Students barred from main parking lot

by Brenda Montgomery
Managing Editor

The Main parking lot near the Biology and Ludlow has been restricted to Faculty and Staff, announced Art Otay during an interview held last week. Kline parking lot is still open to students though administration was vying for that lot too. When asked where students could park, Otay replied that the new lot opposite the Student Center was considered adequate for students who can't find parking on other campus lots.

"The new lot holds 50-65 cars. Kline is still available and the parking area near Honey house has been graded and gravelled to provide more space," said Otay.

The Ravine road and Froster parking lot are other possibilities, and the area behind the new gym (if you don't mind the walk). Blithewood road has been declared off limits, and Security plans to enforce the restricted area.

"We had trouble plowing that road every time we had snow because the cars lined up along there," Otay said. There will still be a small gravelled area to park in near the theater, but parking in front of the Woodsbury is taboo.

Security will hand out warnings for the first week, but if the new restrictions would cause a parking crunch, he felt that the new restrictions would continue to park in the restricted areas. Otay did not think that the new restrictions would cause a parking crunch. He felt that the new parking lots (near the Student Center and near the New Dorms) would provide enough space for student parking.

The College plans to create special parking areas for students who commute. The program will go into effect until next year, but the new stickers should be here in September. Accordingly, you will get one color if you live on campus, and another if you live off campus.

Another change is parking stickers this year is their longevity. Each student with a car will receive a sticker that will be good up until their graduation and four months after. No more registering your car every year.

Otay hopes that the new parking regulations won't cause too much trouble. Should there be problems though, Security is prepared to take steps to alleviate them.

Biking for Recycling

The Tour de Dump will begin at Red Hook Land as an ash landfill. The purpose of the event is to promote recycling and prevent Red Hook's transformation into an ash dump.

Tour de Dump is a twenty mile bike-a-thon scheduled for September 9. The purpose of the event is to promote recycling and prevent Red Hook's transformation into an ash dump.

Town residents are in an uproar over the decision of the Dutchess County Resource and Recovery Agency (RRA) to use Red Hook land as an ash landfill. They are concerned about the threat that the ash would pose for the groundwater that provides local water supply.

A suit has already been filed against the RRA, arguing that the company was consulted about the landfill plans. International Technology Inc., was an unreliable source. A second suit is also under consideration.

Protective measures for Lyme disease
John Steinway dies at age 72

by Brenda Montgomery
Managing Editor

The Bard College Community was saddened by the death of John H. Steinway on Monday, August 24. Steinway was one of the first alumni elected member of the Board of Trustees, and was recognized by Bard during its fiftieth reunion in May. He received an honorary Doctorate of Humane Letters at the 1989 graduation ceremony.

Steinway attended Bard during uncertain times; Bard was part of Columbia University but trying to break away. He left Bard with a determination to help his alma mater become independent.

In the last fifty years, Steinway has worked on the Board of Trustees and dedicated time and effort to the college that educated him. His commitment to loyalty and quality will long outlast these words, in the embodiment of the new dormitory named after him and the excellence of the pianos created by his family.

Be a guide or just look like one

by Burt Brody

Bard students are eligible to be volunteer docents at private sites, including Biltmore, on the second annual Country Seats Tour, September 21-24. Last year 1200 visitors, most from this area but some from as far away as Florida and Texas, paid $25 apiece to visit a dozen public and rarely open private sites, from Oak Hill, near the Rip Van Winkle Bridge (15 miles north of Bard) to Hills Mansion, just north of Hyde Park, all linked to the Livingstons, a major family in American history whose homes line this part of the Hudson Valley. This year the theme of the Tour is Country Seats, Landscape and Gardens, and sites in the same area go from Olana to the Vander

Security’s opening remarks

by Brenda Montgomery
Managing Editor

"It’s been a quiet summer," said Art Otey, Director of Bard Security. The vandalism of past summers was not repeated and the new Freshmen class has been well behaved.

An MFA student was charged with burglarizing an undergraduate in July, at an opening of an exhibit in Olm. A full investigation was conducted by the Dutchess County Sheriffs Office and Bard Security.

The high incidence of Bard Security vehicles suffered a loss when an undergraduate totaled the car. The remains of the unfortunate vehicle can be seen in the Battery parking lot.

As for the Security force itself, changes are still occurring. More officers have been added to the staff bringing the total to 16.

This allows for better coverage of the Bard campus and more rapid response time.

This semester there will be a new role for officers on campus. Otey explained that this will allow students and officers to become better acquainted and will also ensure better coverage of those areas of campus not mobile coverage could.

The officers on foot will be able to hear any disturbances that take place.

This semester Otey met with members of the Freshmen class in informal meetings to talk over possible security problems and solutions the students would encounter at Bard.

Otey encouraged students to trust Security and to report any incident that is troubling them.

"They should call the first thing or second time something happens. When you keep something inside yourself it only causes trouble and it won’t get solved that way," said Otey.

Otey has used time this summer to continue work on the medical programs he has started at Bard. There are now six fully trained people on campus who are qualified to do first response emergency treatment.

The Security office has created a new phone number to call in the event of an emergency, ext. 440, but only in an emergency. If you call for lockouts, they’ll just laugh and tell you to call back on ext. 460.

Otey warned returning students that Security would be cracking down on traffic control on campus this semester. "There’s been too much reckless driving," said Otey. "We don’t impose rules to ‘get at people,’ we’re just trying to protect them.

Returning students and freshmen alike should be careful to observe the traffic rules. Security won’t be involved in car chases, but will follow vehicles to their destinations and dole out warnings and citations.

The revenue from those violations benefits students by providing medical supplies for Security and money for the Convocation fund. Otey wants Security to be part of the school as a whole, a component that students can rely on.

SPOT REMOVERS:
Where to get your shots

by Amara Willey
Editor-in-Chief

This semester the school is requiring all students to be vaccinated for measles. This time next year, state law will require all students attending classes to have had measles shots.

If you never got around to getting your shots at home, there are several free clinics set up in this area. Measles, mumps, and rubella (MMR) vaccines are available free of charge at the following locations and times.

September 7 at the Hyde Park Town Hall on Rt. 9 South from 2-4 p.m. Call 229-0074 for more information.

September 15 at the Dutchess County Public Health Department at 50 West Market in Poughkeepsie from 2-4 p.m. Call 421-2295 for more information.

September 20 at the Red Hook Orange Hall, which is located at 10 Prince Street, from 2-4 p.m. Call 758-0746 for more information.

September 24 at Ulster Ave., Saugerties from 9:30-10:30 a.m. Call 246-2621 for more information.

September 25 at the Rescue Squad Building, Route 212, Woodstock from 9-10 a.m. Call 679-2057 for more information.

For more information, call the Office of Student Health at 738-4830.

PleaP TO PAY TOLL

75¢

Bridge toll raised

by Valerie Scorto
News Editor

The Kingston-Rhinecliff Bridge increased its toll from 50 cents to 75 cents. A commuter book is available for $12. It holds 30 tickets and must be used within 60 days of purchase.

If you purchase this book, you must use 16 tickets in order to break even. If all 30 tickets are used, then each ticket equals 40 cents, as opposed to the 75 cents.

A note of warning—the tickets become invalid if detached from the book. If possession of the book is shared, then pass the book and not the tickets.
The enigma of health services

by Julie Carter
Business Manager

It's probably about time we all understood the Bard Health Plan instead of wondering through college not knowing what the Bard insurance plan and our health center can do for us.

Speaking of the health center, for the record, we do have one. Meryl Shifman, our dedicated R.N., recently commented that many students (including seniors) enter her office and remark: "Wow, I didn't know we had a health center."

The center has in fact undergone massive changes in the past three years. These include an in-house lab for the analysis of throat cultures, urinalyses, pregnancy tests, and the like, and an increased staff including full time nurse practitioner, Harsha Rial, and weekly doctor, Bill Teubl, M.D.

There are several issues that students should be aware of in respect to our health center and our Bard insurance plan.

Harsha Rial, the nurse practitioner, is extremely qualified to handle primary care problems, such as strep throat, urinary tract infections, and ear aches. Sometimes we feel that we need a "doctor" to care for these ailments but actually, doctors (H.D.'s) are more useful only in cases of chronic diseases and complicated illnesses (heart disease for instance). In addition to diagnosing primary care problems, Harsha has prescription privileges in New York State so she can treat these problems as well.

If you have medication for allergies or a chronic illness, the health center can administer your medication to you. Meryl Shifman suggests that you make sure you pick up your supply from home in advance.

Students should be aware of the cost of medicine. Sometimes the simple medicines handed out by the health center ARE NOT FREE. Although many of the items they hand out in sample amounts are free, bottles of cough medicine, contraceptives, large amounts of aspirin, etc. are all charged. If you are concerned about extra bills, ask the nurse. She will tell you whether you are being charged. Also be aware that charges at the Red Hook Drug Store are billed home.

We pay $290 for the year's health fees. This includes $119 for a mandatory death insurance plan. If you become ill or are involved in an accident (non-auto accident), Bard insurance would cover your basic medical expenses up to $600 over the year following the incident. Your primary insurance (or that of your parents) would cover the balance. Our specific coverage is outlined in the Student Accident and Health Insurance Program so READ IT!

The insurance covers abortions up to $200 for the actual procedure. Sometimes the procedure itself only costs $120. We are not covered for doctor's visits. There are medication bills so these would have to be paid by the student. Sometimes the clinic will charge the maximum amount allowable under the policy ($800) which still leaves the rest of the bills outstanding. The insurance covers outside GYN visits up to $100 per illness as well.

The policy can now be extended through the summer for $67 for those who need it. This plan is by no means a "major medical" one and should not be substituted for a regular insurance plan but it does help cover the illnesses we might incur at college.

To recap some important insurance points: * If asked for insurance, give Bard's first and then your own. * Basic coverage is $1000. * Your primary insurance covers the balance. * Abortions are covered only up to $200 for the actual procedure.

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Minority studies improved

by Valerie Scurto
News Editor

A Minority Studies Seminar is being offered for the first time at Bard.

Hyra Armstead, Professor of History, designed the seminar this past spring and summer. For the last four years, the idea has been on her mind, as well as a concern with the ongoing curriculum at Bard.

"Four years of college are so critical to a student's development. Especially, the development of heroes, ideals, possibilities, and role models that one encounters through such abstracts literature. What does a minority student think when there are no role models?" asked Armstead. "It is important to find self-identifying images."

Reasons for the program go beyond finding a role model and connecting image. The failure of an academic minority studies program at Bard has left students with limited opportunities.

"This has caused a problem for students completing their senior project requirement. A student may wish to write a project dealing with a minority issue. However, due to little or no study in the area through coursework, a student will become discouraged. The student realizes that he will have to do more background research before he even touches upon his topic.

The seminar will also enable students to have information presented from a scholarly view, as opposed to a more emotional view.

"I'm excited about the possibilities for the students," added Armstead.

The seminar will include Armstead's and other faculty members' involvement, in addition to guest speakers.

Students must register for the seminar and only ten slots are available, "I could not ask the faculty for more of their time because there is no compensation," said Armstead.

The workshops led by guest speakers, however, are open to the Bard community and to the public.

Housing crisis continues

continued from page 1

The projections for first year and returning students are very close to the actual numbers. The problem seems to be a "stabilization in the retention rate," according to Nelson.

Based on the numbers from past years, about 35 readmits were expected. "We have a potential of 43," Levine said. "I was not taking into account the potential readmit pool. I don't know that it is larger or smaller than it has been but I'll have to go back and check that," he added.

"Something is going on here (at Bard). My point of view is that word has spread to the cadre of students that took leaves of absence or didn't come back or what have you, and they chose to come back at a higher rate," Levine explained.

"Clearly, we need to build more residence halls," Nelson said.

"We need twenty or thirty more beds," Shelley Morgan, Associate Dean of Students, said. Nelson suggested that 50 would be better.

Levine is suggesting the creation of a new village like Cruger. His idea is to turn Warden's Hall into academic space for professors' offices and classrooms, and move the 35 students that are housed there to the new village.

The new village would probably be built next summer, though the plans are very tentative right now. Levine said that the relatively easy-to-build Cruger-type dorms could be completed in a fairly short time. "The problem with the new dorms (near Twombly) was the complexity of construction and our own miscalculations," he said.

If five new units were built, a maximum of 80 beds in 40 doubles would be created. However, Levine expects that there will be a reasonable mix of singles and doubles."
Get your health food here
by Timothy Clifford

The Bard Community Food Co-op is now accepting orders for our September shipment of food. We are a non-profit group created to bring high quality natural foods directly to the campus. By ordering directly from a wholesale distributor, our prices are considerably lower than the same products at other Health Food stores and supermarkets.

We have made a selection of a broad range of items based upon their potential popularity (and last year's experiences). These items are priced with a 10% mark up from the catalog price, to cover our operating expenses. Our selection will remain fairly consistent with the variation in flavors of juices and teas, types of nuts, nut butters, shampoos, pastas, etc. We also hope to add a selection of herbs, spices, and organic produce in the fall.

The selection we have made by no means represents the range of items available in our catalog. The Co-op will only begin taking service to you when you allow us to deal with your special requests, and you vocalize your likes and dislikes of certain products and flavors.

Along with wholesale purchases, buying in bulk is our best way to save you money. Many items now on our order form are purchased in small quantities. These single items cost us more than the same product ordered in bulk. When we receive enough orders for an item we place a bulk order and the savings are returned to you. I encourage you to take a look at foods you use consistently and with friends or through us, get a group of people together to order in bulk. Common orders are unpackaged items such as beans, grains, pastas, nuts and flour. The products in bulk will be of better quality, use less packaging and be cheaper.

With two of our founding members not returning and a desire to run things more smoothly, we are looking for 10-15 people to work 3-5 hours a month.

Work consists of distributing and collecting orders, dividing up the shipment and distributing the food. Anyone interested in helping out can come to a general meeting on Tuesday, Sept 5 in the Student Center.

All orders for September are due on the 9th and pickup will be September 16, 18, and 19. Order forms can be found in the Bookstore, Library, Post Office and at the Co-op Office in the Student Center.

Turn in orders with cash or money orders to Ruth at the Bookstore, to the Co-op table at Kline Commons on September 6 or 9, or order directly to Timothy Clifford or Jaya Wittenberg. Any questions, comments, or suggestions can be directed through campus mail to Jaya or Tim. Hope to see you September 5.

P.S. Please sign the petition that has been circulating to ban styrofoam from Kline.

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Student Center

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are $10. Call 679-2079 for more information.

September 6--Cris Williamson and Tret Fure. Williamson is a folk singer and poet. Fure is a songwriter, musical engineer and the former lead guitarist for Spencer Davis. At the Unison Learning Center, 68 Mountain Road, New Paltz. Call 255-1559 for tickets and reservations.

Hudson Valley Events

ART

BARN RAISING

September 4--A new livery September 2--"Permutations," an exhibit was recently burned down. All hands are welcome and all will be put to work at whatever they do best. Food and beverage will be available; and a free ticket to any Unison concert will be given to all volunteers. Call Unison at 235-1559 for more details.

MUSIC

September 1--Yitzhak Horowitz and The Mallards. Horowitz is a performance poet who incorporates jazz poetry, oral boasts and raps, parodies of better poets and various poetic styles, blues versions of Shakespeare's plays, New Age retellings of barroom ballads, nonsensical lectures, straight renditions of rhythmic masterpieces by Vachel Lindsay and semantic singalongs. The Mallards are a musical-theatrical multi-media ensemble. Catch them at The Woodstock Guild, 34 Tinker Street, Woodstock at 8 p.m. Tickets are $10. Call 679-2079 for more information.

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REO SPEEDWAGON
FRIDAY, SEPT. 22 - WPDO WELCOMES
MOLLY HATCHET WITH RAGING SLAB

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Page 5

The Bard Observer, Friday, September 1, 1989
Let there be light

by Brenda Montgomery
Managing Editor

While students were off spending their summers in all corners of the world, Bard was busy digging up the campus. B&G just finished putting in new underground electrical lines that provide Bard with more power than it ever had before.

Parking lots and fields were dug up to make room for the new lines, and the campus was plagued by periodical power outages as the new system was hooked up. The final outage was last Friday, and the system should be working properly by now.

The campus is still split between two lines. The North section of campus is fed by lines from Tivoli, while the South section receives its power from Red Hook.

The new line will hopefully prevent some of the trouble caused by power fluctuations from Central Hudson. Last semester's big outage was due to a blown out transformer. This summer the other blew out during a memorable thunderstorm that started a fire in Annadale.

Now Bard has new transformers and a larger capacity for power, a system that will circumvent some of the trouble caused by Central Hudson.

Digging in the garden

by Brenda Montgomery
Managing Editor

In June, Bard Archaeology Professor Chris Lindner led a dig in Eliotwood Garden as part of the project to renovate the historic garden. The dig's purpose was to ensure that efforts to restore the garden would not damage any sites hidden beneath the terraced hill.

Flint chips were discovered below the hill, confirming Lindner's suspicions that there was a site on this favorable spot.

The restoration project will proceed, altered to avoid damaging any prehistoric material and Lindner will monitor the ongoing work.

Plans for more archaeological surveys on campus are being reviewed. A Bard MFA student has decided to do an ecological and archaeological survey of the Tivoli Bay area.

Study of the Bard area will significantly increase our knowledge of New York's past and help educate present day students.

Cycling for recycling

continued from page 1

Participants in the Tour de Dump will collect pledges for each mile they pedal, and the funds will be used for legal expenses and education about recycling.

Pledge sheets for the Tour de Dump are available on campus and at local businesses. Interested parties can call 758-4484 or write to: Hudson Valley Green/Dump, PO Box 208, Red Hook, NY 12571.

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Contact Marilyn @ 757-4172
EDITOR'S SANCTUM:
The Observer goes weekly

This is the requisite "This is going to be a great year for The Bard Observer" announcement.

No, really, it is.
Back by popular demand and twice as often, The Observer is going weekly this year. And you thought we didn't listen to you. We had so many requests for the newspaper to be a weekly, we just couldn't say no.

Mind you, we think it's a good idea, too. There will be more current letters to the Editor can be answered right away, you can see your name in print sooner after turning in what you wrote, we can sell more advertising...

Which brings me to our biggest problem. In order to go weekly, we needed to save time and make putting the paper together generally easier. We wanted to avoid dependence on the computer center (you may have noticed it was inconveniently closed all week).

So we bought a Macintosh and Postscript laser printer. We didn't actually have the money to make this rather large purchase though. After long time over a year, in fact for other options, we borrowed money from the school — money to the tune of $5000 plus ten percent interest. We're supposed to pay it back within three years. It will be more like $4000 by the time.

How will we do it you may ask? Now that's an interesting question. Well, we'll try to raise money in any way we can. We've started selling subscriptions of The Observer to parents and alumni. If you know anyone who wants a subscription, you could help out by getting them to pay $10 a semester or $20 a year to The Bard Observer in exchange for the best-looking paper in Annandale.

We've also been out on the pavement selling ads. We've done pretty well, but some of the local businesses have reservations about Bard students. You can help us out by telling any of our advertisers that they saw their ads in The Observer any time you go into their stores or restaurants.

Last semester we began charging a quarter for classifieds. We started this practice because we were swamped by classified ads. We had them coming out of our ears (makes for an interesting mental picture, don't you think?). We were continuing to charge for classifieds. We won't make much, but every little bit helps. If you feel moved to donate, just let me know!

Finally, we will be raffling tickets to The Chance, a nightclub in Poughkeepsie, to raise more money for Our Little Purchase. We will be selling 64 raffle tickets and then rolling a 64-sided die to determine the proud owners of a pair of tickets to see a favorite band. (Subject to change according to the availability of 64-sided dice.)

If any of you can think of some other way to raise money that we haven't thought of yet, please send your suggestions (or donations, hint, hint) to The Bard Observer, campus mail.

As always we invite all of you to get involved. After all, it's our newspaper.

THE BARD OBSERVER
Bard College
Annandale, NY 12504
(914) 758-4022
Editor-in-Chief: Amy Willey
Managing Editor: Brenda Montgomery
Senior Copy Editor: Emily Norowicz
News Editors: Valerie Scorti
Jim Trauner
Feature Editors: Robin Cook
Kristen Hutchison
Business Manager: Julie Carter
Circulation Manager: Cheri Coflin
Laura Muller

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Editorial policy is determined by the Editor-in-Chief in consultation with the editorial staff. Any opinions which appear unsigned are those of the Editor and not necessarily of the Observer staff. Letters to the Editor should not exceed 300 words and must be signed legibly. All articles, cartoons, and photos submitted by deadline will be considered for publication. Turn your material in at the front desk of the library by noon Monday before the Friday publication date. The Editor reserves the right to edit for style and space.

Classifieds: 25 cents for Bardians; $5 for others Display ads: Contact business manager.
Calendar

N.B. If you want your event to be announced in the calendar, you must send the announcement to The Bard Observer, campus mail, two weeks before the date of publication of the issue in which you would like it to appear. The Observer reserves the right to edit for space and content.

SATURDAY, SEPTEMBER 2

Bard Bagel Blast featuring genuine 00 don't know how you'd prove that New York bagels. In the Presidents Room in Kline at 11 a.m. Bard Jewish Students welcome you.

SUNDAY, SEPTEMBER 3

The major service in the chapel will take place at 9:00 a.m. This is when the big hand is on the 12, the little hand is on the 9, and the sun is shining. But at that service, we will also decide what our regular times of worship will be. So, if it matters to you, make an effort on this one occasion, and help to shape our pattern of meeting for the year. --Bruce Chilton

MONDAY, SEPTEMBER 4

As in previous years, Ben Vromen will present a course in Introductory Yoga. Students, faculty, staff, and their families are welcome. The course will teach flexibility and stress reduction through basic poses; each session will end with a final deep relaxation. Because of the toll college life frequently takes on eyewitness, the Yoga of vision will be given special attention. A set of eight lessons is planned Mondays, 6 to 8 p.m. in Olin 204. Please contact Ben Vromen in Campus Hall.

WEDNESDAY, SEPTEMBER 6

First staff meeting for The Bard Observer. Come and meet the editors in Kline main dining room at 7:30 p.m. We'll be discussing the coming semester and the organization of the newspaper. All are welcome.

THURSDAY, SEPTEMBER 7

First rehearsal for CPE Bach's "Magnificat" at 7 p.m. in Bard Hall. No audition necessary. Buy score at the bookstore and bring to rehearsal.

Career

continued from page 5

in advising students and in career development.

At Bard Schwartz would like to make improvements in the Career Development Office and "create an awareness of what the office is about." She has plans to expand it and add more resources for students.

Schwartz is currently working with Susan Mason of the Alumni Office to create a counseling program where Bard students can work with alumni. Schwartz would like to see more contact between alumni and students. She wants to help students make a stronger connection to life after Bard and alumni make a greater contribution to the college. Schwartz is also working with the Parents' Council on a similar program.

Wanting to work with people from all areas of the college, Schwartz values student opinion highly and encourages interaction among all members of the community. Schwartz also has a strong interest in community service. She is impressed by the level of awareness many students here have for the environment and their devotion to helping others.

Better safe than sorry

by Amara Willey
Editor-in-Chief

Recently, the infamy has been flooded with "suspected" cases of Lyme disease. Most of the rash that have caused panic are late, however, have turned out to be poison ivy and even mosquito bites. To date, no Bard student has contracted a case of Lyme disease in this area.

Dutchess County is not a danger zone for the spirochete, or coiled bacterium, that causes Lyme and is carried by the deer tick of this region. Only 56 cases in the Hudson Valley were diagnosed last year as opposed to some parts of Long Island where nearly every household has a member with the disease.

It is a good idea to play it safe though. Avoid tick-infested areas such as woods and trails. If you do go hiking, wear protective clothing and stay in the center of paths and trails. If nothing else, you will be less likely to contract poison ivy, which grows both on the ground and on trees in Dutchess County.

Clothes worn in the woods should include long-sleeved shirt with snug collar and cuffs, long pants tucked into socks, and sturdy shoes or hiking boots. Don't go barefoot in the woods. Because ticks will be easier to spot, wearing light-colored clothing is a good idea.

When you come back inside, inspect clothing and skin. Removal of all ticks on the first day decreases your chance of contracting Lyme disease. Ticks, which are about the size of the head of a pin, are most often found in thigh, flank, arm, underarm, and leg skin. Look for "reddish." Using a fine-point tweezers, grasp the tick where its mouth parts enter the skin and pull it out firmly and repeatedly until it lets go. Take your time and be patient.

Save the tick in a covered jar of alcohol in case symptoms develop. Label the jar with the date, body location, and place where the tick may have been acquired.

A rash can develop in three to thirty-two days after contracting Lyme disease. The rash is a slowly spreading raised patch that can expand to five to twenty inches in diameter. As it expands, the center may clear or develop blisters and scabs. Sometimes the rash has a bluish tint. Often it occurs in several areas.

The rash may be accompanied by headache, nausea, stiff joints, fatigue, jaw discomfort, slight fever, or swollen glands. These symptoms may develop up to a month after the bite. The earlier the disease is treated, the better. Antibiotics taken orally are usually effective.

Later symptoms include heart, nervous system and joint complications. Joint pain and swelling can last for one or many months. There is no permanent damage, and the disease can be treated at this stage with intravenous antibiotics.

Animals can get Lyme disease and can carry ticks to humans, putting their owners in danger of getting the disease too. Symptoms in animals include fever, lethargy, decreased appetite, sudden or severe lameness, and joint swelling. Animals can be treated with antibiotics and anti-inflammatory drugs, and they usually improve within several days.

If you see ticks on your pet's fur, remove them and look for others on its skin. Embedded ticks can be removed with tweezers in the same way as from humans.

The New York State Department of Health suggests use of insect repellent containing the chemical DEET. Most bug sprays contain DEET, but some have very high concentrations of it. If you use insect repellent with DEET, spray it only on clothing and not on skin. If you get it on your skin, wash it off with soap and water when you come inside. DEET has been known to cause skin reactions and neurological problems, such as slurred speech, confusion, seizures and coma.

According to Health Department spokesperson Vicki Zeldin, most frequent use of bug spray does not increase protection much but does increase danger of side effects.

There is a support group in Staatsburg for victims of Lyme disease. For information, call Gloria at 677-3266. A hotline has been established at 431-2087.

Lyme disease was first recognized in 1975 in Old Lyme, Connecticut.