



The Belles

of
St. Mary's
College

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COMPUTER CRAZY

by Maria Bardnt

Many people shy away from the word "computer" for the reason that they are too complicated to learn from and operate. Strangely, computers are just the opposite. They are simple to use and at the same time educational and fun.

St. Mary's is fortunate to have computer courses that enable students to take advantage of the great opportunities they offer. The lab is open from 10:00-2:00, Thursday - Friday. Interested high school students may take the semester course taught by Miss Birch; college

classes will be offered next year. Also, evening courses are offered to teach the steps of going into a program. In addition to the many courses offered during school right now, there are tentative plans for computer camps this summer, so that students in summer school will have the bonus of exploring computers.

The computers are fully equipped with software which allows word processing. As you can see these computers are helpful and free of hassles. So why not take advantage of them? You don't know what you're missing!



St. Mary's Chapel
by Jerry Miller

JULIANS

by Susan Gardner

Julians is the new hot-spot for the teens of local high schools. It is located on Hodges Street off Wake Forest Road.

Julians is decorated like an adult night club, but also has video games, a snack bar, a pizza parlor, and a 12-foot screen playing non-stop rock videos. There is also a large ballroom with flashing lights

and a great sound system. After dancing up a storm, one can cool off at the bar which serves every type of non-alcoholic drink imaginable.

Julians is open from 7:00-12:00 every Friday and Saturday night and entrance cost is only \$3.50. It's main purpose is to give teens something to do on weekends and it is a great way to meet new people. If you have never been there you should give it a try.



THE ONGOING QUESTION OF SDH

by Anne deRosset

College students at St. Mary's have a curfew of one o'clock during the week, and most have SDH, or self-determining hours, on the weekend nights. The question has arisen many times if the curfew of college students should be extended on weeknights. St. Mary's girls answered with many various responses when asked the question, "Should college students be allowed the privilege of SDH on weeknights?"

Most of the students polled favored the proposition of having SDH on weeknights. Some of the girls stated that at most colleges, students choose their own hours. Susan Steele, a junior from Raleigh, North Carolina stated that, "if we went to a larger university, we would be able to determine our hours throughout the week by ourselves." Miss Steele also voiced the opinion that, "just because St. Mary's is a private school,

that is no reason we (the students) should not choose our hours." Corinne Young, a New Orleans born junior, said she believed college students needed to learn to be independent and to organize their time. Miss Young explained, "when students go to college, you should have your own decisions to make." All of those interviewed said they believed college students are old enough and have the responsibility to make their own decisions. A hall counselor for Cruikshank Dorm, Beth Morris, when asked if students should be allowed SDH on weeknights stated, "of course, we are all responsible mature and intelligent people; we can make our own decisions."

Though all students strongly approved of SDH on the weeknights, most admitted they would be concerned as to the effects of the rule on their grades. But, even if the outcome was negative, the students supported having SDH on

weeknights. Allison Carter, a fun-loving junior from Rocky Mount, NC, said she felt the amount of "flunk-outs" at St. Mary's would rise. Miss Carter also commented she was, "glad we have a curfew for grade reasons." Ashley Burke, a resident of Metarie, Louisiana, said she would be concerned that students' grades would fall, but she felt that "students are growing and maturing, and you must learn by restricting yourself." Most of the polled students stated there should be a grade requirement for having the privilege. Beth Morris commented, "Yes, students should have to keep their grades up; this isn't playschool."

Out of eight college students at St. Mary's all approved of the idea of having SDH on weeknights. Susan Steele stated on the subject, "Students need to be given a chance to make their own decisions instead of being given more rules."

A GOOD WAY TO HEALTH: VITAMINS

by Beth Morris

Vitamins. Everyone wants to know what they really do for you. Do supplements help? Can they hurt you? These are some of the questions I'm dealing with this month.

The body requires many substances to keep it functioning normally, and vitamins are one of them. The only disease they can cure or prevent is one which is caused by a deficiency of a specific vitamin.

The term Vitamin refers to the nutrient found in food while Vitamin Supplement names the imitation of that nutrient, made into a pill form. The body cannot tell the difference between the two forms. Food, however, can provide more than just one type vitamin and supplies energy too, it's a package deal. Vitamin supplements can not provide energy.

If you eat a balanced and adequate diet, you can meet all your nutrient needs within a reasonable calorie allowance.

Having done this, you do not need to take supplements.

This is simply a brief summary of the Vitamins A, D, E, K and C. More specific and in depth information is always available if you are really interested (and I do not mean from Cosmopolitan, Glamor or Madmoiselle, either.)

Vitamins A, E, D, and K are fat soluble which means they are stored in the body, more specifically in the liver and fatty tissues. Intake of these vitamins should not be daily because of the toxic effects that can result from a build up. Vitamin C is water soluble which means it is not stored and must be provided everyday.

Vitamin A
Function - does not prevent infection but rather maintains the healthy condition of epithelial cells [line lungs, stomach, intestines, eyes, skin, etc.] which when healthy can better resist infection.

Deficiency - causes a protein to be secreted which dries the epithelial tissues making them hosts for bacterial infection.

Toxicity - mainly from capsule form; joint pain, stunted growth, bone abnormalities, cessation of menstruation, nausea, gastrointestinal misery, rashes and enlargement of liver and spleen.

Sources - liver, milk, sweet potatoes, carrots, spinach, cantaloupe, squash, broccoli, and apricots.

As a rule you should include dark green or deep orange vegetables or fruits in your diet every other day.

Vitamin E
Function - protects polyunsaturated fats from destruction by oxygen.

Deficiency - almost impossible because it is so widespread in foods.

Toxicity - rare

Sources - Vegetable oil, margarine.

Vitamin D
Function - makes possible the absorption of calcium and phosphorus.

Deficiency - osteomalacia: disease in adults which weakens bones.

Toxicity - diarrhea, headache, nausea, and calcium deposits in soft tissues of body.

Sources - The sun (the ultraviolet rays stimulate the production of the vitamin in the body) fish liver oils, sardines, salmon, milk and egg yolks.

Vitamin K
Function - necessary for blood clotting.

Deficiency - poor blood clotting; free bleeding.

Toxicity - an excess is toxic and therefore available only through prescription.

Sources - green leafy vegetables, tomatoes and liver.

It is also synthesized by bacteria in the intestinal tract.

Vitamin C
Function - essential for forming collagen which is part of the body's defense and repair system. Collagen enables the body to withstand injury and infection and forms the base of all connective tissues such as bones, teeth, skin and tendons.

Deficiency - seen mainly in male teenagers and elderly men who do not eat vegetables and salads. Smoking cigarettes seems to interfere with the use of Vitamin C.

Toxicity - raises uric acid level of urine and so can cause gout in some people, can obscure the results of some medical tests, impairs ability of white blood cells to kill bacteria therefore can worsen the infection, can affect fertility and the health of the fetus.

Sources - Citrus fruits,

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