

Cont'd. from one

unique and entertaining meals on special occasions as well as enjoyable everyday meals. With this in mind, Salem should be proud to note that the North Carolina division of Health services gave Mr. Short and our refector a 95.5 rating during their last visit.

Since Mr. Short has been at Salem, the sanitation reports have improved. When he came in February, 1977 the rating was a 90.

The Division of Health Services in North Carolina is very strict. They check every aspect of the cafeteria, the cleanliness, the management and the handling of food.



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are required to let a student into her dorm, if she does not have her key. Guards are not required to accompany students across campus, though they may if they consider it feasible. Salem's policy is that use of SDH is an individual decision and the college is not responsible for any incidents which may occur. From a security standpoint Mr. Talbert feels it would be safer for students to "eliminate" SDH. The

college highly encourages students to use good judgement and the buddy system.

If a student feels a guard has been negligent or unprofessional she is encouraged to report this to her House Council the Dean Johnson. Suggestions and criticisms of the security system on campus are equally encouraged.

Currently, Salem is con-

The Salem spread is...?
 a. Dean Helmick's curriculum additions
 b. Dr. Cunnigim stretching that extra inch for a lob
 c. the scoop at lunch
 d. the extra pounds gained in the Salem Refectory.

If you chose d, you are a true Salemite! Consider these statistics measuring the amount of food we consume in Salem's Refectory. You may be rather amazed.

eggs - scrambled 30 dozen; boiled - 4 dozen
 salad - 36 or 37 heads of lettuce per lunch
 hamburgers - 318 per lunch
 pizza - (round) 760 pieces per lunch
 peanut butter - 40-50 pounds a week
 roast beef - 150 pounds per dinner

steak - 140 pounds per dinner
 chicken - 160 chickens per dinner
 dinner rolls - 50 dozen
 baked potato - 410-420 per dinner
 sour cream - 30 lbs.
 margarine - 17-18 lbs.
 bread - 70 loaves a week
 tea - 40 gallons a day
 coffee - 12-15 gallons a day
 milk - 148 gallons a week, 25 a day
 punch - 10 gallons (red), 4 gallons (grape)
 soft drinks - 10 gallons (100 cups per gallon)
 cheese cake - 400 pieces
 brownies - 250
 cookies - sugar - 70 dozen per lunch; oatmeal - 45 dozen per lunch
 ...and everyone's favorite - chocolate chip - 100 dozen per lunch

Gaining Weight?

Bigger and Better

New Gym

The Board of Trustees for Salem College and Academy have made a final commitment towards the construction of a new gymnasium to be used by both schools. A local architect is working on conceptual drawings and plans for the building.

The new gym will feature two playing courts, an indoor pool, an exercise room, a dance studio, locker rooms, showers and office space. The hillside between the present gym and the Academy has been selected as a tentative site for the new gym. It will be connected to the college campus by an elevated walkway.

sidering a plan to place a high chain-link fence across the grounds near the tennis courts, running alongside the

road. A lighting study of campus has been recently completed. The Old Salem Moravian Church is helping with the cost of extra-lighting on back campus. Future lighting additions are under consideration. Through a professional guard service

has been discussed in the past, the school has no plans for changing their current system. Mr. Talbert summed up the security situation by saying, "I feel very comfortable with our current security posture."

No plans for ground breaking have been finalized. The Trustees have voted to hold off construction until Salem can sponsor a capitol campaign to raise funds for the building. There is no final projection as to the cost of the project.

A suggestion that the present gym be altered for use as a student center is being considered by the Trustees.

Outward Bound

Telling others about my experiences with North Carolina Outward Bound is one of the most frustrating things I have ever done. Outward Bound is something that you have to experience for yourself to get a full understanding of what you go through and what you get out of it. It is especially hard to convince someone that even though I only had three showers, rarely had enough toilet paper, ate lots of pine straw and dirt with my meals, and spent most of my time trying to keep from freezing to death, I loved it and would recommend it to anyone who is willing to accept the challenge.

I will try to explain the structure of my program by giving a brief summary of my twenty-three days away from civilization, in the mountains of North Carolina. The day I arrived, scared to death, we divided up into crews; my crew had five guys, four girls, and two instructors. The next morning we left for our three day Training Expedition with the instructors teaching us map and compass technique, first-aid and camp craft. After hiking and camping for those three days we came back to Base Camp (Table

Rock) for the night and left the next morning (in a van) for Tennessee. There we lived in a cave for three days, never seeing sunlight once. We explored various cave passages leading to rooms 100 feet or higher and through spaces hardly big enough to squeeze through.

We came back to Base Camp for two and a half days to learn rappelling, rock climbing, and prussicking (rope ascending). We also went through the ropes course, which is a series of events approximately 70 feet in the air such as walking across a 15-20 foot beam or crawling across two parallel ropes (30-35 feet long). The ropes course is one of the most frightening and nerve-racking things I did.

The next four days on our Main Expedition, the instructors were with us, but they never told us what to do; we were responsible for everything. The highlight of this expedition was hiking to the top of Mt. Mitchell and seeing the view for miles in all directions. Because of the high elevation, we had temperatures of 30-40 degrees F. below zero with the wind chill factor. Our primary sources of warmth were food

and shared body heat. We ate a minimum of 3500 calories a day and slept two or three in two sleeping bags zipped together.

On the last day of Main, we were dropped off one by one along a creek for our solo three days and nights by ourselves. We could not have books, personal grooming items, knives, matches, or fires, but we could have any clothes we wanted, tent, sleeping bag, and food. I really learned a lot about myself since I had nothing to distract my thoughts.

From our solo night, we left on our Final Expedition for four days without our instructors. We made plenty of mistakes and had several close calls, but we learned more from being on our own than we would have learned with the instructors.

After Final we came back to Base Camp for the night. The next morning we worked at Broughton Hospital in Morganton for our service

Inward Experience for Salemites

project. Working in the hospital was a sharp contrast for me, as it was a severe jolt out of how self-concerned I had been in previous days to ensure my own survival. The day after that, our last full day, we had our orienteering marathon. For four hours I searched for six flags scattered all around Table Rock, using a compass and a map with only streams and contour lines. That night we had a large feast and a party with the other two crews to celebrate the end of our long ordeal with Outward Bound.

Outward Bound challenged me mentally and physically more than I have ever been challenged before, and there were many times that I thought I would never make it another step, but through Outward Bound I learned that I can do most anything if I am just willing to put forth the necessary effort.

Beth Turnage

The Outward Bound School programs which are offered throughout the year are experience highly recommended to every Salem student to take advantage of during January term. I chose the Southwest School whose program was located in Big Bend National Park, Texas.

My course consisted of backpacking, rockclimbing, and repelling with nine other students and two instructors. There is a constant series of physical and mental challenges while traveling across the desert and expeditioning through the mountains. The course includes a solo period: three days of being totally alone, two backpacking expeditions, and a marathon: which was a twelve mile walk-run.

The part I enjoyed the most were the people I met. You live with eleven people you have never met before. The instructors are people who have sought the challenges and who are firm believers in the value of true experience. They also share a commitment to people.

I would recommend any Outward Bound course to the Salem students. I wouldn't trade my January term experience for the world.

Sarah Putnam