

M + A C *Montreidia*

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Montreat-Anderson College

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TVA To Investigate Flood Control

In a news bulletin from 11th District Congressman Lamar Gudger, he said that the Tennessee Valley Authority (TVA) Commissioner David Freeman had agreed that a long-range flood control program for Western North Carolina is imperative.

According to Gudger, Freeman said that he should

return to this district with members of his staff to participate in a study of stream stabilization and flood control early this year.

Gudger also said that after the torrential rains of January 25, he communicated with Freeman to see if the process could be speeded up.



Photo by Ken Lakin

Food Committee Improves Cafeteria

by James Bernard

Can't find the chicken in the chicken salad, don't tell me the meatball sandwich turned into class of microbiology. These and other questions may be bombarding you from your own social sphere of cultural influence. Salvation is just over the horizon. The Food Service Committee, made by the student and for the student, is in existence for the betterment and prosperity of the students. If you have any bad feelings about the quality of food, the service presented, sanitary conditions, or anything else, you now have the unquestionable right to voice them. If the service rendered by Howerton Cafeteria does not exceed your high standards of service, let it be known to the Food Committee, but those, in turn, who don't live up to the standards of Howerton Cafeteria need not apply. I'm not going to make a critical analysis of the eating habits of

some of our more classical students. Now we all know every now and then someone has to exercise his finger muscles by shredding paper napkins on the floor, or by doing extra credit for physics class by calculating the velocity of a stream of milk at a horizontal trajectory. These things are understandable, I'm sure everyone doesn't mind wading through the mess to eat. I'm also positive the cafeteria staff loves taking the time and effort to become a nurse maid to them by cleaning it up. If the cafeteria doesn't live up to your standards, voice them. I'm sure the cafeteria doesn't mind when you don't live up to their standards. If you have a legitimate gripe, you'll find an open ear and mind to see if there is any possible way to correct it. If you don't take the initiative to use the F.S.C., it's the opinion of many that you don't have the right to gripe.

Alcoholism On Increase Among College Students

by David Teague

According to surveys taken concerning alcoholism the drinking frequency of young people between ages 21-24 has greatly increased between 1970 and 1978. This does not mean that the people in this category are necessarily alcohol abusers, but it indicates that young people's caution with alcohol has decreased.

The college surveys also indicate that 71-93 percent of college students drink at least occasionally. Moderate-to-heavy drinking is also common. According to campus

nurse Barbara Massey, heavy drinking can be considered as drinking various numbers of beers three or four times a week.

Ms. Massey says that the biggest problem with alcohol abusers is getting their attention and concern. "Students are not generally worried about becoming alcoholics nor with the long-term effects of heavy drinking," says Ms. Massey, "because they are young and they feel relatively indestructible. Discussions about what they might be feeling in 10 or 20 years are not generally meaningful to them." Ms. Massey defined an

alcoholic as a person who has lost control over his or her drinking, resulting in personal, job and family problems. She also said that 1 in 11 drinkers becomes an alcoholic, and she listed 9 ways to tell if a person is an alcoholic:

- 1) Anyone who must drink in order to function or cope with life has a drinking problem.
- 2) Anyone who by his or her own personal definition or that of his family and friends, frequently drinks to a state of intoxication has a drinking problem.
- 3) Anyone who goes to work or school intoxicated has a

drinking problem.

4) Anyone who is intoxicated while driving has a drinking problem.

5) Anyone who sustains a bodily injury which requires medical attention as a consequence of an intoxicated state has a drinking problem.

6) Anyone who comes into conflict with the law as a consequence of an intoxicated state has a drinking problem.

7) Anyone who, under the influence of alcohol, does something he vows he would never have done without alcohol has a drinking

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Flu... Wintertime Blues

by David Teague

A dreadful but accepted part of every winter is the flu season and Montreat-Anderson seems to be right in the middle of that season now.

"We're not saying it's an epidemic," said campus nurse Barbara Massey, "because we're comparing it to two years ago when half the student body reported to us with the flu." Ms. Massey also said that of 127 students reporting to the Health Center last week, the majority of them were for flu. Symptoms of the flu include a

cough, sore throat, headaches, body aches and fever.

Ms. Massey urged students to come to the Health Center as soon as they noticed these symptoms so that they could be given medication. "If it is a real case," Ms. Massey said, "also plan on about three days in bed."

Flu has been prevalent in many parts of the country as has another illness. The Red Measles has reached epidemic proportions in many parts of the country and as near Montreat as Buncombe county where school students were required to receive in-

oculations before they could return to school.

Montreat-Anderson has not been affected by the measles outbreak yet, but one student has reported to the Health Center with the German measles.

There is not much difference in the two types of measles except that the Red Measles makes you much more ill. The German Measles affects you for three or four days whereas the Red Measles affects you for about two weeks.

Symptoms of the measles include red, teary eyes, a

slight cough, sneezing, a low-grade temperature, and generalized body rash. "The problem with the measles is before you even get a rash you can have it and give it to other people," said Ms. Massey. "The best thing to do if you have these symptoms is to remain isolated as much as possible."

"Hopefully there is not much chance of the measles reaching Montreat," said Ms. Polly Harris, the other campus nurse, "unless people have brought it in from Black Mountain and it hasn't developed yet."