

Curvacious former students seeks accupressure's help

When all four of my brothers told me that I was beginning to look like the female version of Lumpy Rutherford on "Leave it to Beaver," I knew it was time to slim down.

Well, I've tried will power; that's a joke. I've also tried Aids Reducing Mints; you know the ad with the fat lady in the circus "before" picture and the Raquel Welsh "after" picture. I've even tried Stillman's, Atkin's, the Air Force, grapefruit — all bitter failures.

This summer while attending school, my roommates (names withheld to protect the obese) and I spied an article in the newspaper describing the sensational accupressure, guaranteeing to get those nasty pounds off painlessly. Accupressure, used for centuries, involves putting pressure on specific nerves that carry brain messages. Performed by a local doctor, a tiny steel ball is placed with a piece of adhesive tape on the proper nerve, two in

each ear that when stimulated should retard your appetite. In other words, you don't get hungry.

I was astounded that my roommates actually followed up on all this nonsense. I know a quack when I smell one — that's why I was there getting my balls inserted the very next week. I figured, what the heck, I've tried everything else; why not be consistent and give this a run for its money. Quite a painless and fascinating procedure — each

time you felt hungry you were instructed to rub the balls gently which would reduce or alleviate your appetite.

So I found myself sleeping the usual eight hours and rubbing the other sixteen. All the while I had terrific guilt feelings about blowing fifteen bucks because I had no self control. Fifteen dollars so I could have ears as conspicuous as Spock's on Star Trek.

Up until the time we weighed in, the doctor was boasting 100% two- or three-pound-a-week

weight losses. At the end of my first week and the second for my roommates, a weight loss of one pound, a weight loss of two pounds, and a weight gain of one pound? Guess who had the weight gain. Yes, fifteen dollars so I can have an extra handle bar around my middle.

This isn't to say that accupressure isn't effective for some people, but in my case well, nothing seems to work for me. The only diet I haven't tried is the sex diet, and I'll start that next week. Swing with *The Pendulum*.

Faces in the crowd Question of the week

What do you do in your spare time at Elon?

by Doug Durante

"Most of the time I just lay around and catch up on my sleep. In the afternoons I usually go over to the student center and occasionally I'll chase a car just to break the monotony."

Saint
No Known Address



Saint



Marybeth Glynn (All photos by Doug Durante)

"I play tennis, party and try to do homework. I also go to Greensboro a lot to visit friends and to go to the movies."

Marybeth Glynn
Burlington, N.C.

"I drink a little beer, play in intramural sports, play pinball, watch the tube and anything else that doesn't take too much strenuous exercise."

Dave Maynard
Durham, N.C.



Dave Maynard

"I don't have spare time! When I do, I try to think of ways I can accomplish everything I have to do. I feel guilty when I do have spare time because I always feel like I should be doing something."

Gayle Fishel
Burlington, N.C.



Gayle Fishel

Let's clean up America

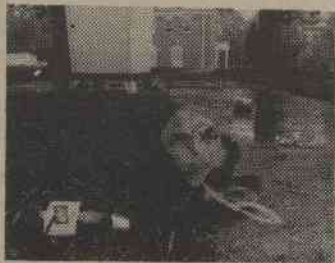
by Gary Spittler

John throws a can out the window, tosses a candy wrapper down, smashes a cigarette into the ground, or throws some messy debris out of his automobile. Stop! Look at America!

We have become lazy, and consequently our highways and vacant lots are becoming covered with ugly trash. Approaching the Bicentennial of the U.S., several concerned Americans are doing something about it. People in New York, Maine, and other states are organizing "clean-up" campaigns. In North Carolina,

the Mocksville-Davie Chamber of Commerce has sponsored a junk car removal program and organized a "Clean Sweep Day" to clean up roadsides, river banks, park areas and streets.

Elon College is no exception to this problem. Walk across the parking lot beside the gym, look around the buildings on campus, or just look around. Trash has been dropped, even near litter baskets. Most students questioned in a recent survey said people littered because of their laziness, lack of effort and a lack of being taught better. There doesn't seem to be a cure to this



Tin cans, bottles, and paper are strewn on campus, right at a large litter container. What kind of mentality do we have here? (Photo by Dave Shuford)

until all people at Elon College (and other communities) pick up, put up, and clean up. Let's make America clean for 1976! Let's start with Elon College!

be totally student oriented," she said. In the past much material has been contributed by outsiders.

Essays, short stories, poems, criticism, and art are needed. Photographs are being considered.

Open staff meetings will be announced, and all interested in submitting material or contributing time are welcome.

All contributions will be considered by the *Colonnades'* five-man staff and faculty adviser Phil Owens.

Colonnades planning another year

by Lance Latane

Work is now in progress for this year's *Colonnades*, Elon's literary magazine. Deadlines have been set for Dec. 1 to meet a March publication date.

One of Editor Gayle Fishel's major concerns is establishing the publication as a permanent part of the campus scene. "We'd like to see it become an established thing, not just appearing sporadically," Gayle said.

Operating this year with \$1500 from SGA funds, the *Colonnades'* budget is approximately \$500 more than last year's. This will enable the quality of the magazine to improve. The greatest obstacle has proved to be lack of interest. Gayle said. "Getting Elon students to contribute material is a problem; so far we haven't received anything."

"We need to arouse student interest to keep it alive. We can

Black Graduate Fellowships

With the support of the Ford Foundation, the National Fellowships Fund is offering a limited number of graduate fellowships to Black Americans who intend to pursue a career in higher education.

To be considered, applicants must meet all of these qualifications: (1) They must be citizens of the U.S. (2) They must be enrolled in or planning to enter an accredited U.S. graduate school offering the doctoral degree in their field. (3) They must be currently engaged in or planning to enter a career in higher education.

Fellowship awards for 1976-77 will include the full tuition and fees required by the graduate school, an allowance of \$300 for books and supplies, and a monthly stipend of \$300 to help meet living expenses.

All applicants are required to submit scores on the Graduate

Record Exam Aptitude Test and one Advanced Test. The next dates for administration of these tests is Dec. 13, and the deadline for registering is Nov. 12.

The applicant must write directly to the Graduate Record Examinations, Educational Testing Service, Box 955, Princeton, N.J. 08540. Applicants should request that their scores be sent to "National Fellowships Fund, Code No. R5487-4."

The deadline for submitting completed applications and all supporting documents is Jan. 5, 1976. Notification of award decisions will be made on Mar. 25, 1976.

For application forms and additional information, write to: Graduate Fellowships for Black Americans, National Fellowships Fund, Suite 484, 795 Peachtree Street, N.E., Atlanta, Ga. 30308.

History project offered

by Mark Sauer

The North Carolina Internship Office and the North Carolina Bicentennial are cooperating in a program to promote student projects within the framework of the North Carolina Bicentennial (N.C.B.).

Project selection will be judged on a competitive basis with a maximum of 20 students being supported. An individual student may receive up to \$1000 for a project grant, and a team of students (not exceeding four) up to \$2500.

Interested students must complete a planning guide, with technical assistance provided by the N.C.I.O. staff. November 14 is the deadline for all applications, with projects beginning on Jan. 1, 1976 and terminating no later than May 31.

The N.C.B. was created by the State Legislature to plan and develop the celebration of our country's birthday. The organization has three basic

themes: Heritage, Horizons, and Festivals. Dr. George Troxler of the Social Science Dept. is the chairperson of the Heritage Committee for Alamance County.

Dr. Troxler needs interested students to participate in an oral history project. This project is the gathering of historical information from residents of the Elon community. "Every year we lose firsthand accounts of important historical data; also, students would gain an invaluable insight into the procedures one must follow in researching and obtaining historical facts."

Brent Glass, a member of UNC's Southern Oral History Project will hold a meeting for all prospective members on Tuesday, Oct. 28, at May Memorial Library, Burlington, at 7:30 p.m. Anyone interested in either the student project or oral history project should contact Dr. Troxler at CO-223.

Duke supporting teachers

The Duke University Cooperative Program in Teacher Education offers a program whereby graduates wishing to teach English, mathematics, biology, or the social studies may work toward a Master's degree and a teaching certificate while earning a salary as a teacher. Participants are placed as beginning teachers (interns), usually in cooperating public and private schools.

The program is 15 months long, two summers and the academic year. Full salary will be paid during the year of teaching. The range is about \$6000 to \$8000. University support

reduces the total tuition and fees to be paid by interns to about \$1500. Scholarships and awards are available on a competitive basis for the final summer.

Students who enter the program should have an overall "B" average. To apply, students should write to the Dean of the Graduate School of Arts and Sciences, Duke University, Durham, N.C. 27706. Acceptance into the M.A.T. program is conditioned upon both acceptance into graduate school and employment in a cooperating school system. Applications should be submitted early, and no later than Feb. 1, 1976.

-Hunter-

(Continued from page 1)

political scene in Washington. About the '76 Democratic presidential nominee, she said that she didn't have the vaguest idea, but "if anyone has an inside line, I could get a good scoop." Correspondent Hunter is presently working on an article which deals with four former House committee chairmen, of whom Sen. Wilbur Mills is one. "He was one of the most powerful men in Congress, and now he sits alone outside the House floor. It is very sad."