer confrontation a bit less painful to all concerned.

The school is just getting too large to handle the influx of new students into the general education requirements set up by the college senate last year, the State of New Hampshire has cut budgets to the point of almost prohibiting the hiring of new faculty or giving necessary and proper raises to older ones (there are teachers who are giving courses this semester without pay). The question is how to deal with a bad situation and make the best of it.

Obviously, there is a need for some type of communication with our legislators in Concord, but this is a procedure which takes vast amounts of time and patience. In light of that, a meeting of some administrators, faculty and students was arranged to see if perhaps they couldn't rearrange our present system until such time as our requests to the state can be answered.

Several remedies were discussed such as pre-registration, no registration, and a

procedure by which the students would get the courses their advisor's signed them up for (i.e. -when you leave your advisor with his signature on your white advisement sheet, those are your courses and times for the next semester.) Given the present fiscal position of the State, this seems to be a reasonable course to assume. However, no final decisions have been made as yet.

There are drawbacks to the above-mentioned system: the notorious lack of communication on even simple issues on this campus, the fact that this still does not mean that the student will get the courses he feels he wants or needs, the fact that there will still be the wait in line next January (albeit, the footrace for courses will be turned into a walk around); still, it may be agreed that something must be done, and the time to do it is now—not in December when it's too late or in January after half the freshman class gets massacred again.

Any suggestions as to how registration may be improved will be welcome, please forward them to the Monadnock as soon as possible. It sounds like a cliché, but change will come only through hard work and constructive action toward a common goal...getting the college education you want and need at KSC.

## DORMATORY LIVING: A HOME AWAY FROM HOME?

as told by Sue Brady

Sue Brady is the Supervisor of Housing at KSC and the new housemother of Carle Hall. She received her B.A. from the University of Massachusetts and her M.A. from Ohio University. Miss Brady is a doctorate candidate at the Massachusetts School of Education and is working here as part of her Doctoral studies. She recently worked in the Office of Education in Washington D.C. where she evaluated research and grant proposals.

A dormitory should be a student's home, yet it has to be different from the traditional home and family. There is not a mother and father, and there are no brothers and sister. It's a place where students can learn to mature, where people begin to maximize whatever their own individual potential is. The environment should be one which is conducive to growth, respect for individuals.

In many ways there are problems living with a lot of people. The idea of a dorm being a home is that it is in some way yours, that it is a place that, hopefully, you can have pride in, that you can like being in, that you can enjoy living in.

The students have to work just as much as I have to work to make a dorm the size of Carle become the kind I've spoken about.

I think students have shown in the last year that there is already a motivation to learn to live as a community; that's not an unheard-of goal, although it may often be an unreachable goal. That's not something you do quickly. It takes a lot of understanding of yourself, respect for yourself and for others, being able to give, wanting to learn. And I think that is a characteristic of people in general. They are continually striving to grow. I hope this growth is something we can create: an atmosphere that is open, one that's honest; which sets a tone for what I'm trying to do here.

Some of the things I would like to plan, depending on the needs of the students are social, some will be skilled activities, things which help people become more sensitive towards themselves, to understand themselves, to define themselves more, to help the maturing process. Sports activities will also be part of the program. I still have a lot more background, basics work to do before we can start a new housing approach this year.

## LETTERS

All "Letters to the Editor" must be typed (double spaced) and not to exceed 300 words in length. All letters must be signed in order to appear in print. The editors reserve the right to delete any word or words which they consider offensive to the general public. Deadline for "Letters to the Editor" is 12 noon, Monday.

### GRAVE DISSATISFACTION

To the Editor:

Having viewed the most current copy of our yearbook, The Kronicle '71, we wish to express grave dissatisfaction. Is not this publication to be a record of our college and the campus life?

Indeed the snow heavily blankets our New Hampshire campus during the winter months, but is falling snow so much a part of our lives that we dedicate five pages of yearbook to its bleakness? In addition, we have several pictures of the KSC Commons in seductive lighting - where are the people? Our college is not only of a concrete, material existence but projects a personality of flavorful activities and colorful people - does this publication do our campus justice?

Though our campus fraternities are not a majority of the college population, they are indeed a very prominent aspect of any college campus and should be treated as such. Granted, the lack of fraternity coverage is not necessarily due to the section editor, but moreover, the individual fraternity's neglect to supply the material. It is very unlikely that a Kappa representative of the Kronicle would be openly accepted at an Alpha meeting or closed party.

Each yearbook is a partial dedication to the graduating class. The class was nicely presented in that aspect. However, the remaining sections should be much more of our KSC which includes many more people and activities than are projected. A selected minority cannot possibly establish the meaningful life and existence of any college.

It is feasible that more general interest in our Kronicle is necessary for improvement and should be an over-all goal of the student body. A minimal staff can only produce minimal coverage of an ever growing campus.

If we are a minority in our expressed

### DORMERS REPAIRED

The repair of ten dormer windows atop the Lloyd P. Young Student Union Building is scheduled for completion next week. Al Melanson, Inc., the sole bidder for the \$20,392 job started work on the Union roof on Sept. 1.

The copper-capped dormers were installed at the building's erection in 1928. They were recently investigated after the Student Union received complaints of leakage from the users of the Mabel Brown Room and KSC radio station.

opinions, perhaps we lack the aesthetic values and judgement of some of the Kronicle staff, but if not, we hope we may have placed a corner stone to rebuild our campus enthusiasm for our yearbook, The Kronicle.

K.B., J.D., K.M., & M.M.

### DISINTEGRATING EFFICIENCY

To the Editor:

I wonder exactly how many KSC students are aware of the slowly but surely disintegrating efficiency of this college's housing and maintenance departments. There should be quite a few.

As a counselor in a girls dormitory, I run into at least one minor problem every day. Problems such as broken toilets, no electrical plugs, beds being removed and replaced, no light bulbs, etc. Granted, these problems are minor. But, they are also annoying and frustrating, as well as indicative of a poorly run system.

Aren't the minor problems the ones that lead to major problems? Isn't inefficiency at the ground level a clue to what must be chaos in the higher echelon?

KSC is growing fast and the powers that be must put aside their joy at the new money and start providing, adequately, the services and accommodations that we, the students, pay for. Petty unsolved grievances have a way of manifesting themselves as all-encompassing issues.

Ceci Green

### 'CATCH UP, LIBRARY'

To the Editor:

In the past issue of the Monadnock you printed an article claiming that the days of KSC as a suitcase college were fast leaving. Fine. Now I think it is time that the rest of the college caught up with the social council in helping to keep the campus alive on weekends.

A good start would be the library. Why is it that in this institute of higher learning our one resource, and often times the only quiet place on campus, is closed? For the student whose classes end late Friday, there isn't even time to get books for the weekend.

KSC is growing fast. The days when there weren't enough students on campus to open the library for are gone. Let's open up for those who want it.

Judy Lavoie

### THE MONADNOCK

THE MONADNOCK is published weekly throughout the school year by the students of Keene State College. All material appearing in the Monadnock editorials are the opinions of the faculty and administration of Keene State College or of the printer.

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All Copy should be typed (double spaced.) Copy deadline is 5 p.m. Monday.

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## Mass. State College Allows Campus Bars

Seniors and graduate students will soon be singing, "Roll out the barrel..." with a new gusto at Massachusetts' state colleges.

Their joyous song will hail the demolition of yet another barricade against sociable, on-campus life.

Beer bars, a spokesman for the trustees of state colleges revealed yesterday, are being introduced within those hallowed halls of learning.

Already, he said, state colleges at Bridgewater and Westfield have been given permission to open on-campus bars. And requests for similar passes have been received from the colleges in Salem, North Adams, Lowell and Framingham.

However, the facilities-as are other beer and liquor outlets in the commonwealth—will be restricted to persons aged 21 or over, thus eliminating most undergraduates as customers.

At Framingham State College that will mean, said officials there, that only 500 of the 2,500 students would be allowed to patronize the campus bar.

And to ensure that all will be legal, said the spokesman for the trustees, students patrons of the college bars will have to display special identification cards.

While the college quaffers many revive the lusty "Roll out the barrel..." tune, they will be singing in vain, according to the trustees. Only canned beer will be sold. And, under rules being drawn up, drinking in dormitories will still be banned.

Although the state colleges are lowering their drinking barriers for the first time, the University of Massachusetts in Amherst has been serving both beer and liquor in its "Top of the Campus" restaurant on the 11th floor of the student center.

This, however, is restricted to members of the Top of the Campus Club.

A spokesman said UMass is now considering opening a rathskeller or beer garden on campus for general student patronage—provided the students meet the age requirement.

## COFFEE CIRCUIT IN GOOD FORM

By DAVE WORSTER

This week marked the return of the Circuit to Keene, and the sound of laughter resounded through the Student Union as "We the People" started things off with their own particular brand of insanity.

Dave, Al, and Bill delighted full houses with routines including a look at the first astronaut on Venus, a take-off on the 1950's "American Bandstand", and various impromptu bits about TV programs and different stores. Perhaps one of the finest bits concerned "The Sheik"—a comment on but police.

All in all, "We the People" provided Keene a brand of entertainment which is seldom seen in this area, for as Yeats Keats,

## OFFICIALS WARN HAPPY HOURS TOO LOUD

By MARTY GINGRAS

Three KSC fraternities were warned about excessive noise at their happy hours last week by state, city and college officials. The fraternities, Tau Kappa Epsilon, Alpha Pi Tau, and Phi Mu Delta, were told by Police Chief Albion E. Metcalf, that if police received more complaints, they would have to take action.

Present at the meeting were Ernest O. Gendron, Dean of Men; George E. Sheldon, State Liquor Commissioner, and the presidents of the three fraternities.

Dean Gendron told THE MONADNOCK that the purpose of the meeting was to "Re-acquaint the fraternity presidents of their responsibilities under the laws concerning alcohol." He said that the group talked informally about the

rules and commented, "I hope they will come up with some specific rules they all can agree on."

Mike Guerette, president of Alpha, said that the pounce had "received written complaints from neighbors about open parties at night." Minors were being served, he said, and there were too many drunks around campus. "The police chief said that he can't let complaints sit on his desk," Guerette reported.

The president of Phi Mu Delta, Pete Hanrahan, told THE MONADNOCK that "The major concern is turning drunks out on the street. In my understanding," he said, "Happy Hours were set up with the intention of improving communication between independents and fraternity men."

## DRAFT EXTENTION APPROVED

WASHINGTON (WCNS)—With the passage by the Senate last week of the draft extension bill, the Selective Service System is once again authorized to induct men into the armed forces—but with a few strings.

First, the draft will last only until July 1, 1973, President Nixon hopes to have replaced draft calls with sufficient induction machinery will be put on ice in case of national emergency. After that date, therefore, 18-year olds will still have to register with the Selective Service.

Second, male college students no longer receive automatic deferments while in school. Congress, bowing to pressure from college students and others for a more equitable draft, agreed to authorize the President to end undergraduate deferments a step he has already promised to take.

Starting this past summer new students (not enrolled in the 1970-71 academic year) will not be deferred, although if they have started classes they may postpone induction until the present term ends. All other students are eligible for induction after four years in college or when they reach 24 years of age, whichever comes first.

Third, lottery numbers will apply to all men with the same birthdate, regardless of the location of their draft boards.

Requested by the President, this new rule will end charges that certain draft boards were "safer" than others. Thus all men with the same lottery number will be inductable at the same time.

Another provision provides incentives for more men to volunteer. Originally requested by the President last year, the \$2.4 billion pay hike (\$1.8 billion for first term enlisted men and junior officers) will go into effect October 1, unless the Cost of Living Council, which oversees the current wage-price freeze, rules otherwise.

Conscientious objectors will be given two-year assignments to civilian service. The senate-house Conference Committee emphasized that this work will "parallel" his experiences, to a reasonable extent, the experiences of the young man who is inducted in his stead.

The Mansfield amendment to require total US troop withdrawal from Vietnam was approved in modified form as a "sense of Congress" title in the last. Mansfield's nine-month timetable is now stated as "The earliest practicable date" for cessation of "all military operations of the United States in Indochina," and "adequate certain" for the prompt and orderly withdrawal of all United States military forces. "subject to the release of all American prisoners of war held by the government of North Vietnam and forces allied with such Government, and an accounting for all Americans missing in action who have been held by or known to such Government or such forces."

The title also urges the President to negotiate with North Vietnam "a ceasefire by all parties," the withdrawal date contingent on POW releases and the accounting of MIA's, and withdrawal of US troops from all of Indochina.

The Senate passed the compromise bill by a vote of 55-30 on Sept. 21. The House vote on Aug. 4 was 297-108.

## KSC McGovern Leaders Named

Lee Minnick and Cathy Young, both of Keene State College, were named coordinators of KSC's Students for McGovern organizers here Thursday.

Lee, a 25 year old veteran, is a second semester freshman majoring in English (LA). Cathy, 17, is a freshman history (EA) major from Derry, N.H.

Several students and faculty were present at the two hour meeting with Dave Alyward and John McKean of Manchester, the Mass.-N.H. College Coordinators of the McGovern for President movement. The KSC group will join some 20 citizens' committees in N.H. cities and towns as well as organizations in virtually every college and university in New Hampshire.

Lee and Cathy are now assembling a staff and preparing for a projected McGovern visit to KSC in late fall.

While this may have been accomplished I'm afraid too many problems have been created which simply have not yet been solved."

A proposed solution to the problem, suggested by Guerette, may be presented to the Interfraternity Council at the next IFC meeting. Three points were mentioned that might alleviate the problem. First, a time limit on the Happy Hour, second, all beer be kept downstairs, and last, the bartender be given the authority to refuse to sell to anyone excessively drunk.

"All fraternities are laying off Happy Hours for two to three weeks," Guerette said. This was agreed upon unofficially by the IFC officers and fraternity officers after the meeting with Metcalf and Gendron. Said Hanrahan, At this time we feel that we cannot properly handle a large crowd under conditions as they stand now at our open parties and happy hours."

Sheldon was on hand at the meeting to quote the state liquor laws concerning the selling of liquor to minors and selling without a license. He told the group that the state can't issue fraternities liquor licenses due to building requirements.

All three fraternity presidents agreed that the parties would have to be kept under stricter control. TKE president, Bob Simpson said, "There are possibilities we might have to close the parties to keep things in hand."

Dean Gendron felt that the Happy Hours were not the only ways for the independents to associate with the fraternities. "There are cultural and academic programs that can provide communication," he said. Concerning the meeting he commented, "I think it was a good meeting, a healthy one, that clarified everybody's position."

As it stands now, the frats will have to reach their own conclusions about whether to continue the Happy Hours and how to keep the neighbors from complaining. Mike Guerette may have had one solution when he said, "It was time Alpha went to closed parties anyway."

## Program To Aid Keene Children

The Campus Ministry has announced the reopening of the Big Brother, Big Sister project for the second time in as many years at Keene State College.

Briefly the program is this: Cooperating with the Campus Ministry are the District Welfare office, the Guidance offices of local schools, and some parents themselves. Boys and girls between the ages of 4 to 16 in particular need of parent figures, a special friend, or simply another human being who cares are "matched" with concerned college students who can help meet some such needs or who would like an exciting, challenging chance to try learning how.

The student visits his little brother or sister periodically. The two work out the schedule. They play together, work together, and learn together as evolving needs determine.

Conferences with a case worker, a guidance counselor, or Mr. Gemmell are held as needed. There are a few group meetings to share experiences and problems. For the most part, however, the student is on his own in what the Campus Ministry believes is a significant part of Keene State's expanding program of combining campus study with community life experience.

The Campus Ministry has asked interested students to phone or see Mr. Gemmell (Alumni House) or leave word with Mr. Bernier, the student secretary.

### SENIOR PICTURES

Seniors who were not photographed in the spring will be photographed on Monday Oct. 11 not Oct. 13 as previously reported. Watch for sign-ups in the Union.



### KLEENE STRATE COLLEGE

by Pat Gilmartin



'We the People'



Jaime Lewis



# Natural Foods Industry Thrives in Keene Area

By ERIC MALONEY

The twin states of New Hampshire and Vermont have proved to be fertile ground for the billion dollar a year natural foods industry.

With philosophies as varied as the wares on their shelves, a fistful of organic food stores have opened within a short distance of Keene during the past seven months. While adhering to the common goal of selling natural foods, each store has its own personality.

Erewhon's on Winchester in Keene, doing a brisk business and anticipating expansion in the near future, has within five months built a reputation for its friendliness and good quality organic food.

With a 50 acre farm nestled in the woods and fields of East Alstead, Erewhon's grows its own pumpkin, squash, beans, and other farm produce.

The farm presently houses 25 people who tend the fields and store, but more are expected to be needed in the future. The store intends to open a restaurant within two weeks, and will follow that with a bookstore and craft shop.

## A Variety of Grains

Along with its fruits and vegetables, Erewhon's carries a wide variety of grains. The store, in keeping with the philosophy of macrobiotics, carries no sugar or wine, and has no products that are not organic.

In contrast with Erewhon's, The Good Life in Brattleboro, Vermont, carries not only wine and beer, but a number of cheeses as well.

"I would call Good Life a good foods store more than anything else," said Bill Oates, a co-owner of the store. "We try to cater to all segments of the organic foods market."

Located on Main Street in Brattleboro, The Good Life deviates from the quiet

atmosphere of most organic food stores with constant bustle and activity. One sees a variety of people, from little old ladies in tennis shoes to families who have broken away from the large chain stores.

A marked difference between The Good Life and other natural foods stores is its willingness to sell organic meat. Few stores will carry meat, and many store owners are vegetarians.

Such is the case with Russ Butler, owner of Butler's Pantry in Westminster West, Vermont, a store that has been on operation for two years.

"I have five children ranging from ages two to 12, and since we have been eating organic food we have had no sickness in the family."



Some stores carry lines of "do-it-yourself" utensils.

Photo by Gaw

have evaluated the state of health according to six conditions. The first is freedom of fatigue. Fatigue is the consequence of illness and disease. A healthy man is ready, willing, and able to surmount difficulties one after another, welcoming big problems and impossible situations, taking them on as an adventure, a challenge. If you feel healthy, the bigger the problem, the

important factory and basic foundation of your personality. Your capacity of remember should develop more and more with age. To the extent that you remember what you see or hear is how good your health is.

The fifth indication of good health is good humor. A health man finds himself not giving away to anger. Good health will make a man cheerful and

Roger Alan Jones'

## FOOD THING

greater the pleasure in coping with it.

The second way of measuring good health is a good appetite. And perhaps the best way of measuring good health is whether or not a person can truly enjoy the simplest food. Sexual appetite and its joyous satisfaction are also a condition of health. A man or woman who has no sexual desires or takes no pleasure from their satisfaction is, in reality, out of tune with the laws of nature, and he or she is without essential ingredient of health.

The third criteria of good health is sound sleep. Can you fall in a fast, profound sleep after putting your head on a pillow, under any circumstances, any place, anywhere? Can you sleep soundly without talking in your sleep or without having dreams? Can you wake up at any time you want-at a time fixed in your mind before you go to bed? Are you entirely satisfied with four to six hours of sleep each night? If you can't answer yes to all the questions, then there is something basically wrong with the state of your health, and what we will be presenting here will be of some value to you.

The fourth indicator of good health is good memory. This is the most im-

pleasant under the most trying circumstances. If you are in good health, you will find yourself having admiration for all things—a grain of sand, a drop of water—and all men. You will find yourself learning much even from an enemy who is cruel and strong.

The sixth and last measure of good health is precision in thought and action. If you enjoy good health you'd be able to make sound judgements—swiftly and instinctively, acting with speed and precision. Promptness is an expression of freedom. When you are prompt, quick, and precise, you are prepared to meet any challenge, any emergency, any accident. You, in short, enjoy good health.

Now, compare your health with this list of six criteria of good health, they are: 1) freedom from fatigue, 2) good appetite, 3) sound sleep, 4) good memory, 5) good humor, and 6) precision in thought and action. Let's assign some sort of arbitrary rating system for each condition. The first three are physiological, and worth, say, ten points each. The last three psychological, and worth twenty points

Continued on Page 6



co-owner of one week old Salt of the Earth in Putney, Vermont.

"My father was in the meat packing business, so I know what they do to meats before it's put on the shelf. Since then, I have become a vegetarian, and I only eat foods that are good for the body."

Salt of the Earth falls in between a good food store and a macrobiotics store. Although not adhering to the strict principles of macrobiotics, they will not carry any product not healthy. This eliminates sugar, honey, and alcohol.

Ignoring the possibilities for capital gain, Rossman stated his objective simply.

"I don't care if we don't make any money. As long as there's enough to keep us alive and the store going, that's all that matters."

"The main thing is to turn to good food. People have got to quit eating shit, and start eating stuff that's good for you."

## To Open Restaurant

The store, despite not having yet opened when this newspaper visited, already had a steady stream of customers, most from nearby Windham College. Rossman hopes to eventually open a restaurant, the original plan of operation.

Another small store with a quite friendly atmosphere is Mrs. Chase's in Dublin.

The only other store besides Erewhon's to provide home grown products, Mrs. Chase stocks her shelves with her own eggs, fruits, and vegetables.

The store tries to serve the various wants of different people who eat organic foods, and like most other stores has seemed to do a good job of it. Mrs. Chase expects to enlarge the store, and stated that she buys more products each time she resupplies.

"I think the most exciting part of running this store is talking with the people who come in."

"People are very enthusiastic about natural foods, and I can't help but share that enthusiasm."

The store is for all intents and purposes open at all times.

"As long as there is a light on in the house, people know that we'll open up for them—even if it's just for a candy bar."

Natural Universe is run by a husband and wife team, Clark and Judy Mounts, and is located almost across from The Good Life in Brattleboro.

Despite the competition from Good Life, Natural Universe still does a heavy business.

A much smaller store than The Good Life, who buys by the train carload, the

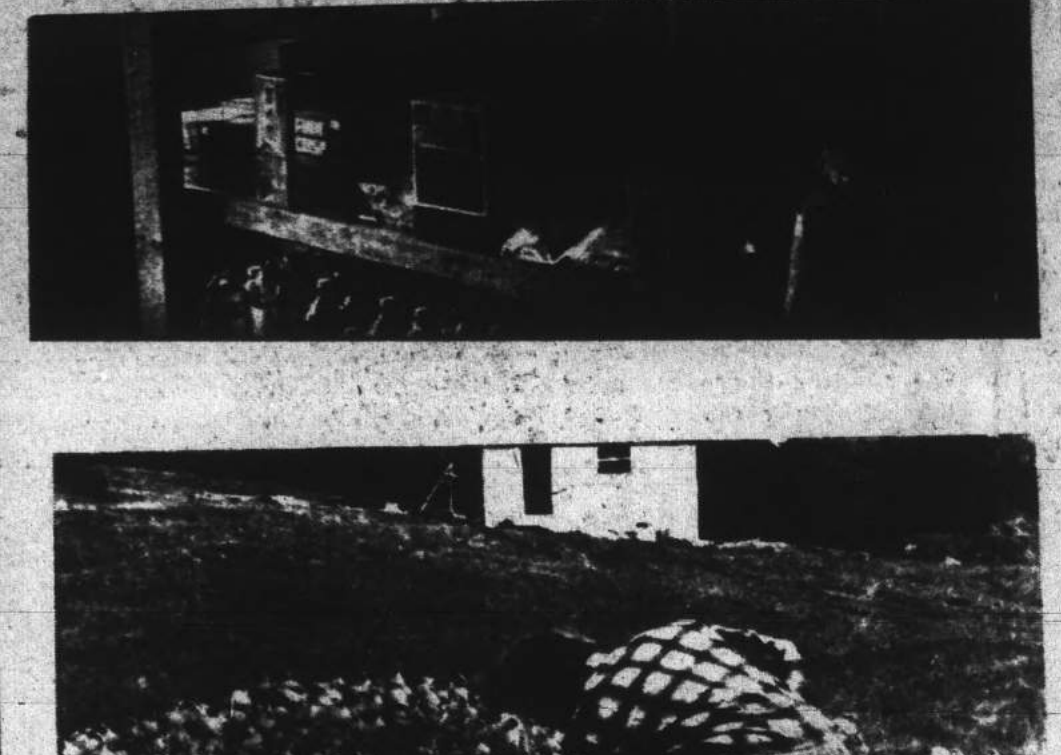


Photo by Gaw

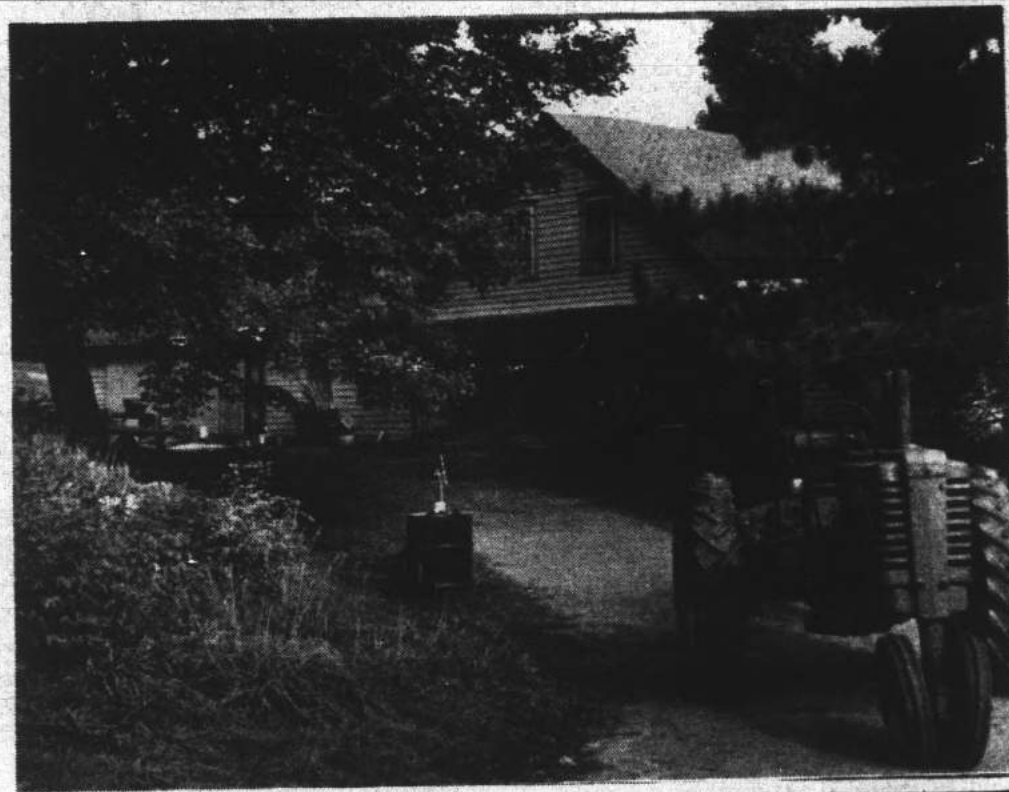
A customer browses through the book section of "The Pantry."

store is at the size the Mounts wish to keep it at. They serve a different constituency than The Good Life, carrying no meats or cheeses while stocking a certain

Continued on Page 6



## PHOTOS BY GAW



(above left) Each member of the farm spends several hours a day during the harvest.

(below left) Most members at Erewhon Farms live in this house on their farm in East Alstead.

(above center) Bulk quantities of grain are available at some stores. These 100 lb. bags are at "The Good Life" in Brattleboro.

(above right) Shelves, such as these of "Natural Universe" in Brattleboro are stocked with commercial as well as non-commercial products.

(below right) A crop of squash at the Erewhon Farm are sorted by quality.



## FOOD FOR HEALTH

By Ann Butler

**SOUPS:** Bean; Pinto, kidney, lentil, navy, soup pea, split pea, aduki.

Begin with five times as much water to beans. Add more as needed. I put mine on to cook right after luncheon for evening meal. Lentil and split pea are two hour soups and do not require long cooking. Simply chop and saute onions and carrots and add for the last hour. Salt toward the end of cooking. Slices of burdock sauteed may be used in lentil and split pea soups.

**Grain soups:** Barley or barley grits, rye, bulghur, rice or wheat grits.

Rinse grains and soak during the morning - except for grits. Add five times as much water and more if needed. Set on to cook in the early afternoon. Grits need only about two hours to cook. Add finely sauteed onions, carrots and any other vegetable, a small amount only. Add salt to taste near the end of cooking, tamari may be added to taste.

**Noodle soups:** Japanese noodles, onion slices sauteed and tamari make a most delicious soup. Use about six cups of water. Cook 45 minutes. Note - In saute method of cooking vegetables, it is most important to use a really pure oil. We use either corn germ or sesame seed oil.

**SANDWICH FILLINGS** - All on whole grain bread or crackers.

1. Chopped hard-boiled egg salad (fertile eggs if possible) with ground sesame seeds, sea salt (This mixture is called gomasio) and sprouts.

2. Peanut butter and sesame butter, half and half. Add a slice of Chinese cabbage.

3. Mashed pinto beans from a previous meal and Chinese cabbage slice and sesame butter.

4. Chopped fresh parsley and a good, fresh cream cheese (we obtain ours from

what a difference in taste!)  
5. Sesame butter and miso. Use four teaspoons of sesame butter to one teaspoon of miso, add a fresh leaf of lettuce or Chinese cabbage slice.

## VEGETABLE PIE

Ann Butler  
The Butler's Pantry  
Westminster West, Vermont

The pie crust - Use whole wheat pastry flour, sea salt and oil. Rub oil into flour with hands until flour is moist and in pea size balls. Add water until firm enough to roll.

Chop and saute any combination of vegetables that appeals to you. We have always included onions, carrots and turnips. We like to add broccoli, cauliflower and fresh kale when available. Cook covered for about twelve minutes. When you saute, begin with onions and add other vegetables on at a time ending with carrots.

Cook a small amount of oat meal or rice cream or even bulghur to hold your ingredients together. Season with tamari and fill your pie. Bake til done.

## SEAWEEDS

Seaweeds or sea vegetables are one of the finest sources of complete minerals. They are delicious and easy to prepare, especially high in calcium, iron and the

official for skin, hair and the nervous system.

**IZIKI or HIZIKI:** Long, black spaghetti-like strings of seaweed. Rinse and soak in cold water for fifteen minutes. While soaking, chop and saute one onion in sesame oil in a cooking pot. Drain the iziki and hiziki saving the water, and saute with onions until seaweed is shining water and simmer for half an hour. Add tamari (soy sauce) to taste. Iziki may also be added to vegetable roasts or pies when chopped fine.

**WAKAME:** Dark green leaves. Prepare as you prepared hiziki. Carrots go well with Wakame.

**WAKAME(thin sheet):** Best for beginners. Peel off sheets and toast on cookie sheet at 350 degrees for ten minutes. Eat like potato chips or you may want to crumble over rice.

**NORI:** Another pressed seaweed with rich, dark brown color. Toast by waving sheets over cooking flame two or three times. (Sounds exciting, eh?) Nori can also be crumbled over rice or tolled with rice and crackers to make the popular "rice sushi".

**RICE SUSHI recipe:** Ingredients: bowl or cooked soft rice, bowl of sauteed carrots, cut-Julienne and one sheet of toasted Nori, gomasio (sesame salt). Lay out Nori sheet on bread board or bamboo mat. Spread half inch layer of soft rice with carrot strips down the middle, sprinkle with gomasio. Carefully roll Nori as for cinnamon roll. When completely

slices. Sushi is ready to serve as an hors d'oeuvre or as a nice addition to a main meal. Excellent for picnics.

**KOMBU:** Black, flat two inch strips which turn into a beautiful, exotic shade of green when soaked. Kombu makes a standard soup stock and is also good for beginners. A three inch long strip simmered in three cups of water makes an excellent stock or a tea to be sipped. Kombu may also be eaten as a vegetable. Cut into 1/4 inch pieces, saute in sesame oil with onions and carrots. Steam for one hour.

**KELP:** Powdered and very pleasant flavor. For use as a condiment in soups, meats, grain or vegetable loaves, casserole and one pot dishes. Keep a small jar full by your stove and use by the teaspoon. Granular kelp comes in a shaker to be used in place of pepper. Fill your table shakers naturally, one with organic vegetable sea-salt seasoning, the other with kelp granular. Excellent to shake on meat or fish before broiling. Kelp tablets are caked form to be taken as mineral supplement.

**DULSE:** Grand Manan Island product, drak, reddish-brown leaves. Very salty and super high in nutrients, may be eaten as a snack right out of the package. Use as you would use a bay leaf in soups and stews. Powdered dulse is used as powdered kelp but use less because of its saltiness and mineral strength.

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Concord, N.H. 03301

Phone 224-1966





A salad in preparation by one of the three owners of "Salt of the Earth," a new store in Putney. The three owners are all vegetarians.

## FOOD THING

Continued from Page 4

each for numbers four and five and third points for number six. Now, let's see how you "score", so to speak. Be as honest to yourself as you can. If you can honestly award yourself forty points out of 100, you are in relatively good health. If you can't I think some of the things we'll be talking about will be a help to you.

As we proceed with all this, check yourself again with the six conditions of health at the end of each month. You will know in your bones when something is wrong, and when things are getting better. Your body does not lie. If you did score 40 or more points, you still can benefit. To be really in good health, you should be able to score the full 100 points.

Some of the things we will be talking about will probably sound strange to you. I know they did to me when I first encountered them. All that I can tell you is that they are true. I base this on my own experience and the experience of others.

The first time I examined myself, a few months ago, I failed miserably, and, if you did, too, don't think it is just you. Unfortunately, as a culture, over a period of a couple of centuries, we have come to poison ourselves.

You know when you yourself feel bad. Normally, that would be all you are concerned about, yourself and your health, especially if it's bad. But we can perhaps better point the way to

good health by helping you understand that your poor health is not a problem you share with just about anybody you meet on the street.

### Chronic Diseases

Consider some of these facts: Half the population of this country suffers from some form of chronic disease. According to the President's Commission of the Nation's health, heart, and artery disease caused 55% of all U.S. deaths. Cancer caused 16%. Strokes killed over 200,000.

Ten years ago, another presidential commission reported that 25 million Americans then living would die of cancer with the same mortality rate of the disease. One retarded child is born every 15 minutes. You spend an average of \$300 a year for direct medication.

Of some two hundred American soldiers who were killed in action in Korea, about 80% were suffering from heart disease. 360,000 people die in this country each year from heart attacks. We consume some 15 million pounds of aspirin each year. Why? Do any of these things have to be? Were they in other cultures in other times?

All right, sort the information we just gave you somewhere, and consider this: All the great cultures that have spanned all the great and lasting philosophies and religions have had strict dietary rules and principles. These who perished did not, and all these great cultures had basically the same set of rules in common. You can find these dietary principles in the *I-Ching*, *The Bhagavad-Gita*, . . . and the Bible. And if you'd like to look up some specific passages in the Bible, try Genesis 1:29; Book of Daniel, 1st chapter; The Essene Gospel of John, where Jesus talks about barley; and First Corinthians, eighth chapter.

What all these great cultures and religions and philosophies have said is

## FOODS INDUSTRY

Continued from Page 4

amount of organic food.

Eying the tremendous success of organic food stores in this area, almost all store owners were optimistic about the future.

Despite the inevitable intrusion of large chain stores into the market, the feeling was that the small stores would be able to hold their own.

It was felt that the chains would be unable to undersell the small stores, and the sincerity of the small-sellers as compared to the capitalistic and callous attitude of the big chains would become the downfall of the latter.

The notable deviant from this opinion was Reginald Tobias, owner of The Pantry on Route 12.

"Big business has become too powerful in this country, and eventually the smaller stores will be swallowed."

Other stores use the increase in business as a sign that people no longer are willing to digest large amounts of chemicals, and are beginning to realize the importance of eating good food.

Many families have turned to the natural food stores to do their regular shopping, as they surprisingly discover that prices are substantially lower than those of the regular supermarkets.

It remains to be seen whether or not

the chains can successfully maintain it's patronage, and perhaps pull customers away from the small stores by marketing their own lines of natural foods.

Those involved in the natural foods business will undoubtedly give a good fight. They are dedicated to the principles of eating only those foods that are good for human consumption, and steadfastly refuse to succumb to the T.V. dinners of middle America.

The question to be answered is whether the owners are too idealistic to survive the cold and calculating business structure of America. It's money versus health, and the ensuing battle will reveal how much of a hold big business actually has upon the lives of the American people.

Middle America lides: convenience, something that frozen vegetables and chicken pies give. It is doubtful if people will be willing to give up these luxuries, and it may remain for the college generation to convince its elders of the benefits of natural foods.

That is, if the college generation is not already brainwashed by the previous generation. Only time will tell, and in this day and age they might not be enough time.

all the same thing. And this is the thing that we are talking about now. For the most part, these other cultures did not have the same statistics of disease and mortality that we have in this country today. Your health, and how you feel, is a part of that. But, you can reverse the trend in your own body. I have, and others have. It takes the average person about two weeks. Would you like to feel better in two weeks?

The dietary principles are very simple, but the problem is getting you to understand them by talking about them. First off, there are no hard and fast rules. Each person's situation is different. This is why you should understand WHY what we're talking about works as it does, so you will be able to take what you are hearing and apply it to your individual circumstances and body.

### 10 Dietary Principles

To make this as understandable as possible, we break down these age-old dietary principles into two parts. One part is the 10 different states of the diet. The second part is some general guidelines. We'll give you the guidelines now, if for no other reason than to let you see how many you are breaking.

The first guideline is to NOT use chemical white sugar and avoid everything sugared, especially soft drinks including those which use sugar substitutes like saccharin.

The second guideline is to limit your intake of liquids to the minimum quantity necessary so that you never urinate more than twice in 24 hours if you are a woman, or three times if you are a man.

Third, use the least possible amount of animal products, especially if you live in a warm climate or are going to visit one. Here in northern New England, especially during the summer, animal food intake should be at a minimum. That is meat, milk, eggs, and all cheeses except goat cheese. In addition,

almost all animal foods are chemically treated or produced, while shellfish, fresh fish and wild game are usually free from chemicals.

Fourth, avoid industrial foods, all canned, bottled and processed foods, particularly those treated with colored dyes. Do not eat foods that are not grown in your climatic zone . . . like South Carolina peaches, Florida oranges, etc.

Fifth, avoid vegetables and fruits out of season in your locale.

Sixth, avoid eggplant, tomatoes, and potatoes.

Seventh, minimize the use of fruit and fruit juices, especially here in New England.

Eighth, avoid coffee and tea containing carcinogenic dyes.

Ninth, avoid chemical seasonings. Use the untreated unrefined kind whenever possible.

Tenth, do not use baked goods containing baking soda.

That is a mighty mean list, isn't it?

### What's Left

Normally the first question I hear when somebody comes up against that list is "What's left? What is there that I can eat?" At this point, I can give you only a very general, non-specific answer. That answer is: There are many foods that we have never tasted or developed a taste for that are absolutely delicious when we awaken our tastes to them. Our preferences for steak, icecream, and candy were not born with us. We were conditioned to like them. It's a mighty strong conditioning and we probably will always like these things. But, in the same way, we can awaken our taste to other foods, too.

And when these foods make you healthy; when these foods will help cure and prevent disease in your body; when these foods are the ones specified in every major religion and philosophy, including Christianity, I think we might have a good enough reason there to give it a try.

## SENATOR McGOVERN RAPS NIXON'S YOUTH POLICIES

Senator George McGovern, the only announced Democratic presidential candidate, lashed out recently at President Nixon's youth policies.

"Administration inaction has left young people without the means to participate fully and equally in American life," McGovern said.

In three "critical areas" the Nixon Administration has failed to carry out an inaugural pledge to increase youth involvement in the decision-making processes. Stated McGovern: voter registration, youth appointments to federal task forces and commissions, and youth employment.

He was especially critical of Mr. Nixon's opposition to student registration in their

college communities, a policy McGovern said was in effect disenfranchising the newly franchised 18-21 year olds.

"Only strong action by the Nixon Administration can ensure that the right vote for young people will be a living reality and not a paper promise. Yet the Nixon Administration has failed to take that action," he commented.

McGovern, along with Alan Cranston (D-Calif.), has introduced legislation in the Senate which would allow students to register and vote where they attend college, plus servicemen where they are stationed.

He urged President Nixon to support this bill, and called on the Justice Department to establish nationally uniform voter registration guidelines so "local bar-ot negate the most significant Constitutional reform of our time."

McGovern also censured Nixon for not taking the necessary steps to curb the 17.3 per cent unemployment rate for youths aged 16 to 21. The rate soars to 40 per cent for black youths, McGovern said. He criticized Nixon for watering down a \$145 million request by mayors of the major cities to fund summer youth employment programs.

"Incredibly, he requested from the Congress only \$64 million," McGovern remarked. "It is an indication of the mistaken sense of priorities of this Administration that it can request billions for atomic missiles, billions for senseless slaughter in Indochina, and billions for a snob appeal airplane to take the rich to Paris, while it cannot summon the effort even to request enough to put eager young men and women to work."

McGovern's criticisms of Mr. Nixon's failure to appoint youths to federal task forces was only slightly less harsh. No one under thirty sits on the President's Commissions on Marijuana or An All-Volunteer Army, McGovern said. The youngest person on the Council on Youth Opportunity is 35.

Furthermore, said McGovern, only one person under 30 served on the Commission on Campus Unrest (James Rhodes), and "that the one appointee was publicly censured by Vice-President Agnew, the second highest official in an Administration which pledged to 'bring us together.'"

### JOBS, JOBS, JOBS . . . . .

Building Supervision (urgent), Secretarial, and others. Those with Work-Study will be given preference. Contact the Student Financial Aid Office, 1st Floor, Hale Building.

### JOB OPPORTUNITIES

Students need to work as operators/Attendants for the Information Retrieval System. Some knowledge of audio-video equipment helpful. Must be work-study. See Lou Dumont, 2nd floor, Library.

### VOTER REGISTRATION

The last day to register in for the upcoming primary will be Sat. Oct. 2. Registration will be held from 2-5 pm. and 7-9 pm. at City Hall. All KSC students who have fulfilled the six month residency requirement are urged to register to vote.

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## Orchestra Begins Rehearsals

Rehearsals began last week for the 1971-1972 concert season of the Keene State College-Community Orchestra, it was announced today by Dr. D. W. Morris, associate professor of music at KSC and orchestra conductor.

The orchestra, formed a year ago, is composed of musicians from both the college community and from the Keene and surrounding area. Membership is open to all interested musicians and the ages of the orchestra members range from the late teen to the 70's.

"The purpose of the orchestra is to satisfy a growing need for a performing group to play orchestral literature, to offer an opportunity for young people in the schools and the general public to see and hear orchestral music performed in person, to motivate an 'interest' in string instrument playing, and to promote better musical relationships between the college and the community," Dr. Morris said.

"The 1970-1971 concert season was a great success. Membership increased throughout the year as the word spread about the progress we were making in our first year of organization. Small ensemble groups of musicians were invited to perform at our concerts which were well received by the large audiences that attended."

"The 1971-1972 season promises to be a musically exciting one. The concerts will include a performance of 'Finlandia' by Sibelius, 'Piano Concerto in D' by Hayden, (with a guest artist) 'Water Music' by Handel, and 'Symphony in F Major' by Boccherini."

Dr. Morris said a combined performance of the orchestra with the KSC

Concert Choir will offer Vivaldi's "Gloria" and Handel's "Messiah" this year, with Hubert C. Bird, assistant professor of music at Keene State, conducting.

In addition, a children's concert is being planned for Feb. 27. Plans are being made to present a program of children's voices with orchestral accompaniment at this concert, Dr. Morris said.

"Anyone who plays an instrument, regardless of his level of proficiency, is welcome to join the orchestra," Dr. Morris said. "Music will be chosen for our concerts to meet the performance level of the orchestra members."

Dr. Morris has an extensive background in music both as an educator and as a violinist and conductor. He holds degrees from Earlham College and the University of Michigan, has studied at Indiana University of California and the University of Southern California and has recently completed his doctoral degree in education at the University of Massachusetts School of Education.

He was supervisor of music for 15 years in public schools in Ohio, Indiana and Michigan, and was a music instructor for six years in the Pomona, Calif., school system. An associate professor of music at Jamestown College in North Dakota for three years prior to attending UMass, he has been a concertmaster for professional and civic instrumental music groups has conducted musical shows, choirs and civic symphonies and has done arranging and composing. He is married and is the father of four children.

Further information about the College-Community Orchestra may be obtained from Morris at 352-1909, Extension 285, or at 352-2653 evenings.

## Journal Sets Deadline Date

The editorial staff of the Journal, the campus literary publication, has announced an Oct. 15 deadline for all contributions for the first issue of the school year.

A limited budget has forced the staff to find new methods of printing, and as a result, photographs will not be used in the first issue. The second issue of this semester will be prepared for photo-offset, and photography and artwork will be included.

For this issue, the staff is requesting contributions of poetry and short stories. Typed material is preferred, but all contributions will be given equal consideration.

Contributions may be left with Marilyn Zanes, editor, or at the student union desk in the Sigma Pi Epsilon mail box.



SATURDAY, OCTOBER 9th  
SHOWTIME 8:30

**TIM HARDIN**  
**ODETTA**  
**FOX WATSON**

AT WINDHAM COLLEGE, PUTNEY, VERMONT  
TICKETS \$3.50

CLASSIFIEDS!  
Free for Students  
Limit 15 words  
Deadline: Mon.  
5 p.m.



MISSING: One KSC winter parka, blue. Taken from Commons. Return to Carle Hall 101-D.

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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 WEEK'S GAMES

Wed. Sept. 29  
4:45 p.m. - Raiders vs. Townies  
5:45 p.m. - Boozers vs. Ream-shotz

### Thurs. Sept. 30

4:45 p.m. - Kappa A vs. Kappa B  
5:45 p.m. - TKE A vs. Buckeyes

### GAMES TO WATCH

TKE A vs. Buckeyes  
Kappa A vs. Kappa B

### STANDINGS

1. Kappa A	2-0
2. TKE A	2-0
3. Alpha A	1-0
4. Kappa B	1-0
5. Phi Mu Delta	1-0
6. Townies	1-1
7. Raiders	0-1
8. Ream-Shotz	0-1
9. TKE B	0-1
10. Alpha B	0-1
11. Buckeyes	0-1
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

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 Liaison Officers of their undergraduate institutions by November 1, 1971. The Foundation does not accept direct applications for the Fellowships.

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. Danforth 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.

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## KEENE STATE BLANKS FARMINGTON 12 - 0

By MIKE IARDIF

The KSC Harriers have looked very impressive in their first two meets this season, despite the absence of a few top runners.

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 fared well in their first meet

even though veterans Sandy Shapiro and Mark Malkoski did not run.

Their second match was at Rhode Island College against RIC and Johnson State. Once again Keene dominated the field with six runners finishing in the top



Photo by Tardif

KEENE'S GRAHAM JONES of Slough England, makes his way past a Framington defender during Keene's first NESCAC match of the season.

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: "He may be hard to beat."

This week Keene will be facing two of its toughest opponents, arch-rival Plymouth State College on Tuesday in Plymouth, and Gorham State in Gorham on Saturday.

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 Athletic Field on Tuesday, Oct. 5th for a match against St. Anselms of Manchester.

## Martell Paces KSC Harriers

By JOE PAPPO

In the first Conference match of the season, Keene State College's soccer team outclassed their opponents, 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 oals for the Owl veteran who played an excellent offensive game.

Hal Shortleeve scored his first 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 1D. card.

FRIDAY, Oct. 1, 1971

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

The Graduate Record Examination will be administered 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.

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## 5000 SEE BONNER INAUGURATED PRESIDENT OF UNH

An audience of 5000 people saw Dr. Thomas N. Bonner inaugurated as the 15th president of the University of New Hampshire Sunday at Sniely 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

all.

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 path.

"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.

Dr. Bonner went on to call for "a dramatic reversal in the people's support of their university."

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."

"To citizens of the state upset by sensational reports of campus events I summon you to join in responsible efforts to bring change to the campus and to the state."

"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 oral polio vaccine.

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

## THE MONADNOCK

Vol. XXII No. 4  
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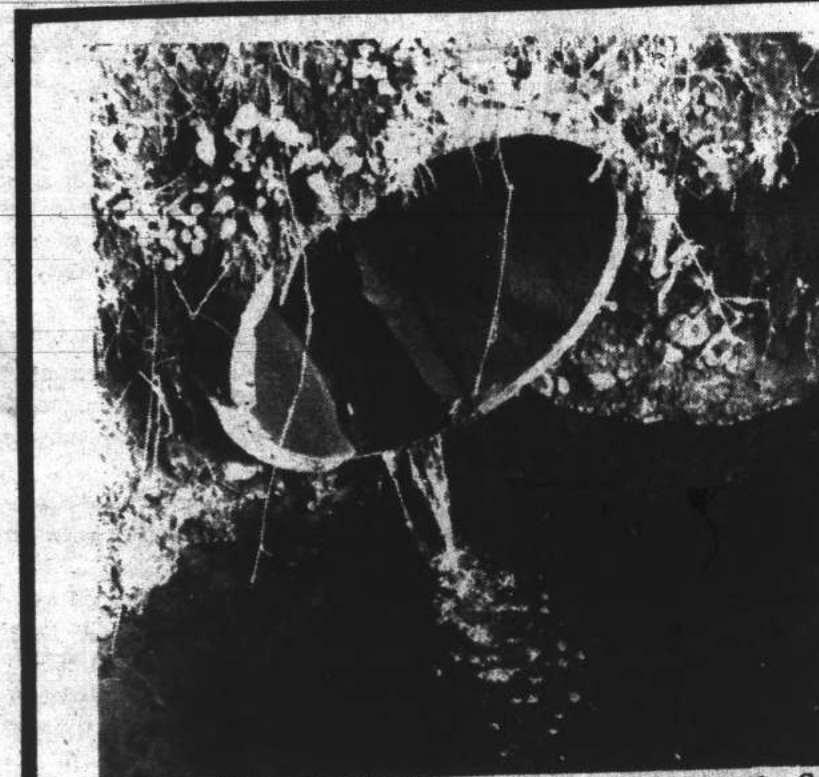


Photo by Gaw

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



Photo by Gaw

## 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 3 p.m.

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" Field.

Rakes and shovels for the project will be provided by both the college and the city of Keene. Keene City Manager James 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 Ashuelot.

Douglas Mayer, Director of Student Activities, commented, "It would be really nice if we could get the river so that the only pollution you see is the oil slick."

## 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 Freeze.

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 facilities are available to students on a year round basis that the announcement date of university expenses determined their eligibility to increase rates.

Students across the country meanwhile are experiencing even greater difficulty

gaining the necessary funds for schooling because federal grants-in-aid and National 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 Emergency 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 Bures, president of the 85,000 member SNEA. "And yet the Cost of Living Council has failed to spell out procedures and guidelines 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—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 increased rate.

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.

## 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 Governor 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 this 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 position among the three campuses will be provided for.