

BRIEFLY

Banking reception to be held

First Union National Bank will be holding a reception for seniors interested in a career in systems development, investment banking or commercial banking from 7 p.m. to 9 p.m. Oct. 17 in Benson 410A.

Second half classes to start soon

All second half classes of Exercise for Health and Lifestyle and Health will begin either Oct. 18 or 19. If you have any questions call Patty Kennedy, the health and sport science administrative assistant, at Ext. 5391.

LEAD accepting applications

Leadership, Application and Development is now taking applications from interested freshmen and sophomores. This experimental learning program of leadership and personal development is offered on eight consecutive Wednesday or Thursday afternoons beginning in January. Applications are available in Benson 311, the Office of Student Life, and Benson 335, the Student Union Office. Applications are due by Nov. 8.

Muslim leader to give speech

The Islam Awareness Organization will attend a speech by the world renowned Islamic leader W.D. Mohammed at 7 p.m. Oct. 18 at the Charlotte Convention Center. Mohammed, who is opening a home office in Charlotte, will speak on "Islam — Growing Pains and Good News in Our Future." Anyone is welcome to attend. Please contact Zaher Silk at Ext. 6326 for more information.

N.C. Democratic party to meet

The North Carolina Democratic Party will host its annual Vance-Aycock weekend Oct. 13 and 14 at the Grove Park Inn in Asheville. The program will feature a keynote address by Georgia's Governor Zell Miller as well as the first forum between Democratic Senatorial candidates Harvey Gantt and Charles Sanders.

Graduate home page goes up

The Graduate Student Association's computer home page is almost ready to go on-line. The organization is now calling for any information (conference dates, other events) that departments would like included in the calendar. Faculty members or graduate representatives may send all announcements to Kathleen Thomason care of the English Department or thomakb4@wfu.edu.

Flu shots now available at SHS

The influenza vaccine ("flu shot") is now available for students and staff at the Student Health Service. Call Ext. 5218 to make an appointment. The cost of the shots is \$8. They will be given throughout the fall semester.

OG&B makes Pacemaker cut

The *Old Gold and Black* has been named a Newspaper Pacemaker Finalist by the Associated Collegiate Press and the Newspaper Association of America Foundation. Forty of the more than 170 college newspapers that entered the competition were chosen as finalists. The judges for the competition were from the *Washington Post*. From the finalists, 20 National Pacemakers will be chosen and announced during the ACP/CMA College Media Convention Nov. 2-5 in Washington D.C.

Irish poet to read selections

Irish poet John Mantague will present a reading of his poetry at 8 p.m. Oct. 24 in Carswell Hall's reading room. The reading celebrates the October publication of his new book, *Collected Poems*. The reading will be followed by a book signing and reception hosted by the Wake Forest University Press.

Carlyle lecture speaker to talk

William H. Gray III, the president and chief executive officer of the United Negro College Fund, will speak at 7 p.m. Oct. 24 in Wait Chapel. The free lecture is part of the Irving E. Carlyle lecture series sponsored by the Student Union.

Professor wins teaching award

James A. Martin Jr., the university professor of interdisciplinary appointments, has been selected as the recipient of the 1995 National Faculty Award from the Association of Graduate Liberal Studies Programs.

CORRECTION

Due to a page editor's error, a story in the Oct. 5 *Old Gold and Black* titled "Tri-delts excel socially, academically," incorrectly described how co-hosted parties have changed.

The article should have said that the Tri-delts are now more likely to ask male Greek groups to co-sponsor a formal party. The new Panhellenic Council rules prohibit sororities and fraternities from having informal parties together.

Due to a reporter's error, the story also said that the Tri-delts were the first sorority on campus. The Tri-delt chapter, which was formed in 1988, was not alone. The campus chapter of the Delta Sigma Theta sorority was also formed that year.

Physicist explains mysterious phenomena

UVA visiting professor's "unmagic show" elucidates physical principles using demonstrations

By MATTHEW COLEMAN
CONTRIBUTING REPORTER

Some of the mysteries of life have always been why roller coasters stay on the tracks, how a pipe organ makes music or how lightning rods work. The strange phenomena of why your car knocks, how rockets work or what plastic really is are also unknown to most people.

Physicist Louis Bloomfield explained these and other phenomena last Thursday night at a lecture titled "How Things Work: Physics in Your World."

In the lecture sponsored by the physics department, Bloomfield patterned his talk after a two-semester course for non-science majors that he teaches at the University of Virginia.

According to Bloomfield, the class is consistently one of the most popular classes offered.

"I take objects the students are familiar with and find the physics in them," he said.

Bloomfield's topics included balloons, roller coasters, rockets, cars, lightning and lightning rods, plastics and pipe organs.

His non-technical presentation used a number of live demonstrations to explain some of physics behind things we use every day.

Bloomfield said he picked the most popular and graphic demonstrations from his class to use in the lecture.

Some of the most spectacular demonstrations fea-

tured Bloomfield riding a fire extinguisher rocket cart, freezing and shattering rubber objects, pulling a tablecloth out from under dishes, and igniting natural gas bubbles. The audience of about 200 people was treated to a night of entertainment, but it was more than a show.

"In contrast to a magic show, which leaves you wondering how tricks were done, this 'unmagic show' explains everything," he said.

Even though much of modern technological society has its basis in physics, many people avoid the subject because of its intimidating reputation, Bloomfield said.

He said that physics can be interesting and fun when people see how it impacts their everyday lives.

Bloomfield earned his undergraduate degree at Amherst College in Massachusetts and then went on to graduate school at Stanford University. He worked at American Telephone & Telegraph for two years before going to the University of Virginia, where he continues to teach.

The physicist has published more than seventy research papers in the areas of optics and atomic and molecular physics. He has also received numerous teaching awards. For his contributions to the understanding of magnetism in atomic clusters, Bloomfield was named as a Fellow of the American Physical Society.

He is currently writing a book that gives clear explanations of physics for people with non-technical backgrounds.



Physicist Louis Bloomfield visiting from the University of Virginia, lectured Thursday about everyday objects in physics

Flu vaccine, Pit nutrition concerns answered

By LILLIAN NASH
HEALTH BEAT REPORTER

The *Health Series* answers student questions about health issues. Send any questions to P.O. Box 7569.

I have heard about flu vaccinations, but is there any benefit to the shot if I am young and healthy? — J.M.

The influenza vaccination is primarily administered to the elderly or those people with long-term health conditions. If you have had to see a doctor regularly in the past year for a nagging illness or have been hospitalized, you may want to consider the shot.

This does not mean that a healthy college student should not be vaccinated. We all know how quickly colds and the flu spread during the winter months, and the minimal \$8 cost of the shot may outweigh the frustration of being sick and bedridden in January, according to Dr. Cecil Price, the director of student health services.

The flu can often last several weeks and involve much more pain, tiredness

and exhaustion than a regular cold.

If you decide to be vaccinated, you must make an appointment at health services. It is recommended that you be vaccinated by late November. If you are not vaccinated, you may prevent catching the virus by washing your hands regularly and keeping your hands away from your face.

The flu shot may be administered sometimes at the onset of flu symptoms; otherwise, your immune system is left to fight the disease.

Why has the Weight Watchers line been discontinued in the Pit? What are the other healthy options? — E.H.

The Weight Watchers entrees were discontinued because they were expensive, didn't sell well, and because Scott Ownby, the director of ARAMARK, was wary of chemical additives that made the food low fat and low calorie.

"I am not slamming Weight Watchers

products at all, but I could never get a concrete answer as to how they were made. It is just like the sugar choice. I would say use a teaspoon of sugar and walk around the block an extra time rather than use Sweet-n-Low or something. ... The fewer chemical additives the better," Ownby said.

The Pit still offers healthy eating with vegetable stir fry and vegetables that are all prepared with vegetable oil rather than butter or animal fat.

ARAMARK is using far less butter and oil in food preparations than in the past, Ownby said. "We hear what the students are saying."

The Healthy Choice meats have been successful in the Benson food court, and those meats are low fat because they are leaner pieces of meat and the fat

has been trimmed off. Ownby said Lean Cuisine frozen dinners may be for sale soon in the Sundry Shop.

Everyone needs to keep in mind that the

body needs fat; an extremely low-fat diet is unhealthy, especially for women. "It's everything in moderation," Ownby said.

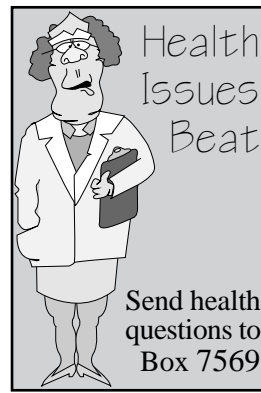
Is it possible to be addicted to caffeine? Can too much be dangerous? — J.F.

Caffeine is considered a drug and health professionals categorize it as a stimulant along with nicotine, cocaine, and amphetamines.

Caffeine causes increased mental alertness, increased blood pressure and respiration, but this drug is highly psychologically addictive. Though there is no chance of physical dependence, caffeine in excess can cause nervousness, insomnia, dehydration, stomach irritation and fatigue.

The greater your caffeine intake, the greater your body's resistance to it, and as you become mentally hooked, you may begin to believe you can not function without it or you may be distressed if you stop drinking cola or coffee.

Fortunately, if caffeine is your only vice, it is rather easy to stop. Your body doesn't need caffeine, but it can be hurt in the long run.



Send health questions to Box 7569

Banned books display helps raise student awareness of censorship

By MEREDITH BOREL
CONTRIBUTING REPORTER

At first glance Howard Stern, Judy Blume, and the apostle Paul seem to have little in common.

But if you have been in Z. Smith Reynolds Library recently, you may have seen books by these three people featured in the banned book display, created in recognition of national Banned Books Week.

Banned Books Week 1995 took place Sept. 23 to 30 and emphasized the celebration of the freedom to read, implicitly guaranteed in the first amendment. The event is sponsored annually by the American Library Association. Caroline Luchsinger, the Library stacks supervisor, organized the banned books display which first appeared across from the Circulation Desk in the library about two weeks ago.

"There is a fine line between saying that something is inappropriate and saying that that item can not be seen at all," Luchsinger said. "The main purpose of this is to increase awareness."

Luchsinger said that this is the second year such a display has been organized, and she is excited about the new aspects of this year's display. Among those are the cages containing Stern's *Private Parts* and Clark's *I'll Be Seeing You*, both of which were featured as books which had somehow been challenged or banned.

The display also features four glass display cases in the entryway which will remain up through the end of October. Two professional banners made by Craig Fansler, who works in the library's bindery, also highlighted the display.

Luchsinger made a point to include several recent

books such as Madonna's *Sex*, classics such as the *Bible*, and children's books such as *Bridge to Terabithia* by Katherine Paterson.

The reaction to the display has been positive and encouraging to Luchsinger. She said the reaction to a Georgia O'Keefe art book was particularly interesting to her.

"I've been surprised at the number of people who have stopped and flipped through that book. I wondered what was going on in their minds," she said.

Luchsinger said she found it fascinating to see whether the fact that a book had been banned repelled people or drew them to it. She also said books containing sexual, racial and religious themes or ideas are those most commonly targeted for banning.

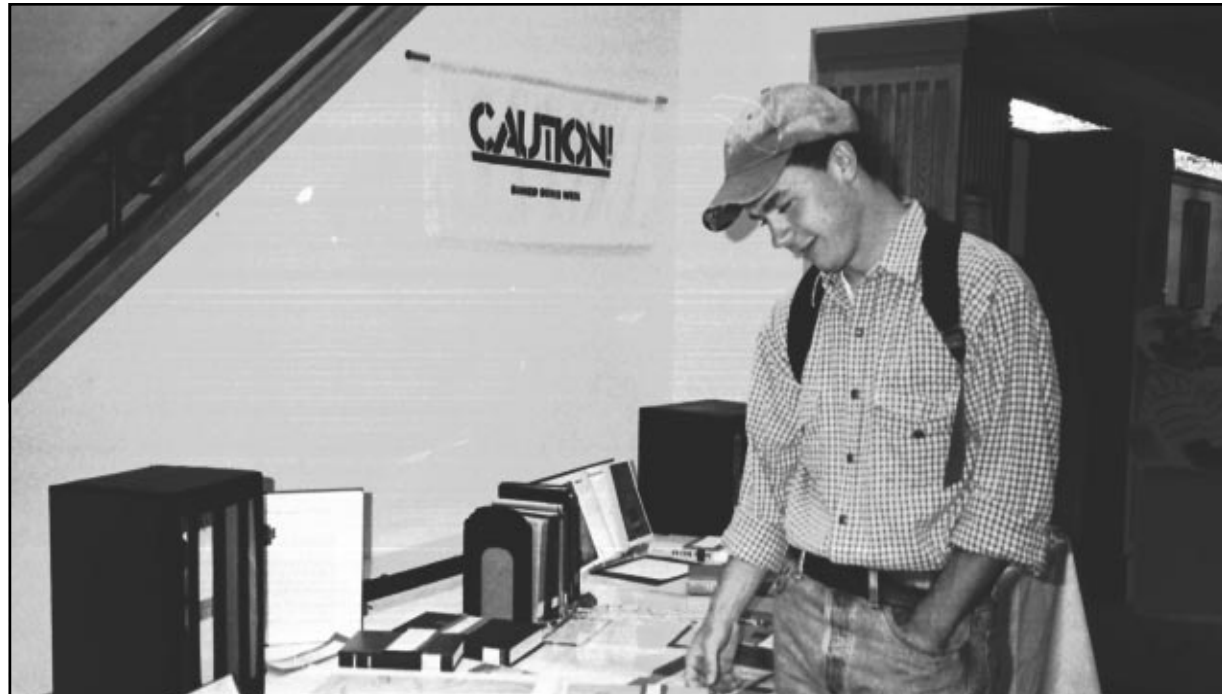
But almost no issue is exempt from challenge. Luchsinger said she was surprised by the banning of the book *Tarzan*, by Edgar Rice Burroughs because "Tarzan was allegedly living in sin with Jane." Many of Judy Blume's works have also been challenged for various reasons, some as vague as "objectionable subject matter." Even the American Heritage Dictionary has been challenged due to "objectionable language."

"This is a sensational issue," Luchsinger said. "Awareness is important."

According to Luchsinger, the display took a lot of planning and preparation. She and Fansler began planning this past summer, and it took two weeks to physically put the display together.

This preparation involved selecting which books to include, pulling them from the library stacks, and actually designing the display itself.

"It was a lot of work," Luchsinger said. "I probably had at least ten student assistants helping me."



Senior Bill Duncan examines the banned book display in the Z. Smith Reynolds Library.

Margaret Feinberg

Debate team cleans house in tourney

By JOE DOBNER
GRAPHICS EDITOR

Lexington, Kentucky, is the home of thoroughbred racing. This weekend, though, it became the home of the thoroughbreds of debate.

Senior John Hughes and junior Brian Prestes cleaned house in the Thoroughbred Round Robin phase of the University of Kentucky invitational debate tournament, going 7-2 overall, losing only to Dartmouth College and the University of Michigan. Dartmouth was second overall, and Michigan was first.

In the Henry Clay tournament, Hughes won the overall best speaker, and Prestes took eighth place. They finished with a 7-1 record. Hughes was one half of the top-ranked debate team in the nation last year, along with Adrienne Brovero, '95.

The question to be debated was whether the United States should increase its security assistance to one or more of the following nations: Egypt, Jordan, Israel, Syria and the Palestinian National Authority.

Freshmen Nicole Runyan and Kristin Langwell won first place in the Preseason Novice Nationals portion of the tournament, and went 6-4 overall. Runyan won fourth speaker among the novices.

"We didn't expect to do well at the beginning of our careers. It was a pleasant surprise," Langwell said. Prior to Langwell and Runyan's victory, the university had never taken first place in the Novice Nationals, and had only finished second seven years ago.

"Langwell and Runyan are going to have a pretty good year. They've got plenty of talent," said Director of Debate Allan Loudon.

Aside from the successes of Hughes, Prestes, Runyan and Langwell, other university teams were stymied when it came to the Henry Clay tournament, the main portion of the tournament.

"We didn't do so good. This tournament is so damn tough," Loudon said. No other teams from the university had overall winning records.

Senior Chris Cooper and sophomore Daveed Gartenstein-Ross and freshmen Andy Geppert and Justin Green both finished 4-4. Sophomore Michael Matos and freshman Clay Rhodes finished 3-5.

Hughes and Prestes didn't have much luck in the Henry Clay tournament, either. They went in as first seed, but lost in a close 1-2 decision to a 16th seeded Wayne State University team in the octafinals.

"They're actually one of the better teams," said Prestes. He said he was surprised that Wayne State had had such a low seed.