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SEPTEMBER 24, 1981

Save Black College Rally



Newly appointed Vice-President of Student Affairs Barbara Murrell, see related story on page five.

(New York, N.Y.) On Monday, September 28, 1981, the second annual march and rally in support of the continued existence of Black colleges—Black College Day '81—will take place in the 16 states under the gun of desegregation orders or justice department lawsuits. It has been said that these governmental policies force the Black colleges to become White while the White colleges remain White.

The Project '81 Coalition for Black colleges, sponsor of the highly successful Black College Day '80 march and rally in Washington, DC, last year, is in the process of forming statewide coalitions in the states where the greatest peril to Black colleges exists: Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, Ohio, Pennsylvania, South Carolina, Tennessee, Texas and Virginia. Each state coalition will hold a march and rally at their state capitol on September 28th—with the exception of Pennsylvania, which will hold its rally on September 30th—to voice their support for Black colleges.

On August 24th, members from

state coalitions around the country gathered at Howard University in Washington, DC to draw up a plan of action for each state coalition to follow. Issues covered ranged from publicity strategies to lobbying techniques to follow-up campaigns for future rallies. Tony Brown, founder and chief organizer of Black College Day, headed the meeting and deemed it highly successful. State coalition leaders at the meeting emphasized a need to develop strategies to combat the new state federalism.

"Although the Reagan administration has sent mixed signals on their integration plans, previously adopted by the Carter administration to bring a majority White faculty and student body to Black campuses, it has been consistent in its efforts to carry out then-candidate Ronald Reagan's promise to give Black colleges a larger share of the total federal higher education budget," said Brown. So far, the President has kept his promise.

In addition to a proposed increase in Title III monies, the second largest source of funds to Black colleges, the Reagan administration recently filed a proposed settlement of a

desegregation suit against the Louisiana University system that would not require any mergers of Black and White institutions. Under the settlement, the Black campuses in the system would receive a number of new academic programs and money to support them. Most notable are a nursing school at Grambling University and a school of accounting at Southern University.

Tony Brown has identified the conflict between the federal government and the Black community as one existing in two major areas: (1) The amount of money allocated for Black colleges by the federal education budget and (2) The Department of Education's Office of Civil Rights' interpretation of the Adams case on desegregation.

Speaking on the first point, Brown said that the Administration, in order to avoid embarrassment to the President and damage to his credibility, must exceed Jimmy Carter's promises. Where the Carter Administration lessened the amount of Title III monies to Black colleges to 14.3 percent in 1980, the Reaganites have proposed an increase to 41.3 percent in 1982.

Black students progression questioned

Meter 1981-82
Publication Schedule

1981:

September 17
September 24
October 1
October 8
October 15
October 29
November 5
November 12
November 19
December 3

1982:

January 7
January 14
January 21
February 4
February 11
February 18
March 4
March 18
April 1,
April 15

The Tennessee Higher Education Commission has been awarded \$80 thousand dollars by the Ford Foundation to investigate the reasons for the failure of many Black students to progress through college within the normal period of four years, and to examine the consequences of the slower progression in the job market.

"It has been of concern to us that we have a group of students who tend to take longer than four years to graduate from college," stated Wayne Brown, executive director of the Tennessee Higher Education Commission.

"When we look at all students, 40 percent of those students will begin a college program and finish within four years," Brown noted.

But when we look at Black students, only 20 percent start and finish within four years," Brown continued.

Brown said it is not now known why it tends to take Black students longer than four years to complete a college program. Brown pointed out that employers tend to back away from hiring people who are slower to finish college, and the additional time in school may adversely affect Black students entering the job market.

"It is very important that we discover what is causing this slower progression so that we can try to correct the problem in the planning stages at various levels, Brown explained.

This in turn will enable higher education to be more responsive to the needs of all students, thus helping students enter the working world," Brown stated.

In addressing the questions associated with slower progression, the two year study will survey 5,000 students, 500 faculty members, and 200 employers. The variables to be examined in the survey include demographics, aptitude and grades, motivation, institutional factors, financial data, and questions related to health.

Twenty-four colleges and universities in seven Southeastern and Mid-Atlantic states will be involved in the study. The states include Florida, Georgia, Maryland, North Carolina, Pennsylvania, Tennessee, and Texas.

"We expect, when the study is over, to be able to make some meaningful recommendations which will address the problems of Black student progression at the postsecondary level," Brown stated.

Fisk Sponsors Black College Day

Black College Day will be an important event and everyone is encouraged to lend their support in order to make the first Tennessee Black College Day a success.

The tentative program schedule for Black College Day 81 is as follows:

Sunday, September 27, 1981

11:00 a.m.	Chapel Observances	Fisk Chapel
2:00 p.m.	Seminars	(All T.B.A.)
	Issues In Black Higher Education	
	Self Awareness & Black Institutional Racism	
4:00 p.m.	Seminars	
	Future of Black Colleges	
	Media and Black Colleges	
5:00 p.m.	Seminar	
	Educating the Revolutionary Intelligencia	
7:15 p.m.	Black College Choir Concert	TBA
9:00 p.m.	Reception	Fisk Gym

Monday, September 28, 1981

10:00 a.m.	Pre-Rally	TSU
11:00 a.m.	Pre-Rally	Fisk
11:30 a.m.	March	TBA
12:00 Noon	Black College Rally	TBA

Tennessee State University will assist Fisk University in organizing the first Tennessee Black College Day Rally.

All of the Black Colleges in the state of Tennessee have been invited to join TSU and Fisk on September 27th and 28th to support Black Schools in the state of Tennessee.

Honor Program Admits 90 Students

The University Honors Program has admitted ninety (90) incoming freshman students as of the fall semester, 1981, which number represents an increase of 18 students over the freshman Honors class of 1980. As has been true for the last several years, the majority of students are majoring in the Schools of Engineering and Business and in the Department of Communication. Also continuing a recent trend, the largest number of students come from Tennessee, with thirteen additional states being representatives chiefly of the Southeast and the Midwest. One entering student is from the Bahamas. For the first time in the history of the Program, the number of freshman women does not exceed that of the men by a margin of some three or four to one. Of the 90 freshman participants, 47 are women and 43 are men.

These students, together with their cities, home states, and majors, are as follows:

Harry Allen, Nashville, Music; Terence Anderson, Nashville, Comm.; Terrence N. Anderson, Nassau, Chemistry; George Armstrong, Nashville, Business Adm.; Amanda Baker, Decatur, GA, Business Adm.; Glenn Bigham, Trezevant, TN, Mech. Engr.; Cynthia Blades, Robbins, IL, Business Adm.; Rosalyn Blanchard, Nashville, Business Adm.; Michael Bradley, Memphis, Engr.; Viola Briggs, Memphis, Bus. Adm.; Flynn Broady, Birmingham, AL, Bus. Adm.; Michelle Brown, St. Louis, MO, Music; Terry Brown, Birmingham, AL, Arch. Engr.; Theresa Carter, Goodlettsville, Nursing; Darrell Carver, Polk

City, Iowa, Bus. Adm.; Lanetta Coleman, Greenville, MS, Chemistry; Reginald Cook, Birmingham, AL, Elec. Engr.; Connie Cooper, Ripley, TN, GPA; Michael Cosby, Detroit, MI, Bus. Adm.; Roderick Iurges, Pittsburgh, PA, Chemistry; Steven Dalton, Hermitage, TN, Biology; Jill Davis, Cincinnati, OH, Elec. Engr.; Michelle Doty, Nashville, Pre-Med.; Mary Durham, Nashville, Early Childhood Educ.; Andrea Earthman, Memphis, Arch. Engr.; Tamaka Ellis, Gallatin, TN, Psychology; Debra England, Akron, Oh, Crim. Just.; Steven Ewing, Nashville, Journalism; Elijah Fisher, Durham, NC, Music; Alisa Fizer, Nashville, Bus. Adm.; Jennifer Gaddis, Birmingham, AL, Psychology; Kimbereley Grant, Chattanooga, TN, Engr.; Robert Grant, Tunica, MS, Arch. Engr.; Margaret Graves, Bardstown, KY, ARCH, Engr.; Reginald Green, Nashville, Music; Clarence Hall, Nashville, Bus. Adm.; Devin Heard, Nashville, Elec. Engr.; Richard Hill, Nashville, Elec. Engr.; Wendy Hollingsworth, McDonough, GA, Health Care; Karen Holloway, Chattanooga, TN, Arch. Engr.; Rose Holmes, Memphis, Psychology; Aaron Hudson, Columbus, GA, Bus. Adm.; Tammy Huggins, Atlanta, GA, Bus. Adm.; Rosalyn Hykes, Atolona, MS, Psychology; Edward Ivy, Memphis, Mech. Engr.; Jacques Jackson, Indianapolis, IN, Chemistry; Kevin Jackson, Nashville, Elec. Engr.; Sylvia Jarrett, Springfield, TN, Elec. Engr.; Horace Johnson, Memphis, Bus. Adm.; Bessie Jones, Nashville, Bus. Adm.; Sherry Jones, Nashville, Biology; Jocelyn King,

Fort Worth TX, Art; Kirsten Lawson, Goodlettsville, TN, Biology, Donald Lee, Nashville, Bus. Adm.; Yolanda Lee, South Bend, IN, Elec. Engr.; Nicole Long, Birmingham, AL, Engr.; Alesia McCann, Nashville, Bus. Adm.; Terri McBeth, Dayton, OH, Elec. Engr.; Edmond Madison, Birmingham, AL, Mech. Engr.; Dell Malone, Memphis, Comm.; Monica Martin, Nashville, Marketing; Jamye Merritt, Nashville, English; Alvester Merriweather, Memphis, Engr.; Melvin Miller, Chicago, IL, Music; Winfred Moreland, Milner, GA, Tech. Aero.; Wayne Myles, Chicago, IL, Engr.; Bobby Penn, Birmingham, AL, Bus. Adm.; Thersa Perkins, Memphis, Comm.; Malinda Robertson, Nashville, Arch. Engr.; Lauraine Robinson, Chicago, IL, Elec. Engr.; Ila Sanders, Memphis, Speech Path. & Audio.; Michael Scherrod, Memphis, Accounting; Erica Slaughter, McDonough, GA, Bus. Adm.; Paul Stewart, FAirfield, AL, Biology; Cindy Syes, Beaufort, SC, History; Mark Tilford, Kansas City, MO, Biology; Curtis Thompson, Chicago, IL, Civil Engr.; Sharon Todd, Memphis, Engr.; Sonja Tolliver, Miami, FL, Engr.; Montanez Wade, Nashville, Civil Engr.; Jeffrey Walker, Birmingham, AL, Chemistry; Lillian Wallace, Memphis, Engr.; Kimberly Watts, Nashville, Comm.; Armetta White, Nashville, Pre-Med.; La Doris Wiley, Huntsville, AL, Bus. Adm.; Glorinda Williams, Memphis, Home Economics; J. C. Williams, Memphis, Elec. Engr.; Ronald Winbush, Ripley, TN, Accounting; Evelyn Woods, Memphis, TN, Psychology; Milton Woods, St. Louis, Mo, Mech. Engr.

Library Prepares for Homecoming

The libraries will be decked with TSU's colors from its displays to its staff for Homecoming week, October 5 through 10, 1981.

On hand will be points of interest and attractions for past and present TSU students and TSU supporters. The main attraction will be the displays which will include original documents of the National Alumni Association, profiles of TSU graduates, pictures of 50 year alumni, a picture of the only living graduate of the 1914 class, and a picture of the first white alumnus. The oldest living graduate was honored at the June Convention of the National Alumni Association. The original documents, profiles and pictures will become a part of Special

Collections, located on the third floor of the main campus library. Included also in the displays will be coronation dresses and memorabilia of former TSU queens.

Historical information about TSU will be available on Fact Sheets compiled from two sources. One source is history teacher Professor Lois C. McDougald's book *A Time-Line Chronology of the Tennessee A and I College Campus, 1909-1951*, published by Tennessee State University Press, 1981. The second source is our library Director, Dr. Evelyn P. Fancher's dissertation, *Tennessee State University (1912-1974): A History of an Institution with Implications for the Future*. Both

books are available in Special Collections and Reference area of the library.

The Tennessee State University Friends of the Library, as part of the Homecoming festivities, will sponsor a paperback book sale on the plaza of the Student Union Building, Wednesday, October 7 through Friday, October 9, 1981 at 11:30 a.m. until 1:30 p.m. each of the days. There will be books for every taste and prices for every budget.

Come to the library Homecoming week, October 5 through 10, 1981, and relive old memories, renew old acquaintances, create new memories, and make new friends.

Dental Hygiene Offers Student Services

By GERIL HOGG

The Dental Hygiene Department, located next door to Watson 1, offers dental services for the students, and the public for very low fees. Read on, and observe what this program has to offer.

Mrs. Elzer S. Chandler, is the head of the department, and has been with the program for 20 years. According to Ms. Nancy Austin, the Clinic Coordinator, "The Dental Hygiene Department is a TSU-Meharry affiliated program that trains aspiring students to become Dental Hygienist."

There are approximately 80

students enrolled in the Associate and Baccalaureate program. Ms. Austin stated, "The various services which are provided for students are teeth cleaning, patient education, nutritional counseling, X-rays, blood pressure, health history, a complete plaque program and a myofunctional therapy, which is caused by a prolonged bottle-feeding and thumb sucking."

For ten dollars or less these services are available. To make an appointment call ext. 3371. The hours of operation are weekdays from 10 a.m. - 6 p.m.

Only five percent of the students

at TSU take advantage of the services offered. A patient should come in more than once, because once the evaluation has been completed, the results may prove that the patient may need to come back for further check ups," said Ms. Austin.

During the spring of each year, Dental Health Week is held by the department. At this time children can have their teeth cleaned at no charge.

In the long run, the Dental Hygiene departments services are very beneficial, and a great savings for college students and the public.

Career Development Center

Aids Students In Job Search

By RITARISBY

Networking is the latest device to a pathway of success, according to Mrs. Dorothy Lockridge, director of the Tennessee State University career development center.

She said networking allows students to build contacts for future career opportunities. She suggests that students make it a point to compile an index of possible job prospects they come in contact with.

The process can be achieved by asking for business cards; or listing the prospect's name, employer, mailing address and telephone number.

"Eighty percent of jobs are not filled through advertising," she said. Instead, they are obtained through a grapevine within an industry. In other words, it pays to know someone on the inside.

Mrs. Lockridge said, "We service the entire University." She explained that the center's ultimate goal is successful job placement and preparedness for graduate studies.

"The whole student" is observed, according to Mrs. Lockridge. She said an individual's background, educational achievements and work experiences are taken into account for career counseling purposes.

She suggests that individuals register with the center in their freshman year. "We give them a guide they can follow each year to make them marketable at graduation time," she said.

However, applications will be accepted from upperclassmen who have never registered with the center.

In fulfilling long-range career goals a student should decide upon a career objective or concentration during their freshman year.

The sophomore year should be devoted to classes or educational

programs in your respective field and view opportunities in your area.

Whether an individual will go directly into the job market, or continue on into graduate education, should be decided during the junior year.

Credentials should be submitted to the career development center during the first semester of an individual's senior year. Also, interviews with job prospects or graduate institutions should be done during that time.

Graduate students and alumni may also utilize the career development center. They may file or update their credentials for job placement, obtain resume and letter writing skills or utilize an immediate job list.

The center's first activities for the fall will begin with seminars sponsored by the Youth Motivation Task Force. The organization will visit classes from 9 a.m. to 4 p.m. Oct. 12, and from 9:25 to 12:15 Oct. 13. Seminars will also be held the evening of Oct. 13 in certain dormitories on campus. The actual time and place will be announced.

The organization will provide information on career opportunities in business, government and industry.

Actual job interviews will begin Sept. 30. Interested persons may register now in the career development center on the second floor of the Student Union Building. Interviewing tapes are available at your convenience in the career library.

Mrs. Lockridge urges all students to take heed to the information the center will post on bulletin boards throughout the campus. Any unavailable information, such as the time and place of a seminar, will be posted there as well as in the center.

The Meter is accepting classified ads for \$1.50 for 25 words (or less); .10 per additional word. For more information call 320-3200 or stop by the Meter office, second floor Student Union Building.

Psychology Department Offers Grants

Sixteen undergraduate students in the Psychology Department's Mental Health Concentration are being supported for the 1981-82 school year through a training grant from the National Institute of Mental Health according to the Project Director, Dr. Dorothy Granberry Stewart. Each student receives a \$325 monthly stipend and in-state tuition. In addition, trainees are provided with the opportunity to travel to professional meetings.

Awardees for this year are: Patti Brown, Warrenton Heights, Ohio; Stephanie Christman, Nashville, TN; Karen Crosby, Detroit, MI; Vicki Erickson, Kingston Springs, TN; Toni James, Nashville, TN; Billy Liggon, Bells, TN; Marjorie Matthews, Nashville,

TN; Deborah Moore, Livingston, AL; Tina Parham, Indianapolis, IN; Janice Phillips, Nashville, TN; Juanita Dale Roussin, Goodlettsville, TN; Bobbie Smith, Old Hickory, TN; Ernest Stephens, Nashville, TN; Robert Tucker, Nashville, TN; and Vivian Williamson, Memphis, TN.

Stipends are for a minimum of nine months and are competitive. Psychology majors who are in the Mental Health Concentration or plan to enter who have 44 and above earned semester hours and a minimum GPA of 2.5 are eligible to apply for stipends. Applications for 1982-83 stipends will be accepted beginning March 1982. For more information call Ext. 3022 or come by the Psychology Department Room 304.

Editorials

Commentary

Black Gold Brings Blue & White Culture

By JERRY BRADFORD

Third World countries with oil on tap have transformed their economies and their societies with its revenues. Favored sons and daughters, princes, princesses, and exceptional students now travel from the far corners of the earth to schools like Tennessee State University.

Nigeria is the United State's second largest supplier of oil, and for several years Nigerians have been populous in the U.S., especially on historically black campuses. This has, no doubt, fostered a greater understanding of Africa and Africans among Black Americans who availed themselves of the opportunity to mix and mingle.

Iran, of course, has been a great supplier of American oil, and Iranian students have been very much in evidence on American campuses since the Islamic Revolution, and especially since and because of the detainment of the American embassy employees.

The Iranians perhaps do not have a great deal in common with European culture, but are, in fact, partly descended from ancient tribes which inhabited the Caucasus Mountains in southern Russia, from the name of which is derived the word caucasian.

There is no doubt that Iranians, as a group, are unique in America,

sharing an Islamic heritage with Arabic peoples, yet not wholly identifying with them. They are thousands of miles from home, without physical reminder of their familiar surroundings. There are no muezzins, calling everyone to prayer, no mosques with delicate minarets from which the muezzins raise their praise and song.

To replace the clannishness with which they carry on family ties at home, they group together in the same way here, depending upon a group of countrymen to protect and preserve what likely can be called a non-individualist self identity.

Students have been heard to remark that Iranians are never seen by themselves, but always in groups of two or more. Whether or not that is merely the appearance of things, one must recognize that appearance does have an effect, and that effect is to exclude others from familiarity with Iranians, whether it be a casual conversation or a deep and valuable friendship.

In this University's metamorphoses from an historically black institution to one with a more diverse student population, black students, as a continuing majority of the student body, are missing an opportunity to affect the student body by understanding (and disseminating information about) this large (and now noticeable) "non-white" population in their midst.

to private wrecker companies.

In these times of financial hardship and decrease in funding allocated to the university, it seems feasible that this action would in some way compensate for the loss.

Many TSU students are commuters who cannot afford to buy the parking stickers, which cost from \$10 to \$30 per year. There should be a parking area designated especially for them instead of imposing a mandatory purchase of stickers to prevent being towed.

If there is such a dire need for money at TSU, why isn't every possible way of making monetary profit utilized? With regard to the present tow-away policy, it seems like a "big money give-away," as well as an undue imposition of expense and inconvenience for students who often times do not know where their automobiles have been taken.

Rags to Brand Names

By JULAINE K. HARRIS

Like the fairytale hero Cinderella, a lot of us go to sleep at night in the hope to awaken more of a person than we went to sleep as. Either it be in monetary form status, our priming has been generally to want more than what we have already acquired. This "syndrome" is often called "Keeping up with the Jones." I guess there's nothing wrong with

that; some of my best friends are "Jones'."

What happened to originality? Must we all, no matter how many others do, carry the same type expensive handbag? Must we all wear the (no names mentioned) same type design line T-shirts, shorts, socks, jackets, that are known for their animal emblem? Must we all wear clothing that carries the look of "just stepped out of the Vogue magazine?"

No originality is in. No matter how hard a designer tries to sell his line or how he promotes it, he doesn't wear or carry his-her creation the exact way he advertises it. They present it in a way to attract attention and to sell without really caring how many carbon copies the "look" initiates.

So from now on, my suggestion would be to take the initiative to be unique and dare to be different. Don't be everyone else's mirror.

DROP and ADD

By SONYA DEE WILLIAMS

It seems to me that when one pays for a quality education, quality service should follow. Well that wasn't the case during the Drop and Add process here at TSU.

Dropping and adding of classes was in the "A" auditorium on the main campus from 10 a.m. to 3 p.m. and from 3 p.m. to 7 p.m. on the second floor of the downtown campus. There were a total of eight computers (four at each site) to assist the students.

Walking into the "A" auditorium to go through this drawn out process one would think that he/she was entering a sold out concert, featuring the Commodores. There were security guards surrounding this area, to keep order. Well, I saw everything, but order. Students were jumping the line as soon as a guard turned his

back and sometimes while he was looking.

Thinking that the crowd could be avoided on the main campus, I went to the side show on the downtown campus. TSU is TSU no matter where it's stationed. To my surprise the line was so long that if I had waited very patiently I may have gotten waited on by midnight. However, after standing in line for a while and noticing that individuals coming in after me were going to the head of the line I became furious and started making my way to the front. With one security guard monitoring, getting caught jumping the line was the least worry of the "cheaters."

The long lines during the drop and add period must some how be eliminated in order to assure quality service to the students. I

know that following the crowd and jumping the line is not the answer, but at this point it seems like the only way to make progress when dropping and adding classes. One thing that the university could consider doing to cut down on the long lines and time period during drop and add is to give each student a number as he/she approaches the station. By using this method those students wishing to jump line would not have the opportunity.

The number system would be more effective than the first come, first-serve, because the first to come during drop and add is not always the first to be served.

I would like to apologize to all those students who I jumped in front of, but until the system changes or improves, others will continue to make their way in front of you.

Tow-In Policy: Wasteful

By KENNETHA PRUITT

Many objections are being raised by students at the TSU main campus because of the existing tow-in policies here—and with good reason. It is senseless to employ the services of private wrecker companies to tow away the automobiles of students who park illegally in lots designated for those who are able to purchase parking stickers.

Without upholding this violation, there are other more effective ways of dealing with this situation. The university security officers could ticket the autos and tow them to the Gentry Center Gymnasium lot or other designated areas, where they would remain until the fines are paid. If the fines are not paid, the fees could be held against the students' accounts just as are balances for school services.

This way, the university can profit financially from the tow-ins and save the money they now give

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The Meter welcomes criticism and praise from its public. Views are solicited through Letters to the Editor.

The Meter reserves the right to select letters for publication. Only letters bearing proper identification of the author(s) will be considered for publication.

Letters will not be edited for content; however the staff reserves the right to edit style and grammar.

Letters should be limited to a maximum of 250 words. Letters and all other materials submitted for publication become the property of the Meter and will not be returned.

The Meter is published every Thursday, except those affected by the college calendar or holidays. Letters must be received by 5 p.m. of the preceding Thursday for consideration for publication in the following Thursday's edition. The Meter Office is in Room 200, Student Union Building, Main Campus.

Services That Matter From People Who Care

TSU STUDENTS
1981-82 ACADEMIC YEAR
DOROTHY LOCKRIDGE, DIRECTOR
WELCOME TO YOUR CAREER DEVELOPMENT CENTER

Please consider this your invitation to use your Career Development Center at Tennessee State University. You will find that the staff is willing and able to provide assistance.

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MAKE IT ALONE



THEY THINK
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Student Nutrition: A Dietitian's Advice

By BEVERLY NASH

"Teenagers and eighteen to 24-year olds have the poorest dieting habits of any age group," said a local dietitian.

Kitty Hudgens, dietitian for six years at Baptist Hospital said that the reasons for poor nutritional practices among students are two-fold. "One reason is that students are very weight conscious and often resort to fad dieting to lose weight. Also, students often simply do not take the time to eat regular balanced meals."

Ms. Hudgens said that generally young women have poorer dieting practices of this age group than do young men, because of their attempts to become more physically appealing to members of the opposite sex. Young men are often more active in athletics and body building and eat larger varieties and quantities of foods.

"Fad diets to achieve weight loss during this period are very detrimental and cheat you in the long run," said Ms. Hudgens, who also conducts basic nutrition courses for Helen Glasser's American Institute of Modeling here in Nashville. Many fad diets exclude vital nutrients or they provide a random intake of vitamins not allowing for daily minimum requirements essential for healthy skin, gums and teeth, shining hair and bright alert eyes.

"The first symptoms of malnutrition are skin disorders," Ms. Hudgens explained. "Thus, the poor nutritional habits which accompany fad dieting contribute to poor physical appearance."

"Another reason for these poor nutritional practices can be attributed to the students' lifestyles," stated Ms. Hudgens, which often include skipping the balanced meals which would normally provide vitamins important to good overall physical

appearance; such foods as green and yellow vegetables for Vitamin A, citrus fruits for Vitamin C and milk for Vitamin D.

"Even supplementing diets with vitamin tablets is often not the answer," said Ms. Hudgens. "Extremely large doses of some vitamins can produce toxic effects, especially with Vitamins A and D. However, we do recommend, when the diet is providing less than one thousand calories per day, that you supplement minimum daily requirements of these and other vitamins."

Even when dieting, eighteen to twenty-four year olds need two servings per day of milk, cottage cheese, yogurt, etc.; two servings per day of a red meat, fish or cheese for protein essential to graceful movement and for energy; four servings per day of fruit, including one of citrus, to combat fatigue; four servings per day of bread or cereal and of course two servings per day of green or yellow vegetables.

What do professionals in the nutrition field recommend as an effective means of weight loss? Ms. Hudgens was quick to say, "No diet should be attempted without the advice of your physician."

"The best way to lose weight," said Ms. Hudgens, "is to modify your eating habits. When quick weight loss is the goal of your diet, once that goal is attained and you return to your old eating habits you will eventually regain the weight you lost."

"However, when students change their eating habits to exclude between-meal-snacks, and unnecessary calories, and eat regularly balanced meals, they will be able to lose weight and still provide their bodies with the nutrients essential to building new cells, regulating body systems and supplying energy for learning efficiency."

Miss TSU Coronation
October 2, 1981

Features

Barbara Murrell: A Woman on the MOVE!

By IVAN L. LAMPKIN

"You can be whatever you want to be as long as you put your mind to it. You have to be motivated and determined, so that when you set high goals you can work diligently to accomplish your future endeavors."

These are the guiding words of a lady who has devoted some 23 years of service to Tennessee State University and is strictly here for the students. First, as an inspiring student, then, as the director of student activities and student union in 1965, Asst. Vice President

of Student Affairs and Dean of Students in 1975 to her present position. This person is Mrs. Barbara Murrell, Vice President of Student Affairs.

Mrs. Murrell the first woman at TSU to hold this position was born in Starksville, Mississippi. She attended school in Greenwood Mississippi where she played the xylophone in the marching band and became her high school's valedictorian. When asked why she chose Tennessee State University as her alma mater she replied.

"I would often get in the habit of reading the newspaper and I was impressed by the articles of Tennessee State's Athletic and Academic Programs as well as their cultural events. This is when I decided that TSU was where I wanted to further my education."

As a student she became involved in a variety of organizations on campus. Majoring in biology, she was a member of the university choir and represented her hometown as Miss Mississippi her freshman year; a sister of

Delta Sigma Theta sorority, an Omega Psi Phi sweetheart her sophomore year; a member of Beta Kappa Chi, (a national honor society for science majors) her junior year; and was recognized in Who's Who in American colleges and Universities her senior year.

As Ms. TSU, Mrs. Murrell cut the ribbon for the grand opening of the Student Union Building in 1960 when Walter was President of the university.

Her future endeavor was to become a medical technician. Until one day while working in the Dean of Student Office she decided she wanted to be a Student Personnel Administrator.

Mrs. Murrell was bestowed the responsibilities of Vice President of Student Services after Dr. George Pruitt former Vice-

President left the position last year to become Executive Vice President for the Council of the Advancement of Experimental Learning (CAEL) in Columbia, Maryland. As vice president she works closely with the student body whenever there's a problem concerning the students well being.

When asked for an overall statement she could give to all students, she had this to say. "I would like to encourage students to take every advantage here at Tennessee State University, so that they can develop mentally, physically and socially in order to be prepared to make special contributions to their communities. We must never forget that education is the master key to life because without it, it's hard to find open doors."

"Boyhood Heaven, Manhood Hell"

Mr. Ross was born in Jackson, Mississippi on December 19, 1937. His family moved to Detroit, Michigan when he was not yet a year old.

His was not an easy life, having contracted spinal meningitis at a young age. He overcame this obstacle and went on to fulfill a boyhood dream.

After leaving high school, he enlisted in the U.S. Air Force, and was trained as an inflight crew member on B-52 bombers, in April 1955. He was one of a crew of twelve, that were responsible for air watch over the continental United States, and a number of

foreign countries. He served with the 328th bomb wing at Plattsburgh, New York, a strategic air command post.

After serving four years honorably, he later transferred to the U.S. Army, where he volunteered for, and was accepted by the U.S. Rangers (Airborne) in 1959. When President John F. Kennedy instituted the special forces in 1961. The now Sgt. Ross again volunteered for what is commonly called the "Green Berets."

He saw action on several occasions, and was wounded at fire base camp Alpha, Ben Hua South Viet Nam, along the Cambodian

border. In the ensuing poem he remembers, and briefly tells of a part of that experience.

As you will note, Mr. Ross firmly believes in friendship and loyalty. Most of all, freedom and brotherhood.

He served his government, and country well, and holds among his many decorations the distinguished service cross with cluster. While attending Tennessee State University, he intends to serve his fellow men and women, diligently in any way he can, to promote peace and harmony. His poetry reflects this dream, and goal.

By RICHARD R. ROSS

He strolled the streets
Among the snickers
In worn out shoes
And passed down knickers

A curly-head boy
With dreams far away
Dreaming of being
A man, one day

Coming home to dinner
Of what, he knew not
Just being thankful
For what he got

Listening to the crickets
As he lay on the floor
Succumbing to sleep
And to dream, once more

No one ever knew
The burdens he bore
A young man of ten
Fighting his own private war

Seldom a penny
To buy something sweet
Whatever he got
He found on the street

School, was not easy
For this restless lad
He gave what he could
And that was all he had

Somehow . . .
The little fellow grew
With help from God
He made it through

Now, finally, the lad
Had a voice
So, without hesitation
He made his choice

"I'm going to be a soldier"
"I'll be the best
When I come home
Just look at my chest

A soldier he was
Often more than his share
He fought relentlessly
With technique and dare

Looking death in the face
And tasting fear
often knowing
When Danger was near

Dreaming of living
Damn scared of dying
A man, in combat
A baby . . . crying

Thinking about mama
And the folks back home
Surrounded by gunfire
Feeling so alone

Feeling the explosion
As it pierces him through
Knowing by instinct
Just what to do

He stops the bleeding
Then tries to stand
Refusing to die
In a foreign land

He's trained to make it
He's Green Beret

From Heaven to Hell
It's all the way

He's a man now
He's passed the test
For he's truly become
One of America's best

They ship him home
On a plane one day
With a chest full of medals
And his green beret

Mama never looked
So happy or sweet
To see her child standing
So tall and neat

Though time had changed
This boy to a man
There were yet some things
He did not understand

People at home
Were fighting each other
Sister against sister
Brother against brother

Everyone hung-up
On black against white
Everyone thinking
His way is right

He remembers the war
And a particular night
When he fought beside a soldier
Who was white

They took care of each other
They moved as one
They saw it through
And got the job done

They stuck close together
After going through Hell
Comforting each other
When their buddies fell

Now, back in the free world
Where people should be
Proud of each other
And glad to be free

He knows his purpose now
For being on earth
He'll give of himself
And all he's worth

So with determined energy
And pencil in hand
He tries to impress upon
Every woman and man

The need for unity
And brotherhood
And changing the bad
To the good

So from boyhood heaven
To manhood hell
There's one lesson
He's learned well

Never take envy
Of someone else
Take the time . . .
To believe in yourself

Make each day count
As if it were your last
Let knowledge be the thing
That you amast

For, the farther up you go
The farther you see
Trust, in God, in yourself
. . . believe

For one thing is certain
And know this well
We're none of us promised
Heaven or Hell

The boy is a man now
He's tasted death
Now . . . life is for living . . .
And he cherishes . . . each breath

Dear Fisk & TSU Students:
Pentecostal Tabernacle
Church needs you as a Volunteer Instructor for a Tutoring Workshop Program.

We need your help and service very badly.
Won't you join us?
If you decide to be a part of this program, call Mr. Mike Towels at 356-6927 for more information.

Call Monday thru Friday from

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!We need your concern now!

Please respond . . . Now . . . !

Support

Homecoming Week!

October 5-9, 1981

Entertainment

Students Are Talking About.....

Greek organizations interviews . . . The T. E. Poag Players performance . . . The cold weather, is it the work of Caster Dine . . . Coach Merritt missing his first football game, because of illness . . . The significant change in the attendance of the SGA meetings . . . How the school spirit seems to be on the uprise . . . The State Fair . . . How TSU captured their first victory on a four second field goal by Larry Watkins . . . The upcoming home game against Texas Southern . . . The activities planned for homecoming . . . The financial worries of those who bet on Tommy Hearn . . . The moderate temperature in the library.

Let's Start Cooking

- 2 lbs. ground beef
- 1/4 cup chopped onions (more if desired)
- 1 pkg. fine noodles, 5 oz. size
- 2 cans tomato soup
- 2 cans Mexicorn
- 1 1/2 cup catsup
- 1/2 cup water
- 3/4 lb. cheese, grated

Meal-In-A-Dish

Cook onions until golden. Add beef and cook until well browned. Cook noodles as package directs. Mix onions, beef, and noodles with remaining ingredients, reserving small amount of cheese for the top. Put in 2 quart casserole dish and sprinkle the top with remaining cheese. Bake uncovered for 45 minutes at 325 degrees. Serves 8, with large portions.

American Collegiate Poets Anthology

International Publications

is sponsoring a

National College Poetry Contest

-- Fall Concours 1981 --

open to all college and university students desiring to have their poetry anthologized. CASH PRIZES will go to the top five poems:

\$100 First Place	\$50 Second Place	\$25 Third Place	\$15 Fourth \$10 Fifth
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AWARDS of free printing for ALL accepted manuscripts in our popular, handsomely bound and copyrighted anthology, AMERICAN COLLEGIATE POETS.

Deadline: October 31

CONTEST RULES AND RESTRICTIONS:

1. Any student is eligible to submit his or her verse.
2. All entries must be original and unpublished.
3. All entries must be typed, double-spaced, on one side of the page only. Each poem must be on a separate sheet and must bear, in the upper left-hand corner, the NAME and ADDRESS of the student as well as the COLLEGE attended. Put name and address on envelope also!
4. There are no restrictions on form or theme. Length of poems up to fourteen lines. Each poem must have a separate title. (Avoid "Untitled"! Small black and white illustrations welcome.
5. The judges' decision will be final. No info by phone!
6. Entrants should keep a copy of all entries as they cannot be returned. Prize winners and all authors awarded free publication will be notified immediately after deadline. I.P. will retain first publication rights for accepted poems. Foreign language poems welcome.
7. There is an initial one dollar registration fee for the first entry and a fee of fifty cents for each additional poem. It is requested to submit no more than ten poems per entrant.
8. All entries must be postmarked not later than the above deadline and fees be paid, cash, check or money order, to:

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About Your Health

Coping with Stress

One of the most difficult things to cope with in school, besides the heavy work load, is "stress." Sometimes the pressure of the work load and pace might seem to be monotonous and tiring. In fact, on some days, nothing seems to work out right. If these symptoms arise, you can bet that taking two aspirins and calling your doctor in the morning will not relieve the pressure. However, there is no need to fret because there is a way to cope. According to Dr. Hans Seyle, author of *Stress Without Distress*, you can make stress work for you and not against you. Here are a few suggestions that should help you cope with school related stress in a positive way:

1. Give every task no matter how small, your complete attention.

2. Do the important work first.

3. Double check all your work for accuracy. (Extra stress is created when work has to be done over.)

4. If tension comes from an unfinished task restructure your priorities so you can get the responsibility out of the way.

5. If stress or tension becomes overpowering, you have three choices: change the situation, leave the situation or change yourself.

If you possess good study skills and if you have developed the ability to deal with the stresses that come with dealing with yourself, others, and the demand of the work load, you have a good potential for success.

TIGER DEN

SNACK SHOPPE

Alumni Building TSU

Your Favorite:

snacks, sodas, hot and cold sandwiches, personal needs, laundry needs, cigarettes. AND WE give change (limit one dollar)

OPEN: 8:30 am - 4 pm

Dear Meta

As soon as this message is received the Meter will have started its Dear Meta column, which will offer solutions to problems that may arise for individuals at TSU. So if you have a problem please send it to Dear Meta, Room 200 SUB!

Top 10

- | | |
|---|---|
| 1.. Street Songs
Rick James | 6.. Dimples
Richard "Dimples" Fields |
| 2.. Live In New Orleans
Maze Featuring Frankie Beverly | 7.. Just Be My Lady
Larry Graham |
| 3.. It Must Be Magic
Teena Marie | 8.. Carl Carlton
Carl Carlton |
| 4.. In The Pocket
Commodores | 9.. Winners
The Brothers Johnson |
| 5.. I'm In Love
Evelyn King | 10.. Black & White
Pointer Sisters |

Movie Review

"Friday the 13th Part Two"

Jason returns again after drowning to seek revenge for his mother's death. He is an extremely strong character who uses a variety of methods to kill his innocent victims. As each chilling murder is performed the audience is left in a spell bound state of terror with an extra dash of screams included. As the movie comes to a close some viewers are left confused and bewildered as to Jason's fate, as well as that of the other characters. Friday the 13th is exactly what it states, only part II of part I. It satisfies those who are hungry for horror.

Record Review

Al Jarreau's new release entitled, "Breakin' Away" BSK 3576 on Warner Brothers indefinitely a must for your record collection.

The album includes compositions written by Al Jarreau, Tom Canning and Jat Graydon and also standards such as "Blue Rondo A La Turk" (Round, Round, Round) music by Dave Brubeck and lyrics by Al Jarreau and "Teach Me Tonight" be Gene Paul and Sammy Cahn.

Al Jarreau has a wonderful combination which has become a trademark of his for writing lyrics for instrumentals such as "Take Five," which was done on a previous album and is also a Dave Brubeck composition. The selections of noteworthy besides the title cut "Breakin' Away" are "We're In This Love Together," "Closer To You," "Easy," "Our Love," and "My Old Friend" written by Richard Page, Steve George and John Lang. Everything about the album depicts Al Jarreau's unique and superb vocal style.

Ronald V. Townsend
Music Director WTSU

Support the Meter

Sports

Tigers' Last Second Attempt to Score Prevails

By LUREY MACK

Scoring final, breathtaking, game-winning points is an art which requires a lot of poise, experience and confidence.

So obviously when Tennessee State University called time out with four seconds remaining and the score tied at 14 and planned its strategy for victory Offensive Coordinator Joe Gilliam, Sr., (substituting for ill Head Coach John Merritt), looked to experience, which came in the form of placekicker Larry "Big Foot" Watkins.

After three unsuccessful attempts at putting the ball into the end-zone Coach Gilliam ordered a fieldgoal by the senior Watkins.

Seemingly Gilliam knew that Watkins poised and fearless would relish the opportunity rather than fear it.

Gilliam was correct. The ball was snapped by the center Amos Whatley, placed down by holder Marvin Fleming and with one second remaining booted through the uprights by Watkins as the Tigers defeated the Salukis of SIU 17-14.

Both Gilliam and Watkins were unable to be reached for comment at press time.

Besides the fieldgoal by Watkins

the Tigers scored two touchdowns. TSU jumped to a seven to nothing lead in the first quarter, when Morris Harris broke a tackle and sprinted 79 yards for a score with 7:48 remaining in the quarter. The next score came after a long drive engineered by Brian Ransom, which ended on a one yard scoring effort by 'big' Larry Kinnebrew in the third quarter.

Southern Illinois initiated its comeback late in the third quarter and scored with 1:29 remaining on a quarterback sneak by Rick Johnson. Then in the fourth quarter with 9:36 to go Johnson connected on a 40-yard pass to wide-receiver Marvin Hinton for a touchdown, which tied the score at 14.

Brian Ransom, who completed 16 of 28 passes for 237 yards said, "I think I was in more control and had a wider perspective of things this week. I was able to see things that I didn't see before."

He further lamented, "We still made little mistakes, but did better on assignments and are looking better every week."

Credit for the Tigers' victory must also be given to the offensive line. They were very much responsible for the 524 yards total offense, which included 287 rushing. Two of the standouts

responsible are Steve Moore and Don Laster just to name a couple.

The defense was also very instrumental in the victory as well. Malcolm Taylor, Wilbert Smith, Dewayne Roberts, Richard Dent, Primes Bobo, Bryan Howard and Clyde Ward are just a few of those key players.

This Saturday's game against the other TSU (that is Texas Southern) should prove to be an interesting match-up. Last year it was a dull, dreary, cold and rainy Saturday night down in Fort Worth, Texas, however the Tennessee State Tigers came out victorious 13-3.

Larry Kinnebrew scored one of those touchdowns for State, which was the the only defensive touchdown of the game. The other score for State was a result of a blocked punt by linebacker Primes Bobo, who returned the punt 28 yards for a touchdown.

Texas Southern was only able to acquire a fieldgoal.

The game overall proved to be a defensive battle and State's defensive back Bryan Howard lead the defense in tackles with 13 solos in that game.

TIGER'S NOTE: The Meter Staff would like to wish Coach John Merritt a speedy recovery from his illness.

Football Schedule

DATE	TSU	OPPONENT	OPP	TIME
Sept. 12	23	Jackson State	31	7:30 Away
Sept. 19	17	Southern Illinois	14	1:30 Away
Sept. 26		Texas Southern		7:30 Home
Oct. 3		Alabama State		1:30 Away
Oct. 10		Grambling State (Homecoming)		7:30 Home
Oct. 17		University of Louisville		3:00 Away
Oct. 24		Nicholls State		7:30 Home
Oct. 31		Southern University		6:00 Away
Nov. 7		Central State		7:30 Home
Nov. 14		UT-Chattanooga		7:30 Away
Nov. 21		North Carolina A & T		1:30 Away

.. If you have any views about events at TSU or dealing with sports in general and feel like expressing them use the Meter's Sport Section. You may write a letter or bring your material up in person. If you write a letter address it: Attention Lurey Mack (Sports-Editor).

Read The METER

For News, Sports, Entertainment

Get in on the latest campus craze!



Student Night at Pizza Hut. Every Wednesday, 5-9.

What's better than the Beach Boys, buttondown shirts, or ice cold beer? It's Wednesday night! Because Wednesday night is Student Night at Pizza Hut, when you'll save \$2.50 on any large or \$1.50 on any medium pizza.

Get a taste of the latest fad on campus. Bring your student ID to Pizza Hut every Wednesday night from 5 to 9 pm. And you'll get more pizza for less bucks. Because Wednesday night is Student Night at participating Pizza Hut restaurants.



The Foreign Service of the United States

America's diplomatic, consular, commercial, and overseas cultural and information service is seeking women and minority group members. The Department of State is strongly concerned about diversifying the Foreign Service and making it representative of the American population. American diplomats are serving their country in 230 missions throughout the world in administrative, consular, political, economic, commercial, and information /cultural functions. Salaries range from \$17,169 to \$34,806.

If you are interested in a challenging career, apply to take this year's exam. Application forms, which must be submitted by October 23, may be obtained by writing: FSO Recruitment Branch, Room 7000, U.S. Department of State, Box 9317 Rosslyn Station, Arlington, VA 22209.

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1981 Foreign Service Exam - December 5



Classes Starting for Fisk & TSU Students

TENNESSEE STATE UNIVERSITY

Kean Hall: Downstairs Lower Auxiliary Room
(TSU Students Only)

Monday 6:00 — 9:00 p.m. . . . 1 Hour Per Class
Admission: \$2.00 per week or .50 a day for 5 days

FISK UNIVERSITY

Gym (Fisk Students Only)

Friday 6:00 — 9:00 p.m. . . . 1 Hour Per Class
Admission: \$2.00 per week or .50 a day for 5 days

MEHARRY COLLEGE

Community Mental Health Gym (The Whole
Community Invited)

Wednesday 6:00 — 9:00 p.m.

Thursday 6:00 — 9:00 p.m. . . . 1 Hour Per Class

Saturday 12:00 noon — 8:00 p.m.

Admission: \$2.00 per week or .50 a day for 5 days

NOTE: These funds will be used for the purchase of
yoga equipment and uniforms.

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Homecoming 1981

Big Blue Tigers are at it again!! Look out Tiger fans it's that time of the year again when spirits are high, dozens of alumni come from miles around, and students are busy preparing decorations for the parade, their dorms, and departments. The Student Union Board of Governors are planning an extravagant week for you. The theme chosen for this year's festive occasion is "Working Together—We Make It Happen." The exciting activities for the week are as follows:

Monday, October 5th: 50's Day
Cash prizes are to be given away for the best dressed female and male at \$10 a piece. Judging is to take place at 5:00 p.m. in the cafe. Dating Game in the Building at 7 p.m.

Tuesday, October 6th: New Wave Day
Cash prizes are to be given away for the best dressed female and male at \$10 a piece. Judging will take place at 5:00 p.m. in the cafe. Recreation Night 7 p.m. in the SUB. Special in the Snack Bar.

Wednesday, October 7th: Mardi Gras
Gras 3 to 7 p.m. in the cafe. Festivities will include limbo stick dancers, music, cash prizes for the best costumed, two free football seasonal passes, hors d'oeuvres, a special dinner plus a host of other activities.

Thursday, October 8th: Class Color Day
Freshmen—Green
Sophomore—Purple
Junior—Red
Senior—Blue
Class spirit rally in the plaza at noon.

Friday, October 9th: Blue and White Day
Pep Rally in the plaza at noon.
Concert

Saturday, October 10th: Homecoming
10 a.m. parade
7:30 p.m. Game

The Student Union Board of Governors seeks the support of the entire student body, faculty, and alumni to help make this week a great success by dressing accordingly for each day. Remember "Working Together We Make It Happen."