

barnard bulletin

VOLUME LXXVII

THURSDAY, OCTOBER 11, 1973



Iannis Xenakis, Greek composer, architect and civil engineer, the first Gildersleeve lecturer for 1973-74, will be in-residence at Barnard from October 29 to November 3. His public lecture, the "Formalization of Music and Thought," will be held on Tuesday, October 30 in Lehman auditorium at 4:00 p.m. Xenakis condemned to death for having fought with the Greek Resistance in World War II, has lived in exile in France since 1947. A citizen of France since 1965, Xenakis is the founder and director of the Center of Mathematical and Automated Music in Paris and at Indiana University, where he is an associate professor of music. Educated in Athens, Xenakis studied music composition with Hermann Scherchen, Olivier Messiaen, and Darius Milhaud in Switzerland and France. As an architect, he collaborated with LeCorbusier in Paris for 12 years. More recently, using probability, calculus, and set theory, he has generated innovative instrumental, electro-acoustic and computerized musical composition.

Tripartite Investigation

CoCo Reviews Own Responsibilities

by Ellen McManus

This is the first of the investigatory reports on the Barnard Tripartite System which was introduced in last week's issue.

Compared to the more clearly delineated duties of the other Tripartite committees, the functions of the Coordinating Council (CoCo) are necessarily more loosely structured and defined, since the council must be flexible enough to act as a

the Tripartite committees do not have to submit all their proposals to the Coordinating Council, however in cases such as this where the issue under discussion involves other committees, such as Budget and Financial Aid, the proposal must be brought before the council.

This question of CoCo's relation and responsibilities to the other Tripartite committees was scheduled to be reviewed at this meeting. A statement of the purposes and duties of the Coordinating Council was reprinted on copies of the meeting's agenda.

The statement itself never did come under discussion at the meeting. However, another issue was raised and discussed which pointed toward a new definition of CoCo's restrictions and responsibilities. It was suggested that minor changes in wording or procedure involving some aspect of Tripartite business be made directly by CoCo without submitting them to faculty vote or student referendum.

The issue in question was the Coordinating Council's Annual Report on the Tripartite Committees. Last year copies were distributed to every member of the Barnard community, in accordance with what is apparently stipulated in CoCo's definitions of its own functions. This wide distribution resulted, however, said CAO Director Claire Fay "in tons of the reports found in wastebaskets."

It was suggested, therefore, that the stipulation be interpreted to mean that the report should be made available to all members of the College, and it was resolved that the report be sent to each member of all the Tripartite committees and

all department heads, as well as being posted in McIntosh and made available in CAO.

In relation to this decision, President Martha Peterson, who presided over the meeting, proposed that a sub-committee be formed to codify which types of questions can be decided by CoCo and which must be submitted to the students in a referendum.

In effect, students and faculty would delegate to CoCo the responsibility of making certain

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Union, Barnard Discuss Economic Contract Issues

College Promises to Negotiate in Good Faith

by Rebecca Waters

In a written statement addressed to the Barnard community this week announcing that the College and District 65 of the Distributive Workers of America had begun discussion on the economic issues of the clerical workers' contract, President Peterson stated that, based on preliminary estimates, the present demands of the union could cost the College a half a million dollars. If, she said, these demands were to be met as they stand, under the College's current budget formula, tuition would have to be increased by approximately \$250.

In a statement responding to Dr. Peterson's memorandum, Sue Costello, the Barnard representative at District 65 said

that "Martha Peterson's figures are ridiculous distortions in an obvious effort to prejudice people against the very legitimate demands of Barnard employees.

"This memo from Martha Peterson to the Barnard community—which has to date been issued only to department heads and faculty—is clearly a play to alienate students from working women by threatening students with a tuition increase. The employees are opposed to a raise in tuition to pay the salaries and will join students to fight against it. If that's the only solution the administration can come up with it certainly reflects unimaginative management," the union statement concluded.

According to the statement from the president's office the Union's initial demand includes "salary increases of 30-50% in the first year of the contract in addition to semiannual cost of living increases."

"The economic issues are of great importance to all of us here at Barnard for they involve the very future of the College and therefore the future of each of us connected with the College," Dr. Peterson's statement continued. "Our educational and general operating revenue comes from tuition (78.4%); from endowment (8%); from gifts (6.2%); from grants (4.3%); and from other sources (3.1%). Since almost 80% of our income is from tuition the students are immediately and directly involved

in the ultimate outcome of these negotiations. If, for example, the union's current economic demands were met we would, under our current budget formula, have to increase each student's tuition by approximately \$250. This particular tuition increase would be without any consideration of cost of living increase or any other

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Freshmen.

Advisor Meetings

by Laura Rosenwald

In response to freshmen's complaints that they have no opportunity to get to know their advisors, a series of informal advisor-advisee meetings has been initiated by several concerned advisors. The meetings are being held at lunch time for small groups of students and their advisors in the Deanery, which is located on the first floor of Hewitt Hall. Every freshman will receive an invitation to one of these meetings in the course of the year.

Ms. Stingle urges all students to attend the meeting to which they are invited. If for some reason a student is unable to attend, she would encourage her to find some other time to drop in and get acquainted with her advisor.



Harriet Mogul

clearing house and liaison between various bodies and factions within the university.

In order to facilitate closer contact with the other Tripartite committees, CoCo this year determined to meet separately with the chairperson of each committee to hear a report on that committee's activities during the past year. Dr. Harriet Mogul of the Health Services Committee reported to the Council at Monday's meeting.

Dr. Mogul brought the Council up-to-date on the health service activities, paying special attention to the changes which were initiated in the health service this year, particularly those concerning the Health Services Budget and the new insurance plan which is being put into effect this year. Ordinarily

Stop Out, Don't Drop Out

by Vicki Leonard and Sharon Schindler

"While school can be a preparation for life, life is a preparation for school," remarked psychiatrist Lawrence Kubie in an article in *Time Magazine* entitled "Stopping Out" two years ago. "Stopping out" is defined as dropping out temporarily from school, in order to gain some kind of new experience. It is becoming an important part of many people's college lives.

More and more students are taking a year off from their education. It's not that they value this kind of learning less, but that they want to get more out of it, by stepping away, and looking at it from the outside. In general students who do, feel that their personal aims are better coordinated with their schoolwork, and they therefore get more out of their work. Most of those who leave for a year eventually come back.

In the past, colleges disapproved of "stopping out" but

today they often encourage it. Students who take time off from school, usually have little trouble getting back in, and many colleges now allow freshmen to delay entry for a year.

But not only students "stop out," a prime example is John R. Coleman, president of Haverford College. He had often advised his students to take time off before graduation, and decided to set an example himself. He spent his two month sabbatical at various odd jobs: working on a dairy farm, digging sewer ditches, washing dishes, and collecting garbage. In an article in *Time Magazine* (9/27/71) he said of his experience, "I just wanted to get away from the intellectual life for a while...I wanted to relearn things I had forgotten."

Attitudes towards "stopping out" of both students and administrations have changed greatly over the past ten years.

Dean Schmitter and Ms. Dobkin of the Dean of Studies Office spoke of these changes in relation to Barnard. Ten years ago during the 1963-64 school year there were 40 students on

leaves of absence. This year 85 Barnard students are either studying abroad or "stopping out." Professor Schmitter is in favor of the idea of taking time off but feels that "It depends completely on the individual. For some people it's the best step in the world, for others it's only negative."

Ten years ago, when someone left school for a year, they "left for much more clearly defined reasons," said Professor Schmitter. In general, those who left did so either because of illness or because of academic problems. Ms. Dobkin feels that this may have been because of parental attitudes, and because "the idea of a female student supporting herself was hardly the accepted norm."

If a student took a year off for academic problems, she was often told to do so by the Committee on Programs and Standing. She would then get a job, work for a year, and return with her employer's recommendation. This is no longer the standard, and more con-

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Stop Out . . .

(Continued from page 1)

sideration is given to the individual.

The feeling was expressed by Ms. Judith Smith, Barnard '62, that a decade ago "not very many people even thought about taking a year off." She said, "we went right along with everything . . . people were more interested in hurrying through college, even finishing early, to have spare time. No one seemed bored or without direction, and we all found our outlets in New York. Many of the things that students now take a year off to do, we did in conjunction with our schoolwork. This was because if you took a year off from school, the fear of not returning was very real."

Ms. Susan Fellman (Barnard '65) was in agreement when she said "Barnard gave you freedom outside school, the ability to be independent." Many were satisfied with activities they were able to incorporate into their academic lives. Ms. Fellman did have a positive view of those students who took a year off. "Everyone grows at a different pace. College hits you hard, and time off gives one a perspective."

Today, not only are students more willing to make changes, but have more flexibility in which to make them. They feel free to seek out their own patterns. There need not be any set formulas.

Bulletin conducted interviews with several Barnard students who have taken a year off to either work or travel. All those interviewed had positive feelings towards "stopping out".

Rebecca Waters, now a senior, took time off between her sophomore and junior years, and worked in London. She noted that, "It's up to the individual student to make her four years

worthwhile, and give direction and shape to what you learn at college. I wasn't prepared to handle college work my first two years. I wasn't in control.

"My freshman and sophomore years were fairly useless. I had a good time, but I didn't do terribly well. I felt as if I was floating through college, unconsciously."

"At the end of my sophomore year, when it was time to declare my major, I felt literally as though I were being pushed along, I felt as though I had to dig my heels in and stop this rapid acceleration. If I'd continued without interruption, I'd have gone through two more years without knowing where I was going."

While in London, Rebecca worked as a temporary secretarial employee for the Keystone Employment Agency. "They farmed me out to various places, and I got to know London pretty well, since I moved every two weeks or so."

"My only qualification was that I could type. I couldn't type well when I started, but I learned fast. The work was real drudgery, but it never depressed me. It was a real experience."

"I earned about sixteen pounds a week, which was very good really. Temps usually earned more than the regulars, so we were never supposed to discuss with them how much we were getting paid. What I made was really just enough to live on. What they do is allow you to earn enough to live on, and stay healthy, so you can keep on working for them."

When asked how she fit in with the people she worked with, Rebecca asserted that she "was most definitely out of place, because in England, from the time you're eleven, your work is cut out for you. College students

there just don't take a year off and work at being something like a typist. I used to want to avoid the topic of my background, because it was such a novelty. It got to be embarrassing."

In conclusion, Rebecca said that the experience of taking a year off was a great help to her.

"It was the best thing I ever did. I came back convinced of the worthwhileness of college. It wasn't that I went out into the big world to see what life is like without a college degree, it was just the whole idea of being removed from college life. I came back determined to work as hard

as I could, and always be on top of what I was doing. I had to step back and think about what I wanted from life."

Katherine Gormley (Barnard '75) also took a year off, and felt the same as Rebecca in that it was the best thing she ever did.

(Continued on page 3)

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April 8 1974	April 9, 1974
May 6 1974	May 7, 1974

... Don't Drop Out

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"At college I was totally without direction. Everything was going too fast for me. I realized that four years is really a very short time, and I wasn't getting as much out of that time as I could. Before I left, my grades weren't terribly good, but I came back raring to go, and I've been doing much better in my work."

Katherine also spent her year away from school, abroad, in Madrid. "I went to Spain and lived with a family, without the express purpose of going to school, but ended up going to the University of Madrid, for about six months. I had wanted to live by myself, but you can't really do that in Spain, because then you're considered an outcast. One of my Spanish teachers at Barnard found the family that I lived with for me. They had twelve children, so when they had a family reunion, it was really something."

"My first job was teaching English at an academia. When I first got there I didn't speak Spanish fluently, but I didn't need to because I only taught in English. I taught a lot of lawyers and engineers, which wasn't easy because as you get older, it's that much harder to learn a new language. It was so funny to listen to them try to pronounce the English words, but I couldn't laugh at them, because I was the

teacher."

"The job at the academy only paid about a dollar an hour, so I quit that after a while and advertised in the newspaper as an English teacher. I stretched the truth a bit, by saying I was a professor. I also pretended I was English, because the Spanish don't like Americans very much. The teaching was very nice, most of my pupils were rich kids, and I taught them in their homes. One thing that made me very angry about that though was that some people would only let me in the servants' entrance."

In addition to teaching English, Katherine translated letters for lawyers, and did a little modeling. "Model is really an exalted term for mannequin. You just stand there while they drape you in various clothes."

When asked how she felt about coming back to Barnard after her year away Katherine commented that "coming back wasn't at all strange, or difficult, because after being away, I found that I was a much more adaptable person. I was glad about getting back because Spain was getting to be a little too much for me, but I miss it a lot and would like to go back for a visit."

"At first my parents hadn't wanted me to go, because they were afraid I wouldn't come back, but the only thing to do is to go back. You have to work

within the system really, but at least you can bend it a little."

"I didn't think about it when I left really, but I just knew I wasn't going anywhere, so leaving for a while was the best thing in the world for me. Every day was totally amazing."

Kate Chambers, a Barnard junior, speaking about her leave of absence, said: "I took a year off because I was transferring out of my school but I didn't know where to...so my parents suggested I take a year off. I applied as a transfer student to schools for 1972. Then I went off to Aspen, Colorado which was really a shit thing to do. It was really because my parents were really protective and wouldn't let me go overseas for the year or somewhere I could really feel involved...they thought. You see, they have this ethic where if I could ski or get into athletics... well, they had visions of me going off to Fort Lauderdale because I wouldn't be descending into the real world if I went to a resort town."

Kate then went on to explain that, upon accepting her parents wish for her interest in sports, she became a cocktail waitress. "I lived in a cabin nine miles out of town, so the first day I went looking for a job...got dressed in a short skirt, looked like a cheerleader, and drove into Aspen to trot around...oh God, it was such a sexist thing to do...but I didn't have much trouble finding a job. I told the guy I was 21 and had a job as a waitress, though not much experience with beverages. It was embarrassing the first night when I didn't know a scotch on the rocks from a scotch and soda. I worked as a 21 year old cocktail waitress at the tender age of 18. The guy there never made me fill out a job application or give my social security number. It was such a shady place I couldn't believe it!"

Asked what kind of town it appeared to be on the surface, she replied "It's the town of divorce...either a person is divorced, is getting divorced, or wants to get divorced. The town itself is very young—a resort town, catering to tourists, relatively young athletic

tourists. People running the establishments are mostly between 30 & 35. The town, it's definitely on the run."

One's salary was definitely up to the individual. "Pay was only \$1 an hour. Tips were what you survived on...I made about \$30 a night, \$6 from the management and \$24 in tips."

Being physically fit did come in handy, as she continued: "I really had to handle drunk resort people...People definitely come to resorts to de-inhibit themselves. The management was not helpful at all...it was terrible. The boss was so passive...Oh, I should say that they requested us not to wear a bra...well, they didn't come right out with it. During the interview when I knew I had the job, the boss said "By the way, we have a policy here, all the girls are very natural"...which meant no contrived hairdos or bras. I told him that for medical reasons I could not go without one but assured him I would get a very inconspicuous one...that boss only bothered me once, then went on to new material."

She is "glad" she took off because "it afforded me experiences which I feel helped me mature. Ironically it made me extremely cynical towards people and the social custom of being young and wealthy. What was so sinister was that those people were the people I wanted to be—the young, beautiful, lawyer-doctor, professional types...independent, not overly materialistic. But they were extremely self-centered and devoid of character. There was no plausible purpose for their labors...all their lives they worked for money to enable them to ski their lives away...life had no other meaning."

At that time, she realized that she seemed to be the happiest at school, "the idea is that at least, studying enables one to learn things worthwhile. This in itself is exciting and inspiring."

She says that she has modified things slightly about the usefulness of an education. "It's incredible that lawyers, like my boss, will prostitute themselves as a restaurateur, groveling for money...acting stupid or condescending or pleasant when the customer demands." Commenting on its overall positive effect, Kate concluded "It showed me what I didn't want to become. If given the chance again, I would have wanted a definite project in mind My year

was out of desperation...but it raised my consciousness and alone made me a feminist."

Nadine Feiler, also a Barnard junior, is in agreement with this point when she says: "After working, I became more militant. I was planning to take a leave of absence, but it didn't work so I temporarily dropped out...did some repertory work, babysat for my sister after I used my savings up...looked for a job with no luck, I really freaked out...just hung around campus when all my friends went back to school. Then I got the flu...went home, came back and got a job the first day...with a publishing house. I worked with college students. After I came back, everything fell into place and I realized I had expected too much of myself."

What was the significance of the event to the whole experience of working? "Working was such a totally different experience. I felt that I was part of New York and felt I had to do something about the city if I didn't like it. I found it also true that the women with whom I worked, those with families, really bitched about the city just like me...but we really found some great things here...a lot of cultural things here, free things. I was making money but I found great things for free, movies and concerts in the park."

"Psychologically, it was tumultuous and I wouldn't want to go through it again, but it was necessary that I go through it once...suddenly I was totally without identity. I didn't feel I was a 'worker.' For twelve years, you depend on your role as 'student.' Even in college you rely on that. All of a sudden, it was September, and all my friends were going back to school and I had no self image..."

Nadine went on to say that, presently, she is more serious about her school work. "I'm much surer, definite about my plans, not so much changed them as solidified them. Work provided an order in my life...I had an apartment, felt to be part of the neighborhood. All of the shopkeepers knew me...I felt a responsibility for NY...not, like the student, that I was just 'passing through.' When I worked, I put money into the system and really got something back."

"Emotionally, it would have been bad no matter what...but academically, it would have been a total loss...now education seems more tangible and its taking me somewhere."

Lisa Geenbaum, a Barnard junior, also spoke of her year off: "I took the year off for a break. The year begins to snowball and suddenly you're committed. I felt single tracked...or just walking down a road: go to school, go to school, work. My parents moved to Heidelberg, Germany, so I went over...I could rely on it as home base. I lived with my parents for a while and I went to school at the Sorbonne in Paris."

Lisa enjoyed going to school abroad. "I should tell you this: you can go to the Sorbonne or to school in Heidelberg (at the beginning of October or March) and register for courses on the spot. The method of teaching French, for example, is very much like at Barnard...very academic. In Heidelberg, there's

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Printed by Enlightenment Press, Inc.
148 W. 47th Street

Housing Neglect: Rats and Roaches Move In

The unfortunate difference in the quality of college life for the commuter and the resident is a familiar topic of conversation at Barnard. Ideally the College should be able to house all its students so that each may achieve that integration of experience important to the lives of college students. It goes practically without saying that Barnard should always try to allot a substantial amount of money toward the expansion of its housing capacity. In these times of inflation and other economic strains on the College however, it is unlikely that such urgings will be met with other than stares of incredulity.

One area of the housing question however, demands attention and without question must command an important part of the Barnard budget—that is, the proper maintenance of the housing Barnard does have right now. It is difficult enough to live and study in New York City without having Barnard College dorms be as dingy and infested as the rest of City housing.

Brooks, Hewitt, and Reid get no younger with the passing years. '600,' '616,' and '620' are already much too dark, dreary and depressing. Columbia dorms, to the disgrace of that college, are with a few exceptions, virtual slums. And now, Plimpton, the youngest and in many ways the cheeriest of Barnard dorms, is going the way of all New York buildings. Two years ago there wasn't a cockroach in Plimpton. Now every floor has an ever increasing number of the abhorred insect. Last week, a woman on the seventh floor was interrupted as she studied by the appearance (out of the radiator) of a rodent that made himself very much at home in her room. Whether or not it was a mouse or a rat (reported sources feel it was a young rat) is immaterial. It is reported that in the quiet of the night one can hear these creatures scurrying through the nooks and crannies of the building.

Every year the walls and kitchens get stickier and dirtier with the results that students care to live there less, and if they do live there, care less how they leave their suites.

That students take care of their living places is imperative but wear and tear is inevitable with the constant occupancy and constant turn-over of residents in every Barnard room. The College must, without question, spend money to maintain its dorms. They must be regularly and thoroughly cleaned and painted, and housing improvement should never be an area where skimping and saving is thought appropriate.

No matter what good teaching and learning go on in Barnard's classrooms, if students must live in bug-ridden, depressing rooms no amount of intellectual enlightenment will see them through their studies.

RESOLVED BY STUDENT REFERENDUM

1. That the Admissions Committee of the Tri-Partite Committee System of Barnard College as established in 1970 be abolished.

2. That the purpose and composition of the Admissions Committee be re-defined as follows:

PURPOSE: Studies and makes recommendations to the Director of Admissions and Director of Public Relations on admissions, policies, publications, procedures and student recruitment.

MEMBERSHIP: Two representatives from the Admissions Office, alternating among the three officers of Admissions, one representative from the Office of the Dean of Studies, one representative Public Relations Office, two faculty members, one Group I (Humanities) or Group IV (Languages) and one from Group II (Natural Sciences) or III (Social Sciences) appointed by the Faculty Executive Committee, one of the faculty members must be a member of the Board of Readers of Admissions Folders. Four students elected by the student body representing each of the four classes of the College.

In the run-off election for the third position on the Women's Center Executive Committee, Liz Neidetz was elected to represent the student body.



Grand Final — New England College Women's 8

Crew Rows in Dire Straits

by Allison G. Kassig

"Once you get out at 5:00 in the morning, in a small fragile boat on a gigantic expanse of water, you can't quit...Rowing gets to be an obsession." Linda Kartoz's words are echoed by Shelia Dugan, captain of the Barnard Crew Team. "Crew is the kind of sport that people plan their lives around. I've only applied to graduate schools that have crew teams."

Now entering its third year, the Barnard Crew Team is making a dedicated effort to be taken seriously. The team was begun in the fall of 1971. However, in the spring, the team canceled each of its scheduled meets at the last minute. The next fall, Columbia denied Barnard the use of its equipment after Barnard accidentally broke a \$2500 boat. This year's team has great enthusiasm, and better relations with Columbia, but is burdened by a dearth of funds and facilities.

"Crew has always been a man's sport. Although in Europe women have been rowing for years, it's really gotten big in the U.S. only the past year," Shelia said. She noted that only one event may be added to the Olympics with every session. After Munich in 1972, women's crew was added. The first Olympic competition will be in Montreal in 1976.

Gus Constant, a former national crew champion, is one of the pioneers of women's crew. He coaches at the Vesper Boat Club of Philadelphia (which is the crew capital of the world.) Shelia said that *Sports Illustrated Magazine* evaluated the training of women at Vesper as being as rigorous as that of any men in the country. Last summer, Sheila and Linda trained at Vesper in a free program subsidized by the men's program there. Sarah Lohwater, the only original member of the team still rowing here, joined them for part of the

summer. "At Vesper we learned to row in all different types of boats, using two oars, for example instead of the one we use here." Their training also included lifting weights, and running.

In the winter, Barnard's crew team will pursue the same program of lifting weights and running, and rowing the simulated shell which remains stationary in a tank in the cellar of Low Library. Now, each member runs up ten flights of stairs thirty times a week. Every weekday morning the fifteen members of the team take the subway uptown to the Columbia boat house on the Harlem River. "We get there at 6:15 and row as soon as it gets light." Their coach, Paul du Pont, goes out in a launch to supervise. Since Barnard has only one "four" (a boat holding four rowers plus the coxswain, who steers and acts as coach) only four members of the team can go out at once, so the

(Continued on page 8)

Letters: Union Sisterhood

The Barnard Chapter of District 65 has presented feminist demands that are new in labor contracts. The College has so far rejected or ignored most of these demands and bargaining promises to be tough. Being small and being new we had the feeling that we were alone in our contract demands and being first we felt a little shaky.

But we have found that we are not unique in our struggle. Women in unions across the country are getting together. At a meeting in Washington last week women from unions such as ACWA, UAW, AFL-CIO, AFT, AFTRA, AFSCME, IUE, ILGWU, Teamsters, 1199 and District 65 met to discuss our common problems as women and unionists. This is part of the formation of the Coalition of

Labor Union Women, who are planning a national conference in Chicago next March. Their statement of purpose adopted in September reads "...to bring together women trade union members to deal with our special concerns as unionists and women in the labor force...In an inter-union framework, the Conference would consider positive action in the areas of equal pay, equal rights, adequate maternity benefits and child care, equitable hiring and promotion practices, adequate minimum wage, upgrading and affirmative action, organizing the unorganized women workers and equitable representation of women in union structures and policy making positions."

There are some 137 unions in the United States which can be expected to attend. Using the unions as a base, women have the opportunity to build for themselves a powerful and respected place in the country. The Barnard employees don't feel quite so alone anymore and our fight is made easier by the support of hundreds of

thousands of other union women. Organized sisterhood is powerful.

Sue Costello
Barnard Representative
District 65

Four Letter Words

Dear ladies,

The Barnard Bulletin of September 27th, 1973 under the Women's Collective Newsletter contains an article by a Miss Jean Lichty using several times a four letter word. You invite comments or suggestions.

It certainly is Miss Lichty's privilege to use any language she likes but I should think the editors would have had the good sense to pencil it out. Being educated at a fine school like Barnard surely includes a sprinkling of taste and judgment.

With best wishes,
Marie Evans
(Mrs. Joseph E.)



Continuing the series of articles on the traditions of Barnard College, next week's BULLETIN will contain another Zweig spectacular on the atmosphere of intellectual excitement at Barnard in the first half of the century.

WOMEN'S COLLECTIVE NEWSLETTER

In sisterhood: Anne Caplan-Weltman, Jennifer Fox-Shults, Mary Graves, Jean Lichty, Rosalyn Richter, Kim Scheppele. Published bi-weekly.

Columbia Football Fumbles

It's not whether you win or lose, it's how you get into the game.

Barnard women who have tried to get into a Columbia football game this season have undoubtedly noticed that they must pay a price for their independence if they attend without a male escort.

While individual game reserve seat tickets cost a Barnard student \$6, the same seat only costs \$4 if she comes on the arm of a Columbia College man or an undergraduate engineering student. Meanwhile, her date flashes his \$2 class card and gets into the game for free.

Although this is only one instance where the class card, unavailable to Barnard students, reigns supreme, the discrepancy in price between the independent woman and the "attached" or "accounted for" woman is inexcusable.

With this policy, the University is, in effect, saying that \$6 isn't too much for a woman to pay for herself, but when her date has to pay that price, it's asking too much of him.

A spokesman for the athletic office, when asked about the rationale behind the difference, said simply, "Every university does things its own way. Here, that's the way they've decided to do it."

Healthy Curiosity Means Healthy Bodies

Four weeks ago an article I wrote about giving a self-help demonstration appeared in BULLETIN. Since then several people have commented to me on the article, commonly saying "I think the demonstration is a good thing but I don't see how you could get undressed in front of people" and maybe a good natured joke about being an exhibitionist.

My decision to give these demonstrations, I usually explain, was precipitated by two events. First, a good friend of mine remarked one day last spring: "Mary, I used a tampon for the first time yesterday. Aren't they great." The second incident was hearing a Columbia student talk about his fourteen year old sister who had a vaginal

infection and refused to go to a doctor, telling her mother "just get me some medicine to put on it."

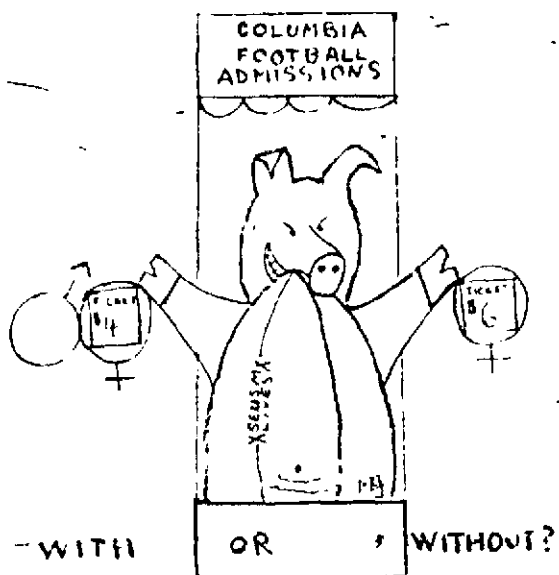
These two incidents brought home to me the prevalent attitude toward the vaginal area and the result of this attitude: a very abstract knowledge of one's body. I was angry that this attitude prevented people from being openly curious and discussing their genital area.

At the same time I was participating in an *Our Bodies, Our Selves* course which was a collective effort by several Barnard students to gain an understanding of our bodies. The course had difficulties. Firstly, it is difficult for an individual to get hold of understandable, reliable, medical information. I spent

several hours at the P & S library checking out books to present a talk on vaginal infections and cancer and found myself swamped in medical terminology about rare cervical cancers. Secondly, the group had difficulty operating collectively, and teaching each other.

I was also attending Health Service Committee meetings, hoping to somehow better understand how information is disseminated, and become involved in the dissemination. But the nature of the structure of the Health Service prevented that. You can hope (yes, hope) that you'll be listened to and your recommendations acted upon but you cannot be personally responsible for the institution of change. Dr. Mogul receives a

(Continued on page 8)



Although, he noted, he had only been here for a few years, he said that it wasn't student pressure which originally lowered the price for attached women.

"It's just University policy," he said. He added that all students of the University, with the exception of the College and the engineers, spend the same price for individual game tickets as if they were not affiliated with the University at all.

He denied that it has anything to do with who pays for the athletic budget, adding credence to the argument that the decision to let in class card holders for free is purely arbitrary, as is the decision to give class cards only to those privileged few. While

the class card debate and the standard price of football tickets are not purely sexist issues, there can be no doubt that the reduced price for women accompanied by men shows a reckless disregard for the rights of women as individuals.

Subsidizing the traditional dating system to the point where independence is actively discouraged by the institution with which we are all affiliated shows blatant insensitivity for the problems which women face continually—just trying to achieve some sort of identity in a male-dominated world.

A more symbolic place to defend a woman's right to independence would be hard to find. Football cartoons usually

Fed to the Lions

Men and women dance together. Women dance with women when there are no men around or they are tired of waiting to be asked. There is an unwritten but ever-present code of behavior for men and women at dances. A few minutes in the Lions Den reveals this code and the roles it produces. One step inside and one can virtually feel the stares and occasionally something more finite. Everyone dancing is in a couple and people without partners stand and wait. Whenever custom is flaunted, there is a negative reaction. A woman who asks a man to dance often encounters surprise and ridicule. Two women can't dance together without being interrupted by men.

Women's dances are free from this usual dance atmosphere.

They create an environment that encourages spontaneity and freedom from usual dance restrictions. The pressure to be in a couple is minimal. No one waits to be asked; women dance alone, together or in a group. Women are generally less self-conscious when no men are watching. There are none of the usual subtle pressures to dance well, look good, and conform. At Barnard, women attend classes together, eat together and live together. A women's dance provides an opportunity to socialize and relax together.

People tend to think that you have to be a feminist or a lesbian to attend a women's dance. You don't. You just have to be tired of being fed to the lions.

Jennifer Fox Shults and
Ann Caplan-Weltman

Women's Events

- October 13 - A District 65 Support Meeting, McIntosh Lounge, 7:00 p.m. Anyone wishing to support the demands of District 65 of Barnard or to become familiar with the demands should attend.
- Women's Collective Meeting, McIntosh Rear Lounge, 5:30 p.m. All Women welcome!
- Washington Regional Recruitment Conference for Women, Georgetown Law School, Washington, D.C.
- October 14 - The Jobs and Lives of Working Class Women, Synod House, 110th and Amsterdam Avenue, Noon.
- October 15 - Gynecological self-examinations in the Women's Collective office, 106 MacIntosh, Noon.
- October 17 - Poetry readings for and by women, Women's Center, Noon. Bring your own poetry or just listen!
- Oct. 24, 25, 26 - Women's Studies in Post Secondary Education, Hilton Inn, Tarrytown, New York. Both Annette Baxter and Catharine Stimpson are scheduled to speak. See Women's Center for more details.

Announcements

Any women interested in joining a consciousness-raising group should contact Ms. Cusz, TR 1-6958 during the day or Ms. Swait, 595-8456 in the evening. Their group is looking for new members. It meets on Tuesdays.

The Women's Collective is trying to set up basketball games on Friday afternoons and football games on Sunday mornings. If you are interested, stop by the Office, 106 McIntosh, or come to a Collective meeting, Thursday evenings (6:00), in McIntosh Rear Lounge.

If you have any events for the Women's Events Calendar, contact Jean Lichty at X4986.

Women's Poetry Pleases

I've always thought of poetry as something esoteric and not really concerned with practical things. When it was announced at the Women's Collective that there would be a poetry reading, I admit, I was skeptical.

I walked into the Women's Center prepared to find that I wouldn't like the poetry reading. I soon realized that no one there cared about the form of the poem the meter, or the number of lines in a stanza. Women were discussing how they felt about the poems and what they meant to them as women. The important thing about the poems was not how the poet expressed herself but what she was saying. Maybe, I thought, poetry isn't so bad after all.

Besides being introduced to a different way of looking at poetry, I feel I'm getting the chance to read the poetry of women like Adrienne Rich and

Sylvia Plath, women whose works are not normally read in literature classes.

I still cannot see myself sitting down and picking up a book of poetry. Right now, I feel I enjoy the discussion of the poem as much, if not more, than the actual reading. The value of the discussions can be seen in the remarks of one woman who came to the readings last week. On first hearing one of Sylvia Plath's poems, she reacted quite negatively to Plath's description of her baby. After we discussed the poem she said "You know, that's really beautiful after all." I am also beginning to feel that poetry, especially feminist poetry, is "really beautiful after all."

Rosalyn Richter

(Poetry readings take place Wednesdays from twelve to one in the Women's Center)



The Feminist Sing-out of the 1973 Barnard Spring Festival was another activity sponsored by the Women's Collective. If you are interested in working with other women in projects such as these, come to our meetings Thursdays at 6:00 p.m. in the Rear Lounge of McIntosh.

Kissin' Don't Last — Cookery Do

by Rebecca Waters
and Ellen McManus

(and a Bulletin team of culinary experts)

"The spirit cannot endure the body when overfed, but, if underfed, the body cannot endure the spirit."

St. Francis de Sales

Tradition has it that "man does not live by bread alone." In college life however, it becomes patently clear that neither can men and women live by books and study alone. Amid the intellectual and social pursuits of the student body the mundane fact remains that the student, like the rest of the population, must eat. Food, and how and with whom one chooses to prepare and eat it, not only reflect the state of mind of the student but also create the way in which the student approaches her college life. The choice of eating habits of each individual student lends order or disorder to the life of her body and of her mind.

Students, for the most part, come to college out of 18 years of family life in which traditions of the time and style of, especially, the evening meal, play a large part in the organization of that family life. When she arrives at college this order is thrown into limbo - and even chaos - until the student can establish for herself the way in which she will order her own gastronomic existence. Indeed, in many cases, the "dinner hour" arrives every evening much to the surprise of the student. How to fill one's stomach with a semblance of concern for nutritional values often becomes an inconvenient burden to be overcome with simply as much expediency as possible.

Among students, breakfast is most commonly disregarded as a proper meal, much to the despair of doctors and dieticians. For lunch one can grab some french fries or a dish of cottage cheese, whichever is nearer to hand. It is dinner, then, that is the primary source of nutrition and daily life organization. For Barnard students it would seem there are generally three ways of acquiring the important evening meal: cafeteria eating, cooking in individual dorm rooms and cooking in suite kitchens.

In Hewitt cafeteria meals are planned. There are specific menus and specific times so that nutritional food is available on a regular basis if the student cares to avail herself of the facilities. This system has the advantages and disadvantages of a more regimented style of eating. In Columbia dorm rooms the choice of food is left entirely to the student but often because cooking facilities are so poor, nutritional value is sacrificed to convenience. In the suite situation the student has the most freedom. The choice of food is again up to the student but because an equipped kitchen is provided in every suite the student, if she has the time and energy, can provide herself with a nutritional meal suited to her own tastes.

Cornucopia A La Hewitt

Most Barnard students are introduced to college eating life through Hewitt cafeteria. Almost all freshman residents live in the Brooks-Hewitt Reid complex where subscription to the meal plan is mandatory.

Hewitt cafeteria serves 15 meals a week and caters to approximately 500 students per day. The food made available to the students is selected by the dieticians to provide balanced meals.

Students, however, are allowed to make their own choices concerning variety and quantity and they are often guilty of poor selection. Weight conscious students, for example, tend to neglect carbohydrates entirely. Ms. Gordon, Hewitt dietician, explained, "Many students have a misconception of what weight consciousness really means. They think it means starvation. They tend to forget the energy giving foods in favor of the flesh-forming foods, which means that for energy the muscles are broken down. That is not the intention of a well balanced diet." Students not watching their weight often tend to make even poorer

nutritional choices, using taste as their main criterion.

Ms. Gordon stressed that the food items available in Hewitt are selected to give students three balanced meals a day, if they will only make their choices wisely. At least two meal items are provided each day, plus salads, breads, vegetables and desserts. The menu for each week is planned by Mr. Lavoie, the head Hewitt dietician. The menu is coordinated around providing all the necessary protein, carbohydrates, fats, vitamins and minerals, plus ruffage and liquids in every meal.

Students, however, tend to blame the food service for nutritional deficiencies in their diets, claiming that no matter how selectively they eat, the food value is so poor to begin with that a nutritionally balanced diet is impossible.

A Barnard junior claims, "It's disgusting. The quality of the meat and fish is so poor that I don't even taste it anymore. I turned vegetarian but not by choice. They should provide you with an alternative."

A Columbia sophomore says, "The meals are very inconsistent. It is always feast or famine. I don't think you get enough protein unless you go back for seconds or thirds. It's a big improvement over eating in Carman, however."

Bellyaching

Students with valid complaints do, however, have an outlet into which they can channel their hostilities against the food service in a constructive fashion. There is a food committee in BHR, to which each floor elects a representative. According to Ellen Gianninardo, the representative from Hewitt, the food committee is relatively non-functioning, at the moment, since to her knowledge they have only met once. The individual members of the committee, however, have accomplished quite a bit on their own, she says, by transmitting student complaints and suggestions to Ms. Gordon or Mr. Lavoie.

"The food service seems to me very receptive to student complaints and suggestions. Both Ms. Gordon and Mr. Lavoie are dieticians and have degrees in nutrition. They both seem to know a lot about food and nutrition in general."

A few student originated suggestions which were implemented into the food service are the provision of Sweet & Low, honey, yogurt, brown sugar, wheat germ and granola, and the addition of more concentrate into the orange juice.

"I've eaten at John Jay and most of the restaurants in the area, and Hewitt cafeteria has, without a doubt, the best food for the dollar."

"The food is toothsome and delicious, attractively presented, beautifully served and made from the most wholesome ingredients. Meal time at Barnard is an occasion we all eagerly await."

"The idea of letting you have a second helping would be good if the first didn't make you sick."

"The only thing worth eating is the cottage cheese plus I would like peanut butter."

Lunchtime Lunacy

Although the two services are supplied and run by the same company, eating in McIntosh is a totally different experience from Hewitt dining.

The McIntosh snack bar serves approximately 1000 people a day, reaching as high as 1900 on peak days, Tuesday and Wednesday. Unlike Hewitt, McIntosh serves many faculty and staff members as well as students, most of whom are commuters.

It is also more expensive to run the snack bar than to run Hewitt because making sandwiches and single-portion plates involves more time and labor. Serving yogurt in eight ounce cartons is also more expensive than buying it in bulk as they do in Hewitt.

McIntosh serves 15 meals a week, along approximately the same lines as Hewitt meals, but most McIntosh customers come for light snacks, resulting probably in much poorer nutritional intake than in Hewitt. The food items which sell the most are hamburgers and sandwiches, tossed salads, donuts and pizza. Very few cooked vegetables are served in Mac because there is so little demand for them. But the dieticians try to make up for this by arranging balanced meals of sandwich plates with salads on the side.

A Moveable Feast

The problems with eating habits in the Columbia dorms are directly related to the physical environment. Social aura surrounding meal-time consequently affects the nutritional value of these students' dietary habits.

Because the dorms are structured into primarily single rooms, most students, if the cook, cook in their own rooms. Furthermore, those who cook alone, eat alone. With the increased burden of being solely

equipment traditionally consists of a hotplate, refrigerator, broiler and toaster. Dishes and equipment are very difficult to keep clean because of the physical environment and students said cockroaches - "a lot of them" - were definitely a problem.

Most students eat alone five times a week, and either with friends or communally with people on the floor twice a week. Cooking in Columbia dorms is, for the most part, a lonely task, and in easing the burden of cooking alone, nutrition tends to suffer.

Hotplate Meatballs

1 lb. hamburger
1 lb. italian sweet sausage
1 garlic clove, mashed
1 tsp. parsley (fresh is best)
1/2 cup bread crumbs
1/2 cup grated parmesan cheese
1 egg
1 tsp. salt
1/2 tsp. pepper
2 tbsp. olive oil & 2 tbsp. butter

remove sausage from casing & mix meat with hamburger. place in bowl & mix well with all other ingredients. form into 24-32 balls & brown well in combination of oil & melted butter. drain, & add spaghetti sauce, or the following gravy:

2 tbsp drippings from pan
1 tbsp flour
1 tbsp tomato paste
1 cup beef bouillon
salt & pepper to taste

on a very low heat add flour & tomato paste to drippings; stir til smooth. gradually add bouillon incorporating it bit by bit so lumps don't form. season with salt & pepper. slowly bring to boil; remove when sauce begins to thicken. (for a richer sauce, add 1/2 cup heavy cream & return to heat for a minute.)

Breakfast is the most oft-neglected meal. Favorite recipes for other meals were for the most part incomplete nutritionally, including peanut butter and jelly sandwiches, soup, and Hamburger Helper. Only one student interviewed mentioned a meal that was nearly balanced, including chicken and salad. Meals that were eaten out usually consisted of heros.

The women students felt their eating habits were excellent, while the men expressed doubts that they were getting enough vegetables, salads and vitamins. One freshman living in John Jay has completely given up acquiring culinary talents and recently subscribed to the Barnard meal plan.

The Suite Life

Plimpton, as an example of the suite life at the university, should provide for the most satisfactory cooking arrangements. In interviews with 50 of the 56 suites, however, it was found that only 9 suites (five students per suite) share their food completely and cook communally. 14 of the suites said that they either share staple foods or that some members within the suite share the burdens of shopping and cooking. In the majority of the suites (27) the residents, though they obviously share the kitchen facilities, maintain their own supplies of food and cook on an individual basis. A high percentage of the male suites (there is one on every floor in Plimpton) share food.

It was generally agreed that students who have arranged to cook communally find their living situations to be the most satisfactory and pleasant. The shared responsibility of cooking, a majority said, lead to a sharing of responsibility and concern for one's suite-mates generally.

In most of the suites where cooking is shared there is no set schedule for cooking. Plimpton residents find that the system works by just depending on who feels like cooking on any particular night.

One resident, a Barnard junior, whose suite does have a schedule for communal cooking, said, "In our suite we have a work wheel. Each of us cooks one night a



Students contemplate culinary delights of McIntosh Snack Bar

"I found that the food service was very good about trying out most suggestions, at least until they can gauge the response to it," said Ms. Gianninardo. "Students must realize that food-related complaints are the only ones that the food service can act on. Very few students offer really constructive criticism, and many of the complaints are simply selfish. For example, a lot of students suggest that the meal times be extended. What they should realize is that the people who work in the cafeteria have lives also and that they want to get home to their families."

A random sampling of the opinions of Hewitt diners turned up attitudes ranging from well fed, content, to cynical disgust, sprinkled with a bit of specious wit.

responsible for all of one's meals, cooking becomes simply a bother and most students take resort in eating out.

All students that were interviewed felt it is possible to eat well in the dorms, in fact better than in a cafeteria. The men students, however, were usually "too lazy" to cook. Women students did not cite the inconvenience of cooking in one's bedroom as the cause for poor diets. The main reason for taking advantage of convenient foods, for them, was that "sometimes we just get tired of cooking all the time." The number of meals eaten out, usually at Mama Joy's or Chock Full O' Nuts, ranged from zero to all meals.

The inconveniences of cooking in a single room are myriad. The stock cooking

week. It's so nice to come home to a hot dinner and to have your suite-mates yell at you because you're nine minutes late.

"Last year I lived in a Columbia dorm and I used to come home to my room, shut my door and fix my own dinner," she continued, "but living in a suite full of right-on women is fun because everyone is concerned about their suite-mates' eating habits and general well-being; it's much more healthy. Our suite motto is 'Eat Protein.'"

Granny Fanny's Protein Cookies

1/2 c. vegetable oil
3/4 c. sugar
2 eggs
1/2 c. wheat germ
2 t. vanilla
1 c. whole wheat flour
1/2 c. powdered milk
1/2 t. salt
1 t. cinnamon
1 t. nutmeg
2 t. baking powder
1/2 c. raisins

mix together wet ingredients. sift in dry ingredients and mix together. drop onto a cookie sheet covered with foil and bake at 350° for eight minutes. the whole wheat flour and the powdered milk in this recipe combine to form complete protein. wheat germ is already complete protein, so the cookies in this recipe are nutritious and delicious.

The culmination of family style eating at Barnard and Columbia is reached when one moves into the Experimental College. Dinners at the EC are communally cooked by three people a night, five nights a week and the fifteen members of the College eat in a family atmosphere around a gigantic red table.

Members of the EC buy their fruits, vegetables, cheeses in bulk from the co-op which operates out of the basement of their building; the rest is bought in local supermarkets and a dairy. The EC is probably one of the cheapest places to live at Barnard, since students spend about a dollar a day on food that they eat there.

Mary Graves, who lives at the EC, said, "Last year I lived in Livingston and ate heros from Mama Joy's. Eating at the EC is less expensive. The co-op where we buy our food, is dynamite. It provides fresh fruits and vegetables cheaply. Because of the high prices of meats, we usually eat a combined meat/vegetable meal."

The communal cooking and eating foster responsibilities among the students apart from the usual personal academic responsibilities. One member commented, "Most members of the EC don't know how to cook when they move in, but they have learned by the time they move out."

Vegetarian Victuals and Kosher Cooking

The rising costs of meat are driving many students into vegetarianism, some of them against their supposedly carnivorous natures. However, there is at Barnard an increasing number of students who chose vegetarianism for moral reasons. A Barnard senior who has been a vegetarian for five years commented, "Meat is bad for you, both physically and spiritually. I believe that vegetarianism is the correct diet for considerations of both health and morality."

Another group of Barnard women with special dietary considerations are Jewish students who keep kosher. Kosher students who live in BHR can eat breakfast and lunch in Hewitt from a special Kosher tray which consists of breads, tuna fish, cottage cheese and other kosher foods. They are also provided with plastic plates and silverware. For dinner, however, students who keep kosher can use their Hewitt meal cards at the Jewish Theological Seminary. There are a few suites in Barnard housing set aside for kosher students, but most kosher students live in mixed suites and simply buy and keep meat and dairy products separately.

Food and Nutrition

If one's only contact with Barnard students was through the Health Service, it would be very easy to get the idea that they are almost all well-fed and eating nutritionally balanced meals.

Very few go to the Service with any kind of major nutritional problem - that is undernutrition. They have had a number of overweight cases, but in terms of lacking, the most serious problems are iron-deficiency or anemia.

1.4 per cent of all the women who visited the health service last year had



Suite Living in Plimpton (photos by Marian Louis)

metabolic disorders. The majority of metabolic disorders are related to nutrition deficiencies. Dr. Harriet Mogul, Director of the Barnard health service, noted, "It's not something students came into the health service about, however, but we discover it on the course of our tests."

Everyone consulted in the health service stressed, however, the fact that it is extremely difficult to undernourish yourself - it would have to be a real conscious effort for anyone leading a normal existence in any other respect to become malnourished. It appears also that the chances of getting sick is not that much influenced by the kind of eating you do (unless of course you don't eat at all).

Dr. Boris of the Columbia Health Service stressed the fact that improper nutrition stems mostly from limitations on a student's budget. There has never been decent eating among college students, specifically for that reason. Recalling the good old days when he was a Columbia student Dr. Boris said sometimes kids had to eat mayonnaise sandwiches."

He believes that, "One has to bend over backwards" to get a vitamin deficiency; he has worked at the service for three years, and says he "rarely" found such cases here. I haven't seen anyone come in with a true vitamin deficiency."

He does not see that eating or not eating might lower one's resistance or make one more susceptible to sicknesses floating around. He sees style of living, especially amount of sleep one gets as more significant. Degree of exposure to an illness is also a factor. What one eats though - as a sole factor - doesn't have that much of an effect.

He feels that vitamins as a source of health is overstressed. Supplemental vitamins can be good when dieting or when you have an actual deficiency, but for most people they are more a form of security.

"A man seldom thinks with more earnestness of anything than he does of his dinner."

Samuel Johnson

Food For Thought

One eating habit peculiar to student bodies is "the munchies" that inevitably set in with a vengeance during exam and paper writing times. Students know well that fatal compulsion to try to satisfy, usually unsuccessfully, that voracious oral craving - plus waste time walking from room to kitchen and back a thousand times to put off studying.

Predictably enough a New York publishing house has capitalized on this college phenomenon by putting on the market a cook book entitled *The Munchies Eat Book, or How to Satisfy the Hungries Without Eating Everything in Sight*. The book contains some quick and not so quick recipes for satisfying the munchie craving.



It is generally observed that students tend to eat more when they are studying and that what they do eat isn't very high in "nutritional value." As Ms. Gordon remarked, "Students tend to be overweight, as if eating and studying were coordinated activities," taking into their mouths as much as they are stuffing into their brains.

For healthy relief from the munchies BULLETIN suggests Granny Fanny's Protein Cookies, home popped pop corn, health food peanut butter on Ritz crackers or a quick banana sandwich.

Keeping health in mind of course, one should also recall the words of Mark Twain, "Part of the secret of success in life," he said, "is to eat what you like and let the food fight it out inside."

Gracelaw's Coleslaw

2 cups shredded cabbage
1 tbsp. minced onion
6 slices bacon cut up
1/2 cup mayo
1 tbsp. vinegar
1/2 tsp. salt

combine first three ingredients in a salad bowl.

saute bacon 'til crisp, drain, & save 2 tbsp. of the drippings.

toss bacon & cabbage & put in the refrigerator.

combine bacon drippings, mayo, vinegar & salt - beat 'til smooth.

before serving, pour dressing over cabbage & toss 'til well-mixed.

Macaroni & Cheese

1 small pkge velveeta
1 small pkge cheddar (will melt faster if grated)
1 8 oz. box elbows
1 egg
butter
1 pt. light or heavy cream
grated parmesan
wheat germ

while cooking elbows, heat cream on low fire. As it warms, drop in cubed pieces of cheese so they melt. when all cheese melts it should be a soupy consistency.

when elbows are done, strain & put into a casserole. add right away one beaten egg and enuf butter to make noodles slippery all over. pour melted cheese over noodles & mix.

top with wheat germ & grated cheese (the more you use, the more crust on top)

bake at 350° 1/2 hr. or less.

CoCo Reviews . . .

(Continued from page 1)

changes so that votes and referendums need not be held for every minor change, making the Tripartite system less cumbersome and more flexible.

Undergrad President Maureen Killackey explained, "The proposal is really a matter of eliminating red tape and all the time wasted in referendums and faculty votes. She pointed out that getting together a referendum took a lot of time and that the last referendum, held last Thursday and Friday, had only attracted 140 votes.

Professor of History Ann Fagan, a faculty representative to CoCo, said, "In the beginning there was the feeling that CoCo would have too much power, so rules were made providing for student referenda and faculty votes. But if the question is just a matter of making a small amendment, having a referendum will only slow down the decision.

She added that she thought, "Last year the Tripartite system worked better than in preceding years. There's been a great improvement."

This feeling of optimism was shared by most members of the Council, both students and faculty. Even Dr. Mogul, in her report to the Council, pointed out, "Last year there was a great upsurge in attendance at Health Committee meetings; attendance was phenomenal. The committee was really grappling with changes. The Tripartite system has been effective in getting change in the health service. I think that Tripartite system must be an effective channel for student opinion and

Stopping Out . . .

(Continued from page 3)

a nine month program set up, a three hour class to go over German grammar...Americans are about 30% of the class...programs for foreigners are quite cheap really."

"In Frankfurt, I worked for a branch of the First National City Bank of New York. It's very hard to get jobs over there, they don't pay American standards. I was working with Germans but they all spoke English...let me tell you something about Germany that I loved, America has sort of the equivalent, but not exactly...that is, a fest. Fasching is a big indulgence before Lent, a kind of carnival. There's parties and beer drinking, and dancing...everyone dances from the age of three to eighty. Everyone comes out to beer tent...its fantastic. In all these little towns you see parents dress their kids...well anywhere but mostly in the South...they dress their kids in costumes, there's an oom pah pah band and it's really amazing."

She remarked, "I'm so glad I took the year off, I really am. I have friends in strange parts of the world. Leaving academics for a while is excellent unless you're really dedicated...you know, from grammar school to junior high school to high school to college to grad school is fine but it can be boring. The course I took away were totally unrelated to those I was taking at Barnard. I came back because I missed it...I wanted to get away from New York but I didn't want a foreign degree...I wanted to come back. Of course, it depends on what you do, but it's good experience...the whole world is not the university."

"Stopping out" is not necessarily the golden solution

complaint."

She stressed the fact that the changes in the health service had been planned for two years by the Health Committee and were not brought about in response to pressure from certain factions on campus.

"These changes were brought about through the work of the Health Services Committee," she said, "I don't think enough attention was given to the Committee. It is difficult to sit by and watch these other factions take credit for the changes."

A member of last year's Health Services Committee pointed out, however, that, "the Committee was more like an advisory council than anything else. All we could do was ask questions. Decisions were made without our approval.

"This kind of thing is typical of the Tripartite system," she continued, "It simply diffuses student interest. The students are given an illusion of power, when really they have none in Tripartite, but there is really no place else they can go."

The majority opinion CoCo members seems to hold, however, is that students can get things accomplished if only they will take some interest in the activities of the committees and bring their complaints to the student representatives.

Professor of French, Maurice Shroder remarked, "The system will work according to how much people put into it. Of course the larger a committee is, the harder it is to get things done; but if people are willing to put time into it, it can work."

for one's problems at college, but for many students it is a definite growing experience. Everyone needs to find the level at which they can function best. By challenging the value of higher education, students often discover that collegiate education, after all, has a great deal more to offer than they believed.

"Students who stop out and return to class are in school because they want to be, not because their daddy wants another doctor in the family." (Ward Dennis, Associate Dean, Columbia School of General Studies, 1971).

Union . . .

(Continued from page 1)

salary increases." Speaking on the non-economic issues of the negotiations Ms. Costello's statement continued, "It's been talked around Milbank that issues such as child care, parental leave, promotion and salary are not feminist issues but fronts for more economic demands. Such statements reflect ignorance and a severe lack of sensitivity. For such remarks to issue from the administration of Barnard College which has built a reputation on feminism is a disgrace."

Barnard students interested in the position of
**Orientation Coordinator
For 1974**
Sign up in CAO, 208 MacIntosh
Qualifications; present status must be that of a sophomore or junior; previous experience as a sponsor preferred.
Deadline; Friday, Oct. 12.

Straits . . .

(Continued from page 4)

team must practice in shifts. These boats are only 1/8-1/4 inch thick. The seats are on runners, which move as legs push to help move the oars. A second-hand "eight" would cost \$1000. Undergrad has given the team only \$400 this year. Though they hope to raise the rest by January, by holding bake sales, the severe lack of money is putting the team in dire straits. An eight "would put us in varsity league," said Linda.

Sheila observed, "We're probably one of the poorest women's crew teams in the country. Last year when Radcliffe raced Princeton, they flew down to Princeton. We'd have to walk to Princeton. We'd like to get money from the alumnae. That's what keeps Columbia crew going. Most of their boats are named for the team's benefactors. But, as Barnard women hadn't had a crew team until now, the alumnae don't know about it." Linda added, "After twenty years Sheila and I will probably be dumping about 1/2 our salaries into women's crew at Barnard."

About this year's team, Sheila said, "The girls are excited about the future of the team." Sheila believes that, "If we get better facilities, we'll get more women. It's very discouraging to have to practice in shifts." Linda mentioned the need for publicity. "There are a lot of potential oarswomen at Barnard who don't know crew exists." Also discouraging is the inability of crew members to receive gym credit for their efforts. Sheila added that each member must pay for her own transportation to any races and also for accommodations. Subway tokens for the daily practices add up to \$75 a year.

Linda said the benefits of crew are physical and mental. "Crew makes you very aware of your body and how it functions...Last semester we were out rowing during exam period. I was wide awake all day, I needed less sleep and I did better. You feel great, you're mentally alive. Being part of a team, you build up a lot more than friendship. You're all working together, no one is the star."

Last year, with only three weeks practice in the spring, Barnard entered its first race. Until the first practice the team

Dr. Peterson's statement concluded with a promise to the community that the College will continue to negotiate in good faith. "The purpose of negotiation is to discuss and to compromise until an agreement can be reached. I promise each of you that Barnard will continue to negotiate in good faith in order to reach an agreement with the Union. However, as we negotiate we must, at the same time, maintain our obligations to all at the College—students, faculty and staff. It would appear now that, due to the complexity of the problems, the negotiating process may take some time."

had never been in a river. Although they came in next to last they weren't discouraged because, "we knew by doing it we'd be able to prove that women's crew could exist."

Most races are in the spring, but the biggest race in the fall is just coming up: the Head-of-the-Charles on the Charles in Boston. Barnard will have two fours there (one of which they will

have to borrow). Representing Barnard in the first boat, which is our best effort, will be Harriet Lazer, who rowed at Cambridge University in England, bow, Jody Massik, 2, Sarah Lohwater, 3, and Sheila Dugan, the stroke (who sets the pace). Leslie Katz is the coxswain. Paul du Pont (who coaches the team free of charge, thus retaining his amateur status) will compete in the singles' race there.

Professional Schools

Professional schools sending admissions representatives to Barnard this fall include:

Harvard Law School, Tuesday, October 9th. Ms. Sue Lenox will meet with interested students in Lehman 416 from 1:30 to 4:30 PM. Sign up in the Placement Office for this and all other recruiting meetings at Barnard.

Stanford Business School, Monday, October 15th. Professor Francine Gordon will conduct individual and small group interviews in Milbank Hall, room 8, from 9 AM to 12:30 and from 2

Football . . .

(Continued from page 5)

depict a man glued to a television set while his distraught wife tries in vain to divert his interest to something else. The whole image of the football player as the ultimate in manliness possessing everything a woman could ask for adds to the masculine mystique which makes the game all too often a sexual exploitation instead of an athletic event.

Perhaps it makes sense to the policy-makers, then, to create two different price levels for women. But what should cause more concern is that women can be split into two categories, like Miss and Mrs., according to their relationships with men.

Kim Scheppele

Mary Graves

Representative needed!

Earn \$200 00+ each semester with only a few hours work at the beginning of the semester.

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Invites You To A
Reception and Dinner for
Alumnae and Students,
Thursday, October 25th,
from 5:00-7:30
in the James Room.
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Alumnae from your Region
Exchange views on
college, jobs, feminism
Sign up in the Alumnae Office,
115 Milbank Before Oct. 18**