

Dear Ellie

By Elizabeth Evans

Dear Ellie,

What are the effects of caffeine? Should I take it to help me study?

Sleep,
Saint Mary's College

Dear Sleepy,

Caffeine is a stimulant drug found in most soft drinks, coffee, and tea. Drinking one or two cups of these beverages will have no major side effects. However, caffeine and other stimulants can prove to be harmful. Taken in large amounts, caffeine can cause one to be hyper and very nervous. Caffeine also strains the nerves, causing some people to shake.

Caffeine may help you stay awake, but it will not help you study. When a person gets tired, no matter how "awake" he is, his temporary alertness does not help him retain any information.

— Ellie

Dear Ellie,

How much should a person exercise during a week?

Couch Potato
SMC

Dear Couch Potato,

Most doctors suggest that everybody get at least forty minutes of exercise three times a week. This forty-minute period includes a ten-minute warm-up. Warm-ups are a must to prevent strains and other injuries caused by using cold muscles. After this warm-up, it is suggested that the person keep his heart rate at an aerobic level for at least twenty minutes. The last ten minutes are set aside for cool-down. Cool-downs are just as important as warm-ups. It can be very dangerous to just stop immediately after a big workout. Without allowing the body time to bring the heart rate down, a sudden stop can cause the blood to rush to the extremities of the body. Abrupt stops may cause a person to become lightheaded and faint.

Exercise is very important and more people should be concerned with it. However, don't just jump in, because improper exercise can be just as dangerous, even more to one's health than not exercising at all.

— Ellie

If there are any questions for Ellie, please send them to "Dear Ellie," care of Dr. Schroeder.

Censorship

(Continued from page 2)

about puberty or explanations of the human anatomy. Why would any sensible person ban books that concern the process of growing up? Does someone think that ignorance is going to solve any problems?

Freedom of the mind is considered basic to the functioning and maintenance of democracy. A democracy is supposed to assume that educated, free people are to be trusted to determine their own actions. And if the people are thoroughly informed, then they are capable of making their own choices. If the freedom of choice is denied, because of fear it is being used unwisely, then the basis of freedom is being destroyed. Censorship denies us the ability to choose from all possible alternatives, which violates our intellectual freedom. The library is trying to ensure every individual's freedom of the mind, so that everybody benefits. Even while libraries try to preserve freedom of the mind, censorship occurs.

The Library Bill of Rights are guidelines for libraries to follow, so that the services of all libraries are fair and treat all people equally. They are:

1. Books and other library resources should be provided for the interest, information and enlightenment of all people of the community the library serves. Materials should not be excluded because of the origin, background, or views of those contributing to their creation.

2. Libraries should provide materials and information presenting all points of view on current and historical issues. Materials should not be proscribed or removed because of partisan or doctrinal disapproval.

3. Libraries should challenge censorship in the fulfillment of their responsibility to provide information and enlightenment.

4. Libraries should cooperate with all persons and groups concerned with resisting abridgement of free expression and free access to ideas.

5. A person's right to use a library should not be denied because of origin, age or views.

6. Libraries which make exhibit spaces and meeting rooms available to the public they serve should make such facilities available on an equitable basis, regardless of the beliefs or affiliations of individuals or groups requesting their use.

Despite these guides that rule out censorship of any kind, people still challenge libraries.

"We are not afraid to entrust the American people with unpleasant facts, foreign ideas, alien philosophies and competitive values. For a nation that is afraid to let its people judge the truth and falsehood in an open market is a nation that is afraid of its people." These words of John F. Kennedy express his opinion of intellectual freedom. I just wanted to bring to your attention the challenges to the freedom of our minds. To me censorship is an early form of totalitarianism. It's extremely scary, to me, to think that the government of the country I live in might be leaning towards total control. Our country's democracy is something we should all be proud of. I want to be able to have the intellectual freedom I have today forever, so let's all fight to keep extreme censorship out of our country.

How Well Do You Know Your Roommate?

By Cathy Thompson

1. What college does your roommate frequently go to on the weekends to party?
a. UNC-Chapel Hill
b. N.C. State
c. ECU
d. Saint Mary's
e. None — she goes out with her boyfriend

2. What is your roommate's favorite junk food?
a. candy bars
b. pizza
c. subs

3. What's your roommate's favorite clothing store?
a. The Limited
b. Belk
c. Thalheimers
d. Benetton
e. Laura Ashley
f. Goodwill

4. What's the first thing your roommate looks for in a guy?
a. smile
b. body
c. personality
d. intelligence
e. eyes
f. height

5. How long does it take your roommate to get ready for a date?
a. 5 minutes
b. 30-60 minutes
c. 1-2 hours
d. over 2 hours

6. What's your roommate's favorite type of music?
a. hard rock
b. punk rock
c. beach
d. top 40
e. country
f. Lawrence Welk

7. How old was your roommate when she had her first real kiss?
a. 10 or under
b. 11-15
c. 15 or over
d. not yet had a real kiss

8. How many guys has your roommate kissed?
a. 10 or under
b. 10-20
c. 20-30
d. too high to count!

9. What's your roommate's grossest habit?
a. smelly feet
b. loud, obnoxious burps
c. not taking a bath for a couple of days
d. letting food mold before throwing it away
e. forgetting to change her clothes

10. What's your roommate's biggest worry?
a. grades
b. parents
c. boyfriend(s)
d. weight

11. What's the first thing your roommate does when she gets up in the morning?
a. stretch
b. cuss at the alarm
c. roll over and go back to sleep
d. crawl to the bathroom
e. panic because it's two minutes before class

12. What's your roommate's favorite way to get attention?
a. being sick
b. getting hurt
c. dressing sexy
d. being obnoxious



College Room Inspection

By Atta Raouflan

When Fall Break started everybody left Saint Mary's College with smiling faces except Dean Hack. After the students left the campus she had checked almost all rooms to see whether or not the rooms were left in a clean condition. Cruickshank Dorm did not pass the test.

"Maybe I have to use high-school rules for the college students and let them have room-inspection every week," said the Dean. She surely did not waste any time letting the students know how disappointed she was by writing a letter to the girls in Cruickshank, putting this notice on everyone's dorm, and commenting on each room's condition.

The typical student response, "I am in college and if I want to live like a pig they should let me do that," stood against Dean Hack's opinion that if you act like irresponsible students you will be treated accordingly.

During the week of October 17, the students in Cruick were supposed to face the dreaded room-inspection. The Saint Mary's girls rebelled and wrote a petition. At first, the petition was turned down by the Dean but later on she was willing to negotiate. As a result, a compromise was reached. The Dean agreed not to follow through with the room-inspection and in return she expects "spotless" rooms when the girls leave campus for Thanksgiving break.

