

## Building improved and pool cleaned

By SILVIA ANDREANI

Carpeting, sound insulation and air-conditioning were added to all eight practice rooms in the Fine Arts Quadrangle in order to reduce



MR. RENNICK

the sound transmission. This is just one of the many improvements which took place during the summer months according to Mr. William Rennick, Director of Physical Plant.

The second floor, west wing classrooms, of Adrian Hall were painted and carpeted. Ceilings and overhead lighting were also installed.

Penafort Pool received a good

summer cleaning. It was pressure cleaned and the tiles were regouted. Leaks were repaired, valves were replaced and a new circulating pump was installed.

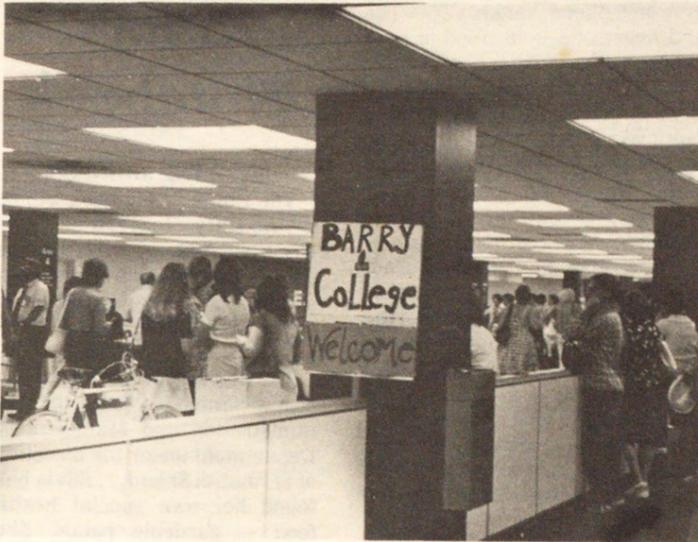
Six panic exit devices to improve safety were installed in Weber Hall. Further improvements and plans for the older dormitories are in progress.

A new kiln was installed in the ceramics and graphics room which is now located on the west side of the Fine Arts Quadrangle.

Replastering took place in the library where leakage problems had ruined the walls and paint. The plaster was generously donated by Mr. Charles Harper. Also, behind the library a new air-conditioning condenser water cooling tower replaced the well cooling system which had given some operating problems.

Two of the three pumps of the waste treatment plant were rebuilt and painted.

The main dining room and faculty dining room were painted. Also the exterior of the chapel and the auditorium were freshened by new paint.



## Bus runs between schools

The shuttle bus service between Barry College and Biscayne College is as follows:

Departing times	Departure points
7:30	Biscayne
8:00	Barry
8:30	Biscayne
9:00	Barry
9:30	Biscayne
10:10	Barry
10:30	Biscayne
11:00	Barry
11:30	Biscayne
12:00	Barry
12:30	Biscayne
12:40	Biscayne

[Tuesday and Thursday]

1:00	Barry
1:30	Biscayne
2:10	Barry
2:30	Biscayne
3:00	Barry
3:35	Biscayne
4:00	Barry
4:30	Biscayne
5:00	Barry

### ACADEMIC CALENDAR, FALL SEMESTER, 1975

September 4 - Classes begin

October 25 - Mid-Term

November 26 - Thanksgiving holiday begins at noon

December 6 - Registration for second semester

December 12-18 - Semester examinations

December 19 - Commencement

## Auditions to be held

Auditions for two campus activities will be held during the next two weeks. Paul Eisenhart is having auditions for the Barry College Community Chorus. He welcomes singers of any type. The auditions and interviews will be held in the Recital Hall, September 10 and 17 at 7 p.m.

Miss Patricia Minnaugh will also be holding auditions for the first theatre production of the year. It will be a rock musical version of *Two Gentlemen of Verona*. She needs singers, dancers, and musicians. Auditions will be held September 18, 19, and 20 in the Auditorium at 7 p.m.

### Office changes made

## Administration offices in Thompson

By DIANE JOHNSON

A total of forty office changes were made over the summer. Many were major moves and there were also some internal moves.

Most importantly, all administrative offices are now located in Thompson Hall.

- 1st floor — Room 103 — Sr. Trinita Flood, President  
 Room 105 — Dr. Daniel Henry, Vice-president for Academic Affairs  
 Room 109 — Sr. Linda Bevilacqua, Dean of Student Affairs  
 Room 111 — Sr. Agnes Cecile Pendergast, Public Information
- 2nd floor — Room 201 — Mrs. Maryella Whipple, College and Community Relations  
 Room 202 — Mrs. Sandy Sachs, Communications Assistant  
 Room 208 — Mrs. Thelma Medoff, Psychological Testing Service  
 Room 210 — Mrs. Mary Ellen Hrutka, Counselor  
 Room 207 — Mrs. Peggy Hartzwell, Director of Career Development and Placement  
 Room 205 — Mr. Charles Zmuda, Security

Adrian Hall is where all the Business Affairs offices are, including the Dean of Admissions.

- Room 108 — Mr. Jeery Bergeron, Dean of Admissions  
 Room 109 — Mrs. Grace Schollmeyer, Registrar  
 Room 112 — Mr. Richard Palacio, Controller and Business Office  
 Rooms 113-114 — Mr. Timothy Czerniec, Director of Business Affairs  
 Room 114 — Mrs. Dorothy Phlugh, Purchasing  
 Room 115 — Sr. Myra Jackson, Personnel Director  
 Room 115 — Miss Laura Galvis, Financial Aid

General moves included moving the School of Social Work to the lower level of the library. The School of Education is also located there.

The English Department moved into Wiegand under the School of Arts and Sciences.

The School of Nursing is still located on the second floor of Wiegand.

Most of the internal moves were within the two Schools in Wiegand.

## Student Services is now Student Affairs

What was Student Services is now Student Affairs under the jurisdiction of the Dean of Student Affairs, Sr. Linda Bevilacqua. Her office is still Thompson 109-110.

Dr. David Buckley, the consulting psychiatrist, is also under Student Affairs. His services are provided at no cost to the student. Arrangements can be made to meet with him either through Sr. Linda, Mrs. Hrutka, or independently through his office.

Under the reorganization of Student Affairs comes Mrs. Peggy Hartzwell, Director of Career Development and Placement, Mrs. Mary Ellen Hrutka, Counselor; Ms. Lois Frankel, Counselor in Residence; Mrs. Thelma Medoff, Director of Psychological Testing; Mrs. Eunice Moore, Housing Director; Mrs. Vera Orth, R.N.; and Fr. Dan Madden, advisor to S.G.A. Mrs. Neill Miller has also joined the division as the Recreation-Leisure Coordinator.

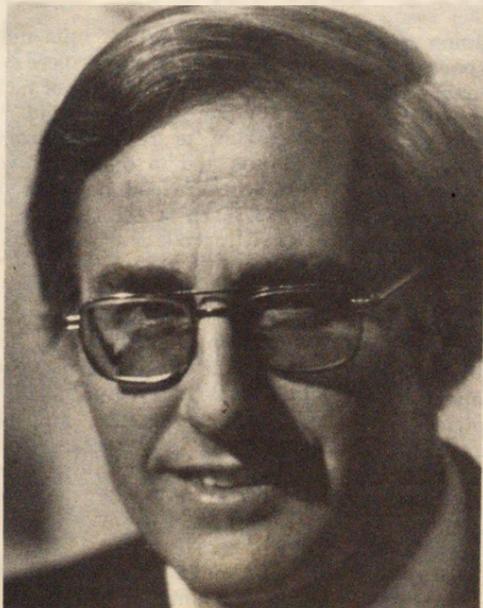
Also from Sr. Linda's office, there are two lost and found locations on campus. One is at the Information Desk in Thompson Hall lobby and the other is at the circulation desk in the library.

### Remark-ables

*Life is like an onion: you peel it off one layer at a time, and sometimes you weep.*

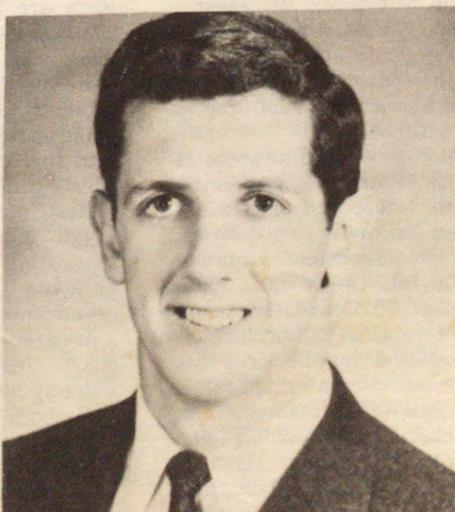
C. Sandburg

## Welcome



Dr. Cote,  
Dean of Arts  
and Sciences

Mr. Bergeron,  
Dean of Admissions



# Make some changes in your lifestyle

Would you be willing to change your lifestyle for the sake of a less fortunate nation or individual or for the sake of your own health?

Consider the facts. Food shortages are world-wide. Starvation in some areas have been ruled as famine. No longer can the less fortunate nation depend on the former world "food bankers" — The United States, Canada, Australia, and Argentina — for food in time of crises. Their previously high stockpiles of corn, wheat, soybeans, and rice have diminished.

The Green Revolution in the 1960's was to result in higher-yielding crops through the use of new agricultural methods. True, in some countries it has proved to be successful but on the other hand, many people have found the results of the Revolution to ultimately destroy.

During this time, the use of pesticides grew proportionately. There have been alarming reports of the misuses of chemical additives, pesticides, and fertilizers. Many people are concerned that these modern growing and processing aids are detrimental to the nutritional value of their food. Thus, there is the "health food" craze and the subsequent interest in organic or natural foods and the need for vitamins as dietary supplements.

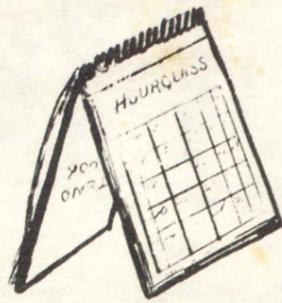
The health food craze has prompted people to look at themselves and their diets. For years, a majority of the American people have been fighting a losing battle against obesity. Currently, they are examining their attitudes concerning nutrition and exercise. They are questioning the need for meat as the number one source of protein.

They are doing this in view of the world situation, the malnourished child pictured in magazines, and in view of their own image in the mirror and spiraling grocery costs.

Thus, this issue of the HOURGLASS is devoted to the food and health problems facing all of us.

We ask that you seriously ponder what we have said and make some decisions concerning your own lifestyle — for the benefit of others and yourself.

We welcome your comments, questions, ideas, and decisions.



## Editors' Notebook

By DIANE JOHNSON

The Editors' Notebook will be a monthly feature of the HOURGLASS. It will be the editors own potpourri of things of importance and things of trivia. We will not define which is which! . . .

The Business Department has a new name. It is now the Administration and Management Department under the direction of Sr. Judith Shield. . . Silvia has found her own special health food — gardenia petals. She says it's a great natural mouthwash. . .

The HOURGLASS is in dire need of staff members. Even if you only have a little time to devote, come by the office during office hours (12-1 Monday, Wednesday and

# Lockers for rent, classifieds free

Friday, and 9:30-10:45 Tuesday and Thursday) or call and we'll set up a meeting time at your convenience. . .

find a parking place last week. . .

Anyone interested in joining the HOURGLASS staff is in-

For your information, Campus Security's extension is 229.

Also, the phone number for the Miami Shores Police and Fire Department is 759-2468.

We understand Fr. Madden and his group were 15 miles away from the fighting in the Holy Lands this summer. More on that next issue. . .

From Sr. Linda — Mother Genevive has agreed to sponsor a garden or plant club. The group would work out of the botany house. If you are interested, see Sr. Linda. . .

For the returning students, there was a special summer issue of the HOURGLASS sent to the new students. If you would like a copy come to 119 Thompson. . .

The first Wednesday of every month, naturalization processes are held in our auditorium at 7 a.m. That's why you couldn't

visit to meet with us in 119 Thompson today, Wednesday, September 10 from 12 noon. . .

Lockers are available for rent for the entire year for one dollar. See Mrs. Hrutka in 210 Thompson. Locks are included. They would be perfect for storing books.

A fifty-percent discount off of our regular advertising rates is being offered for on-campus ads. We want you to use our paper to promote your organization's activities. . .

Also, HOURGLASS classifieds are now being provided as a free service to the Barry community. Just submit the copy to Box 193.

## How's your flab and heart?

# Exercise helps body and mind

By DIANE JOHNSON

How's your flab?

That is a legitimate question. After all, it has been estimated that half of the American population is overweight.

How's your heart?

That, too, is a legitimate question. Fifty-three percent of all deaths in the United States are a result of heart and blood vessel diseases. And this is linked to obesity and physical inactivity.



"Anyone who regularly exercises becomes an addict."

-Dr. de Vries

The important idea is to find an exercise program which suits you and your schedule and follow it. Exercise daily or at least several times a week. Do only what your doctor considers safe. Start your program gradually with a warm-up session and end it with a cooling-off period.

Volunteers in Dr. de Vries ten-month program of systematic physical conditioning slimmed waistlines, increased stamina, and had improved blood-pressure readings. They also said they became more active and enjoyed their lives more.

But, most importantly, their "oxygen transport capacity" improved. This is the amount of oxygen that each heartbeat delivers to the rest of the body. Therefore, the brain cells performed more efficiently.

Says Dr. de Vries, "Anyone who regularly exercises becomes an addict. I use the word advisedly. Until you reach the state of physical and mental well-being that comes with exercise, you cannot realize what a total thing it can be. You work better and you feel alive."

Interest in exercise has evolved from the awareness that many fellow Americans are deteriorating physically. And according to Dr. Herbert A. de Vries, exercise will aid the mental deterioration that comes with age. Exercise has also proved to be a delightful diversion from illness, fatigue, and boredom.

Sports are a national pastime. It is too bad that many people think sports is Sunday afternoon football on TV with a beer can in hand.

The other people that are in shape or those on the way to shapeliness have found a variety of physical activities to engage in from jogging to yoga.

There are many organized fitness programs. Mrs. Neill Miller has developed a thorough program for fall semester. (See story page 8).

Since not everyone is able to participate in organized programs, there are individual ways to exercise. Fran Carlton does one half hour of calisthenics on television at 8:30 weekday mornings. Jogging is a sport that can be done anywhere at any time. Swimming and bicycling are also ideal individual sports.



## Protein sources are two-fold

# Meat is not the only answer

By SILVIA ANDREANI

Is a vegetarian diet more healthful than a meat diet?

Through investigation of past non-meat cultures, anthropologists have found these people to live long and healthy lives due to their diet. During World War I and II, several European countries resorted to a vegetarian diet. General health seemed to improve and there was a significant drop in heart disease.

Americans consume some 15 pounds of meat per person per month. One pound of boneless sirloin has over 1500 calories. Beef can be considered more of a high-fat, rather than high-protein food. Meat eaters do not face a deficiency of protein but an excess of calories since it is so larded with saturated fat.

Protein is the main nutrient responsible for building and maintaining body tissues; protein forms a part of enzymes and hormones which regulate body processes, and supplies energy. Our bodies build protein

from 22 different amino acids. Eight of these must be supplied by food because our bodies cannot manufacture them.

Meat is a complete protein because all eight essential amino acids are present in the proper proportion. Vegetable foods are incomplete proteins as they lack one or more of these acids. However, if one or more vegetable foods are mixed together correctly, they can make up for each others' amino acid shortcomings and form a nearly complete protein.

Most meat eaters tend to weigh more. Diets high in saturated fat are widely believed to favor the development of atherosclerosis, a disease of the arteries of the heart. Vegetarians have consistently lower levels of serum cholesterol than do meat eaters and seem to live longer.

Meat is probably the costliest item on the grocery bill. In addition, in the United States, most of the animals slaughtered for meat production are fat-

tened up with enormous quantities of grain. If there is a cutback in the amount of meat produced, grains would be available to rescue famine victims and to build reserves for the future food shortages. (It takes seven or eight pounds of grain to produce one pound of beef.)

Here are a few basic guidelines published by the American Medical Association for people who are following or plan to adopt, a vegetarian diet:

+Cut sugar, fat and oil calories in half. Replace meat with increased intake of legumes, nuts, or textured vegetable protein such as soyburgers.

+Eat more grains and cereals, plus such things as raw carrots, beet roots, dried fruits, and salads.

+Include cottage cheese, low-fat milk and eggs in your diet. To retain vitamins and minerals, cook vegetables for the shortest time and in as little water as possible. Eat fruit.

Through the new column Soapbox the HOURGLASS will pose several questions to the students and faculty about a pertinent and timely subject or problem. Your answers, opinions, and experiences are welcome and will be helpful in writing a follow-up feature story.

Answer all or a few of the questions that follow and send to Box 193 within the next two weeks with your name and box number.

**THE CONSUMER**

Do you shop before you make a purchase? Does it help?

Are you easily influenced by advertisements and commercials or do they annoy you?

Do you read the labels on foods, the ingredients, nutrients, etc.?

Have you ever felt like you have been taken advantage by a store or product gimmick?

Have you ever bought what you thought was a "real bargain" at a flea market or thrift shop? What was the purchase?

## HOURGLASS

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Advisor: Richard Romagnoli

# VITAMINS: Are we over doing it?

By SILVIA ANDREANI

In the past one hundred years doctors have become aware of the significance of vitamins in the daily diet of individuals. During the last several years America has been experiencing somewhat of a vitamin pill fad. It is not uncommon for Americans to daily supplement their intake of foods with vitamin capsules. Doctors refer to these extra vitamins as megavitamins. Such supplements are now a \$500 million a year business.

Vitamins are organic compounds which are necessary in small amounts in the diet for the normal growth and maintenance of life of animals, including man. Part of the word vitamin is derived from the Latin word — vita — meaning life. The question is how much extra supplementation of vitamins is necessary for our lives. It is known that our bodies will naturally expel any excess vitamins, except for vitamins A, D, E, and K which are stored in our body fat as they are not water soluble.

Many people reason that if a little is good a lot is better. They assume that the more vitamins they take, the healthier they will be, but the body has no use for excess vitamins. The Food and Nutrition Board of the National Research Council is responsible for the establishment of United States Recommended Daily Allowances for each vitamin. U.S. RDA's indicate the amounts of vitamins, minerals and other nutrients needed every day for maintaining good nutrition in healthy persons.

Lack of a particular vitamin causes an abnormal condition or disease. Such deficiencies can cause scurvy, beri-beri, pellagra, or rickets. At the other extreme, large doses of vitamin A and D over a period of time, for example, are known to cause extreme headaches, nausea, and hypertension. To protect consumers against these hazards, the Food and Drug Administration is requiring more accurate labeling and is establishing more limits on the sale of vitamins A and D.

"Many of our foods already contain the vitamins that we need daily if we eat them in proper conjunction — a well-balanced diet," states Ana M. Rivera, Consumer Affairs Officer of the Food and Drug Administration office in Orlando.

Probably the main reason for this "vitamin binge" is that Americans realize that they do not eat right during the day. We constantly snick-snack, and avoid eating the so called "good-for-you" foods. Vitamin supplements are not substitutes for food. Even with heavy dosages of vitamin capsules a person could still die from malnutrition if they did not eat right.

After learning what vitamins do and do not do, plus their presence in foods, each person can then answer the question — Is there really a need?

	U.S. RDA	Functions	Food Sources
<b>Vitamin A</b>	5,000 IU	Helps maintain resistance to infection. Essential to healthy skin and lining tissues. Promotes normal vision in dim light.	Liver, eggs, dark green and yellow vegetables, butter, margarine, milk, peaches, and cantaloupe.
<b>Vitamin B<sup>1</sup> (thiamine)</b>	1.5 mg	Promotes normal digestion. necessary to the health of the nervous system and carbohydrate metabolism. Helps keep the nervous system healthy.	Pork, liver, whole grain and enriched cereals and breads, dried peas and beans.
<b>Vitamin B<sup>2</sup> (riboflavin)</b>	1.7 mg	Helps maintain cell metabolism. Helps keep eyes, mouth, and skin healthy.	Liver, milk and milk products, eggs, green leafy vegetables, enriched cereals and breads.
<b>Vitamin B<sup>3</sup> (niacin)</b>	20 mg	Essential to sugar metabolism. Helps keep skin, mouth and nervous system healthy.	Meat, liver, fish, poultry, whole grain and enriched cereals and breads, milk, and nuts.
<b>Vitamin B<sup>6</sup> (pyridoxine)</b>	2.0 mg	Aids in the digestion of protein. Combats forms of epilepsy and nausea due to pregnancy.	Meat, liver, fish, chicken, egg yolk, nuts, bananas, potatoes, corn, whole-grain cereals and breads, prunes, and raisins.
<b>Vitamin B<sup>12</sup> (cobalamin)</b>	6 mcg	Helps build genetic material to aid the functioning of all body cells.	Meat, fish, shellfish, liver, kidney, eggs, milk and cheese.
<b>Folic Acid</b>	0.4 mg	Necessary for the formation of blood cells. Acts in conjunction with B12 to assure healthy functioning of the blood and to prevent anemia.	Liver, dark green vegetables, dried beans, nuts, and lentils.
<b>Vitamin C (ascorbic acid)</b>	60 mg	Important for healthy tissues, gums, blood vessels, bones, and teeth. Promotes healing. Vitamin C has to be replenished daily because man, in his evolution, lost the ability to synthesize and store it.	Citrus fruits, strawberries, cantaloupe, green leafy vegetables, broccoli, cabbage, tomatoes, green peppers, and potatoes.
<b>Vitamin D</b>	400 IU	Essential in calcium absorption, which affects bone formation and tooth development. It is manufactured within the body by a reaction to the rays of the sun.	Fortified milk, margarine, cereal, butter, eggs and saltwater fish.
<b>Vitamin E</b>	30 IU	Important for the stability of substances in body tissues. It is thought to be vital in forming red blood cells, muscle and other tissues and protecting the proper functioning of vitamin A.	Liver, eggs, whole grain cereals and breads, whole milk, margarine, salad oil, and salad dressing.
<b>Vitamin K</b>		Helps the blood to clot.	Liver, egg yolks, green and leafy vegetables.

U.S. RDA's established for adults and children four or more years of age.  
 IU — International Unit  
 mg — milligram  
 mcg — microgram

## FDA wary of health food fads

By DIANE JOHNSON

There is justifications for the uneasy feeling for the healthiness and safety of the food we eat. After all, there has been an increase of 50 percent in the past ten years in the number of additives now in use to a total of 3,000 additives. According to Sidney Margolis, author of *Health Foods-Facts and Fakes*, each of us now consumes an average of five pounds of additives yearly.

Pesticide poisoning, particularly through the use of DDT in advanced growing methods, has jolted national attention. The Food and Drug Administration prompted an eventual ban of DDT.

According to Dr. Ogden C. Johnson, director of the FDA's Office of Nutrition and Consumer Sciences, "The use of pesticides is carefully controlled. Products are monitored, and those containing levels of pesticides above those which are permitted by regulation are seized and taken out of the marketplace. The monthly reports by the FDA identify those products with excessive pesticide residues that are being taken out of the market and destroyed."

Additives must also be approved by the FDA. There must be information and evidence that the additive will accomplish the intended effect in the food at the lowest level possible.

In fact, many additives are used to improve nutritional value. Vitamins A and D are added to margarine and Vitamin D to milk.

Studies have shown that there is simply "no difference between those products produced under organic conditions and those produced under normal conditions," according to Dr. Johnson.

### How to read nutrition labels

The Food and Drug Administration prescribed the metric system for nutrition labels because the unit we are most accustomed to, the ounce, is too large to describe conveniently the amounts of nutrients in foods.

The basic metric units that consumers will see on nutrition labels are grams (units of mass or weight) and liters (units of volume). Metric units of volume may appear in the serving size for liquid foods as well as in the container's net volume. The upper portion of the label will use metric units in weight as grams for protein, carbohydrate, and fat in a serving of food.

The lower portion of the nutrition information panel gives the percentage of the U.S. Recommended Daily Allowances of protein,

vitamins, and minerals in a serving, and does not require any understanding of the metric system.

It may help to memorize these approximate equivalencies:

- One ounce — 28 grams
  - Three and one-half ounces — 100 grams
  - Eight ounces — 227 grams
  - One pound — 454 grams
- Once the basic unit is determined, whether grams or liters in the metric system, other multiples are built on it with suitable prefixes. Whenever the prefix "kilo" precedes a unit, it is 1,000 times that unit. One kilogram equal 1,000 grams, for example.

Similarly, the prefix "milli" indicates one-thousandth and "micro" one-millionth of the basic unit. A milligram is one-thousandth of a gram.

Dr. Julia F. Morton, a University of Miami scientist, has found that many of Grandma's old home remedies using herbal teas to treat various ailments actually have a documented link with gastric cancer. She supports this with eight years of research on various herbal and regular teas.

Singled out was a blend of alfalfa and peppermint, and sassafras teas. According to Dr. Morton, tannin is present in peppermint tea and although peppermint itself acts favorably as a gastric stimulant, the tannin is an astringent which causes tissue to constrict. The alfalfa in-

terferes with the activity of Vitamin E.

Sassafras' main ingredient is safrole, a cancer producing additive now banned from foods.

Dr. Morton does not suggest complete abstinence from drinking tea. She suggests taking care in discerning the good herbs from the bad. She also believes it is best to drink teas in moderation.

Dietary supplements are also under fire. According to Ana Rivera, Consumer Affairs Director of the FDA office in Orlando, there is no real need for vitamin and mineral supplements if a person eats a well-balanced diet.

Moderation and well-balanced diets are our answers to "health food" claims. The frauds of health food faddists are many.

First, we see that the necessary nutrients can be found in an everyday diet. There is no need for aids and supplements. There is just the need to make people more

aware of the nutritional value of the food they are buying. This is being prompted by a new development in food labeling "nutritional labeling."

Secondly, we have found economic differences between organic and inorganic foods are wide. True, costs are higher in producing organic foods, but there are no laws or regulations except in the State of Massachusetts that require certification of sellers and distributors of foods labeled organic. As Dr. Johnson states, "In most cases the individual seeking to buy organically grown food is at the mercy of the seller."

Lastly, additives and pesticides can not be totally eliminated unless we are to revert to old concepts of farming and bakery freshness - "good today, stale tomorrow."

We believe the FDA has kept a tight rein on regulations. They cannot forsee ultimate danger, but they do test for the presence of known hazards.

The HOURGLASS gives you two chances to say your piece this year. If the question in the Soapbox doesn't cover what's on your chest, write. We welcome any and all letters to the editors.

All letters must be properly signed but names will be withheld upon request. The editors reserve the right to edit letters for publication and to withhold any letter not in keeping with the standards of Barry College and this newspaper.

Send all letters to the HOURGLASS, P.O. Box 193, Campus Mail.

Doctorow's bestseller

# Ragtime creates aura

By DIANE JOHNSON

E.L. Doctorow has a rather unique way of weaving history into his works of fiction. He had done so in his most renowned novel until present, *The Book of Daniel*. He continues his success in the current bestseller, *Ragtime*.

He speaks of J.P. Morgan, Henry Ford, Emma Goldmund, and Harry Houdini in the same breath as his everyday people. These fictional characters come from three different families, that, under the oddest of circumstances are intertwined. Doctorow had such vivid accounts of the famous, as well as the obscure, that all of the names came to life.

He created the aura on an entire era in American history. The beginning of the 20th century was filled with emotion and adventure as recollected in *Ragtime*.

Doctorow quotes Scott Joplin in the beginning. "Do not play this piece fast. It is never right to play Ragtime fast. . . ." He is right. This book is best when read at a relaxing pace. It is more entertaining at slow speed.

There is Evelyn Nesbit, the adultress. Her husband kills her lover and goes to jail. She divorces him. She finds salvation from her guilt with the poor immigrants, especially Tateh and his daughter.

She becomes further liberated by the revolutionary, Emma Goldmund. Evelyn becomes involved with Mother's Younger Brother who has followed her with awe and love and is eventually destroyed emotionally by her leaving him.

There is a sense of patriotism. Father runs a booming, successful firework and flag factory. He is also a member of Perry's polar expedition.

Mother changes while he is on his year long trip. She has adopted a frantic, desperate young brown mother and child. Enter the black Coalhouse Walker who is the father of the child and courter of the mother.

He is victim of racial prejudice with the vandalism of his Model T Ford. He refuses to ignore it and becomes very threatening in his attempt to find justice. He is a musician.

Tateh is an artist and an immigrant. He had a wife who was unfaithful and a daughter who was beautiful and who he wanted the best of everything for. He encounters prejudice as an immigrant and violence as a member of the bourgeoisie. Unions were becoming stronger and were striking.

He escapes this and becomes an ingenious moving picture artist. He dons himself Baron. He finds wealth in America.

Emma Goldmund continues

fighting for causes in tone with socialism.

J.P. Morgan and Henry Ford have intellectual discussions on afterlife.

And on it goes. Interactions and actions. The grand finale is like a denouncement into another era.

Doctorow has done it again. He has written another entertaining book and *Ragtime* has to be his best thus far.

## HOURLASS OFFICE:

### He found a second home!

By SILVIA ANDREANI

While sitting at my desk digging through the remains of my fully exhausted brain for a story idea, I realized that I wasn't the only breathing creature at the desk.

Across my scratch pad walked a little black ant (who later on I named George). You probably have said by this time "Big deal!" Well for this little guy (or girl — I still don't know how to tell the difference) my desk seemed to be a pretty exciting experience. Let's face it, for George my desk was far from the ordinary ant-hill. Surmounting a conglomeration of accounting and journalism books must be as daring an experience as scaling the side of Mount Kilimanjaro.

I have to admit that George wasn't your common ordinary ant. Oh, sure he had those funny little hairy legs and shiny ebony body, but George seemed to have something else — a personality. He

had a fixation for the telephone. In fact, one day he sped around the rim of the dial around seven times until I finally put a stop to his madness and knocked him off with a ruler. God, I felt bad, the little guy was stunned. He slowly raised himself, gave me a dirty look (I guess it was me he looked at) and ran towards my open purse. It had to be a suicide attempt. Anyone who has the audacity to seek refuge in my purse definitely has to be willing to give up his life. I immediately grabbed my purse up from the desk before George met his Water-loo. I had saved his life! I was so proud of myself. (I even saved my lunch.)

It's been a week and George is still plugging along. Every once and awhile George likes to run across the papers on my desk (he walks around the books now) and sneaks under the phone. I can't figure out what's with that phone, he never gets any calls.



# Summer acquisition expands library collection to 100,000

Contributed by  
SR. ANN BERNARD  
GOEDDEKE

During the summer, the library acquired its 100,000th book. It is entitled LAMY OF SANTE FE by Paul Horgan (author of the prize-winning GREAT RIVER.) It recounts the life of the remarkable churchman of the Southwest who inspired Willa Cather's DEATH COMES FOR THE ARCHBISHOP.

The first book to be accessioned thirty-five years ago was DOMINICANS IN EARLY FLORIDA by V.F. O'Daniel, O.P. The library was then located on the second floor of Adrain Hall, at the east end,

where the rotunda served as the reading room.

The library collection has expanded greatly since those early days of the college. The book collection is somewhat less than 100,000 at present because weeding of outdated material has been done from time to time and books have been lost or appropriated by patrons.

The total of volumes on July 1 of this year was 96,079, but the library has a variety of materials other than bound volumes so the total holdings number close to 115,000 items. Among these are microfiche, microfilm, recordings on disc,

reel and cassette, 16mm films, slides, filmstrips, videotapes, unbound serials, documents, pamphlets and maps.

There is a wealth of information in a variety of forms ready to be tapped by students and faculty. Assistance is available from reference librarians. Instruction sessions can be readily arranged with them.

It is the mission of the library staff to bring together the library resources and the learners on campus who are seeking knowledge, intellectual stimulation and the pleasures of the mind.

## HOURLASS CLASSIFIEDS

The HOURLASS offers free classified advertising to all students, faculty and staff members whether you're looking for a bargain, lost something or just want to wish someone a happy birthday. Classifieds should be addressed to HOURLASS, campus mail, Box 193.

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# HUNGRY? Here's the place for you

By DIANE JOHNSON

In tune with the editorial emphasis on health, Silvia and I decided to review a health food restaurant. The Greenhouse Restaurant in Coconut Grove was our choice, and a wise one at that.

than reasonable, particularly when you receive such quality food.

We had ordered a cheese walnut loaf from the vegetable list. I had had one before and was very impressed with its

We were first served a dinner salad which had been split for the two of us. Silvia had Thousand Island dressing and I had French. The Greenhouse makes all their own salad dressing and they are good.



The Greenhouse offers a complete and varied menu from seafood to beef to vegetable to omelette entrees. And all portions are more than generous.

In fact, when the hostess seated us as a canopy-topped table on the outside patio (there are also tables inside), she suggested that we consider sharing a main dish. With this in mind, the prices were more

freshness and taste. It is much like a meatloaf, but it has a moister taste.

The waitress informed us that they were out of the loaves but she felt we would be happy with a platter of sauteed vegetables. There is a large and small platter. We decided to share the smaller portion in order to save room to try a tasty-sounding "Melon Delight" for desert.

With the salad, we were served basket of fresh, hot rolls including onion and egg rolls. They were an added highlight.

We had to wait for quite awhile for the vegetables but it was well worth the wait. It was relaxing outside. The weather was cool and the people walking by were interesting.

The vegetables had been cooked to order. They were fresh and huge and the platter was overflowing. There was more than enough for the two of us. There were whole onions, mushrooms, broccoli, squash, zucchini, green peppers, cauliflower, carrots, and celery sauteed in butter. The vegetables were served over a thin bed of rice, so as not to take away from the flavor of the vegetables.

We couldn't even finish the vegetables and had no room or desire for the "Melon-Delight." We were satisfied but did not have that stuffed Alka-Seltzer feeling.

The total bill came to \$5.15, including tax. It was \$3.95 for the vegetables and \$.50 each for ice tea. Gratuity was extra.

The Greenhouse Restaurant is located at 3157 Commodore Plaza, Coconut Grove.

## New testing dates set for prospective teachers

Students completing teacher preparation programs may take the National Teacher Examinations on any of the three different test dates announced today by Educational Testing Service, a nonprofit, educational organization which prepares and administers this testing program.

New dates for the testing of prospective teachers are: November 8, 1975, February 21, 1976, and July 17, 1976. The tests will be given at nearly 400 locations throughout the United States, ETS said.

Results of the National Teacher Examinations are used by many large school districts as one of several factors in the selection of new teachers and by several states for certification or licensing of teachers. Some colleges also require all seniors preparing to teach to take the examinations.

On each full day of testing, prospective teachers may take the Common Examinations which measure their professional preparation and general educational background and an Area Examination which measures their mastery of the subject they expect to teach.

Prospective candidates should contact the school systems in which they seek employment, or their colleges, for specific advice on which examinations to take and on which dates they should be taken.

The Bulletin of Information for Candidates contains a list of test centers, and general information about the examinations, as well as a Registration Form. Copies may be obtained from college placement officers, school personnel departments, or directly from National Teacher Examinations, Box 911, Educational Testing Service, Princeton, New Jersey 08540.

## Music & theatre for September

through 14 "EQUUS" — Psychologist seeks the meaning of an adolescent boy who blinds a stable full of horses. Coconut Grove Playhouse. Student tickets \$3.50 with valid ID. For information call 442-4000.

through 14 "431 A.D.!" — The new musical comedy at The Theatre, 12325 N.E. 6 Ave., North Miami. A romp through Roman Glastonbury with Merlin the Magician and King Vortigern, plays Fridays and Saturdays. For information call 893-5291.

16-5 "DIAMOND STUDS" — A saloon musical of the life of Jesse James. Coconut Grove Playhouse. Tickets are on sale now. Call 442-4000.

18 CHARLEY McCOY — Award winning Country Western harmonica player. He will kick-off Hialeah's 50th Golden Trend Anniversary Country Western Festival at Milander Stadium. Festival tickets are \$2 per person.

19 "EARTHSONG" — Second in a series of new musicals at The Theatre, opening for a six week run. The script grew out of the one-act play "Aydo" which has had six productions locally in the last four years. For information call 893-5291.

19 OHIO PLAYERS — At the Miami Jai-Alai Fronton. For information call 633-9665.

20 LOGGINS & MESSINA — At the Jai-Alai Fronton. Two shows at 8 and 12 p.m. Call 633-9665.

21 RICHARD PRYOR — At the Jai-Alai Fronton. For information call 633-9665.

### ALUMNI ASSOCIATION:

## Resource persons service available

For your convenience, Mrs. Peg Hartzell, Director of Career Development and Placement, in conjunction with the Alumni Office, has created a file of alumni who have consented to serve as resource persons. Any student interested in embarking on a specific career may contact an alumnus to receive guidance about job preparation. The response from the alumni has been heartening; thus, many professions are represented. You will be hearing more about this service in the future.

The Alumni Association officially begins the year with the September 4 Board of Directors meeting at which President Denise D. Campbell will preside. October 5 is the date set for the third annual Oktoberfest, an event which enables alumni and their families to enjoy the campus and its facilities.

Very happily, a second alumna has been appointed to the Barry College Board of Trustees. In addition to Vivian Decker '49, who has served since 1972, Dr. Frances Cecile Roussell has joined the Board. Dr. Roussell, a 1956 graduate of Barry College, earned her M.A. from the University of Miami and her Ph.D. from the University of North Carolina. Currently, she is Director of Secondary Education, Southwest Area of the Dade County School System. As a member of the Alumni Association Board of Directors for the past two years, Dr. Roussell has been an asset to the group. Her new position as a trustee enables her to continue serving her Alma Mater.

## S.G.A. welcomes students

By PETER MIDNIGHT

Hi, welcome to Barry. On behalf of the Student Government Association we wish you a very successful year here.

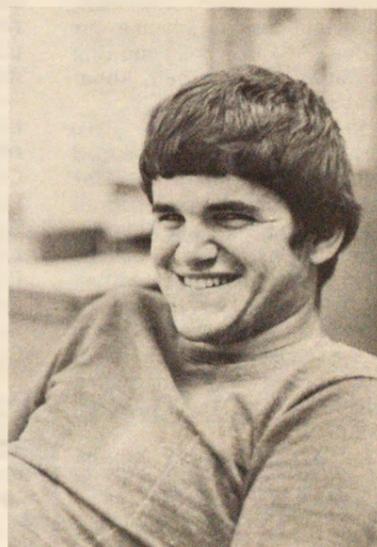
Please feel free to speak to any member of the S.G.A. concerning projects, social events, or any other students concerns. The Executive Board is here to help you. We cannot operate effectively without your participation.

The Student Government Executive Board as it now stands consists of Sue Murphy, Sharon Rayball, Cathy Fleming, Bridget Davis, and Peter Midnight. Since a normal board consists of 16 members, we are looking for help.

Keep an eye out for signs and notices on bulletin boards regarding upcoming elections. If you feel that you have something to offer please consider joining.

Our meetings are on Wednesday nights at 6:30 in the Houndstooth. Hope to see you there.

Our office is located in the back of Thompson Hall, Room 118, (along with the vault and the garbage dock for the cafeteria). Our P.O. Box is 130. Stop by. We would be more than happy to see you any time.



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# CONCHOLOGY: Another sea sport

By DIANE JOHNSON

Have you considered becoming a conchologist? You may not decide to make a career of it but conchology is an interesting and beautiful hobby.

Conchology is nothing more than shell collecting. And that is easy and convenient in these parts.

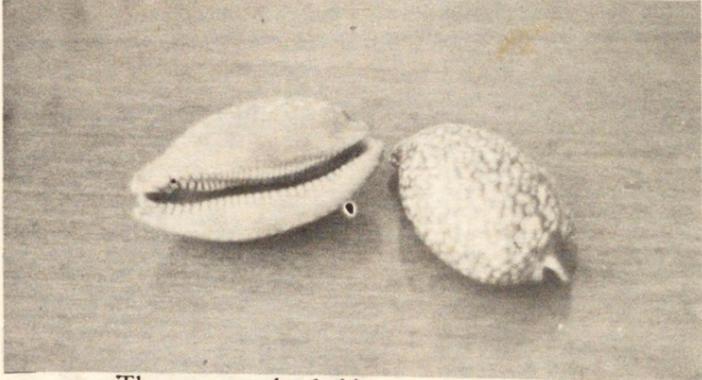
However, the Miami beaches have been pretty well picked over for good and unusual shells. It would be wise to travel a little ways south to the Florida Keys or north to Hillsborough Beach in Pompano or west to Sannibel Island on the Gulf of Mexico.

Early in the morning or at dusk is best. Sometimes it is more lucrative to wade in water up to your knees and dig deep in the sand.

Hillsboro Beach is rough and it is helpful to use a net.

Many shells, particularly cowries, conch, and snail shells have animals housed inside. Cleaning the animals out of their shells can be smelly but it can also be easy. Either place the shell in an ant box and let the ants eat it clean or boil the shells and then pull the animals out with a fishhook or tweezers. If you choose to clean the shells

Rinse and flush the shells well. Allow them to dry. To add shine and luster, use a few drops of baby oil and rub it all over the shell.



The waves echo behind me. Patience-faith-openness are what the sea has to teach. Simplicity-solitude-intermittency . . . But there are other beaches to explore. There are more shells to find. This is only the beginning.

by Anne Morrow Lindbergh  
from *Gift From the Sea*

Take a dirt or gravel road off the main highway in one of the Keys and go straight to the water. It is best if it is uninhabited. Come equipped with mask and snorkel.

On Sannibel's beaches, you need only to walk the beach.

with the aid of ants, it is also wise to boil the shells to make sure all parts of the animal are out.

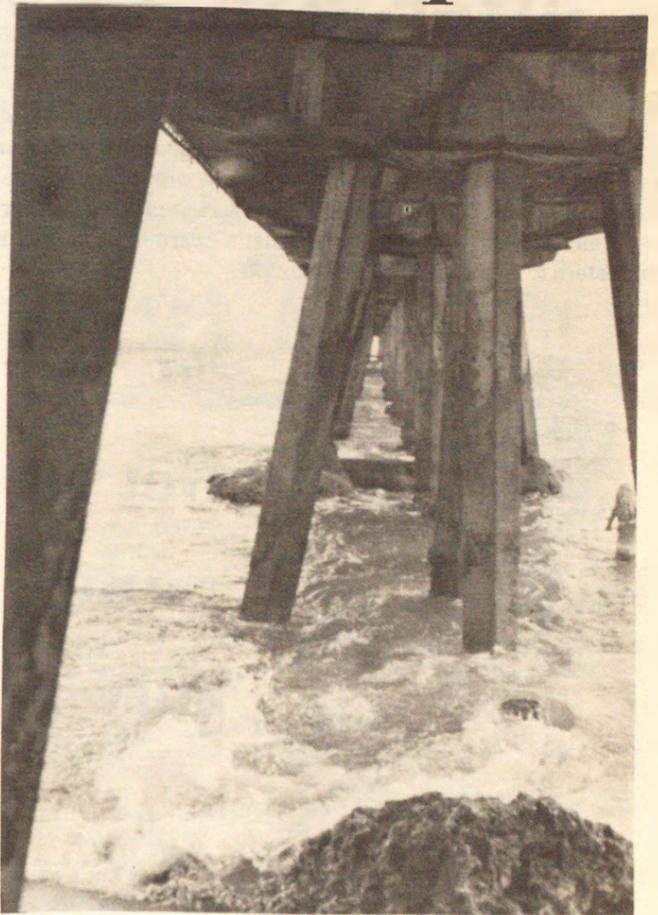
To help the leftover smell and to clean the surface of the shells, dip them in hydrochloric acid. Clorox bleach also works.



Pictured at left are cowries. The necklace above shows a shell art. Below is a roller conch which was found off of Key Largo.



Shell crafts are plentiful. They make beautiful buttons. Use your shells in macrame



Rough water surges under the pier at Hillsboro Beach in Hallandale. Photo by S. Andreani.

wall hangings. Or make wind chimes using monofilament to thread the shells.

Particularly popular now is shell jewelry. A single shell on a thin chain makes a beautiful, simple necklace for summer wear. Puka shells are big sellers in department stores. Consider using your smaller shells for earrings.

Use a piece of dried out driftwood that has been shellaced and mount sea findings from lobsters to a wide variety of shells.

Other helpful sea finding things include:

Shoot starfish with formaldehyde immediately after removing from the water to preserve fish.

Do the same to sea urchins. Sand dollars can be whitened by first drying them out well. Then soak them in a bleach bath.

Place crabs in an ant box until all the meat has been eaten. Then rinse them with hydrochloric acid.

## Parks, beaches edge coastal waters



One of the members of the Crandon Park Zoo enjoys a Saturday afternoon bath. Photo by S. Andreani.

By SILVIA ANDREANI

White sand sprinkled with shells, palm trees and the ocean breezes provide a relaxing atmosphere, even for studying, on hot weathered Miami week-ends.

There are four main parks that are at most 20 minutes away from Barry College. This week-end grab a friend (preferably one with a car, if you don't have one) and a map and get a tan.

**Cape Florida State Park** — Located on Key Biscayne via the Rickenbacker Causeway. At the tip of the "Key" is a lighthouse built in 1826-27. Swimming, surf-fishing, picnicking, nature trails, snack bar and restrooms. Admission to park is 25 cents per person; Lighthouse: 50 cents for adults. Park is open 8 a.m. till sundown daily.

**Crandon Park** — Also located on Key Biscayne. Two miles of Atlantic Ocean beach, picnic facilities, rental barbeque pits, cabanas, zoo, museum, tram ride, outdoor roller rink, and free parking.

**Matheson Hammock Park** — On Biscayne Bay off Old Cutler Road. South of Coconut Grove. Lagoon type beach, wading beach, rental barbeque pits, bike path and boat rental.

**Haulover Beach Park** — 10800 Collins Ave., (A1A). A mile and a half of free Atlantic Ocean beach. Fishing and recreation pier, marina, restaurant, picnic facilities, and rental barbeque pits. Parking is 10 cents.

**Collins Avenue** on Miami Beach is dotted with small public beaches on 46th, 65th, 73rd, and 81st streets. All of them have restrooms and most of them have snack bars, too.

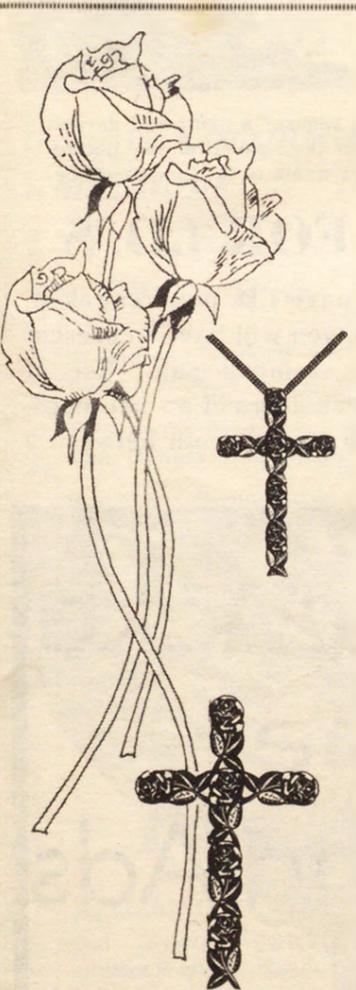
## Beach Act before Congress

Congressman Bill Lehman (D-Fla.) has joined in sponsoring the National Open Beaches Act to guarantee the public's right to access to ocean beaches.

"Miami is famous for its great climate and its beautiful beaches. Unfortunately, beach-front development is now so extensive that South Florida residents have few access routes across private land to the public beach."

"In Florida, the public has won ownership of that portion of the beach between the high and low water mark. However, this victory is meaningless when "No Trespassing" signs bar access to it," said Congressman Lehman.

The legislation, H.R. 2875, would guarantee the right of the public to enter, leave and use the public beaches. It is now before the House Committee on Merchant Marine and Fisheries.



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# Variety of events offered in P.E.

By SILVIA ANDREANI

Get fit and Stay Fit through the recreational activities sponsored for this program in September. Activities are open to all students and faculty members. If you would like to assist with one of the below events or volunteer your help wherever it is needed sign a tear-off sheet on the Recreational Activity Bulletin Board in Thompson Hall and return to Mrs. Neill L. Miller, Box 77.



Mrs. Miller:

## Get fit and stay fit

Friday 12 **FREE FITNESS CHECKUPS** — Blood pressures will be taken, also includes a brief physical checkup.

Time: 10:00 - 2:00

Place: Post office breezeway

Saturday 13 **FREE LEARN-TO-BOWL CLINIC** — For all beginners and intermediates. Register with Mrs. Miller.

Time: 1:30 - 4:30

Place: Bowling Palace, 10855 N.W. 7 Ave., Miami

Sunday 14 **SYNCHRONIZED SWIMMING SHOW AND SUN-FUN-DAY** — The Terr-ettes will perform at 3:00. Day also includes volleyball, ping-pong, and poolside dinner. Open House guests must register with Mrs. Miller.

Time: 1:00 - 5:30

Place: Penafort Pool

Thursday 18 **SPORTS AND RECREATION FILMS** — Various topics are included. All movies are free.

Time: 8:00 - 9:30

Place: Houndstooth Room in Thompson Hall

Sunday 21 **BEACH BLAST** — Be sure to register with Mrs. Miller as food will be provided.

Time: 11:00 - 4:00

Place: Haulover Beach, Shelter No. 2  
10800 Collins Ave., Miami Beach.

Monday —

Friday 22-26 **RESIDENCE HALLS INTRAMURALS** — A sport for everyone's taste and ability.

Friday 26 **DANCE PARTY** — Learn to do the latest dances to today's popular records. Admission \$1.

Time: 8:00 - 10:00

Place: Thompson Hall

Sunday 28 **SYNCHRONIZED SWIMMING CLINIC** — Learn how easy it is to do a Ballet Leg, a Submarine and other easy Water Ballet.

Time: 3:30 - 5:00

Place: Penafort Pool

Monday — Friday 29-3 **FALL FLINGS** — Includes a Fix Your Bike Clinic, Keep Your Car in Tick Instructions and a hanging plant and terrarium display by Mother Genevieve. Get some tips on how to keep your dorm and home plants healthy. Various times and locations will be announced on the Recreational Activity Bulletin Board. Students and faculty members who have an avid interest in a hobby and would like to contribute to **FALL FLINGS** are encouraged to contact Mrs. Miller.

### Interest groups being formed

Interest groups are also being formed for individuals with the same recreational interests. Four groups with advisors have already been formed: Bicycle Group, Bridge-Card Group, Judo Group, Outdoor and Camping Group. If you would like to join others have these interests or would like to establish other interest groups not mentioned, contact Mrs. Miller.

## Insure your bicycle safety

Contributed by  
**CHERISE NORIEKA**

To make sure bicycling stays healthy and enjoyable, every student should be familiar with the rules and regulations designed to insure greater safety.

In 1973, there were approximately 419,000 injuries resulting from bicycle accidents.

Most of them result from personal negligence, but an impressive percentage result from mechanical and structural faults of the bicycles.

The Consumer Produce Safety Commission's revised safety standards went into effect on the first of this year. Here's what to look for when you're shopping.

— **Frame** — must be strong

and yet have enough "give" to prevent separation upon hard and sudden impact. Wherever the frame tubes are jointed, an overlap of materials is required.

— **Handlebars** — should be neither too far apart nor too close together. Stability, which has been sacrificed for appearance by some manufacturers, is the most important requirement. Handle bars must respond to a light touch in order to facilitate steering.

— **Tub tubes** — must not have projections that interfere with the rider getting on and off easily.

— **Brakes and brake pads** — must be of nonslip materials. Hand brakes must respond to a minimum pressure and be within easy reaching distance.

Foot brakes should have a guard over the chain and sprockets.

— **Sharp edges** — all sharp edges, including adjusting screws for seats and other parts, must be recessed or covered.

— **Wheels** — should be attached to the frame securely enough to prevent loss of alignment when subject to sudden impact. Spokes must be secure, but with enough "give" to absorb sudden impact.

— **Reflectors** — must be on front, rear and sides, to meet standards of high visibility.

— **Pedals** — if clips are not provided, pedal must be of rubber or other safety-grip material.

— **Instruction book** — must be given to consumer.

## Woman named to U.N. Assembly

The nomination of Carmen R. Maymi, director of the Women's Bureau, U.S. Department of Labor to be an alternate representative to the United Nations General Assembly has been confirmed by the Senate. She will serve on the U.S. Delegation to the Seventh Special Session and to the 30th Session of the General Assembly.

"I am deeply grateful for this appointment," Maymi said. "It is particularly significant that President Ford should choose a minority woman for this assignment. It demonstrates his commitment and that of his administration to the utilization of women and minorities in policy-making posts."

Maymi, a native of Puerto Rico, has been a member of U.S. delegations to a number of international meetings including the World Conference of the International Women's Year, the International Labor Conference of the International Labor Organization, and a Seminar on National Machinery to Accelerate Integration of Women in Development and to Eliminate Sex Discrimination on Grounds of Sex.

## Enter contest

The National Poetry Press announces its spring competition. Any college undergraduate is eligible to submit his verse. There is no limitation as to form or theme. However, shorter works are preferred by the Board of Judges because of space limitations.

Each poem must be typed or printed on a separate sheet and must bear the name and home address of the student and the name of the college he or she attends. Entrants should also submit the name of their English instructor.

The closing date for the submission of manuscripts is November 5. All manuscripts should be sent to the Office of the Press, National Poetry Press, 3210 Selby Avenue, Los Angeles, California, 90034.



Mother Genevieve has agreed to sponsor a plant and garden club. Members will also help on the upkeep of the Botany House. If interested, submit your name to Sr. Linda's office.

## LAST DAY FOR I.D.'S

Today is the last day to have I.D. pictures taken. To get your I.D. Card issued, you will have to present your brown schedule card stamped paid. Use of campus facilities is limited to holders of an I.D. card.

Remember, today at the Houndstooth between 2 p.m. and 7:30 p.m.

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### LOCKERS

Dragged down by too many books, rent a locker for the year for \$1. Locks included. All lockers are located on the second floor of Thompson Hall. First come, first serve, see Mrs. Mary Ellen Hrutka, Thompson 210.

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