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INKWELL

ARMSTRONG STATE COLLEGE

VOLUME LI Number 3

October 23, 1986

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Respiratory Therapy Week at ASC

Since 1982, respiratory care practitioners have had a week set aside in their honor. The first national recognition week was celebrated by Presidential proclamation; the U.S. Senate and House of Representatives passed a resolution recognizing respiratory care practitioners, and President Reagan signed that resolution into law.

In 1983, a federal resolution was again passed proclaiming: "In recognition that chronic lung disorders are an important cause of death, ill health, and disability, and that respiratory therapy can do much to lessen their effects, the Congress, by Senate Joint Resolution 67, has authorized and requested

Week was proclaimed for the week of October 5-11. The students and faculty of the Respiratory Therapy Department at Armstrong were actively involved in organizing professional and social activities throughout the community. The goals were to increase public awareness of the profession, update respiratory care practitioners on current issues facing the profession, and foster a strong sense of community among respiratory care practitioners in Savannah.

On Monday October 6, Armstrong sponsored a symposium on current issues in respiratory care. Two prominent individuals in the profession were brought to Savannah to

practitioners in Georgia through the State Board of Medical Examiners. After the grandfather period expires, June 30, 1987, a respiratory care practitioner must have graduated from an accredited educational program and passed the nationally administered Entry Level Credentialing Exam before they

See RESPIRATORY WEEK
page 4

Calliope Editors Named

Vicki Hill, James Brown, and Michael West have been named editors of the 1987 *CALLIOPE*, the literary magazine of Armstrong State College.

A graduate of Effingham County High School, Ms. Hill is an English major and a tutor who enjoys helping other students develop and edit their writing. Also gifted in creative writing, the honor student received the Spencer Foundation Award for the best submission to the 1986 *CALLIOPE*. Having attended the prestigious Writer's Conference at Wesleyan University, Ms. Hill plans to pursue graduate work in literature and creative writing after leaving Armstrong.

Also a veteran of the Wesleyan Writers' Conference, senior James Brown, a graduate of Benedictine Military School, devotes his time to pursuing his degree in English, tutoring in the Writing Center, and running in the varsity cross-country team. Upon leaving ASC, Mr. Brown will attend graduate school to prepare for teaching composition, literature, and creative writing.

Joining co-editors Hill and Brown is art editor Michael West. The Benedictine graduate is a sophomore communications major who spends his free time writing short stories and drawing cartoons. His studies at Armstrong will lead to a career in advertising or journalism.

Armstrong State College can expect a brilliant fourth volume of *CALLIOPE* with such competent students serving as editors. The magazine will be published in April, 1987.



The members of the Board of Directors for the Georgia Society of Respiratory Therapy, including Ross Bowers, along with Lasa Joiner, legislative consultant for the GSRT, and Senator Bill Fincher, gather with Governor Harris for the signing of the Respiratory Care Act.

the President to proclaim National Respiratory Therapy Week."

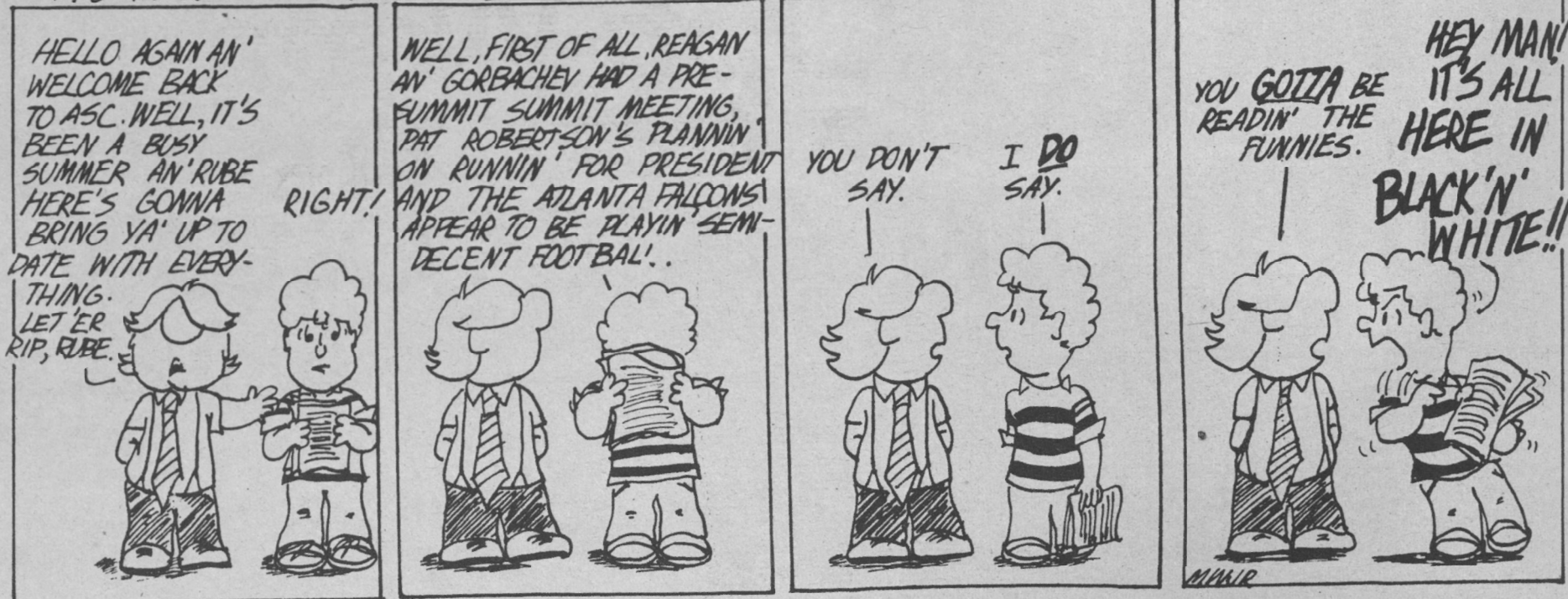
The second proclamation signing was particularly important because very few joint Congressional/Predidential special weeks are recognized each year. The respiratory care profession was honored to have two proclamations signed within two years.

In 1986, National Respiratory Therapy

participate in the symposium. Dr. John Youtsey, Chairman of the department of Cardiopulmonary Care Sciences of Georgia State University and President-Elect of the Georgia Society for Respiratory Therapy, Discussed the Respiratory Care Practice Act which was signed into law by Governor Harris in April. The law is a title protection act the creates a mechanism for certifying respiratory care

RUTABAGA PLAINS

Michael West



WINTER QUARTER, 1987

ADVANCED REGISTRATION ADVISEMENT:

October 279 AM to 5 PM
October 28 & 29.....9 AM to 7 PM
October 30 & 31.....9 AM to 5 PM

REGISTRATION:*

November 3.....9AM to 5 PM
November 4 & 5.....9 AM to 7 PM
November 6 & 7.....9AM to 5 PM

REGISTRATION REGISTRATION/ADVISEMENT:

January 2.....9 AM to 7 PM

*Fees must be paid by 5:00
on Tuesday, Dec 30, 1986.

Interviews on Campus

On November 4, 1986 the PORT BROKERAGE COMPANY will be on campus from 1-4:30 interviewing for the position of Retail Sales Merchandiser. If you are interested in sales, any major may apply. The job involves limited overnight travel around the Savannah area, and would be calling on grocery stores, selling and sampling grocery products. PORT BROKERAGE offers a full benefit package including a company car, and the starting salary is \$13-15,000. Sign up in the Placement Office, Rm. 11 Admin. Bldg., if interested. You must have a resume on file with our office, or fill out a college interview form.

MINNESOTA MUTUAL LIFE INSURANCE will be interviewing for the position of Licensed Agent on Wednesday, November 5, 1986. Any major may apply if interested in sales. The job involves selling and servicing life and health insurance policies and helping people with estate planning. This position is in the Savannah area, or any nearby county. You would need to have your own transportation. If you would like to sign up to meet with Ms. Sara Turner, please come by the Placement Office in Rm 11 of the Admin. Bldg. Please bring a current resume, or fill out a college interview form when signing up in our office

GA STATE UNIVERSITY Law School will be on campus on November 12, 1986. Any pre-law may make an appointment by coming by the Placement Office in Rm 11 Admin Bldg.

McDUFFIE COUNTY SCHOOLS, Thomson Ga. (Thirty miles from Augusta.) will be interviewing Monday, November 17. Any major to teach Early, Middle, or High School students. Sign up in the Placement Office, no later than November 13, 1986.

INKWELL STAFF

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Anne O'Brien, Heidi Becker
Typesetter..... Michelle Pittman
Layout.....Michelle Pittman
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Halloween
October 27-31

SHOWTIMES

9:30 - 12:30
and
6:30

Alcohol Awareness Week

As campuses around the country gear up for the third National Collegiate Alcohol Awareness Week (October 20-25), the scores from the second are just getting posted. Grades have shot up, though they're still not passing: 59 percent of Americans can pass the E.A.T. (Equivalence Aptitude Test), up from 17 percent just four years ago. Passing means knowing the simple but crucial formula (and you don't need a calculator): The most common serving of beer (12 ounces), wine (5 ounces) and spirits (1 1/4 ounces) contain equal amounts of alcohol.

Why is passing the E.A.T. and participating in Awareness Week so important? To be responsible, we need to know facts, not myths about alcohol. All those prep courses won't help the student who gets behind the wheel thinking he's had "just a few beers." Far too many accidents are caused by such misinformation. Maybe that's why 50 percent of all driving fatalities are caused by drunk drivers. And why two-thirds of all those arrested for DWI "just had beer."

Knowing some other common sense college survival tips may also save lives during the school year:

1. Don't drive after your next tailgate party or happy hour - whether you've had beer, wine or spirits. One American dies in an alcohol-related traffic accident every thirty-five minutes. Better walk an extra mile or spend the night at a friend's than risk taking lives on the road.

2. Eat something - never drink on an empty stomach. Eat before you go to a party, eat while you're there. Solid food like cheese can slow down the alcohol absorption rate. If you're throwing a party, serve lots of munchies and plenty of mixers.

3. Don't be pushed into drinking more than you can handle and don't pressure your friends to keep up with you. Everyone has an individual tolerance. Let your friends pace themselves.

4. Keep a watchful eye: Cocktails should contain no more than 1 1/4 oz. of spirits, wine is commonly no more than a 5 oz. serving and a typical serving of beer is 12 oz. If you're mixing your own drink, use a shot glass to measure your liquor.

Just as there are helpful tips to remember, there are also some common and dangerous myths about alcohol that should be dispelled:

Myth -1: You can pace yourself by switching from liquor to beer or wine. Wrong. You consume the same amount of alcohol - and can get just as drunk - from the most common servings of beer, wine and liquor.

Myth -2: Coffee can sober you up if you're drunk. Wrong again. Coffee may wake you up, but it won't sober you up. If you drink one too many and then have a cup of coffee and drive, you are just a wide-awake drunk behind the wheel. Also, taking a cold shower won't do the trick either. That's only going to make you a wet drunk!

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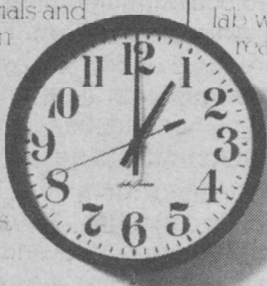
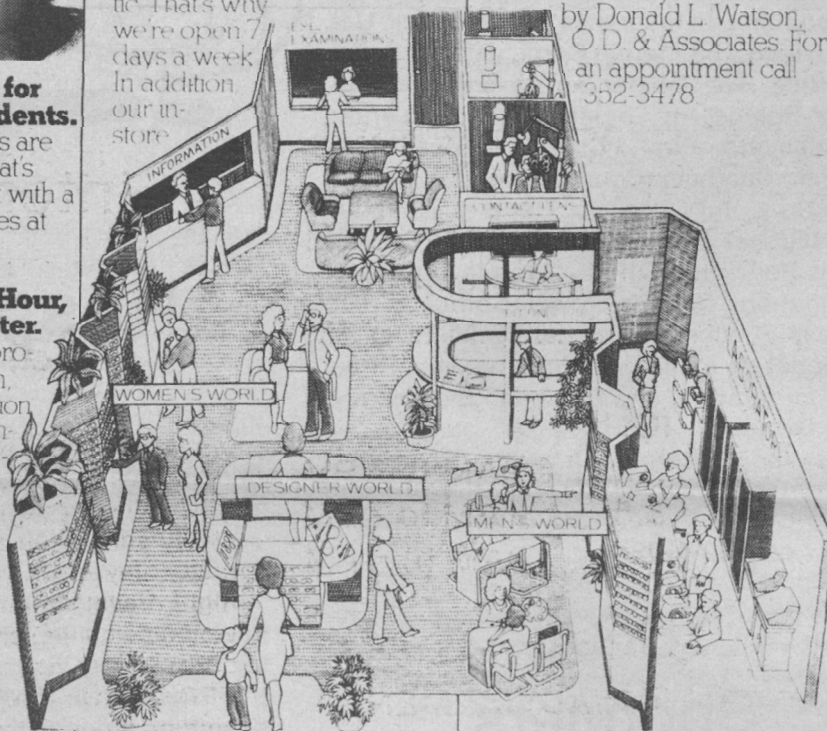
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If you are interested in participating in the 1987 Miss ASC Pageant on November 15, please pick up your application in the Student Activities Office. The winner will receive a one year scholarship, various gifts, and will participate in the Miss Georgia Pageant in June.

Deadline for applications is November 3

Recruiters' Fair

The Placement Offices of Armstrong State College, Georgia Southern College, and Savannah State College will be co-sponsoring the first Coastal Georgia College Recruiters' Fair on Friday, November 21, 1986 from 9:00 am - 4:00 pm at the Coastal Georgia Center for Continuing Education in downtown Savannah.

The event will feature 60 companies from the southeast. Employers will be conducting one-on-one interviews and informational interviews, i.e., collecting student resumes, giving out company literature and discussing career opportunities with applicants. Sign-up for interviews will run from October 15-30 and is on a first come first serve basis.

The following companies are only a few of the companies that will be involved with the Recruiters' Fair: Boys Scouts of America, Chick-fil-A, Inc., Citicorp Bank-Card Acceptance Services, Continental Telephone of the South, Hyatt Regency of Savannah, Metropolitan Life Insurance, Radio Shack, U.S. Coast Guard, U.S. Marine Corps, Officer Selection Office, Red Lobster Inn, Savannah YMCA, Warner Robins Air Logistics Center, Lerner, Inc., Bankers First, Charter Broad Oaks Hospital, Chatham County Sheriff's Department, Critz, Inc., Dekalb General Hospital, First National Bank of Atlanta, Fort Stewart Civilian Personnel Office, Georgia Bureau of Investigation, Georgia Power Company, IDS Financial Services, Memorial Medical Center, New York Life Insurance, Parision, Inc., Roper Lawn Corporation, and Savannah Electric and Power Company.

For more information on the Recruiters' Fair, contact Mack Palmer, Director of Housing and Career Placement, in Rm. 11, Admin. Bldg. or call 927-5269.

SGA Sponsors Bloodmobile

The American Red Cross Bloodmobile will be at Armstrong State College on Monday, October 27th, from 10 a.m. to 3 p.m. The Red Cross self-contained mobile unit will be parked next to the Memorial College Center near the parking lot.

The Student Government Association is sponsoring the bloodmobile. "The goal for the upcoming blood drive is 60 pints of blood," said Melanie Roberts, SGA member. "We would like to have the full support of the faculty and other staff members as well as from the students." SGA members will be handing out flyers and signing up donors to make sure Armstrong reaches its goal. People interested in donation can also sign-up in the student activities office located in the MCC.

Anyone who is between the ages of 17 and 66-years old, weighs at least 110 and is healthy is eligible to donate blood. People can donate blood every eight weeks. The complete donation process takes approximately 30-40 minutes; the donation itself takes only 6-8 minutes. The process includes registration, a brief medical history, a mini-physical (blood pressure, hemoglobin and temperature), the donation and refreshments.



ASC MEDICAL RECORD ASSOCIATION

The next meeting of the Armstrong State College Medical Record Association is scheduled for Wednesday, October 29th at 1:30 pm in Room 217 of the Health Professions Building.

Renee Boswell, RRA, Associate Director of Health Information Services at Memorial Medical Center, will present the program on "The Medical Record Profession - Past, Present, and Future."

Following the program, there will be a short business meeting and refreshments.

Any student enrolled in the Health Information Management Program, as well as any other interested students, is invited to attend.



Respiratory Therapy Week

cont. from pg.1

are eligible for state certification. The Respiratory Care Practice Act will raise the level of care provided to the public.

Professor Richard Beckham, Chairman of the Department of Respiratory Therapy of the Medical College of Georgia and Immediate Past-President of the American Association for Respiratory Care, discussed the impact of the Prospective Payment System on hospital based respiratory therapy departments. During his term as President of the AARC, Mr. Beckham appointed a Task Force on Professional Direction. This "Blue-Ribbon" committee was charged with determining the impact of the PPS on hospital based departments and based on their findings develop a blue-print for the future of the profession. To develop their data base the Task Force conducted a series of six surveys during 1985 and 1986. The initial report based on the data was submitted to the federal government in July. The data reflects an increasing diversity in the type of service offered by the hospital based respiratory therapy department. The department of the future will offer a variety of services outside of the traditional scope of respiratory care. Of the 657 hospitals that participated in the survey, 79.1 percent of the department managers indicated that they currently offer at least one nontraditional service. The nontraditional services most frequently offered include health promotion and non-invasive cardiology. To provide these services in an efficient manner, managers are cross-training traditional respiratory therapists. The era of the multi-disciplinary health care provider has arrived. This will have a significant impact on educational programs which must meet the needs of their community.

On Tuesday October 7, representatives from the respiratory care community met at Ci-

ty Hall to witness a proclamation signing declaring the week of October 5-11, 1986 as Respiratory Therapy Week in Savannah. Mayor Rousakis signed a proclamation that "urged all our citizens to become acquainted with the role that the respiratory therapist plays in the treatment of respiratory disease and conditions." The mayor stated he had been on the receiving end of respiratory care during his recent coronary artery by-pass surgery.

On Thursday October 9, the students, alumni, and faculty sponsored an Open House and Reception on the Armstrong Campus. Students demonstrated their clinical skills, performed pulmonary function studies and displayed the latest technology in mechanical ventilation. Approximately 200 people braved heavy rain and thunderstorms to attend and participate in our celebration.

National Respiratory Therapy Week concluded on Saturday October 11 with an event that is destined to become a Savannah tradition. The college and the community joined forces to sponsor an oyster roast for all respiratory care practitioners in Savannah. Park. Approximately 220 people participated in the fun, including several out of town alumni who came in from Atlanta and Orlando. College officials in attendance were impressed with the enthusiasm of the group and the number of practitioners who were educated in Savannah. By the end of the day, we had consumed 750 pounds of oysters, 250 hot dogs and hamburgers and 3 kegs of beer. The unanimous consensus of the group was "lets make this an annual event."

As the faculty and alumni finished the clean up Saturday night, they reflected on the past week. Their conclusion was that they had accomplished their goals and laid the foundation for the future.

ON CAMPUS

Faculty Lecture Series

The Faculty Lecture Series has announced its schedule for the 1986-87 academic year. Each quarter three Armstrong faculty members will present lectures in which they discuss original research or topics of special interest to the campus and community.

The lectures will be presented every third Thursday at 12:30 p.m. in the Health Professions Auditorium.

On October 30, Ms. Mary Robertson of the Department of History will make a presentation entitled "The Southern Lady: Myth and Manifestation." She will trace the evolution of the myth of the "Southern Lady," its historical roots, and its impact on the status of women.

The final lecture of the fall quarter, on

November 20, will be presented by Dr. James Land Jones of the Department of Languages, Literature and Dramatic Arts. His topic is "Transcendence in Modern Poetry."

Speakers for winter quarter include Dr. Frank Butler, Vice President and Dean of the Faculty; Dr. Steve Y. Rhee, Department of Government; and Dr. Dale Kilhefner, Department of Mathematics and Computer Science.

In the spring, lectures will be presented by Mr. John Jensen, Department of Fine Arts; Dr. Michael Donahue, Department of Government; and Dr. Hugh R. Brown, Department of Languages, Literature and Dramatic Arts.

All Lectures are free and open to the public.

Alpha Gamma Delta

In the last Inkwell, three of our pledges names were inadvertently left out. We would like to introduce Kelly Diamond, Tracy Deemer, and Joy Cafiero are three of fall quarter's pledges!! Our first social was a big success. Thanks to Stephanie Norman for hosting the cookout. This Halloween Alpha Gams will be Trick-or-Treating for Juvenile Diabetes, our national philanthropy. If we happen to stop at your house, please be generous and give to help research a cure. Also Alpha Gams will be going to Memorial Hospital's children's ward to deliver some Halloween fun!

In intramurals, the girls have won one of their flag football games and we'll be playing again this Sunday. The sisters and pledges have been very active with aerobics and volleyball. The red, yellow, and green are playing hard!!!

Signing Off -
Alpha Gam Annie

A Non-Traditional WOW

Ever found yourself in the midst of a group of female non-traditional students? You know the type- stodgy, out-of touch, left-over, feminists? And at just which institution of higher education did you find these students? It surely was not here at Armstrong. Our first meeting of the female non-trads, which was held Oct 1, was typically unstodgy - which is typically WOW. Our members had been out of school from three to over twenty years. Upon their return, however, they have discovered their own means of managing family-homes-jobs and course loads. These vary from setting up study groups to locating scholarships specifically for the female non-traditional student. Yes, I said scholarship! Now tell me -who's in touch here? And, as for the feminist label, let me say that I have been authorized to say that there are feminists in our group. We also have members who are semi-feminists and semi-quasi-feminists. We have members who were here long before feminism and some who aren't so sure what feminism is anymore. Got it?

As our president allows me only so many wisecracks, let's talk shop. Faculty visitors at our last meeting included Dr. Grace Martin and Lynn Benson, both of whom we thank for giving us their valuable time. For those of you who somehow missed the meeting, they can

be reached for advice and information at the Psychology Dept., and Counseling and Placement respectively.

In an effort to determine more exactly what non-trad students' needs are, our Vice-President of Special Projects, Linda Artley, has asked that any suggestions be sent to her. These may be dropped off at the Psychology Dept. in Victor Hall. (Thank you Lois!) Mary Johnson, our secretary, is the one with the gold. She is the keeper of the scholarship information. Pat King-Robinson, a long-standing WOW member, was the recipient of the scholarship for non-trads last year. Applications and more information will be available at the next unstodgy meeting.

Cindy McCormick, treasurer of WOW, gave us the word on initiation fees and dues. How much? We are struggling non-traditional undergrads, right? Our president, Deborah Crosby, discussed the progress of the total career development outlook program that WOW is being offered this quarter. Entering its final preparation stages, this \$500-and-up program is being offered free of charge to WOW members. Its painless, practical and a sound indicator of a successful career choice (or change).

One of WOW's initial successes was the Lane Library Book Drive. We won first place and were able to offer the prize in a drawing at our first meeting. The winner was an elated Gail Thompson (well, she looked elated). Also, Happy Birthday to Teri Tuyles - cake and ice cream at the next meeting, Teri, bring your favorite, it's your day!

Speaking of which, Sandee Carter, Vice-President, is currently confirming the speaker for the next meeting. I'm not allowed to identify the individual at this point, but Sandee does not invite snooze-inducers to speak. You'll want to be there. Also, our group photo will be made at this meeting. This is the picture which will appear in the annual. Ideas are abounding for the right setting. It will be great!

Next meeting: November 5, Wednesday at 12:30 in the Faculty Dining Room in Memorial College Center.

ACS

Hello, everyone!! Our reception went very well last Wednesday. Several people have shown interest in joining. If you didn't make it to the reception, our next meeting is Wednesday, October 22nd at 12:30, upstairs in Solms Hall. Unfortunately the dance we had scheduled for November 1st has been cancelled due to unforeseen events. Hopefully, we will have something else just as big later this year. Our campus-wide tricycle race is coming together. Keep a lookout for details.

Until next time-
Millie Mole

Phi Mu

IT'S A GIRL! well, actually it's eight girls. Phi Mu would like to proudly announce the arrival of its new pledges. Congratulations to Therese Bryant, Alicia Coleman, Karen Cook, Bonnie Nelson, and Vicki Vogel. Phi Mu would also like to welcome Katie Mulligan who recently transferred from the University of Georgia.

Phi Mu has really been gearing up for this new fall season. We have been participating in intramural flag football. Phi Mu has also been busy planning their first party of the new school year. It is a halloween bash that should prove to be a fantastic way to start out the year. This halloween Phi Mu will be delivering pumpkins and giving a party for the boys at Bethesda. We will also be "trick or treating" in Windsor Forest for donations to our philanthropy, Project Hope.

For any intrested girls roaming ASC's campus, Phi Mu is currently holding open rush. If you want to become a part of the most active, most out going, most fun sorority on campus, then become a part of Phi Mu. Just ask any Phi Mu about joining - we are easy to find...Phi Mu always stand out in a crowd. We are very much an active part of campus life. There are Phi Mu's on the Geechee staff: Karen Cook and Tracy Lynch, the volleyball team: Karen Showalter, and the cheerleading squad: Cindy Hieronymus, Bonnie Nelson, and Karen Showalter.

Until next time girls... stay calm, study hard, and most of all watch out for ...S.B.!

P.M. Scoop

JOBS

CLERICAL

Southern Railroad in Garden City is looking for a keypunch and filling person interested in transportation. No experience needed. Work 5-8 pm M-F for \$3.35. Call John Spence at 966-3306.

W.G. Carroll needs clerical help in their shipping company located on Bay St. M-F (flex) for \$4.25-4.50/hr. Phone Bridgett Caldwell at 232-2101.

Eldercare of Savannah needs a telephone coordinator & clerical help to work nights and weekends for their nursing convalescent service located on Mall Blvd. M-F 9-5(flex) for \$4/hr. Phone Ms. Wiggins at 354-3680.

Secretary/Office Manager is needed at Xerox at 430 Mall Blvd. Should be able to answer phone, type, file, and do general office work. Work 29 hr./wk. M-F for \$5.80/hr. Call Regina Lewis for interview at 352-3220.

Abercorn Medical Center needs a file clerk at 38th & Abercorn. No experience needed. M-F, hours flex. Call Karen Whitfield at 234-8251.

An insurance clerk is needed in Dr. Rose's office in Medical Arts. Must be able to type. Work M-F, not Thurs. 12-5pm. Call Doris at 354-1134.

CHILD CARE

Ruth Stanfield needs a helper to help around the house and help with 6 children under 5 yrs. old. Free room and board and a study area will be provided. Located on Eisenhower & Waters. Phone Ms. Stanfield at 354-7782.

FOOD SERVICES

Gorin's Ice Cream needs counter help in the Market Walk on Hodgeson Memorial Dr. No experience needed. Work 20 hrs. M-Sun(flex). Phone Terri Thorson at 352-8299.

Hardees needs a cashier on Wilmington Island. No experience needed. Uniforms provided. Hours and days are flex. \$3.75/hr. Call Pam Neece at 897-2739.

SALES

Minnesota Mutual needs a licensed agent to handle estate and financial planning. No degree required. 4 yr. training period. First year potential salary is \$15,000. Call Sara Turner at 354-1633.

An industrial sales trainee is needed at Premier Industrial. Person will be trained to develop Savannah territory by selling speciality line of maintenance repair products. Degree preferred, relate to shirt sleeve maintenance supervisors, strong desire for career in sales/sales management. M-F as required. Contact Craig Dayd at 404-451-2771.

The Tog Shop needs a salesperson with sales experience to work

Thurs & Sat for \$3.35/hr. Located at 1900 E. Victory Dr. Call Esther Ballesterio at 238-5050.

Savannah Tire & Rubber needs a retail salesperson to work in Garden City who has high mechanical aptitude to do inside office sales. No transfers. Good benefits. Work 50 hr./wk. 5½ days a wk. Salary negotiable. Call Hunley Cook at 966-2563.

All American Popcorn needs a sales/counter person to work at 427 E. River St. 15 hr./wk, 3 days a wk. for \$3.35. Call Bert at 236-3847.

Southeast Tool & Equipment needs a sales person. Must have own car. No overnight travel. Days & hours flex. Call Chester Cielock at 234-6948 or 826-2453.

See JOBS, page 8



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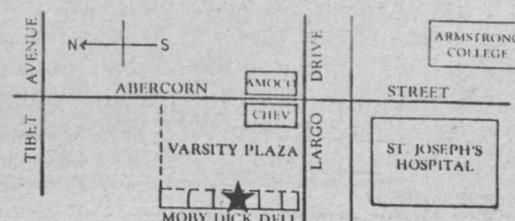
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Confessions of a Neurotic Dieter!

by Heidi Becker

Our society glorifies lean bodies. It is a culture that worships thinness, constantly bombarding us with today's paragon's of beauty. Let's face it - thin is in. Serious, for real - ask any yuppie. Models are thin. Athletes are thin. Politicians are thin and have perfect teeth. So Americans are willing to try the most bizarre gimmicks and believe the most outlandish promises in their quest for slenderness. Because unwanted poundage does not evaporate by sheer wishing - we must eventually come to grips with our hips.

If you're like me, your mind will decide that you need to establish mature and sensible eating habits. Your body, however, will have a Big Mac Attack! Your mind will send you upstairs for the night, having held the line at 800 calories. Your body will send you downstairs for a Midnight snack. Your mind will neatly spell out for you the relationship between weight and eating. Your body, which doesn't know how to spell, will cry, "EAT"!!

My biggest mind-body battle is over the endless question: To eat or not to eat?

You see, I have this body that - if left to its own devices - would be fat. I've tested this theory - I eat what I want. I get fat. Looking at me you will see this basically slender person and you'll wonder, what is she talking about? But what you don't see when you look at me is a basically slender and VERY HUNGRY person.

And that would be fine if only my body accepted this arrangement. But my body doesn't want to be willowy. My body only wants unlimited access to all things chocolate. What does it care what chocolate does to me? And that would be fine if only my mind accepted this arrangement. But my mind is unyielding on the subject of girth. It says, "some women look marvelous - big, bosomy, and bountiful." and then it nastily adds, "But you're not one of them."

It's no wonder so many people are overweight. In a land that overfeeds its people there is a conspiracy against lithe figures. Everywhere we turn there is something to trigger our salivary glands - from food commercials, to vending machines, to McDonalds Golden Arches. So, to counter the enemy, there is a diet to fit every person in America - to take of every whim, indulge every desire for faddism.

Take for instance the Beverly Hills Diet. One need not live in Beverly Hills to go on this diet - one need only an abundant bank account. You see, on this diet, you can eat anything you want as often as you like. The trick, however, is spending 2 weeks at a health spa where machines shape and tone excess fat at a mere cost of \$3000.00. Or, if you prefer, surgeons can reshape the figure by adding a little tissue to the front, while removing a little from the back.

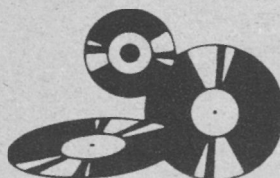
If this diet is rather dull, perhaps the Cocaine Diet is more apt to please. Simply inhale the cocaine with rolled currency and it numbs the whole idea of eating. The cost is approximately \$150.00 per gram; you are guaranteed to shed pounds - yet you may also shed your nose.

For those on a budget, the cheapest diet to follow is the Starvation Diet. You avoid all food, drink nothing but water, and lose a pound a day. Soon your stomach begins to make a lot of strange sounds while fatigue and depression set in. Eventually your blood pressure falls, headaches occur, the brain cells cease, you lapse into a coma - and farewell. Of course, you do lose weight.

Another diet which amused me was the Acupuncture Diet. This diet claims to reduce hunger pangs by medically inserting an ear staple or needle into the right ear. Just how stupid are Americans?

The Partnership Diet is a novel plan which states that if you diet with a mate, the process will be easier. But this diet can also have adverse effects. Eventually hunger and crankiness will stir among the partners causing much bitterness and fighting - thus terminating the relationship, causing each person to lose all self-control and gain their weight back.

Personally, my favorite diet is the Fast Foods Diet. Consuming fast foods is one of those American rituals, like watching soap operas, that millions of people quietly enjoy while feeling guilty. If we deprive ourselves of our favorite dishes, we fantasize about them. And the more we fantasize, the more likely we are to lapse into uncontrolled binges. So, since everything we enjoy is illegal, immoral, or fattening - go ahead - indulge.



THE COLLEGE UNION BOARD

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ROCKWORLD, INC.

If you haven't entered, fill out the entry blank below and place it in the box outside of Studio A.

Contest open to all Armstrong students

Enter as often as you wish.

Rockworld is seen Monday through Friday -

8:30a.m., 11:30 a.m., 5:30p.m. - in Studio A in the Cafeteria

Deadline October 24, 1986

ROCKWORLD

1698 Central Avenue, Albany, N.Y. 12205

"COLLEGE ONLY SWEEPSTAKES"

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

SCHOOL NAME _____

TELEPHONE NUMBER _____

JOBS

Rubber Barons is still looking for 4 sales people to work 80 hr./wk. or any combination to work 80 hr./wk. selling novelty rubber stamps on a push cary (not movable) at Oglethorpe Mall. Prefer retail sales experience but not required. Must be bright, personable, and good with people M-Sat. 9am-10pm Sun. 12-6pm. Nov. 14-Dec 24 for \$4.50/hr plus bonuses as sales warrant. Call Alice Walker collect at 404-493-1086.

John B. Rourke needs a sales person in their men's clothing store in Market Walk. No experience necessary. Must be aggressive. Work 40 hr./wk. Salary negotiable. Call Bruce Taylor at 355-1211.

Kinney Shoes in Oglethorpe Mall needs a salesperson who is sales orientated to work 20-30 hrs./wk. after 1pm. for \$3.35 plus. Call Chris Stewart at 352-2230.

WJL Products needs a full-time student who is computer oriented to be a sales representative. Hours & days are flex. Comm only. Send resume to 8749 N.W. 57th St., Tanarac, Fl. 33321. Or call 1-800-541-2255 at the tone dial 726-5544.

Fun 'n Games in the center of the Oglethorpe Mall needs a salesperson Previous sales experience helpful. Hours & Days flex. Salary negotiable. Apply in person to Dick.

MISCELLANEOUS

Chatham Association needs a driver to drive clients around. Must obtain a class 3 driver's license. Work 7-9am & 2-5pm 4 days a wk. for \$4.50/hr. Located at 7211 Seawright Dr. Call Ms. Timmons at 352-3050.

Huntley-Jiffy Food Stores needs a cashier/clerk and is willing to pay 100 percent tuition, books, etc. Polygraph needed. Hours & days flex. Salary negotiable. Contact Carol Lowe at 897-5221.

The YMCA located on Habersham St. needs a counselor/bus driver. Someone whose athletic, fun, & likes children. Work 2-6pm, M-F. Salary negotiable. Call Robin Raw at 354-6223.

AAA Package Shop at 2305 Habersham St. near 40th St. needs a counter clerk to work 16 hr./wk. 2 days a wk. for \$4/hr. Contact Mrs. Liles at 234-7113.

J & M Service needs a runner for their courier service. Must have own car & valid Ga. driver's

license. One person can work 8-5 or two people can work 8-12 & 1-5 M-F for \$3.85/hr. Located at 2345 Louisville Rd. Contact Ann Shiels at 233-8800.

Coffee Regional Hospital needs a personnel director with experience or courses in personnel. Send resume to P.O. Box 1248, Douglas, Ga. 31533. For more info contact Ms. Val Rozar at 912-384-1900 Ext.512

Citizens for Clean Air on Mercy Blvd. Needs a telephone solicitor to work 15 hr./wk. on Wed. & Fri. for \$4/hr. Call Gerry Provence at 354-5650.

Metropolitan Life needs a telemarketing person. Use telephones to conduct client surveys & secure appointment. Good verbal skills, drive to work on schedule, & self motivation all needed., Hours & days flex. Salary \$4/hr. Located at 8404 Abercorn St. Contact Harold Teel at 927-7611.

Sylvan Learning Center will train a teacher with a certificate to be in charge of education & one on one teaching and testing. Should be bubbly & upbeat. M-Thur. some Sat. \$17-20,000 * bonuses. Call Kathryn Mackintosh at 897-4227.

Savannah Bank needs a yard person to keep up yards of fore clos-

ed property on an independent contact. Must have own yard equipment. Hours & days flex. Contact Claire Cornwell at 234-3441 ext. 484.

Courtesy Counts needs a shopper to spend 20 minutes shopping in women's store evaluating the customer service of the store. 1 or 2 hours a month \$12 an evaluation.

Herrin Business Products needs someone in telemarketing & deliveries. Sell copier, toner, etc. Should have good communication skills and be a good driver. M-F with flex. hours. Located at 9135 White Bluff Rd. Contact Jimmy Herrin At 927-1600.

Howard Johnson needs a marketing assistant at 224 W. Boundary St. to type on computer, file, answer phone, etc. Flex. hrs. 9-5 3 days a wk. for \$4.50-5/hr. Contact Laura Whitehead at 233-9233.

Solomon's Wholesale needs a loader at 42 Ross Rd. who is honest and hard working. Work 6pm to 9 or 10pm M-F. Call Jim Gilmore at 234-7204 ext.254.

Time Saver needs a clerk. Company will train. Hours and days flex. \$3.50/hr. Call Mike Jensen at 651-8034 from 7am to 4pm.

Uniway of Savannah needs a

telemarketing person at 10010 Abercorn Picadilly Shopping Ctr. to do telephone sales. Work 5-9pm M-F and alternate SAT. 10-3 Salary varies according to experience. Call Kathy Palmer at 925-7575.

Lee & Clark needs a runner downtown. Must have own car. Work from 11 or 12- 5:30pm M-F for minimal wage plus mileage. Call Mr. Shivera or Ms. McKinsey at 233-1271.

Revco is looking for a pharmacy technician to work in the Largo Plaza. Must be able to type. Work 20 Hrs. M-Sun (no Thur.) for \$3.35/hr. Apply in person 1pm-4pm or 10am-11am and ask for Bob Berta or John McKinnon.

McCorkle, Pedigo, & Hunter need a runner to run errands and do light typing. Must have own car and valid Ga. driver's license. Work about 2½hrs. a day from 12-5pm M-F for \$4/hr plus mileage. Located at 7507 Waters Ave. Suite D-11. Call Linda at 236-2000.

Budget Inn has 2 openings for desk clerks at 3702 Ogeechee Rd., Hwy. 17 to answer phone, check people in, and type 40 wpm. Work 4pm to midnight and midnight to 8am with weekends off for \$3.50/hr and up Open every day. Contact Kay Spivey at 233-3633.

Regents' Test Update

The Office of Counseling Services has announced that, beginning Fall Quarter 1986, students will be permitted to use dictionaries during the final fifteen minutes of the Regents' Test essay administration. The Regents' Test is used by the 34 units of the University System of Georgia to validate college-level writing and reading skills of first-quarter sophomores. Students who wish to use dictionaries must take their own dictionaries with them to the test administration.

Eight hundred Armstrong students are expected to take the Regents' Test this year, two hundred fifty if them this fall. The 1986-87 testing schedule includes administrations of the examination on:

October 28 May 5
February 10 July 21

Regents' Test candidates sign up for a test administration at the Office of Student Affairs, Room 11, Administration Building. Further information about registration procedures and deadlines is available in the Office of Student Affairs.

The Academic Computing Center will be holding an introduction to word processing using the powerful but easy to use Word Perfect software package. Topics will include creating and editing documents, using the automatic spelling checker, and finally printing. All students are welcome.

Time: 2:30 P.M. Wed Oct. 29

Place: ASC micro-computer lab (Next to bookstore)

The current operating hours of the ASC micro-computer lab are:

Mon.-Thurs. 6:00 A.M.-10:00 P.M.

Fri. 6:00 A.M.-6:00 P.M.

Sat. 10:00 A.M.-4:00 P.M.

Sun. 11:00 A.M.-6:00 P.M.

Hardware available to all students includes: 11 AT&T PC 6300's (IBM PC compatible), 4 Apple MacIntoshes (Including Apple Laser Writer), 5 Apple II's, and 3 Commodore 64's.