Bard College
Student Newspaper Archive
(1895-1999)

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ANGELL &...

At 1:25pm the bristling, blue-suited figure of Nick Angell burst upon the stage at Froster Art Center. The race for the 25th Congressional District seat had finally made it's way to Bard.

"I've never run for office before," stated Nick Angell in his opening remarks to the interested crowd. He wasted no time tossing the gauntlet at the incumbent Republican, Hamilton Fish Jr. "One of my regrets is not having both Mr. Fish and myself here at the same time for the same questions. Mr. Fish has so far cancelled eight debates I've set up with him."

Mr. Angell's two greatest concerns dealt with the current political system and the state of the economy. "The crisis exists in two basic defects of our political structure," observed Angell. The federal government lacks the proper balance of power. Too much power has accumulated in the hands of one man. "Power corrupts and leads to immorality," Angell asserted. "Why is nothing being done about it? Nothing is done because the incumbent Congressmen don't have to do anything to get re-elected." Turning to Hamilton Fish's vot-

...FISH AT BARD

The tall husky frame of Congressman Hamilton Fish Jr. stepped toward the speakers podium in Froster Art Center at 2:40 PM. The audience that had finished stretching its legs after just listening to the Congressman's democratic opponent, Nick Angell, settled down quickly as Congressman Fish addressed his opening remarks.

"The last few years have been demagoguery," said Fish in reference to the Watergate scandal. Mr. Fish felt that the impeachment proceedings were handled "with dignity, fairly and professionally." "The Constitutional crisis was resolved," Fish stated, "but the pardon set it back."

Discussing the economy Mr. Fish felt that "only a major cutback in demand can work to negotiate oil contracts." He urges that we all take measures to cut down our energy usage.

Ms. Jean Richards started the panel discussion asking if Mr. Fish would agree with Mr. Angell's "county master-plan" proposal. Mr. Fish did agree with Mr. Angell's "county plans" and strongly urged that more federal funds should go into education. Ms. Richards then countered with a question con-
To the editor:

I have never before been motivated to write to the Observer, always believing that anyone meshugenah enough to work for the paper was entitled to whatever he/she pleased. However, in both the Observers that have come out this semester, I have been very offended by editorializing. By this I don't mean the pseudo-New Yorker editorial "we" which I find very obnoxious and irritating, but competent enough to offend.

I refer to the editorial postscript to the article about the "IF" controversy and also to the addenda to the letter about Ms. Goossen. As most people know now (and many knew at the time), Pursuit of the Heart was not shown because William Morris anical company bucked up. The implication that the Dean was somehow involved was both slanderous and a misuse of editorial power.

The anonymous letter about Engrica was most interesting. I can well recall a time when she conducted a room search, looking behind her door not ordinarily kept locked. By my good fortune, my neighbor was home and persuaded Ms. Goossen not to lock my door, as I would be locked out if she did. Engrica had insisted my door was locked when she got there, however; my other neighbor was not so lucky and was locked out of his room. When Security arrived to remedy the situation, Pat Delisle was very upset about the search. He said they had been trying for years to stop Ms. Goossen and that she had no right or jurisdiction to conduct a search.

If such was the case, she must have carried out the search in secret, since anyone she would have reported findings to would have reprimanded her and not the student.

I think the Observer would do well to use some restraint in comments on articles and letters, especially when not defense of your own staff but in the defense of a non-funct employee. It also seems rather low to use the student newspaper to make malicious innuendoes about the Administration.

Julia Small

Dear Observer,

I was rather surprised to see a reprint of a section of my minutes in the last issue of The Observer. I am glad that I found it a compliment that you would use them. I also realized that at the present time, I sort of have a newsletter, which is a source of written Senate Information and business around campus. I also don't think that this is especially good.

Senate meetings through the days of being an 'elitist' organization, or so we would all like to think. In fact, one of the strongest things that Senate has tried to do is 'democratize' our authority, activities, or whatever you want to call it. (Examples: this semester is the first time that committee chair-
FROM THE DEAN...

by Andrea Kelley

Dean Carl Sellinger has outlined some prospective changes being considered by the Faculty Senate. All are designed to help break down the barriers between departments, students and teachers.

1) More Student/Faculty Contact Hours. An average of three instead of two hours a week per class, designed to bring students closer to their courses, to break up one long class into two or three shorter ones, to provide new students with a more firm structure by which to work, and to discourage procrastinating large reading assignments.

2) Moderation Will Be Considered Less As A Freshman Review. As a prerequisite for the Senior Project. The dividing line between lower and upper college will no longer be as distinct as it now stands. Moderation can be undergone when the student and his/her advisor feels he is ready, perhaps before the end of the sophomore year, or at the end of junior year if necessary. The distinction made by Moderation will then be one between preliminary and advanced work. The emphasis will be on success, not on the threat concept which is an integral part of our present Moderation.

3) A Freshman Review by a Board of faculty members who teach each incoming freshman. This will be of a strictly advisory nature to discuss what the student has done and where he or she would like to go from the end of the freshman year. A discussion of this kind will help to sift through an often tangled academic/social freshman experience and provide some coherence to it.

4) These proposed changes are primarily aimed at softening the hard edge of lower college life at Bard. The Faculty Senate is also trying to deal with bringing together the whole undergraduate and teacher community. Their considerations center around how to create more shared educational experiences and enterprises, courses or projects with a human concern, a common ground where all as people share problems. Collaborative projects and courses that deal with what is important to us all will be beneficial in creating a sharing, dependent social concept that can help diminish the inherently lonely role of student or teacher working by his/her self. This would entail using the idea of "liberal arts" to the fullest, drawing upon all disciplines and departments to understand the human concerns.

Faculty members pursuing their careers outside of teaching seem to be able to convey their own inspiration and satisfaction. Dean Sellinger believes it was possible for the teacher to bring the student into his work it would generate interest in the students' approach to work. As well as their success in learning on more than one level.

The ideas pertain to how to use Bard's special distinctive features to explore human possibilities in a liberal arts conception and environment. Dean Sellinger hopes to minimize the effects of fragmented, and ultra-individualized world, which Bard reflects. He and the Faculty Senate are aiming at breaking the walls of compartmentalization through people sharing ideas and problems.

ALTERNATIVES to ADOLF'S

Students tired of ADOLF's can take heart, the future may bring relief. Although nothing is definite yet, the Senate and the Committee on the Quality of Life for an alternative to "down the road."

The originator of the thought is Lindsay Hill, co-president of the Student Senate. Only about a month ago Lindsay began to seriously play with the concept. Lindsay's concept of a student center includes a building with a coffee shop, bar and possibly a pinball machine on a level separate from reading, lounging and TV rooms. Of course, there is no building on campus presently available -- this is the first and biggest obstacle to implementation. The center seems the thought has been to use empty rooms in Stone Row since this is a relatively unpopular dorm and is centrally located and quiet, so an alternative, brought up by Steve Levine at last Wednesday's Student Senate meeting, was the use of a storage barn behind the music building. At present this barn is badly in need of repairs, but Steve felt that if the work was done mainly by students it might be a good opportunity to bring the college together.

Whatever the site that is finally chosen, all those involved at this early stage realize it is a large task it will be to open any kind of student union. Right now Lindsay only has a brief list of students interested in the project. However, by the time this is printed a recommendation on a student center will have been made to President Bruce from the Committee on the Quality of Life, and it is now that Lindsay would like to get organized and really begin work on the subject. Anyone who is interested may certainly be interested. Anyone who should be every one -- and can spend any time at all should contact Lindsay and leave his/her name and box number.

A student center of any sort on the Bard campus would undoubtedly be a positive addition. One can imagine from this idea the potential to be that some kind of center could be set up and running within a semester. With effort from both the administration and the students, an alternative to ADOLF's might soon be a reality.

---Jean Antonacci

Quality of Life Comm.

This semester, a new committee was formed (sigh, what's new?). This is not your average "Students of Hugo von Hofmannsthal Study Group." The Quality of Life Committee consists of a group of people who observe and make recommendations on the extracurricular, academic, non-academic issues of campus life. The possibilities of a review like this are endless; look around and you'll agree, don't look around and you'll agree, too. We all know, or feel, certain areas are not well run, do not exist, have great potential, should be abolished. Now is the time for action: support the Quality of Life at Bard. The committee members are: Administration--Dr. Pierce, Dr. Carl Sellinger, Larry Sugatagor; Faculty--Michael Rosenthal, Larry Sacharow, Dr. Powers (school psychiatrist); Students--Martha Miller, Miles Jaeger; Trustees--Jeffrey Levy, Mrs. Charles Kraus; Admission--Scott Conner.

BEERKMAN 3 CLEANERS

252 Broadway in Red Hook

Bock's Gigantic Tail Top

758-1561
here only in the spring and fall preferring to spend the summer at their home in New- 
port, Rhode Island and winter at their town- 
house in New York City.

Frederick Vanderbilt was the grandson of
"Commodore" Cornelius Vanderbilt who found-
ed the family fortune in steamship trans-
portation. He was worth $105,000,000 at
his death. His son, William Henry Vander-
bilt, increased the fortune to $250,000,000,
through his rail holdings. Frederick also
was involved in the railroad.

Entering the estate from the main gate
you will drive over a neoclassical bridge
spanning a shallow running stream. The
drive winds through the grounds on paths
in the Italian gardens, unfortunately no longer
planted and then around the front of the
mansion. There is ample parking on the
grounds.

Stop in at the Pavilion first, the rel-
atively small structure you will see across
from the parking lot. The Vanderbilt's had
this home built in 1895 to use until the
completion of the main house in 1898. After
that time it was used as a guest house and
also by the Vanderbilts themselves when they
came to Hyde Park in the winter since the
main house was closed during that season.
At the Pavilion you can purchase a 50¢ tick-
et which you present to a guard at the man-
sion. It also entitles you to admission to the
Roosevelt National Historic Site just
south of Hyde Park on route 9.

The mansion was built between 1896 and
1898 at a cost of $660,000 excluding fur-
nishings. You may decide the house is beau-
tifully elegant or gaudy, but it is by any
description very expensive. If you were a
guest of the Vanderbilts, you would be seat-
ed in the large oval reception hall in the
center of the house. Its walls are of Itali-
ian marble and the mantel on the west wall
is a relic from an Italian palace. If you
had come to see Mr. Vanderbilt on business
he would probably have taken you to the
study, a small room off the reception hall.
It is panelled in Santo Domingo mahogany
and over the fireplace are several early
Italian pistols grouped around an old Flem-
ish clock. If you had been invited to dine
you would gather in the Gold Room for sherry
before dinner. The room was designed after
an 18th century French drawing room in anti-
qua white and gold leaf. There is also a
large dining room, a drawing room and a li-
brary on the first floor.

Mr. and Mrs. Vanderbilt’s bedrooms are
on the second floor as well as several guest
rooms. On the third floor are more guest
rooms and several servants' rooms.

The Vanderbilt’s children and the estate
was left to Mrs. Vanderbilt’s niece,
Margaret Van Alen who presented the estate
to the United States in 1963.

To get to the Vanderbilt mansion take
route 95 south of Bard and then route 9
through Rhinecliff. The main entrance is
just north of the light in the village of
Hyde Park. The mansion is open daily from
9:00 a.m. to 5:00 p.m., closed Jan. 1 and
Dec. 25.

Barbara C. Whiteman

**ANGELL**

Angell was a major political figure and
prominent newspaper editor. In the mid-19th
century, he was a leader in the movement
to abolish slavery. He was a strong opponent
of the Missouri Compromise and was one of
the leaders of the Free Soil Party. In 1856,
he was elected to the U.S. Congress as a
representative of Michigan. He was a strong
advocate for the rights of labor and was
heavily involved in the labor movement. He
died in 1868, and his legacy is remembered
for his strong dedication to social justice and
the fight against slavery.
these changes has already been essayed by other Congressmen and I'll join the fight to get them done.

Mr. Jean Richards started the panel discussion asking Angell about future development plans for the county. Mr. Angell responded that he would want to alter the property tax because it is "not based on ability to pay," he also suggested land use planning, employing ecological and total development.

Professor Mark Lytle, in the continued quest for knowledge (and job security) asked about the future of small colleges. Would they be aided by the government? "I support federal financing," Angell said; "private education is the laboratory for experimentation." He also added that spending time in public service would break up the treadmill of education.

"You can't have equal education if the well to do won't help the less well to do," reacted Angell to Dr. James Sailor's question on education. "There has to be a redistribution of school funds."

The time had arrived for Angell to face the questions of the concerned, active audience. Amnesty for Vietnam draft dodgers and deserters was the first issue brought to the floor. "I stated my position in March," announced Angell. "I feel draft dodgers should be treated as criminal offenders." Mr. Angell himself had volunteered for the ARMY, RISING THROUGH RANKS TO BECOME an Army, rising through ranks to become a Ranger and officer in the 22nd Airborne.

Concerning Vietnam, Angell declared, "the final lie was that we have won 'peace with honor.' The war is still going on and costing America millions. We are paying the price for Kissinger's style of diplomacy" (initiating agreements, then globetrotting to another spot before peace plans can be followed through).

Angell disapproved of Nixon's pardon. "He should be fully tried then we can be merciful," said Angell. "The legality of the pardon should be tested."

Bard's Jean Selinger asked: if S.E. Asia asked: if S.E. Asia
Mr. Angell supported retention of the present Supreme Court decision on abortion.
Bard's Jean Selinger asked: if S.E. Asia is starving, should the US give food at the cost of rationing itself?

Angell said that if the CIA would remove itself politically from S.E. Asia, the American people should give their support to increased foreign aid. He lashed out at the Russian wheat deal as "outrageous." If we hadn't sold our surplus, we'd have the food reserves available.

The dynamic lawyer's time was up. He made his exit from Procter just in time to greet the arrival of his opponent, the next speaker, incumbent Congressman Hamilton Fish, Jr.

(News & Notices)

The Nurtel DeGre Center will be available again this Fall as a clearing house for part-time employment, acting as a liaison between students seeking part-time jobs and local residents who need an occasional or regular babysitter, house or yard worker, part-time shop assistant, tutor or music teacher, or someone to help on a single project. The Center maintains a file listing students who want to work including their skills, interests, and acceptable pay rates. Information is available at the DeGre Center between noon and 4:00 PM, Tuesday through Friday, or call 756-6822, Ext. 212 during business hours.

The Bard Theatre of Drama and Dance presents George Bernard Shaw's Arms and the Man as its second production of the season. In this delightful comedy, Shaw pokes fun at the romance of romance and the pseudo-romance of war. The play is directed by Neil McKenzie; the cast includes Frances Ahoek, Pamela Richards, Nick Sanatag, Brian Keane, Polly Corman, and other actors of the Bard Theatre. Performances will be in the Great Hall of Freston, Saturday, October 26th through Tuesday, October 29th, at 8:00 PM; there will also be a matinee on Sunday, October 27th, at 3:00 PM. There is no admission charge, but reservations are recommended. Please call 914/756-8622, between 2:00 and 4:00 PM, Monday through Friday, for reservations or information.
by tunes, falls asleep in the corner or takes the escapist route and slips class completely or just grins and politely bears it all.

The prevalent smoker response to complaints is that of course the opened window cure. Unfortunately, this does not guarantee ventilation, since it is a closed window. A gust of wind happens to be conveniently heading due course to the opened window. In addition, because smoking or ceasing to smoke causes a change in the normal blood circulation, smokers are the first to complain of being cold. Needless to say, windows are usually kept closed in the winter.

Finding a solution is, as usual, more difficult than the problem itself. But I have no intention of stopping there, for out of fairness to the non-smokers something must change. Asking professors not to smoke is impracticable. Even though at many Universities and Colleges the Professors are too busy lecturing to smoke, at Bard this is not the case. Many Professors here could not teach without smoking (most likely a more vital plea than certain individuals felling asleep) and students with a far less substantial claim to addiction must respect this.

The pliers are permitted to smoke in class does not necessitate students smoking. Smokers will have no reason to have a great deal less before the relapse, and of the abuses of Bard. Surely cutting down to a butt at each break and a quick dash from the room if a cigarette practically needed is not asking too much. Adopting this practice would, in the long run, bring nothing but good. Just think how nice it will be to be able to walk outside and taste, how much less smokers will spend on cigarettes and how much healthier everyone will feel.

I hope that a solution will evolve out of human consideration and reason, rather than by hard fought action. The adage that "It is an ill wind that blows nobody any good" and that smoking in classes is unquestionably that, an ill wind. --- Harry Perris

A of L continued:

On Tues., Oct. 15, a subcommittee of the Quality of Life Committee convened in the Dining Commons to discuss opportunities for resuscitating the cultural life of the College. Present were your faithful Editor, Professors David Pierce, Larry Sacharov, Jay Grossberg, Burton Brady, Robert Kelly, students Delilah Jakob, Mindy Heller and Rebecca Davidson; and Librarian Fred Cook.

Pierce, Grossberg and Pfeffer outlined the basic "what-to-do-on-weekends" problem confronted by the Q of L Committee—"join the soccer team or hang around the wall," offered the former. The use of valley resources has been investigated by the Recreation Committee was briefly mentioned, and there was a larger discussion of the aims of the Student Life Committee. It was generally agreed that a student center, where Bard's communicative and recreational organizations (e.g., the Observer, Feminist Alliance, Ceramics Club, Senate...etc.) could meet under one roof, would be a prosperous suggestion (see "Alternatives to Adolf's," elsewhere in this issue, for the proposal on similar ideas). One problem cited was the lack of continuity in the organization of student affairs, since the population is necessarily transient; long-range planning and a cooperation between permanent residents and students could go a long way toward solving this.

Finally the specific committee at hand was reached—the coordination and promotion of cultural affairs. Since the committee is interested in all areas of the arts, I will facilitate the scheduling of concerts, films, speakers, etc., preventing pileups or dry spells, and consolidated publicity for all the same affairs should prevent the anemic problem faced by freshmen and transfers. Messrs. Sacharov and Pfeffer suggested a mural celebration of the dining commons, on which the events of each day for a week or month could be posted in one place in an organized fashion. Improvement on the bulletin boards where old notices never die but merely fade away. The possibility of a Bard Campus Newspaper was brought up; yrs. truly pointed out that such a project had been undertaken by Bruce Balillie last semester, and someone, perhaps with weekly showing... was suggested (it is not known whether Mr. Balillie was ever contacted). Such a newspaper could provide "commercials" for upcoming plays, speakers, etc., aid the Observer in capping accounts of events that have already taken place.

An effort to make visiting events more experiential was n't discussed—for instance, to have visiting mathematic or art students give talks, as well as display their talents, so that students' work could evolve in the process. In re this, Mr. Brody, the art professor, mentioned a course which meets Thursdays at 7:30, where both student and faculty perform and discuss works in progress, and interested laypersons can ask questions ("Everything You Always Wanted to Know about Holding a Vioin But...") Tri. truly concurred that such a phenomenon in all departments might reduce the insularity of intellectual and cultural life—the sad phenomenon whereby each department plays so often, as it were, to itself, neglecting the opportunity to perform to a public of the uninitiated. (*Isn't that lovely?* "Well... is it sculpture or dragon dropping?" *It's ART!!!*)

Your faithfully slunk out of the meeting after 95 minutes to attend some cultural evening (namely a class) and desperately missed the next one. Further activities of the committee, however, will be noted in the Observer— if you don't meantly grow up around you first.

St. Kate

COBBSVILLE, NY—A series of field courses in environmental relationships in the Bahamas will be open to undergraduates from December to June. Excursions are available in 20 courses to be held on Out Islands and on San Salvador, easternmost of Bahamian Islands.

According to a spokesman, students should work out the choice of studies through their appropriate campus office to insure fulfilling credit and other academic requirements. Applications and course descriptions can be obtained from OCPL, Box 1860, Corning, N.Y., 14830.

An all-encompassing fee for tuition, room and board, and instructional costs will vary according to the course length and location. Total charges for a four-week course on San Salvador, for example, will be $150.

December offerings: Ornithology Survey, Near shore Fishes, and Island Geography, each for four credit hours. Total cost, $150.

January offerings will include Island Geology, Marine Zoology, Social Reasoning, and Visual Journal, again for four credits each. Courses will be offered in February, March and April. March courses: Marine Geology and Environmental Chemistry, 10 credits each. A six-week offering in March-April will be Community Study on Cat Island, for six credits. Independent Study in Biology, on San Salvador, will be held in May for four credits.

In May-June, an Archaeology dig will be undertaken on San Salvador from four to six weeks. Credit hours will depend on the number of weeks a student elects to study.
Sports

Soccer—Bard beaten by Albany in 'Out Game'

On Wednesday, October 16 Bard started its away game circuit by travelling up to Albany to play Albany Pharmacy. As you may remember, it poured rain that morning and afternoon. Taking better advantage of the poor conditions, Albany beat Bard 5-2. (The mud was five inches deep in many places.) Bard's goals were scored by halfback, Harry Perris, and Steve Levine. Bard's record is five losses, two ties, and one victory.

Soccer—Bard tie: Skidmore 2-2

As the season has progressed, Bard soccer has gotten more exciting. On Thursday the tenth of October, we played Skidmore at home, Skidmore is a large well known school (well, you've heard of it, at least), they have a proportionately good soccer team. Bard played a hard game which resulted in a tie. Our goals were both scored by powerful forward Roy Hermann. A tie was a perfect preparation for the Parents' Day game with Vassar. To lose would have left the team depressed; to win would have made them over-confident. A tie gave just the right amount of reassurance but still enough incentive to do better on Parents' Day.

Parents' Day Soccer

Bard College tied Vassar, 1-1 in a tough Parents' Day game. This was the most competitive game of the season and the emotion displayed was surprising. Vassar was playing aggressively with a tight defense—fast break style of soccer. Near the end of the first half, Vassar sustained a concentrated drive to the Bard goal. They kept the pressure on for a full twenty minutes of solid running, scrapping and shooting. The Bard defense rose to the occasion; Vassar was held to one goal on a corner kick. The second half started gloomily for Bard spectators. We fought back, however, with a fine goal by Luis Marcilcano with an assist from "Iron Harry" Perris. The second half expired without either team gaining a firm upper hand. The rematch will be played at Vassar on October 30.

CROSS COUNTRY

Columbia-Green Community College held its first annual Invitational Cross Country Championship on October 14. Bard was invited to compete with the best teams in the Hudson Valley Area. Although Bard came in fourth, we best every other team from our league badly. Bard recently had a regular match with League member Columbia-Green. Every man on the Bard team ran a better time on the 4.8 mile Clans course.

The meet was swept by Hudson Valley Community College which had the first, second and third runners and a team score of 17; Cobleskill placed second with 47; R.F.I. 99; Bard College 108, Columbia-Green 133, Berkshire College 157 and Champlain 151. It was a heavily competitive, fast race. Bard's Phil Carducci, although he came in thirteenth, still almost broke the old course record, missing by 26 seconds. F.A. Tippett, Vassar's star runner, ran in the invitational as an independent. He came in fifteenth, 21 seconds behind Carducci.

The first Invitational came off well and all the coaches indicated they would be pleased to come back next year. The first 20 men to finish got trophies, so Carducci walked off with another one. Bard Cross Country is undefeated in league meets.

Parents' Day Cross Country

Bard Cross Country wallop Vassar in the Parents' Day meet. The five mile race started during halftime at the soccer field. Bard got a bad start when a number of dogs tripped a sprint runner, Phil Carducci, while passing the soccer field. Phil had a bad fall, completely destroying his rhythm, but got up and continued running. Phil found his first real competition in Vassar's number one, F.A. Tippett. At the end of two miles Tippett and Carducci were running even. After four miles the two were still side by side. During the last mile Tippett also fell, on some wet leaves near Blithwood. Phil took it to break the course record with a 3:10:18 time. Tippett took a close second with Bard's Tom Hirsch, Jerry Trucker and Mike Russo filling in third and fourth and fifth. Bard won the meet 20-43. Jeff Watsinick has been out with knee trouble cut eight minutes off his time in his first race back.

Bar 10 final times 5 miles

1 Phil Carducci 31:08
2 Tom Hirsch 34:20
4 Jerry Trucker 34:55
5 Mike Russo 36:27
7 Harvin Pell 38:21
8 Ronnie Iller 39:22
9 Bill Dickens 39:38
11 Mike Fusinita 41:15
14 Ethog Green 43:19
15 Jeff Watsinick 44:06

Sports

4:00 Fri. Oct. 25, Manhattanville Away Soccer, Cross Country, Women's Tennis

4:00 Wed. Oct. 31, Vassar Away Soccer, Cross Country

2:30 Sat. Nov. 2, NAC Cross Country Home

...& More News...

Some student air fares to Europe are still in effect. Youth fares and other reduced air fares being sold in Canada and Mexico, and continued use of student charter flights all make Europe still very much available to travel minded college students.

Also, lower winter rates offer skiers inexpensives trips to Austrian and Swiss slopes. One student ski trip is only $550 including the round trip flight ticket and accommodations during two weeks on the Austrian slopes.

For students going to Europe longer than a 2-week ski trip, temporary paying jobs are also available. Most jobs are in restaurants, hotels, and ski resorts. Standard wages are paid, but the big saving is the free room and board that goes with each job.

Any interested student may obtain free travel information and job application form by writing to Student Overseas Services, 22 Avenue de la Liberte, Luxembourg, Europe. Job processing can be speeded up by obtaining and holding 3 passport size photos and a letter of recommendation from a teacher or school official.

Red Hook Drug Store, Inc.
758-5591
2 N. Broadway Red Hook, N.Y.

Sitting down to write this column tends to engender visions in my head of people picking it up, feeling nagged in the first paragraph, and walking away in disgust. (People tend to be more sensitive, here at Bank, about their eating habits than about their sex lives). But I have a lot of friends who aren't as tired as they used to be, so I think the time is right.

The soapbox for the week is Vitamin B, all ten or twelve of it. As some of you (but, I usually find, a minority) are aware, this vitamin is really a large family of vitamins, which seems to have a hand in everything in the body, most prominently the nerve-skin system (Bio people will understand that linkage). Most commercial vitamins only provide three or four members of the complex; unfortunately, these vitamins work in combination, so that an oversupply of the inevitable B1, 2, 6 and 12 leaves the others out of the body and is just as traumatic as a complete undersupply. So, if you rush out and buy a B complex, make sure it's complete. And to hell with Unicaps.

The main benefit of B complex is an increase in the ability to cope with stress. It plays a large role in the body's ability to rebuild its tissues, and as such is badly needed to sustain the ongoing collegiate effort against fatigue. I have someone who drops B-complex pills during drama productions, like pep pills or cups of coffee; she went from twelve hours sleep a night to 8 on the hour and誉 from a sort of nervous to, well, normal. Her stress level has improved; nicotinamide, a part of the complex, has actually been used to treat depression and nervousness. I'm in shock, all still talking in hushed tones, and not in tandem to compose part of the sheet around nerve fibers. These two compounds also combine to break up blood cholesterol; so that, ideally speaking, anyone who gets enough of these should never have to worry about the stuff's sticking to the inside of their arteries. Para-aminobenzoic acid helps in many skin disorders and allergic conditions. The whole complex has a salutary effect on the digestion—one thus uses what one does eat to greater profit— and is needed by anaemic types; it is required in especially large amounts by women on the Pill.

The major drain on vitamin B in the American diet is in the treatment of wheat. Wheat germ, the heart of the kernel, contains a B1 complex; this is the part that is milled out of almost all flours, bleached or unleached. Zong tells me that the rolls baked here by SAGA are made with whole wheat; the sliced bread by the toaster obviously is not. The local Granola old lady also gets her B complex at the box store. Breakfast cereal is so much air with a little B1 and B2 added. Liver, if you can stand it, is packed with the stuff, and brewer's yeast (stirred in milk, it's barely noticeable) is another good source available in the D.C. All green vegetables have certain members of the complex. But the best bet is probably one of the many good commercial supplements, which, depending on how much of a snob you are, can be had incredibly expensive or dirt cheap.

Check the label to see that at least the above-mentioned elements are there; you may find more, as the complex is still being researched. You may find yourself freer than ever before from collegiate droop and burnout, part of a much less depressing scene in the dining room at eight o'clock any weekday morning.

**FISH**

From page one

... concerning the use of nuclear power plants.

"I'm in opposition to it," Mr. Fish said, "I was concerned that we might get panicked into a long range nuclear energy contract."

Ken Stern asked Congressmen considering the handling and killing at the Attica State Prison and "total indifference to civil rights." He also publicly saw himself voting in confirmation of former Governor Rockefeller as Vice-President.

"Yes," replied Fish. The House Judiciary Committee member (Mr. Fish is part of the committee) was asked to reserve judgments on Mr. Rockefeller's gifts. Mr. Stern persuaded that it was not the gifts that were a question in his mind, but the Attica riots. Mr. Fish said that he was a research associate for the Fair Research Council. Dr. Lytle was still plugging away at the "small college-government aid" question. Mr. Fish answered him brightly and realistically.

We are helping the students directly through scholarships and grants," said Congressman Fish. "I don't see us out of these small schools." He said if the small schools go under they might be incorporated in the State University system.

Dr. Sailor asked Fish about Congressional "porz barreling." Mr. Fish stated that all the additional funds are spent on the original bill can become so out of hand that they are on the verge of unconstitutionality. Fish does admit it is in competition with every Congressman to get money for his district."

Acting the answer-hungry audience he was asked about an "even money" thing. He responded Fish. "If we reduce troops uneasily it will cause a psychological deterrent to SALT. I'm for a lot of troop reductions."

"I don't like abortions," was Congressman Fish's response to that issue. He was "not prepared to say if it should be a purely private decision."

Dean Selinger repeated his question of sending food to Southeast Asia at the expense of ourselves... Mr. Fish answered, "I'd go with the traditional, American, humanitarian response."

The afternoon's anticipated quixotic issue finally surfaced. "Why won't you debate with Mr. Angell?"

"Debates are not one aspect of a political race," said Mr. Fish. "This isn't Lincoln-Douglas," he furthered. "I don't even think we'd get the same people on both sides."

Before the end of the race Mr. Fish said that he has six scheduled debates with Mr. Angell. Election day is November 5.

As the afternoon closed, the spectators at Procter were left with two distinct impressions, two utterly different styles in the same race. Nick Angell, the challenger. Dynamic. Charismatic. Full of motion and looking for issues to discuss and people to discuss them with. He's the underdog of this election, fighting a three term incumbent and a strong Republican county machine. He must make himself known to make a bid for victory.

Hamilton Fish Jr., the incumbent. Very polished. Very professional. A low-key subtle campaign is his way. The district is familiar with him and tradition; Republican. Angell's ticket to a fourth term is to not give Nick Angell many opportunities to get him in public debate, thus giving Angell much needed publicity.

Afterthoughts: Ken Stern thought they were typical of middle upper class politics. President Robert Bruce remarked that it was a respectable Bard turnout considering it was a weekend, during exam week. At least students at the school aren't eligible to vote in this election.

Mr. Mark Lytle remarked that it was a respectable turnout, considering that New England Patriots were playing the Buffalo Bills.