

# opinions

The Daily Collegian  
Thursday, March 25

## editorial opinion

### The missing banner: Politics at its best

Politics is a dirty business, and campaigning can be one of the filthiest aspects of it. Witness the overenthusiastic acoustical efforts of the 1972 Committee to Re-Elect the President (Watergate, remember?). And on a somewhat smaller scale, how about the campaign banner advertising a team for an Undergraduate Student Government president and vice president that was mysteriously torn down earlier this week?

Hung high above the Campus Mall between two trees, the banner — which cost \$80 — did not blow away. It disappeared quite neatly, and removing it must have taken a hefty amount of effort.

USG Elections Commissioner Kevin Joyce said he isn't sure who is responsible for snagging the sign, but he doesn't think it was done by anyone involved in the campaign. He hypothesized that it was done as an act of aggression against USG in general, and not against the candidates. But he's still investigating.

Well, let's assume the easily assumable: Some other candidates are responsible for the banner's disappearance. Really now, who else

would want the thing? The official-looking banner was prominently displayed and, in a campaign where many students merely regurgitate onto the ballots the names of candidates with snazzy signs, could have meant a lot of votes for the team. Time to break out the anti-campaign tactics.

Such tactics are, in short, *slimy*. In long, they create some bad public relations problems for USG — students and administrators are shown that people involved, or aspiring to be involved, with USG can behave like petty thieves. Politics at its best.

Beyond this incident lies the general tone of the USG campaign, which has sometimes been no more than an exercise in mudslinging. Many people would find it laughable that USG campaign could create neurotic, juvenile behavior in its participants.

It is hoped, as it is always hoped, that this year's campaign will feature behavior befitting intelligent college students, not White House plumbers. As a high school football coach might say: Let's keep it clean.



## reader opinion

### Popular misconception

Prompted by a recent conversation at a family reunion concerning expectations between men and women of college age, we felt the need to publicly resolve a popular misconception among the majority of male undergraduates at Penn State.

It has become apparent to us that most (although not all) males believe that females cannot be satisfied with a simple, unpretentious lifestyle.

We have been given the impression that guys have been warned that the girls are looking distinctly for permanent relationships and are not the case for most of us. As a matter of fact, most of the co-eds at Penn State are, believe it or not, mainly concerned with getting their bachelor degrees, not their "Mrs."

So guys, if you think you made a mistake, or a commitment, Friday night by coming on too strong to a particular girl at a party or bar — reconsider. After all, maybe what first attracted you to that girl could be a basis for a great... friendship!

Names withheld  
March 16

### Alternate plan

I have seen several different semester plans since the decision to change to a semester was made. To accommodate the numerous labs required for graduation, very confusing plans have been presented. With all of these plans, Monday, Wednesday and Friday become even more heavily scheduled than the present system. This overload will cause a facility shortage.

Our present system does not utilize its facilities very efficiently. Most three credit courses in our present term schedule meet on Monday, Wednesday and Friday. Most multiple period labs meet on Tuesday or Thursday. This causes a classroom shortage on Monday, Wednesday and Friday and a lab shortage on Tuesday and Thursday. Few students or teachers desire to schedule a course that meets on Tuesday and Thursday for one and a half periods as are usually a last resort method for fulfilling degree requirements.

Below is a description of the semester calendar that I was exposed to while at the United States Military Academy between 1978 and 1980. I found this schedule very easy to use.

It has the potential of greater facility utilization than our present system. I call the proposed system a "six-day cycle" semester. With this system, a day designated as a 1, 3 or 5 day would have many courses as a 2, 4 or 6 day. This schedule also eliminates Saturday and holiday classes without "cheating" students out of their entitled 36 attendances per semester.

At the beginning of the semester, students would receive a calendar with the numbers 1 through 6 adjacent to the date. For example, assume the semester began on Thursday, September 1. Thursday would be a 1-day. Friday would be a 2-day. The following Monday, in this case, September 12) would be a 1-day and the cycle repeats itself. A semester consists of 12 "six-day cycles." This could be administered in 14 1/2 weeks, working Monday through Friday only. (The semester would be longer if national holidays were also school holidays.)

The "six-day cycle" provides an equal amount of instruction time as conventional semester systems. In a typical two-week period, a three-credit course would meet five times for five hours of instruction. This is equal to meeting six times for 55 minute periods.

My proposed schedule is very similar to the present one in use. Few changes in course material would be necessary. The major changes are as follows:

- Sixty-minute classes would replace 75 minute classes.
- Three-credit courses would have 36 attendances instead of 30 attendances.
- Labs would have 12 attendances instead of 10 attendances.
- Fifteen-minute breaks would replace 20 minute breaks between periods.
- Seven periods a day would be offered with the first period starting at 8:00 AM.

When Mr. Steel receives his pink slip, he should organize his schedule into the six designated days. Now that Mr. Steel has his day-of-the-week schedule organized, all he has to do is refer to his calendar to find what type day it is, go to school, and... graduate. It's that simple.

I would like to present to the Calendar Conversion Committee more details of this plan if committee members are interested.

William E. Bonneau, 11th-civil engineering  
March 15

### Open-minded

We were quite disturbed at Dan Callahan's (graduate-marketing) criticism of our letter discussing Collegian nutrition misinformation.

Not only do his "facts" show a strangely naive belief in the verity of lay publications and an unfounded distrust of research scientists, but he has also twisted our words and made unfounded accusations against us.

We truly agree that nutrition researchers must be open-minded, but as scientists we must necessarily be skeptical of claims which are: a) untenable from the standpoint of basic biochemical and physiologic processes; and b) have not been tested or have been 'disproven' by acceptable research methods. Anecdotal evidence (testimonials, etc.) and opinions do not constitute proof.

He has misrepresented our statements. We did not dismiss the possibility that active yogurt cultures might establish themselves in the intestine. What we said, reflecting the best consensus of the scientific and medical literature in the area, is that it is unlikely that it occurs to any significant extent. To do so, bacteria must survive stomach acid, strong stomach and intestinal enzymes, and finally compete in the large intestine against huge numbers of previously established bacterial species. This is a far cry from Mr. Callahan's simplistic "bread mold and penicillin" analogy.

If these bacteria survive the digestive process, they may establish themselves in the colon, but are not necessarily of any benefit there. The fact that "these claims are centuries old" does not make them any more true. The world did not turn out to be flat, despite centuries of claims to that effect. In sum, Mr. Callahan's statements show a lack of knowledge of basic digestive physiology, a possibility which might impede his understanding of any literature in this area.

We also did not dispute the fact that there is considerable interaction of nutrition with the immune system. There is no doubt that in many hospitalized patients and starving people, nutrition may have a profound effect on the immune function. What we said, in response to the original Collegian article, is that: a) cholesterol appears unrelated to the immune function; b) increased intakes of vitamins, zinc, or other nutrients should not be expected to improve immune function in most Americans; and c) that the sugar intakes of Americans — though they may indeed be excessive — are not likely to diminish immune functions or liver detoxification capabilities.

In our letter, we fully agreed with the original article in recommending that Americans in general should decrease consumption of simple sugar, total and saturated fat, salt, and cholesterol, and increase consumption of complex

carbohydrates and fiber. Increased intakes of whole grains, legumes, and fruits and vegetables would be helpful in meeting those goals. Clearly, these dietary habits are in harmony with both "traditional wisdom" and hard science. Mr. Callahan completely ignored this in his reporting of our letter.

Callahan suggests that we are industry-funded and that this has influenced our "close-minded" opinions. These are misleading and insulting accusations. We are quite at freedom to express whatever we wish, and there is no compelling reason for us to accept or reject any claims on the basis of quality and quantity of proof which supports or opposes them.

Over the years many popular hypotheses have come and gone in the scientific literature, owing to these criteria. The problem with lay publications is (as he should recognize) that they are produced to be marketed for profits and are under no legal or professional responsibility to discriminate between facts, half-truths, and fiction. Many of the claims in these have been tested and disproven — but remain. To the lay public, a little scientific jargon can go a long way and sell a lot of books and snake-oil cures.

We are open-minded to many new concepts in nutrition and, if they pass scientific scrutiny, would gladly accept them as fact. What we deplore are the unground, unproven, often harmful "nutrition" misinformation and misleading statements which are presented to the public as proven fact or whole truth.

Would Mr. Callahan take all his medical diagnoses and business advice from the National Engineer and Time magazines? We doubt it. Similarly, he and others would be advised to take a more scholarly (and open-minded) approach when investigating nutrition.

Just as one would not be able to judge an accountant's skills without knowing basic math, one cannot easily judge nutrition claims without an appropriate background. Nutrients are not mystical panaceas, but chemicals which act within the principles and constraints of human physiology and biochemistry. It is not magic, but science. Popular belief and wishful thinking have never changed fiction to fact, nor hypothesis to certainty.

David Jason Melia, graduate-nutrition science  
Leann Simons, graduate-nutrition science  
March 23

### Draft the Daiseys

We feel that all the Candidates for Undergraduate Student Government president/vice president

lack a certain quality which would make them an effective team. None of them has done a thing in their other student government job. We have never heard of Barch, Parvinsky, or the others, so they are running a campaign to see who can get students to remember their name the longest. We don't feel this is how our student government president should be selected.

We feel that the candidate with the most experience and action should be elected to represent us, so we selected our own candidates, Darryl and Darnell Daisey. They are the most qualified candidates for USG. The only problem is that neither of them is running for the positions, so we are trying to draft them for it. They are the most well known for their interest in students, and with their popularity in East Hall they have a very good shot at winning the election for USG President.

I think even you (The Daily Collegian) please to admit they should be in that position. Please consider this when you endorse a candidate. Should it be the people who have campaigned well or have done well?

The Committee to Draft Darryl and Darnell Daisey  
March 24

### The American dream

I would like to comment on the substance of Mr. Catanoso's column of March 19. The subtitle of that column was "The American Dream Lives On;" however, the column ended on a downbeat note when Mr. Catanoso concluded that the American Dream is often only just a dream.

Yes, life in America can be a kind of dream. This is a benevolent and forgiving land, where even dreams are enough to sustain a person like the Bill of the column. I have seen many Bills, who take the easy route of dreaming of a goal without taking any action to make it a reality. There will always be those who are content to spend their lives in the air.

Those who wish substantive castles of accomplishment and reward have the opportunity in America to leave the Bills far behind. The American Dream is a promise fulfilled countless times in the past; with intelligence, capability, planning and yes, work, we can make our dreams a reality. I feel no pity for the idle dreamers because, unlike in some other more ruthless Social Darwinist societies, America's largess suffers dreamers the means to live and dream.

Met Delfinger, 9th-advertising  
March 28

## reader opinion

### Fait accompli

Like many in the University community, I was guilty of not paying enough attention to the problem inherent at Penn State of Calendar Conversion. However, now that concerned groups in the University community, specifically The Faculty Committee for Semester Review, have raised their voices, the facts and implications of Calendar Conversion is becoming only too obvious. Penn State may be heading for a disaster that will seriously deteriorate standards of academic excellence at the University.

With Calendar Conversion, the University Administration has presented the rest of the University community with a fait accompli. A bureaucracy is imposing its decision upon the community it is supposed to be part of and serve. If there are Saturday classes, so be it. If there are night classes, so be it. If professors must teach three classes a semester with increased class size, so be it. If deserving junior faculty can not get tenure because teaching loads do not allow them to do productive research, so be it. If graduate students pile deferred grade upon deferred grade and can not get continued standing because of increased class and assistantship responsibilities, so be it. So be it, the decision is made. We must — Only 50,000 more troops. Sorry, let us not get carried away with analogies and syndromes.

Robert H. Rutelich, graduate-political science  
March 24

### Students deserve voice

I am outraged by the fact that the president of this University would make a decision affecting over 80,000 students, faculty and administrators without even listening to the input of those who are going to be affected. It would be a disgrace if the semester change and adjust to it if it was to be beneficial to the vast majority of the students, but as it stands now, the change will adversely affect almost all, if not all, Penn State students.

The negative aspects of the change could be tolerated if the change was being made because the present system was failing, but this is not the case. The term system has been working successfully for over 20 years. None of the reasons stated by President Oswald justify spending upwards of \$50,000,000 of our tuition dollars and seriously hurting the academic careers of thousands of students. I can't accept the reason that the change should be made because other schools have changed, especially when such as Penn State's reputation is not hurt by

the fact that it is on terms instead of semesters. Many students will find it very difficult to graduate under the new semester system, especially those in the Colleges of Engineering and Science because of the large number of credits required for graduation. Students would have to overload their credits which would force them to work harder to keep up, defeating the main purpose of the switch which is supposed to allow students to work at a slower, more relaxed pace. Students who are unable to secure classes, who have to repeat classes would be drastically behind others in their majors and would unlikely be unable to finish with the rest of their class. There is a good possibility that students would have to come back for an extra semester just to take one or two classes they were unable to get. It is unfair to force students to attend Penn State for more than four years. But the alternative of waiving credits would be just as bad because students would be unprepared for their jobs.

All the facts about the semester change should be presented to the students, since the vast majority of the students don't really know how the change will affect them. The students should be given the opportunity to vote on the issue. The one person who is least affected by the change, John Oswald, should not be allowed to force his decision upon those who will be affected without even listening to what they have to say. By closing negotiations, Oswald is admitting he doesn't care what researchers and some (namely, orthomolecular) physicians for a number of years. In Penn State, he has been studied clinically by Dr. J. Ellis (from east Texas) for about 20 years. His results were reported in "A Physician's Handbook on Orthomolecular Medicine." I state this

so that your readers can check my interpretation that a woman who wishes to try B6 should take approximately 50 milligrams daily of the vitamin.

You see, Friedrich did not say anything whatsoever about quantity and this is misleading because the ONLY thing that matters about vitamins is quantity! Virtually all vitamins are found in virtually all foods that have not undergone destructive processing. To say "I got some vitamin 'xyz' today" is to say, in effect, "I am largely ignorant about nutrition." Without 30 milligrams of vitamin C daily, for example, one person in four will contract scurvy, a horrible cellular disorder. The fact that such a person may have had 10 milligrams daily will only, at best, make the onset slower and the condition a slight bit less devastating.

I have never heard of Friedrich's one source, The New Life Health Digest, but I would hope that a nutrition student could do a better study of such a subject than to look at what is probably a popularized, non-scientific journal.

Unfortunately, the American Medical Association (I can say this with the concurrence of numerous physicians, including two of my relatives) and the FDA are so opposed to the ideas that Friedrich has raised (see, for example,

"Symptomectomy..." by R. Cathcart, M.D., in Chem Tech, Feb. 1979) that few journals in the area will even consider articles that study such ideas.

I am afraid, however, that many Penn State students and others who read Friedrich's article will think that if their multi-vitamin has piddling amounts of the nutrients mentioned, that they are doing all that they can for the situation. This is not true because the amount of each nutrient that an individual needs can only be determined by a substantial amount of individual experimentation. In many cases, these needs can dramatically exceed the recommended dietary allowances as decreed by the FDA.

In addition, all nutrients are needed in appropriate amounts in order to achieve optimal effects from any individual nutrient or group of nutrients. It is possible, to some extent, to establish individual dietary needs by medical tests, but they are expensive and may not be applicable for very long or under varying conditions of stress, health, and the like.

In short, Friedrich has provided a service by raising a very controversial issue (to the "experts," but not to anyone who has personally experienced the effects of superior nutrition), but she has provided such poor information

concerning the implementation of her proposal as to make it useless. If the Collegian or its readers would like, I shall attempt to provide useful and up-to-date information and sources concerning this issue. Probably the best place for anyone with a serious interest in applying human nutrition to start would be one of the many excellent popular books of Roger J. Williams, the world's top biochemical nutritionist.

Bill Riesser  
Industrial engineering instructor  
March 18

### Know-it-alls?

I am writing in response to the critique of the Moyer Jewelers so called "sexist" ad which appeared in your Tuesday, March 23 issue. Perhaps in the future, the two know-it-all almost clinical, psychologist should not appoint themselves as spokespersons for the members of the community; moreover, perhaps in the future they should leave it to people who are more knowledgeable as to what constitutes derogatory and offensive.

Edward Lyon III, 10th-political science  
March 24

## Rocky is fishing with Kenny and . . .

Hi, dear!  
So what's new with you?  
I'm making a pot of vegetable soup and your Dad is stretched out on the horizontal (the couch) with the shing (the remote control) watching "Meet the Fries."

Rocky is fishing with Kenny Wilson and Karen is at play rehearsal. Did you know they're doing "Guys and Dolls" this year?

Your dog is laying under the kitchen table — she had a tough day chasing sea gulls at the beach.

Listen, I was thinking today that you really should start getting some resumes out — after all, you are graduating in two months. It's about time you got your duff and did something about it because the day you graduate is the day I cut the purse strings.

But, if you don't find a job, you could always go to grad school, right?

Your father has had it pretty rough these days. I really don't think he's resigned himself to the fact that you're not going to be a tax lawyer.

And when you finally got through to him that being a public service major doesn't mean you're going to drive a SEPTA bus all your life, you went ahead and switched to journalism. But at least that's clear cut.

Karen announced this week that she wants to be a musical therapist. The first thing your father said

was, "What the hell is that?" Karen said she didn't really know, but that she'd heard about it somewhere and it sounded interesting.

Last week she wanted to go into the military. Karen took her SAT's the other day. She said she did lousy on them. But you did lousy on yours, and you got you into Penn State, so I'm sure we'll get her in somewhere. She has her heart set on the University of Virginia or William and Mary, but we'll be happy if we get her accepted at Delaware.



Rosemarie Smith is a 11-term Journalism major and a senior reporter for The Daily Collegian.

out to California and ran around with all those Super Labs.

He can't stand to see your conservative upbringing being shot to hell. The other day he asked me where we went wrong.

I saw Mrs. Harris in the post office the other day. She asked me again if you were going to straighten up and just get a job like her Mary Fran who has a "real nice job" at Shop-Rite. I told her to ask you herself.

We're leaving for Florida on the 4th and will be home the 28th. I don't really want to go this year.

Enclosed please find some spending money. But please spend it on alcohol — I still refuse to fund pot expenditures.

Remember to send your grandmother a birthday card. We'll call you from Florida, collect of course.

Love,  
Mom!

In this changing world, it's nice to know that some things stay the same. Thank goodness.

Rosemarie Smith is a 11-term Journalism major and a senior reporter for The Daily Collegian.

Thursday March 25, 1982  
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The Collegian reserves the right to edit letters for length, and to reject letters if they are libelous or do not conform to standards of good taste. Because of the numbers of letters received, the Collegian cannot guarantee publication of all the letters it receives.

Mail letters to: The Daily Collegian, 126 Carnegie Building, University Park, Pa. 16802. Names may be withheld on request. Letters may also be selected for publication in The Weekly Collegian.

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