



THE WILD AND WOOLY

by Martha Kornegay
and Denise Landi

Our last episode left us with Norma Smartt and her handsome piano teacher, Art Sappleton, together in her room, 518 Smedes; Samantha Stuck-up "leaving and remaining with Tom Studdly, Polly Touch-not's childhood sweetheart; and Foxy Roxanne Giveit running John Jocke's apartment after striking him with his favorite book, *Great Football Stars of the NFL*.

After what seemed an eternity to Samantha, Tom's MG stops and Samantha notices that they are in front of a motel. The only thing she can see in the darkness is the flashing of a neon light reading "Sleepy Time Inn". Tom jumps out of the car and stumbles into the motel office. He gives a sigh of relief as he realizes the motel room will only cost him \$8.00 (Tom has always been a cheap-skate!) He nervously signs the register using his father's prestigious sounding name. "Thomas Worthington Studdly, III, to avoid any curious attention. Tom saunters out to the car with a feeling of accomplishment and of anticipation of what is to come. Polly comes into his mind, however, because of his excitement the thought of her brings no response. Tom has

always prided himself on being a good lover; however, he has actually never experienced any of erotic fantasies he boasts about in the locker room. He reaches for Samantha's car door and opens it, saying in a very masculine voice "Come on, Baby. I'll teach you how to be a real woman tonight." Samantha nervously lights a cigarette and feels tears come to her lucid lavender eyes. She thoughtfully runs her fingers through her raven black hair wondering how her "little jolly" for the night turned into this. As she was about to protest Tom's intentions, Tom grabs her arm and pulls her out of the car. She reluctantly follows him to "their" room, room number sixty-nine. Tom fits the key into the door and throws the door open only to slam it shut when they are both inside. All Samantha can think of is how much sleep she might lose tonight in Sleepy Time Inn's room sixty-nine when

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Handsome Art Sappleton is still in Norma's room and is moving closer to her all the time. Norma wants to resist his actions, but something inside her is desiring some action. Just as Art begins to passionately kiss Norma jumps back and nervously says, "Wait just a minute." She motions Art to her closet and straightens her hair. As

her mind is thinking of what to do in her situation, the door opens. It is one of her roommates, Polly. Polly joyfully walks in and sits on her bed as she talks to Norma. "Hey, Norm, you should have come with us tonight. It was the greatest!" Norma swallows as she answers Polly, "Well...uh...extremely tired. I'm glad ya'll had fun. How's Tom?" Norma knows once Polly begins talking about Tom she won't stop, and this will give Norma time to figure out a plan to get Art out of the room. Polly begins talking about her love, but the thought of Samantha not being in yet worries her. "Norma, have you seen Samantha tonight? I think I saw her walk out to the porch after she had come in, but I haven't seen her since. I hope she's not in trouble. I really do love her, even though she is a little wild." Norma's mind is working quickly, however, it hasn't come up with any great solution yet, and she stutters, "uh...No...I haven't seen her all night." Polly jumps off her bed exclaiming how hot she is. She takes off her coat as she walks to the closet which she and Norma share, unsuspecting of what she may find inside.

Stay tuned until next month for the next titillating episode of "The Wild and Wooly."

Wolfe Essay Contest Announced

The Library Committee is pleased to announce that this year Mrs. Barnhardt of the English Department will again award a \$50.00 prize for the best essay on Thomas Wolfe and will have copies of the winning essay printed. The contest is open to all St. Mary's students.

The essay should be approximately 10 typed pages in length, with such documentation as the writer feels appropriate. The subject is "The Legacy of Look Homeward Angel."

Any member of the English Department will be glad to give advice and suggestions to interested

students. Essays should be submitted to Mrs. Barnhart by Monday, April 4. Professor Richard Walser, N.C. State University, and noted Wolfe scholar, will judge the contest.

The winner will be announced, and the \$50.00 prize given, at a special ceremony on Mother - Daughter Day. Printed copies of the winning essay will be available at that time.

Sue Uzzell won the award last year. Mr. Fred Wolfe,

brother of Thomas Wolfe, was on campus at the time and autographed copies of her essay. It was learned recently that Sue's essay is catalogued in the Chapel Hill library -- a great honor for St. Mary's.

Students this year will have the advantage of using the Thomas Wolfe Collection in the St. Mary's library, which contains much valuable and interesting material. Copies of Sue Uzzell's winning essay are also available.

Cold Cuts To Cut Album

The Cold Cuts have had a very full schedule ever since they returned from Christmas vacation. They have played at rush parties at the Sigma Nu, Pi Kappa Alpha, and Lambda Chi Alpha fraternities at State. They also have played at the Phi Gamma fraternity house at Carolina.

The final Cold Cut workshops for seniors, began on Monday, January seventeenth. Tryouts were on the following Sunday. Congratulations are in order for the seven new Cold Cuts:

Kim Austin, Amy Basten, Anne Shelton, Cathy Christian, Barbara Johnston, Syvil Pate, and Lucy Gidley. The next tryouts will be for juniors. The Original Seven for next year will be picked. All interested juniors are urged to try out!

The Cold Cuts will cut an album around the end of February. The price of the Album has not been set as of this time. The Cold Cuts will be coming around to take your order. The album promises to be very unique and enjoyable.

Art Guild News

by Hester Gregory

The Art Guild is a new group around the St. Mary's campus. They began to organize last semester under the leadership of Marcy Connors, but participation got off to a slow start. The Art Guild plans to make this semester very successful.

They hope to organize a trip for all Art Guild members to the mountains. The purpose of this trip would be to have a workshop with a North Carolina mountain artist. They hope to make the trip around the 22nd or 23rd of April. The Art Guild encourages interesting arts or crafts join up soon!

by Alice Z. Greiner

When it comes to sugar and bread, brown is better. In the refining process, many of the important nutrients are removed from flour and sugar, including the necessary trace mineral chromium.

Whole wheat flour has over 40 nutrients before refining. In processing, 28 percent of the total nutrients are removed, mainly the wheat germ and bran. Today most of the white bread is "enriched" with about 12 vitamins and minerals, but this does not replace all that is lost. Enriched white bread is cheating the consumer of 17 percent of the protein, 87 percent of the fiber, 29 percent of the calcium, 69 percent of the potassium, 72 percent of the magnesium, and practically all of the vitamin E and the important minerals.

One very important mineral lost in refining is chromium, the active component of GTF, the glucose tolerance factor. In 1959, Klaus Schwarz, M.D., and Walter Mertz, M.D., discovered that rats deprived of GTF lost their ability to use glucose. The maladies they observed with chromium deficiency were the ones associated with faulty sugar metabolism such as diabetes, hypoglycemia, fat-clogged arteries, increased blood cholesterol levels, blindness, retarded growth, and higher death rate. Stress made the chromium deficiency symptoms worse.

Scientists believe that chromium is needed for insulin to work effectively. It

was found that diabetics have significantly lower levels of chromium in their bodies. In a Brigham Young University study, adding a tiny amount of chromium to the diet of diabetics improved the glucose tolerance of some of them.

The refining process removes most of the chromium from carbohydrates. Whole wheat flour has 8 times as much chromium as white flour; blackstrap molasses has 11 times and honey 15 times as much chromium as superfine white sugar.

Refined carbohydrates, like white flour and sugar, deplete the body of chromium. When chromium-poor carbohydrates are eaten, the glucose which is a result of digestion causes chromium to be released from the body stores to join insulin in regulation of the body's use of sugar. Some of the chromium is circulated through the kidneys where it is extracted from the bloodstream and excreted from the body. The higher the "load" of refined carbohydrates in the diet, the more chromium is depleted from the body.

Eating whole grain breads, honey, and molasses supplies more nutrients to the body than refined carbohydrates like white flour and sugar. As nutrition studies proved, more will be learned about the necessity of nutrients removed in refining. Don't wait for the enriched bread to get better - eat the real thing with all its nutrients still intact. Refined carbohydrates rob your body. In this case, less refinement is better.

Memory Book

by Marlin Smith

The Belles is proud to sponsor the St. Mary's College Memory Book, a booklet of sketches of St. Mary's life by student artists. Mrs. Barnhart and The Belles staff have decided to make plans for the publication of the Memory Book to give to students as a souvenir of St. Mary's life, 1976-77, and to immortalize all the talented student artists here at school. Like Muse, this Memory Book will be an attractive remembrance of our year together and new tradition at St. Mary's. The

Belles in conjunction with the St. Mary's Art Guild, will form a committee of interested students to choose the drawings and design the booklet. Each student at St. Mary's will receive a free copy of the Memory Book, and extra copies will be printed to sell to people outside school. All profits will go towards some worthwhile project which will be decided upon by the Memory Book staff. All people interested in contributing drawings or working on the publication should come to the next meetings of The Belles and the Art Guild.

Honor Society Inductions

Spring inductions for the St. Mary's Honor Society were held Tuesday, January 25, 1977, during the evening chapel service. The old members each walked in with an inductee. The inductees sat on the front row in Chapel. During the service, Linda Leith, the President, discussed the society, its purpose, and its membership

qualifications. Then Jane Watson, Becky Procter, and Marlin Smith talked briefly about Scholarship, Character, and Honor, respectively. Next the inductees came forward with candles. They took the pledge, had their candles lit, and received a chevron. The 13 inductees were: Jane Ellen Freeman, Madeline Anne

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Order Of St. Genesis Walks

The Order of Saint Genesis, the honorary drama society, is proud to announce the induction of two new members. Elizabeth House and Louise Whitmire were tapped into the Order. As written in its constitution, the Order of Saint Genesis purpose is to recognize students who have made outstanding contributions in either the technical or acting phases of life at St. Mary's. Certainly Elizabeth and Louise have made substantial contributions to the Drama department. Not only have both girls participated in past St. Mary's productions but more recently, Elizabeth stage managed and Louise starred in *The Glass Menagerie*. Congratulations are extended to both of these deserving girls.