

# the eclectic

THE BI-MONTHLY CAMPUS NEWS REPORT

Vol. III, Issue 1, January 1975

## Hopes Raised For Temporary Student Union

## Addition Planned

New Year's Message

For Bldg. 25



1974 was filled with challenge, change and considerable progress — A year of growth and accomplishment for the college and its students and staff.

As you reflect on your contribution in the past year, I know you will feel a sense of pride in the educational opportunity made available to thousands of youth and adults.

1975 will present new challenges, more growth and unparalleled opportunities for service to the community. With a continued commitment of the legislature, vision of the board of directors, assistance of our advisory committees, untiring efforts of a devoted faculty and staff, and the sincerity of purpose of the student body, we can accomplish our goals.

Thanks for making 1974 a year of great success and may we seek new horizons together in 1975.

Paul Lowery

Hopes were raised for a temporary student union last week when Supt. Paul Lowery announced plans for a student activity addition to Bldg. 25 and presently being studied by the college architect.

The addition would be approximately 4000 sq. ft. or roughly the same size as the present cafeteria dining area. The addition would be used as an activity center until a permanent student center is built according to Lowery.

A permanent student center has been made the top priority for Phase III of campus development. The permanent center could be built in 1977 if a vote on the ¼ mill plant fund levy is successful in September of 1975.

Lowery emphasized that the college is seeking ways to provide space for student activities and an attempt is being made to find temporary student lounge space until more permanent facilities can be constructed. If the addition plans are approved by the architect and college board of directors, the temporary student union would take about one year to build.

A student union, with adequate space for a game area and lounge, has been the objective of several groups over the eight year history of the school. Although several past student senates have laid aside money for furnishing a future student union, the facility was mostly a long-range goal until spring of last year.

At that time the Student Senate committed over \$18,000 toward buying or constructing a temporary student union. An investigating committee of several students and staff members was appointed and proceeded to look into the possibilities of buying temporary classrooms to house a union facility.

However, total costs of renovating such buildings and furnishing them seem to put the project out of reach at this time.

But because a mill levy already in effect has brought more than anticipated revenue the addition to Building 25 is possible.

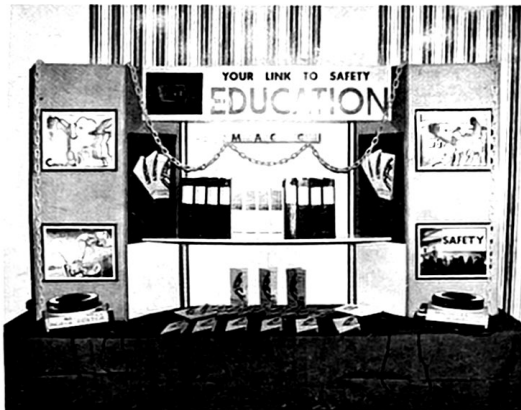
Director of Student Relations Don Kerr said, that should plans be approved, the temporary facility would probably house a game area, T.V. area and lounge area. He also expressed hopes that the cafeteria might be able to expand its operations with a snack bar to service the area.

Final approval for the building should come within the next month.



## OSHA SHOWS DISPLAY

Dean Airy, director of the DMACC OSHA Project, looks over educational material with John Stender the assistant secretary of the United States Department of Labor and Jerry Addy, Commissioner of Labor for the State of Iowa. The material was part of a OSHA display, left, at the Governor's Safety Conference in December.



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## Group Looks At Health Problems

By Martha Perry

They came 125-strong to the meeting from all parts of Iowa: each with a common concern, most with a nightmarish story to tell.

It was a cold and bitter night, but they crowded into the room at the Des Moines YMCA to hear a panel speak on "Could That Tired and Nervous Feeling Be Your Diet and Hypoglycemia?"

This marked the first public meeting of Health Horizons, a newly formed organization interested in preventive health. The panel members were introduced by Thomas Keith of Pella, president of Health Horizons. His work with animal nutrition and soil problems developed his interest in the area.

The first speaker was Dr. Robert Burns of Des Moines, a periodontist. He is a 1962 graduate of the University of Iowa, College of Dentistry. His interest in nutrition began in 1966 at the University of Alabama while a graduate student.

Dr. Burns has been in the private practice of periodontics in Des Moines since 1969. He has been very active in community health activities such as Healthline, Polk County Preventive Dental Team, and the Polk County Health Education Co-ordinating Committee. The latter group recently awarded him with a community service award.

"A person's mouth can tell a lot about his present health," Dr. Burns said. Since being in practice, he has helped to diagnose over 400 cases of hypoglycemia and pre-diabetes in his dental patients.

Hypoglycemia, or low blood sugar, is a little-known disorder. It has an unbelievable and confusing array of symptoms, often leading to labeling the hypoglycemic as "neurotic." It has been found to be associated with alcoholism, arthritis, behavioral problems, cardiovascular disease, diabetes, learning disabilities, psychiatric problems, obesity, pyorrhea, infections in general, infertility, and obstetrical complications.

It is a condition of the body that prevents maintaining a proper level of sugar in the blood. It can be caused by an enzymatic or metabolic defect of the pancreas. In many cases the hypoglycemia is functional. The body's metabolic system over-reacts to the presence of sugar and lowers the blood sugar level rapidly. It is also referred to as hyperinsulinism, the same condition which can affect diabetics who have taken too much insulin.

Its long and bizarre list of symptoms range from exhaustion, drowsiness, blackouts, dizziness, palpitations, headaches and fainting to name just a few. Because the brain is literally being "starved," many emotional and mental reactions may show up. These can include anxiety, depression, phobias, irritability, poor concentration, confusion, and forgetfulness. "Many patients as a result end up on a psychiatrist's couch when what they really need is a change in diet," Dr. Burns said.

The only way to find out for sure if you have hypoglycemia is by a minimum of five-hour glucose tolerance test. This charts the amount of sugar in the blood after a 12-hour fast. A fasting blood sugar is then taken and a glucose drink

given. The blood sugar is taken a half hour after the drink and at hourly intervals thereafter. Any good medical lab can do it, and some physicians also can in their office.

Here, however, lies a big problem. Many doctors are either not aware of hypoglycemia or don't understand its significance. The primary reason for this is because it isn't generally taught in most medical schools or accepted by many medical organizations.

Because of his training on the subject, its relationship to oral disease, and eight years of experience with this and other medical problems related to dental disease, Dr. Burns is now also attending the College of Osteopathic Medicine and Surgery in Des Moines. He wants to become more knowledgeable on this and other nutritionally related problems.

It is hoped that a clinical service will become available soon in conjunction with the Preventive Health Care Affiliates. The service will not be limited to hypoglycemia alone but will deal with all phases of preventive health care.

"The main treatment for hypoglycemia lies in the diet," he said. It is quite similar to a diabetic diet — no sugar, low starch, fat, and high protein. No coffee, five to six feedings a day, and complete natural vitamins, minerals, trace minerals, and extra vitamin B complex are generally needed.

Dr. Frank Powell of Oskaloosa also spoke. He is the director of the Christian Clinical Counseling Service, which also has branch offices in Des Moines, Muscatine, and Washington. He told of certain cases involving people who had consulted him for marriage counseling. Much of their bickering and problems were traced to one or both parties having hypoglycemia. Sometimes treatment for that alone could solve their problems. With others it was an underlying cause that needed treatment first before the other problems could be dealt with.

Mrs. Marge Leinhauser of Campbell's Nutrition Center and Mrs. Mary Broughton of N & M Services in Des Moines also spoke. Each told of her experiences with hypoglycemia and belief in the importance of a good diet. Both felt there were many dangers in the over-processing and over-use of sugar in the American diet. Mrs. Broughton said, "If sugar goes up to \$10 a pound, it will be better for everyone."

The people attending the meeting provided some of its highlights. They ranged in age from the very young to the very old. They were questioning, searching, and serious. Their stories began to pour out — years of suffering, psychiatric care, shock therapy, and suicide attempts. Many heard of hypoglycemia on their own and recognized the symptoms. They then demanded, or searched, or begged for someone who would give them the GTT test.

Health Horizons was organized by both lay people and interested professionals. Its main purpose is to provide education to lay people and health professionals on the aspects of preventive health.

According to Dr. Burns, "Most organizations deal with people after they get a dis-

ease. This group wants to provide information on what can be done to prevent disorders and diseases as much as possible. Hypoglycemia was chosen as the first topic because it is so often related to other diseases. Hypoglycemia is really a sign of the body falling apart. It is a metabolic disturbance that has been labeled hypoglycemia. Health Horizons will be concentrating most of this year in this area and from there will branch out to other areas such as arthritis, cancer, and cardiovascular disease."

The organizers of Health Horizons hope to attract healthy people to the meetings as well as those already ill. They said that the time is ripe for a program in "human ecology." There are many other groups such as this starting all over the country. A similar group has been established in the Quad Cities, another is starting in the Fort Dodge area, and new ones are being set up in Illinois.

Health Horizons has adopted five basic ideas for preventive health and self-improvement. They consist of: diet-nutrition, physical conditioning, elimination of smoking, drinking and drugs, stress control, and dealing with environmental pollution.

The next meeting of Health Horizons will deal further with the problem of hypoglycemia. It will be held January 20 at 7:30 p.m. in the Leon Smith Room at the Des Moines YMCA. A panel will speak on "Food Preparation and Supplementation for the Hypoglycemic."

For further information on either Health Horizons or hypoglycemia, you may write to: Health Horizons, P.O. Box 386, West Des Moines, Iowa, 50265 or call (515) 288-4121.

## Grants Still Available

Over one million students have applied for the Federal Government's Basic Educational Opportunity Grants so far this year, and it is still not too late to apply.

First or second year students can get between \$50 and \$1,050 to help with educational expenses. Basic Grants provide eligible students with a "floor" of financial aid which can be used at any one of over 5,000 eligible colleges, junior colleges, vocational or technical schools, career academies, or hospital schools of nursing. It costs nothing to apply for Basic Grants, and they never have to be paid back.

Before applying for a Basic Grant, students must meet three important criteria:

- be enrolled full time at an eligible institution of postsecondary education;
- be a U. S. citizen or permanent resident;
- be enrolled in postsecondary school after April 1, 1973.

Eligibility for Basic Grants is determined by a formula which measures financial need. This formula, applied uniformly to all applicants, takes into account such fac-

tors as family income and assets, family size, number of family members in postsecondary school, and social security and veterans' special educational benefits.

To apply for a Basic Grant, students must fill out an "Application for Determination of Basic Grant Eligibility". These applications are available from the school's financial aid officer, or by writing **Basic Grants, Box 1842, Washington, D. C. 20028**. Even if a student has applied for other financial aid, he or she must fill out a separate application for a Basic Grant. Four to six weeks after submitting an application, you will receive a "Student Eligibility Report" which notifies you of your eligibility. The amount of the grant depends on financial need and the cost of the school which you are attending. The student must take this report to the financial aid officer to find out the amount of the award.

Ask the financial aid officer now about Basic Educational Opportunity Grants. They could provide a foundation to build on.

## Free Classifieds

For Sale:

One gentle St. Bernard, AKC registered, \$250. or best offer. Bids below \$200 not accepted. Contact Jim Craig, Bldg. 24 room 2419, A.

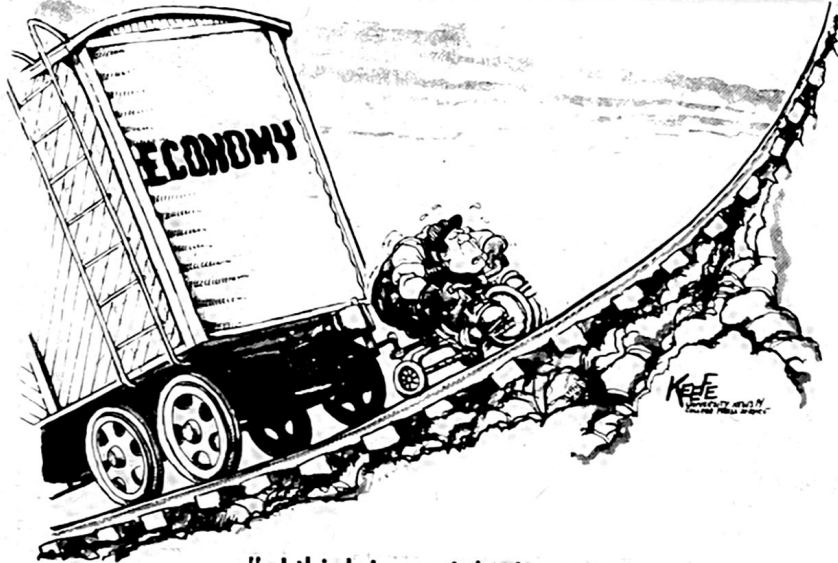
Mamaya/Sekor 35 MM Single Reflex Camera. Very good condition \$100. 964-2972

Underwood-Olivetti 21, Portable typewriter. Very clean, good condition. Tabulator. Call 255-3552 after 3:30PM.



### Attention Transferring Students

Deadline for Iowa Tuition Grant applications is January 18. For your bite of the money see the Financial Aid Office.



"...I think I can...I think I can..."

## Amnesty Takes Another Form . . . Grades

(CPS) — Amnesty has spread to the college campus.

Under terms of a new "amnesty policy" on grades, students who demonstrate late-blooming abilities at California State University will be permitted to wipe out up to a year's worth of poor academic work.

A school official said the plan is intended to "help the student who does poorly, but later in life demonstrates college potential." For such students, up to three quarters of class work will be disregarded in computing grade-point averages and other graduation requirements.

A student, however, must wait at least five years after leaving college before he is eligible for grade amnesty, — and then all his grades achieved in those three quarters not just the poor ones, will be erased.

The new program was approved by the school's board of trustees, but not without some dissension. "If students on drugs and alcohol can have poor grades eliminated, what point is there for students to work real hard?" said one trustee.



## Career Information Center Now Available

The Career Information Center has come out of hiding and is now available for all students to use in Room 2420G. This special collection of career, educational and world of work information was started last fall for the Co-op Ed, Career Planning Course. The move to 2420G and being

organized as a self-help unit will allow anyone to use materials, secure interest tests and have help from counselors if they so desire.

If you need information concerning college majors, occupations, how to get a job or help in planning your future, stop by room 2420G.

## Biofeedback Studied By Art Students

Biofeedback and brain waves were the thoughts that occupied the minds of the Commercial Art students here Friday (Dec. 12). The lecture was conducted by Urban campus psychology instructor and Director of the Biofeedback Training Clinic in Des Moines, Wardell Diggs. Diggs has taught at DMACC for nearly six years. He was also formerly with the Mid Iowa Drug Abuse Council where he perfected his biofeedback methods.

Biofeedback is a science dealing with the study, analysis, and control of brain waves and their influence over muscle tone and blood flow in the body. It has been

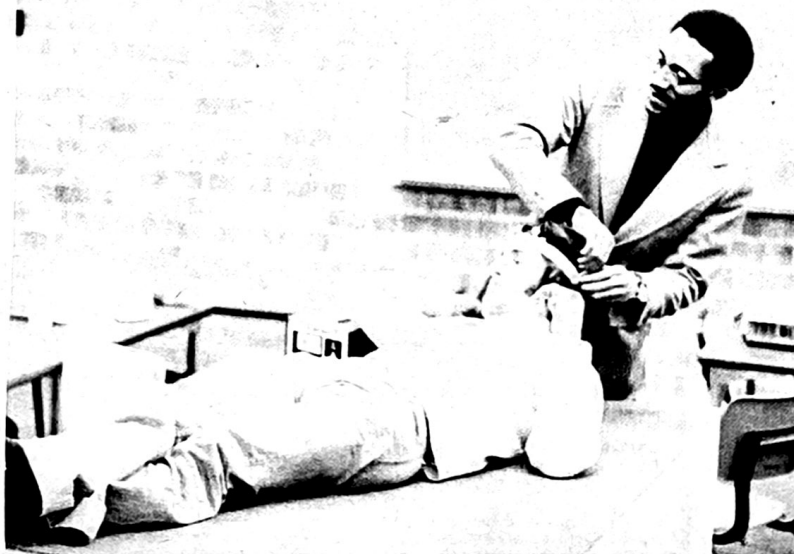
successfully used in treating migraine headaches and drug abuse. Treatment using biofeedback is based on the person's ability through training to eliminate anxiety. Diggs said it is possible the method may be used in the future to control such common ailments as high blood pressure and ulcers. "It is", he said, "the Americanization of yoga."

Along with the lecture, Diggs demonstrated the procedure used in muscle tone control by using Commercial Art student Tim Knight. The person being trained to control his muscles can actually measure his own

degree of success by listening to a siren like tone emitted by an instrument similar to sonar.

The Biofeedback Training Clinic, located at 4931 Douglas in Des Moines, is designed to give training to middle-income people. The average price is about \$10.00 per session. Normally 12 sessions are needed. Costs may run higher if counseling is also needed, but Diggs said it should not run over \$150.00.

Diggs received his Masters Degree in Educational Psychology from Missouri State University at Kirksville. He received training in biofeedback at the Menninger Foundation.



Wardell Diggs demonstrates Biofeedback on volunteering student Tim Knight.

## Women Sterilized

### Without Consent

(CPS) — Three young married women in Los Angeles have charged they were permanently sterilized without

their knowledge while patients at the county medical center. They have filed a \$6 million suit against Los Angeles County officials.

Permission for the sterilization operations was sought while they were in labor pain and under heavy sedation during Caesarean child birth, the women said.

Two of the women thought the consent forms they signed were for temporary sterilization procedures, their attorney has reported. The other

woman didn't realize she had been sterilized and wore an intrauterine contraceptive device for two years until she learned she could not bear children.

The women said the operations were performed in 1972 and 1973, and that each of them wants more children.

## Sperm Bank Pop Star Warning

(CPS/ZNS) — The British Academy of Sciences, after an 18-month study, has recommended to Parliament that British rock stars be prohibited by law from selling their semen to commercial sperm banks.

The academy has stated that restrictions are necessary because it fears that a lack of controls could lead to a "sperm bank pop star war."

What the scientists have been worrying about is that rock idols such as Mick Jagger, David Bowie or Paul McCartney might sell their sperm to the frozen banks which would, in turn, advertise it — selling it to thousands of

female groupies wishing to become pregnant.

The academy has said it does not oppose the idea of thousands of Mick Jagger offspring being fathered. What is worrisome, said the academy, is that when these children grow up, they could marry one another without knowing that they have the same father.

This, the academy has warned, is incest — and could lead to genetic problems in the future.

The academy's report has been turned over to the House of Commons for further probing.

## WANTED:

The Eclectic will be starting a new literary page entitled "Expressions." Any writers, artists, poets and creative people interested in submitting some of their work, please contact the newspaper office.

## Starting NEXT ISSUE

# M.G.

. . . . A satirical column by Gloria Blumanhourst and Martha Perry. It's a unique glance at the inner workings of a DMACC student struggling with the system.

So says the VA... THE BORN LOSER by Art Sansom

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# Opinion Page

## "Planning For The Future"

1975 is upon us whether we like it or not and while the slate is clean, there seems to be no better time than now to make some plans for the new year. In keeping with this I have some ideas which possibly should be considered when planning for future student needs. Included in these ideas are:

1.) Planning for an intercollegiate athletic program. Included in this program could be some relatively inexpensive sports such as cross country, tennis and men and women's golf. These three sports involve mainly an athlete's skills and desire to participate and very little equipment outlay for the school as most golfers have their own golf equipment. Future planning should be made for the more expensive sports such as football, wrestling and baseball.

2.) With the Iowa legislature meeting again this year there are numerous priorities that should be discussed. Among these are getting an early appropriation for a gym facility or else changing the present mill levy law to allow more physical growth on campus. A gym is needed by the students both for sports and to start a recreation program here on the Ankeny campus. Changing the mill levy formula would facilitate an earlier completion date for such a building.

3.) Another item which the legislature should consider is recoding the area schools. Presently we are coded the same as high schools which technically makes even smoking on campus illegal. Also it means that proportionately we have been receiving fewer funds per student than the Board of Regents.

4.) Possibly plans could be made to include a golf course on campus. With the cooperation of Ankeny city officials and the Ankeny public schools, a golf course could be put on the east side of the campus for the benefit of not only students but the general public as well. Presently, area golf courses are generally too crowded to play a decent game of golf and too expensive for students.

5.) Better inter-campus transportation should be considered for both students and staff. By this I mean transportation between the Urban Campus, Boone Campus and the Ankeny Campus. The Student Senate gave the school a van to use for student needs several years ago. The van would be a perfect vehicle for such a transportation system.

6.) And finally, revamping the present Student Activity fee system. If students want an intercollegiate sports program, a gym, a student lounge and all those other goodies which are generally associated with a college life, they should be willing to pay for them. DMACC students pay one of the smallest activity fees in the state and have one of the better activities programs in the area school system. It seems to me an expanded activities fee schedule is in order.

One way of doing this would be to charge part-time students a nominal fee per hour for the benefits they receive such as the newspaper and pool rooms. Along with this I would recommend raising the mandatory activity fee to \$7.00 per quarter. This would still keep us below the present rates charged by most schools but would greatly increase the activities and pleasures offered.

There is much that can be done, but first the students have to voice their opinions. These suggestions are only a starting point. J.S.K.

## LETTERS

### Another Security Problem

To The Editor:

The apathy on the DMACC campus is pathetic. People gripe because nothing gets done but when you ask them to help get something done, they won't touch it with a ten foot pole.

This has happened to the Parking and Traffic Regulations Appeals Court. Students and faculty all agree that this committee is good and should stay in existence but NOBODY, ABSOLUTLY NOBODY, wants to be on this committee. Students say "No" because it takes too much of their precious time, usually lunch hour. Faculty won't serve on this board because they are afraid it will affect that student's performance in class.

If people on this campus don't change their minds about this committee, those traffic and parking tickets issued on campus will just have to be paid and no one will have a chance to appeal their tickets.

Many of you, at one time or another, have received a parking ticket on this campus. Some of you have appealed, others have just paid the fine. If the appeal board goes out of existence because no students want to take their precious time to serve, there won't be a place to appeal those tickets you feel are so unfair.

If, by now, any of you students and faculty persons realize the importance of the Parking and Traffic Regulation Appeal Board (Traffic Court) and want to serve on this board here is how it works:

Court meets every Friday at noon in Rm. 3109

(Bldg, 31, Rm. 9). The Board is made up of 3 students, 2 faculty and 1 administrator. The board hears appeals and then makes a decision whether to uphold the violation (sustain) or rule the ticket unjust (waive). Anyone who is interested in becoming a member of this board should contact Pat Webster in the Student Activities Office, Bldg. 3, anytime from 1-4:30 Monday through Friday.

Here's your chance, Please get involved!

Pat Webster  
Chairman, Appeals  
Court

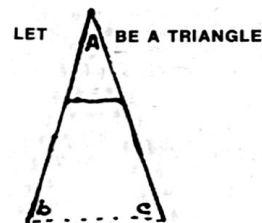
## Grades

To the Editor:

Grades, Grades! What do they really mean? Who dislikes them most — students or instructors? (My guess would be that it's just about a toss-up.)

Responses to my laments after receiving a grade something less than I had hoped for, have run the gamut from, "You're over-motivated," (fellow student) to "You can do it if you just study hard enough," (instructor). One of my favorite retorts to said fellow student is, "But I like those little triangular-shaped letters!" Some of my retorts to the instructors are best left unprinted.

During the past quarter I found myself alternating between moods of eager curiosity and dejected resignation concerning the revelation of the grades I had been given on tests. It was during one of the latter moods that I wrote the following poetic (sort of) rationalization. It was good therapy for me at the time and I have a feeling that it is something many students (and possibly even some instructors) can relate to.



Let A be a triangle —  
just fill in the base line.  
The top Angle's the peak  
of the mountainous climb.  
As I start my ascent  
I encounter rough going.  
The outcome looks bleak  
and my progress is slowing.  
But my instructor  
(behind me 100 percent)  
keeps prodding me onward—  
I must not relent!  
And if this side of the mountain  
is not the best way,  
I must try the other side  
without delay.  
That side has a train!  
I'll get a free ride.  
But the rails are all icy—  
it's starting to slide.

Though the descent is rapid  
I can still read the sign  
pointing out, "Wrong Way, A  
Student,  
Get Out and Climb!"  
But going downhill  
is not easy, you know.  
My ego has suffered  
a terrible blow.  
As an exercise this may be  
judged pure futility,  
but at least it has given the  
climber humility!  
Subdued and returned  
to ground level, I see  
two friendly Angles  
marked b and c.  
So, if A causes arrogance,  
maybe b's better—  
but then everyone knows  
A is only a letter.

### Note to Instructors

Something has to be sacred so if, after reading this poem you just cannot resist grading it, please don't tell me about it (unless, of course, the grade is A).

Jan Shaw

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The Eclectic is published bi-monthly by the Board of Student Communications at the Des Moines Area Community College, Ankeny Campus, Ankeny, Iowa. The Eclectic is edited and managed by students. Opinions expressed are not necessarily those of the administration, programs, departments, or of the student body. The newspaper office is located in Building 24, Room 2419A

# MORE LETTERS

## Congratulates Student Activities Committee

To the Editor:

I would like to congratulate the Student Activities Committee for their choice of guests who have appeared on our campus so far this year.

Dick Gregory and Gil Eagles were fantastic. They bot: had the audience in their hands. The size of the audience did not dwindle, but increased as their shows were progressing.

For those who have not been able to see one of these performances, they have indeed missed something worth their while. I know some students have complained about the time schedule of these programs. With classes scheduled during this time period (11:00 - 1:00, Wednesday), students are forced to miss them. Since these programs are limited in number, students should be excused from their classes to attend.

The Student Activities Committee was established to promote entertainment and recreational activities for the students. They're doing a great job, so let's do our part. Attend your next sponsored event. You will find it well worth your time.

Sincerely yours,  
Bob Young  
General Ed. Student

## Senate Apathy

To Members of the Student Senate:

It has been noted that there is a lack of attendance by the members. Is it possible that a sense of apathy has set in? If so, then it's time for demands to be made.

How can anything be accomplished when a quorum can't be met? How can there be anything accomplished without research or notes? How can we expect student participation when there are members that won't? How can changes be made or improvements accomplished when there is apathy among the members?

It's time for a drastic change especially, and I see it, in the constitution subcommittee. For the past two meetings we have not had any kind of majority seeing as how there are six members with 5 present the first, present the second, and 2 present the third. This is disgusting. How can students that have put us where we are expect fair and just representation? How can you keep students motivated toward participation this way? This is only one example.

If members feel too obligated to attend meetings, are after the status only or cannot sacrifice, then, in my opinion, why should they be? If members cannot do their job for the senate or their subcommittee, then I suggest a resignation and get some working personal in. Suggestions are more than welcome.

Randy Maule  
Constitutional Subcommittee Member

## Puerto Rico Practices Ultimate Birth Control

(CPS) — Population control in Puerto Rico is baffling.

Though its colonial government is fighting the U. S. Supreme Court decision legalizing abortion, it is pushing the most extensive sterilization program in the world.

One third of Puerto Rican women of child-bearing age—200,000 people—have already been rendered sterile, claimed leaders of the island's Socialist and Independence parties in a report to the United Nations. The report added that the "massive sterilization" program will be expanded in the next few years.

"By and large, the women with the least education get sterilized," said Dr. Helen Rodriguez, a Puerto Rican pediatrician who practices in New York. "It has been known to happen that no type of consent was obtained."

A study by the University of Puerto Rico revealed that over one fourth of these women regretted the operation and wanted more children. "When I was a medical student," said Rodriguez, "there were many women who came with emotional problems to the psychiatric out-patient, and even the in-patient clinics, and their problem was referred to as "post-sterilization syndrome."

"We also saw women with very definite medical problems," she continued. "Some had accumulated secretions in tubes that had been tied . . . and some of them actually burst inside. I saw women who needed intra-abdominal operations after being sterilized."

Options for alternative contraception are limited, said Rodriguez. With abortion illegal, unsafe and expensive—coupled with the absence of widespread campaigns to educate women about birth control—sterilization becomes the easiest route.

In the 50's, Puerto Rican women were used as guinea pigs to test birth control pills—before they were marketed in the U. S. Though they then risked dangers of blood coagulation by ingesting extremely high levels of estrogen in the test pills, the finished product is today too expensive for many Puerto Rican women.

According to the colony's Socialist Party, the sterilization program ties into a wide-range plan to reduce the population, maintain the unemployment rate and enable the U. S. to change the light industry/agricultural economy into a mining and refining center for petro-chemical products. Fewer people are needed to man this type of labor, thus the need for a reduction in population.

But the problem of over-population is not only a matter of birth control according to third world participants in last year's U. N. Population Control Conference. They defeated a U. S. resolution urging worldwide birth control programs and claimed that uneven distribution of the world's wealth was the real problem.

## Throwing \$10 Snowballs

(CPS) — Michigan has clamped down on a crime peculiar to winter: snowball throwing.

Michigan State University senior Kate Seanel was fined \$10 for one of the first frosty tosses of the season.

"It was the most expensive snowball I've ever thrown," said Seanel. She was charged with violating an East Lansing disorderly conduct ordinance that makes it a misdemeanor to "wrongfully throw or propel any snowball" from a car or toss one at a car or person.

Seanel got off easy: the ordinance carries a penalty of up to \$500 and 90 days in jail. Despite the fine she has vowed to remain a snowball outlaw.

"The only way to cure me is to cut off my arms," she said. "I'm a chronic snowball thrower. I had no idea it was against the law, but I would have done it anyway."



## JOB HOUSE

As a service to students, the Eclectic in cooperation with the Campus Placement Office will provide a complete listing of part-time job opportunities that have been received by the Placement Office.

For Free job referral note the job number and contact Peggy Moore in the Placement Office Building 24, Room 2420.

Job No.	Job	Salary	Hours
103	General Office Work	\$2.00	PT: 8-12 or 1-5 FT: days
100	Auto Mechanics & Driveway Open		4:00P.M. - 10:00P.M. -
91	Sales Clerk	\$2.25+	4:00P.M. - 9:00P.M. -
97	Live-in & Care for Elderly Man	Room & Board Possible Salary	- -
98	General Labor	\$2.00+starting	Afternoon, arrg.
123	Insurance Clerk	Open	2 full days
122	Babysitter	\$1.00 hr.	PT temporary
120	Column Scope Operator	\$13.00 day	3 P.M. until work finished
119	Head child care teacher	Open	PT 1:00P.M. - 5:00P.M. -

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# Planned Parenthood Supports Abortion Option

"The best solution to the abortion problem lies in wider use of birth control methods now available along with better education," said Esther Walter, Director of Education and Assistance for Planned Parenthood in an interview.

She said that most people should be able to find an adequate means of birth control that is right for them. If unwanted pregnancies are prevented, then the need for abortion diminishes greatly.

"Abortion should not be considered as the only alternative to problem pregnancies. But the option should be there," she said.

A decision to have an abortion should not be made lightly or quickly. She said the best way to insure this is to use birth control faithfully and properly. Next the woman should examine her basic attitudes on abortion. Later is such a choice must be made, she would be on solid ground. It would not be necessary then to make such a hasty, emotionally-triggered decision.

"Once the woman has settled on an abortion, the next step is speed in making arrangements," she said. This is because abortion is medically easiest and safest in the first 12 weeks of pregnancy.

In line with the Supreme Court decision, Iowa law permits abortion. She said that they are available in many cities. Most take place in Des Moines, Davenport, Clinton, Iowa City, Sioux City and Mason City.

The abortion can be performed in a doctor's office. This requires that the woman be healthy and the pregnancy early and uncomplicated. "It is then performed by a specialist in a well-equipped office near a hospital," she said.

Other abortions take place in certain hospitals. She said that most local women receiving abortions through welfare will have them done at Broadlawn Polk County Hospital in Des Moines.

Later abortions are done at the University Hospital in Iowa City. This can be a problem because she said that they have a heavy waiting schedule at times. As a result, many must have them done out of state.

One of the reasons for a late abortion is because of the use of amniocentesis to detect birth defects. "This procedure can not be done until the 14 week and sometimes the 16 week of pregnancy," she said. She indicated the cost of abortion could also be a problem. In a clinic-type setting the cost is about \$150. When a hospital is involved, the cost locally can run from \$260 to \$350. These would all be for abortions done before the 12 week of pregnancy. After that time the total charge runs from \$550 to \$600 if done in Iowa.

She said that most doctors require cash in advance. Even those who qualify for abortion under welfare must usually pay the fee ahead. When Medicaid pays the physician, he will then return it to the patient. "It can be very hard to come up with such an amount in so short a time," she said.

Other help is available. She said that Planned Parenthood provides early services for those who cannot obtain private medical care. The fee is based on a sliding income scale. She said they do about six or seven a week.

Some insurance policies now will cover abortion. She said that many people will not use it, though, because most people carry their insurance through work. Rather than risk disclosure or censure, they will not turn it in.

She said that psychiatrists have done studies regarding the emotional aspects of abortion. Their results show that: if a mentally ill woman whose pregnancy is causing distress has an abortion, she will tend to get better. If the person is unbalanced to start with and is pressured into an abortion, problems can develop. These also state that the normal woman who has made a considered decision may have some regret but rarely will go into deep depression or experience psychiatric trauma.

Mrs. Walter believes that if abortion were to be totally banned, it would simply go underground. "As far back as recorded history goes, there is evidence of abortion being practiced."

Excepting wider use of birth control, illegal abortion would revive. "This is big business. It is putting money in the hands of criminals," she said.

Most of these kinds of abortions are done in an unsavory atmosphere. She said that many of the abortionists have little medical training, if any. There also have been instances of women being threatened or raped by them.

She reiterated the necessity that abortion should never be forced. Many parents have been guilty of this. She told of the story of one such girl, who then turned around and got pregnant again.

Unwed pregnancies are on the increase. She said this is because youth today mature faster physically and live in a sex-saturated society. She said parents fail by not giving their children the facts they need. "Many pregnancies are the result of ignorance about body function or birth control."

She said if parents will not give their children the right information, then society should. Sex education in the home, church, or school must be relevant. She said, "Scare techniques only turn them off as happened with the drug situation."

Last year 4200 legal abortions were reported in Iowa. The reasons are many. The majority are unwed mothers. Divorced and married women also have them.

She said adoption is a valid alternative. The problem here is that it is a very mature decision to make. It is also hard to keep.

"After carrying a child to term, going through labor and delivery, and seeing the baby born, it is very hard to give it up." She asked, "Can the young, single parent take care of the child properly herself?"

She said that many anti-abortionists have made the mistake of attacking birth control. This only worsens the problem.

For birth control to be more effective and available, she feels more government money should be allocated. It is not necessary for government to do it all. She said, "People who can afford to get this help should pay for it."

## Operation Ovaltine

(CPS) — Jim Sharp is fighting the federal government to get back custody of a jar of Ovaltine.

Sharp lost the Ovaltine and his airplane last month when he landed at Great Falls, MT, on a flight from Yukon Territory to Boulder, CO. Customs officials searched his plane and found the Ovaltine, which they thought was a jar of suspicious looking crystals. Customs officials later claimed they received a tip that Sharp had drugs aboard the plane.

Sharp and the Ovaltine were taken to the customs house where a special chemical that interacts with LSD and turns it purple was mixed with the Ovaltine. According to Sharp, the Ovaltine stayed brown. The customs officials said it

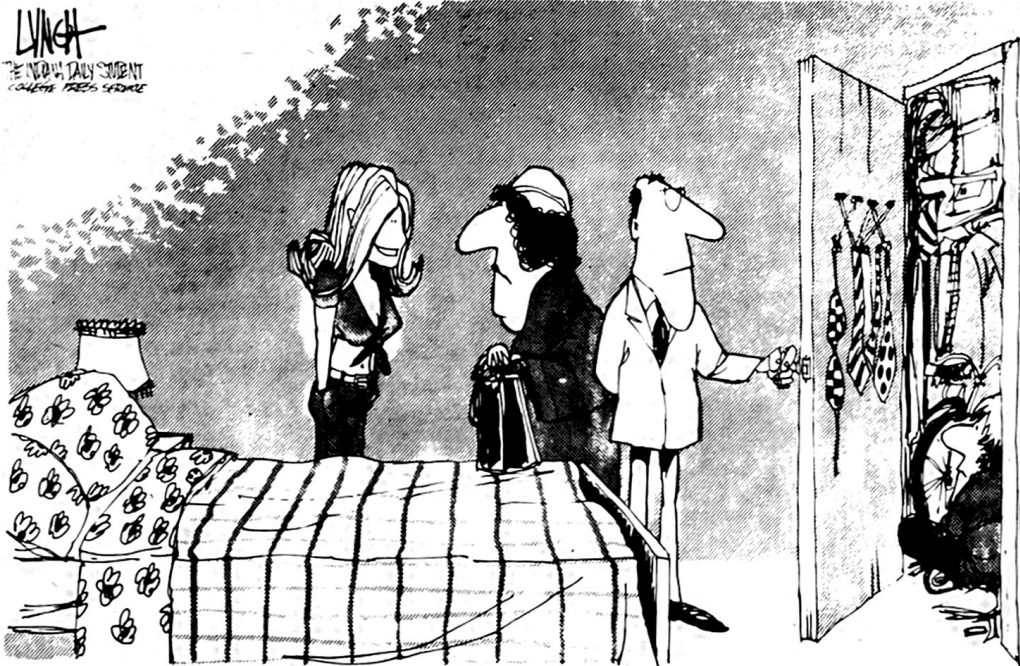
turned purple and they impounded both Sharp and his plane.

While officials searched the plane, Sharp took pictures. Sharp claims that one of the federal agents grabbed the camera and exposed the film.

At one point, the customs officials dared him to drink some of the Ovaltine but Sharp refused, preferring to play the situation out. It took two weeks for the government to admit that the crystals were Ovaltine. When Sharp went to get his plane, the government charged him \$3.50 a day for storage.

"Don't laugh," Sharp advised a reporter interviewing him about the incident. "It could happen to you."

LUNCH  
THE NEW YORK DAILY SUN  
CARTOON BY TERRY O'NEILL



"OH, CHESTER? SURE... HE LIVES A FEW MILES FROM HERE — WOULD YOU LIKE TO SEE THE KITCHEN??"



Leonard Bengston presents flag to Vica Parliamentarian Arnold Hoyt. Dave Perryman looks on.

## DMACC Presents Flag to VICA

A flag for use during the club's ceremonies was presented to the local chapter of Vocational and Industrial Clubs of America by Des Moines Area Community College.

The flag was donated to the school by Jim Williams and his mother in memory of their

father and husband, David Williams who died earlier this year. Jim is a student in the auto mechanic program at DMACC.

Leonard Bengston presented the flag to the officers of VICA at the meeting held December 13 in 2116.

The officers of the club are:

Joe Jacobsen, president; Howard Martin, vice president; Joanie Smith, secretary; Merita Marshall, treasurer; Dave Perryman, reporter; Arnold Hoyt, parliamentarian; and Ron Stillinger, club adviser.

## DMACIO Offers Prize

Des Moines Area Community International Organization will be selling chances to name its new logo.

The logo is a character wearing articles of clothing from various parts of the world. His name will be chosen from the entries received by the club. The winner will then receive a \$10 prize.

By purchasing an organ crane for \$35 from Nancy Johnson or DMACIO members in 2406, one is eligible to submit a name for the logo. DMACIO will choose a name from the entries at a later date.

In other business DMACIO will be electing a new president. The current president, Abdul Kapadia, must resign his post because he is leaving Des Moines. Kapadia will be enrolling in a one-year pharmacy course at the University of Oklahoma.

The election will be held at DMACIO's regular Wednesday morning meeting on Jan. 7. The meeting will be in room 240F. The club is open to all foreign and native students. All students are urged to attend.



## Volunteers Needed

Parking Appeals Committee (better known as traffic court) is desperately searching for students and faculty members to serve on this committee. The committee is made up of three students, two faculty persons, and one administrator.

At present, this committee meets every Friday at noon in room 3109. The meeting room has been changed from the Board Room in Bldg. 4 to Bldg. 31 to make it easier for students and faculty to get to court. Hopefully, this change in meeting rooms will eliminate the problem of no student representation on the committee.

Any student or faculty member, full-time or part-time, who is interested in serving on this board or who would like more information about Appeals Court, should come to the Student Activities office between 1 and 4:30 P.M. and ask for Pat Webster, chairperson of the Parking Appeals Board.



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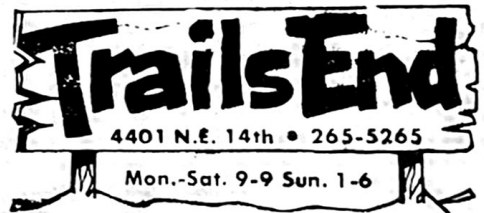
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# Levi's Juniors



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## "College Inn" Opens

The College Inn in Bldg. 25 is open for business.

Lunch is prepared and served by Hotel and Restaurant Management Students. Hours are 11:50 a.m. to 12:30 p.m., Monday through Friday during Winter quarter. The Inn is open to all students, staff, and visitors. Reservations are welcome but are not necessary.

## NEXT ISSUE

# M.G.

# ?



Amnesty?! Shoot, you can't let a draft dodger run loose in society!

## REMEMBER the "50's" At TRADER'S every Wed. nite



TUES. NIGHT - FUN NIGHT  
(ENTERTAINMENT STARTS  
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### Sounder (1972)

Desperate because his family is hungry during the Depression in Louisiana, a black sharecropper steals white man's meat from a smokehouse and is sentenced to a chain gang. In his absence, his desperate wife molds a tightly-knit family unit, which survives poverty, loneliness, back-breaking farming chores and despair. Their profound joy at the father's return is beautiful to behold.

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