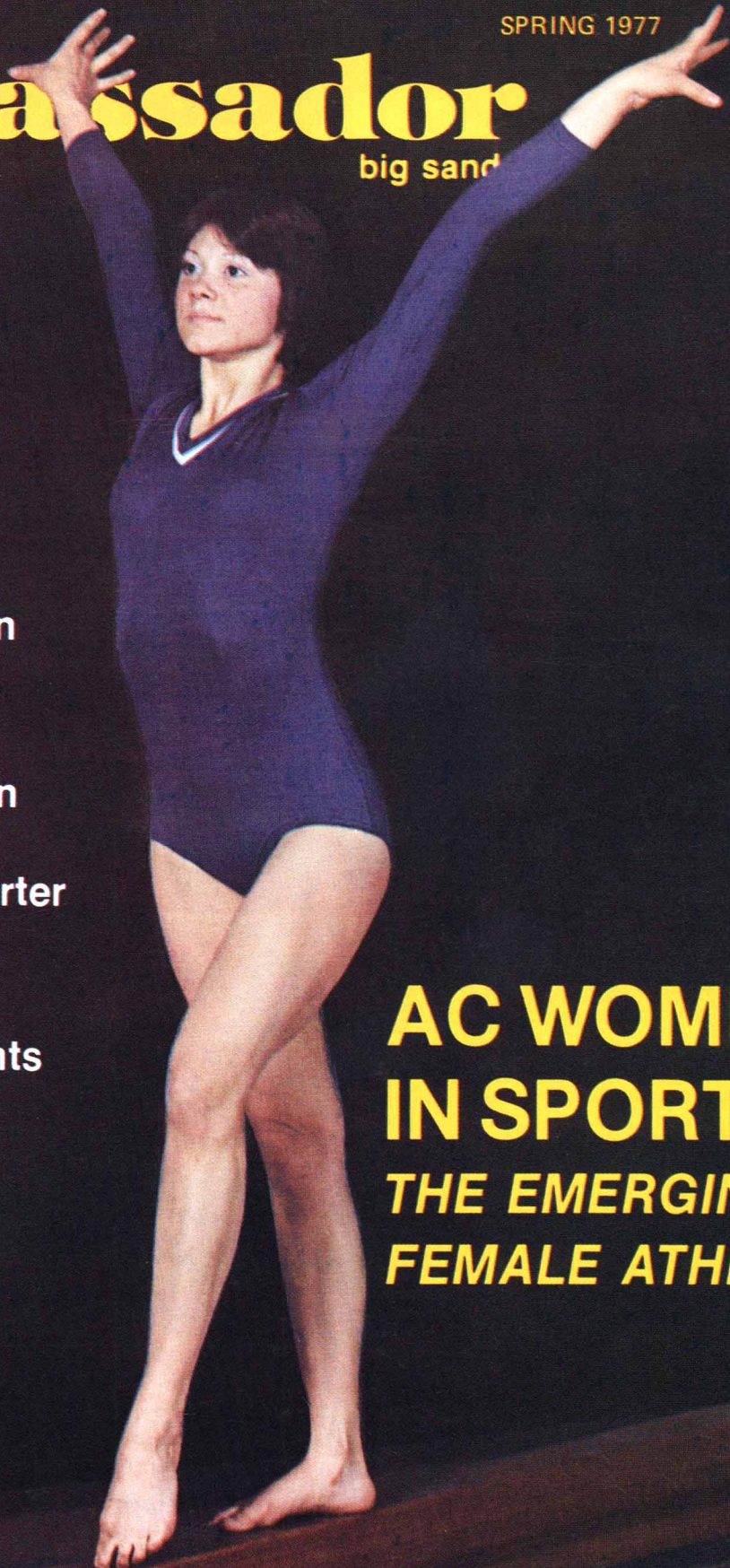


the

Ambassador

SPRING 1977

big sand



- ★ SOLAR POWER
Let the Sunshine In
- ★ LIZ TAYLOR
And Richard Burton
Live Here—
So Does James Carter
- ★ MAKIN' A BUCK
What Some Students
Will Do
- ★ SOPHOMORES
In Pictures

**AC WOMEN
IN SPORTS
THE EMERGING
FEMALE ATHLETE**

AMF-
AMERICAN

COVER — Junior Teresa Rohr on the balancing beam, one of the many Ambassador women who has experienced the pleasure of participation in sports. From paralleling the moguls of the Mt. Dachstein slopes in Austria to kickin' down the tracks of the 440 at Rock-springs High in Texas, Ambassador women have been there — and have known the agony and ecstasy of competitive sports.

the Ambassador

big sandy

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CONTRIBUTIONS

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Letting the Sun Shine Through

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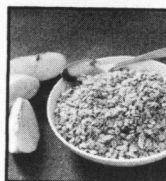
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LETTING THE SUN SHINE THROUGH AND MAKING IT WORK



Terri Umbarger

By Terri Umbarger

"I'm coming to the point in environmental management where I have to practice what I preach," Al Knauf, head of the Science Department here, explained. "If I'm going to be the chairman of a department with an environmental management major, I have to be living what I'm teaching."

As a result, Mr. Knauf is now engaged in selecting plans for a new "energy-efficient" solar-heated home. Since he plans to use the home as a laboratory for one of his environmental management courses, Mr. Knauf may be eligible for an incentive grant from the Department of Housing and Urban Development, and as a result of a recent bill passed, the gov-

ernment may pay up to \$2,000 of the cost of the installation and purchase of solar appliances.

"Right now I'm looking at plans and trying to decide which design is best. There are many plans available, but I want the right one for me. In addition to being energy efficient, the house will have solar panels on the roof, probably a hot-water circulating system in the walls or in the basement and also have a wood stove as a back-up system."

Of the many plans available for solar homes, Mr. Knauf said, "The one I like best is an "L" that has south-facing windows that allow the sun to shine through in the winter, supplementing the solar heat from the roof panels. On the

north side the house would be protected from cold north winds by timber or a hill. In front of the house I would probably plant deciduous trees so that they would provide shade in the summer. The leaves would fall off in the winter and let the sun shine through, helping to heat the house."

Government Grant

A solar home financed by a government grant is required to be closely monitored, and must be shown to a certain number of people each year for the purpose of educating them into building a similar house for themselves. In accordance with this, Mr. Knauf is planning to use his house as a laboratory for one of his environmental management courses. The stu-

dents will set up an instrument shelter on the outside to keep track of meteorological conditions and they will monitor the solar system inside so they will be able to tell very precisely the cost, the energy savings and the efficiency of the system of that particular type of house located in this climate and area.

Presently, the closest solar home is located at the University of Texas in Arlington. One of the first field trips in the course called "Resources in Society" will be to visit this home. It has just recently been built, is up and operating, and there will be a family living there to monitor it.

The home that Mr. Knauf will build will be based on an "active system," which means that the heat will be circulated by a pump or fan. In a "passive system," incoming solar heat is absorbed by a thick mass which radiates heat into the house. In Mr. Knauf's home, a reservoir of water under the foundation of the house will serve as a holding tank for heat, which will be "stored" in water because of its ability as a heat collector and ability to radiate heat as well. An electric pump will circulate the water from the holding tank underground to the roof where it will be heated by means of solar panels through plumbing in the walls and underground again into storage.

Back-Up

Although cloudy weather can be a problem, a solar energy system can store up to five days of heat. A wood-stove as a back-up system will provide any additional heat needed for a home. Thick walls and good insulation will keep the inside temperature constant, warm in winter and cool in summer.

It takes between \$2,000 and \$12,000 to include a solar energy system in the building of a new house, but the rising cost of energy over the next ten years for a home would be an even larger sum. An

alternative to building a solar energy home is to build an energy-efficient one by insulating well and using a wood stove as a back-up system.

"We can't continue to use energy like it's going out of style. We'll not have to accept a primitive style of life, but we're going to have to compromise on all our conveniences and non-essentials if we are going to continue in relative comfort. We can't go back to primeval times, but we can use what we have wisely."

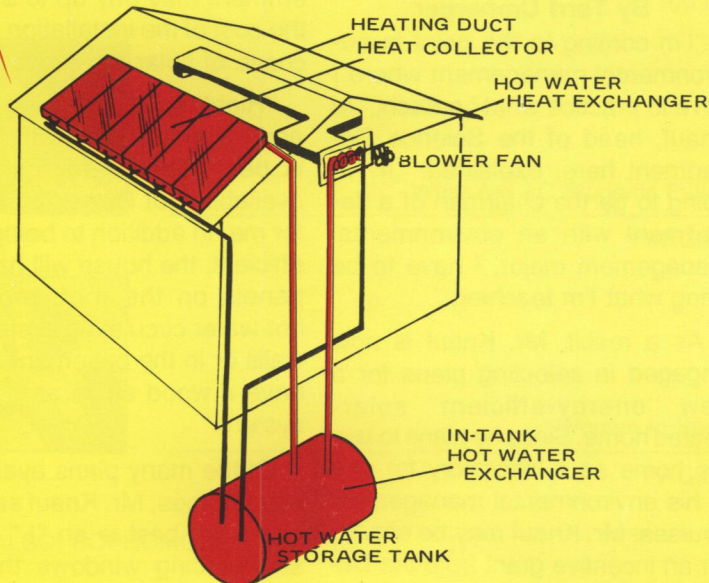
Actually, Mr. Knauf's plans are just a part of a growing nation-wide trend of "energy-conscious" construction. Take, for example, the campus building program. The past year's renovation of the Ambassador College Auditorium and the building of the new Welcome Center at the campus entrance were both projects undertaken

with new energy standards in mind. This involved insulating the buildings even beyond recommended thicknesses and the use of double-glass windows and vapor barriers on all exposed surfaces.

Mr. Knauf is not the only college faculty member to get personally involved with the energy conservation principles to be taught in his classroom, either. Dr. Edward Ronish, assistant professor of mathematics and physics, has built a solar water-heater to be used by his "Natural Resources: Energy" class. The heater consists of a solar panel of copper tubing set against a black background. Water circulates from a drum through the tubing, where it is heated by the sun, and then circulates to a holding storage tank.

For many Americans considering solar energy as alternatives to

SOLAR ENERGY HOUSE



conventional energy sources, it is now more out of a realistic, practical view of the future than a simple desire to get "back to nature." Many college students today will become increasingly aware of this as they eventually become tomorrow's homeowners. They'll be discovering not only newly available methods in solar and other forms of energy, but also the standards lately developed in energy-efficiency for buildings.

Ambassador College students who are interested enough in energy conservation to make a career of it will be able to take advantage of Ambassador's new environmental management major to be offered here next fall for the first time. Ambassador College will be the only school in the area besides Stephen F. Austin to offer a major in this field, according to Mr. Knauf.

Al Knauf came to campus in

1964 and became the head of the Science Department in the summer of 1976. He has a bachelor's degree in botany, secondary education and Theology, and a master's in forestry. In May, 1977, he will have a doctorate in forestry as well. He is a member of the Society of American Foresters, the Geological Society of America, the Scientific Research Society of North America, and the National Association of Geology Teachers. He is the director of the science clubs on campus, as well as president of the Ambassador Gun Club.

Fulfilling Needs

Mr. Knauf said of the new environmental management major: "We'll be fulfilling student's needs and industry's needs. As soon as we can get the major fully set up and the advisory committee fully assembled, we can begin to work

on a six-credit co-op internship for the students. It will be a work experience and give them a chance to see whether or not they want to work in the industry, and it will give the industry a chance to evaluate our students. I think our students will sell themselves."

The new major will have courses including accounting, environmental law, satellite remote-sensing, and writing environmental impact statements. Students will be able to specialize in either "Natural Sciences" or "Natural Resources."

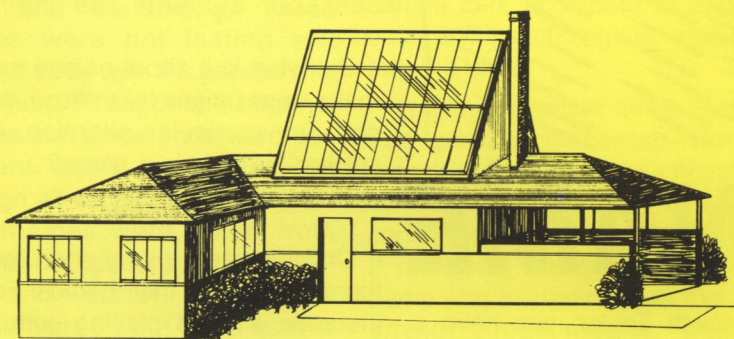
Field trips planned for the program include trips to industries, strip-mined areas, managed forests, mountain "eco-systems," and other colleges that deal in the environmental field.

The science clubs will be another part of this program. They will include specialty groups in field biology and geology, as well as in natural resources. This group, according to Mr. Knauf, will be "cruising the campus woods to evaluate what's out there and what should be done to encourage growth of more wood in a shorter time without ecological disturbance." Their research will be used in making the first map the college will have made showing the economic value of the timber on campus.

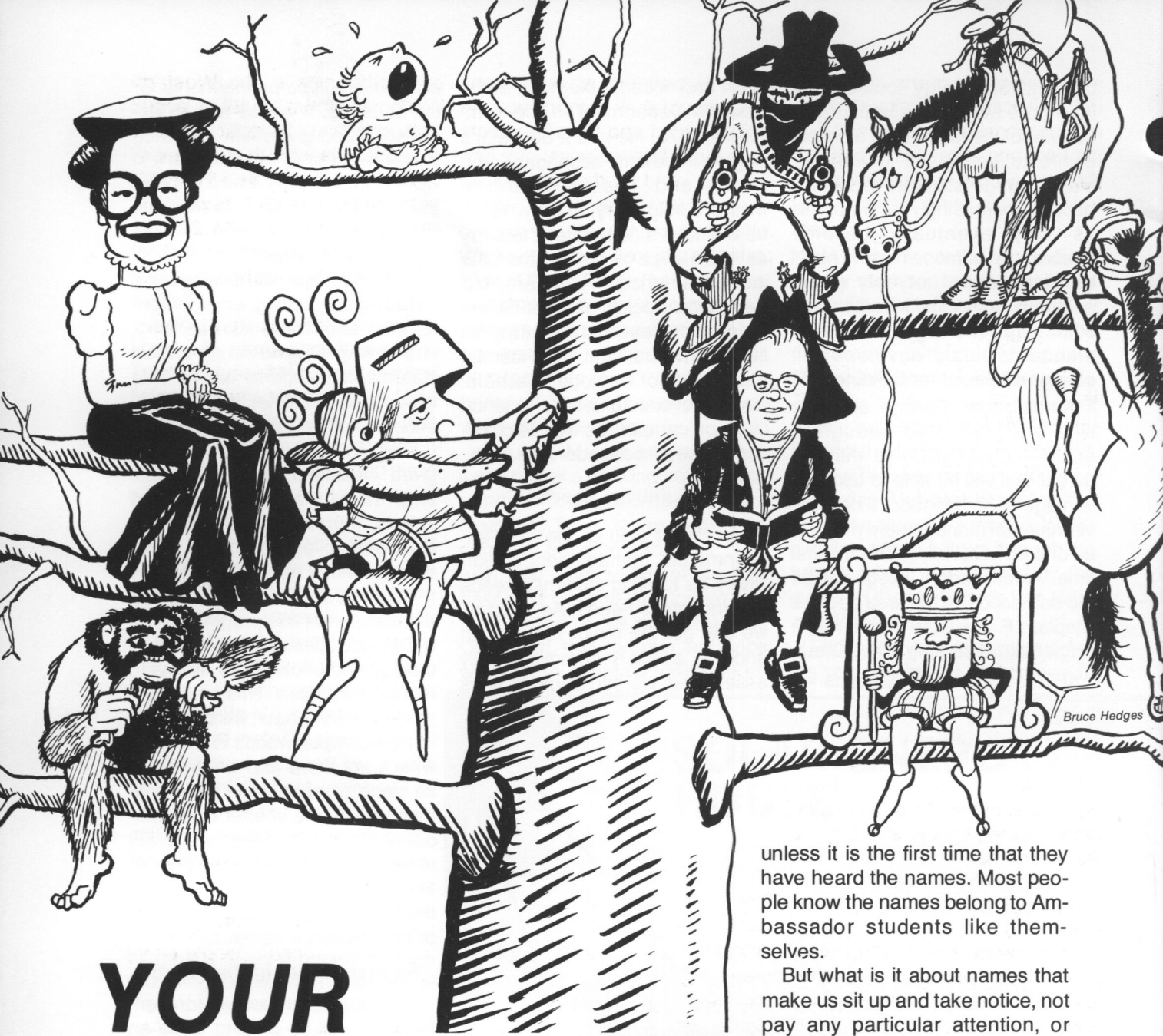
An Investment in the Future

Ambassador's new environmental major will be striving to be an investment in the future, offering training for the recognition, analysis and solution of environmental problems. Seemingly, the campus is a "natural" for such a program, being situated in 2,500 acres of East Texas pine woods.

Summing up what is hoped to be achieved by the new program, Mr. Knauf observed: "The principles we're going to teach here — good, conscientious, wise use of our natural resources — are going to be sound and usable, whether we're talking about tomorrow or 100 years from tomorrow."



The plans for Mr. Knauf's solar energy house are similar to this "ranch" type house, which is particularly suited to the East Texas climate because of its ability to add maximum heat loss and minimum heat gain during summer months. Cooling is the primary design condition, with large windows and louver areas for natural ventilation and extended roof overhangs for protection from solar heat gain. Wall and roof insulation, double-layered glass in all doors and windows and large southern exposed window areas add substantially to the solar heating system. This system consists of an air-cooled, flat-plate heat collector, a buried heat storage tank and associated ductwork, fans, dampers and controls.



YOUR FAMILY NAME

WHAT'S IT TO YOU?

By Randy Brelsford

"Elizabeth Taylor, you have a telephone call."
 "James Carter, please come to the foyer."
 "Richard Burton, long distance."
 When such announcements are made at Ambassador College you will not see press-hounded politicians and cosmetic cinema stars rushing out of the dining hall trailed by screaming AC fans. In fact few people will probably even look up

unless it is the first time that they have heard the names. Most people know the names belong to Ambassador students like themselves.

But what is it about names that make us sit up and take notice, not pay any particular attention, or snicker? What's in a name?

Name Power

Children realize very soon that there is power in their names. For instance a child playing with a \$60,000 piece of Steuben Crystal on the coffee table will probably experience the following:

- "Scottie, no."
- "Scott, don't do that."
- "Scott Clifford, stop that this instant."
- "Scott Clifford Moss, if you don't put that down I'll . . ."

Not much is needed beyond this point. By the time Mom gets

around to yelling out his full first, middle and last names, he realizes this probably isn't a simple toy and that he ought to do what Mom says before physical retribution befalls him.

Names are one of the first things children learn, but they are never really sure where they came from. In fact, few people are.

Adam's Last Name

First names, "given" or "Christian," names as some people call them, have been around literally since Adam. But you can search the Bible through from cover to cover and will never find Adam's last name.

There is a good reason for this. Surnames are a relatively modern invention. Apparently surnames came into being in England around the Norman Conquest in 1066. Surnames came into vogue on the European continent a little before this. The rise of large towns and growing populations in country districts made it increasingly difficult to identify someone who bore only a first name. As a result surnames were given to supplement the first name.

Royalty took the lead and were known as "the Confessor," "the Fair," and "the Strong." These names were not lasting and passed away with the person who used them. Finally people began to choose surnames on a more permanent basis and it spread through all social castes.

Surnames were taken from places, occupations, colors, animals and weather. You name it and surnames were taken from it.

For instance, Tera Hill's surname came from "on the Hill." Later "on the" was dropped and the family name stabilized at Hill. Or try Mark Anderson's surname. Anderson originally meant "son of Ander." "Son of" surnames are among the most popular of European surnames in all languages. Darlene Camper, Bridgette Baker, Bernice Fisher and Jonathan Miller

all got their surnames from the occupations of their ancestors. Animals proved to be the idea which gave Jim Dove his name. From colors David and Tony Blue, George Black and Richard Green received their family names. Bill and Mark Schnee prove that even weather got its bid in on the surname game. Schnee is German for snow.

Jews were among the last to adopt last names. Until the 18th and 19th centuries many Jews used only first names. Finally they were required by law to adopt surnames. Many had voluntarily taken on surnames, especially in southern Europe. The Kingdom of Westphalia, now basically Germany, on March 3, 1808, decreed that all Jews had to adopt surnames. Napoleon of France shortly followed suit and he was in turn copied by Prussia, Poland and Russia.

For the last several centuries we have all been more or less stuck with surnames which have passed down through the generations and have come to be known as family names. Parents can't do much about their family names, but the "given," "Christian" or "first" names can, according to experience and psychologists, make or break a child.

In Old Testament times names had great significance. Names then described a person's physical attributes, the character of a person or his particular social station. If a person changed, his or her name was altered as well. For example, Laban means "white," Korah means "bald." Abram was chosen to father a special nation; his name was changed to Abraham, meaning "a father of a great multitude." His wife, Sarai, had her name changed to Sarah, meaning "Princess," as she was to be the "mother of many nations."

AC's Most Popular Names

As might be expected, most

popular names in the Western World come from the Bible, especially for men. Here at Ambassador, for example, the three most popular first names are all derived from biblical texts. David and Michael top the list with 21 students having one of the two as their first name. Mark, John and Paul follow.

Parents are apparently more creative with names for their female offspring. The registrar's office shows more names in common for men than for women. The most popular name for women at AC is some form of Susan. Nineteen women have Susan, or some form of it, as their first name. Susan is followed by varied forms of Katherine — including Kathleen, Cathy and Karen — Deborah, Mary and Carolyn. Spellings of feminine names vary more than those of their masculine counterparts.

Probably the most undemocratic event in life occurs at birth when a child is named. The lucky ones flaunt their names like a peacock does its plumage. Others less fortunate avoid their names like the plague, choosing nick-names as an easy way out.

Social Station

For some reason people often associate a name with social station. You can bet that an R.S.V.P. invitation to an afternoon tea from Nana Peel or Bubbles "Toots" LaRue would be turned down by upper crust Boston society. By the same token Victoria Abigail Fitzgerald-Smythe would not attract a large crowd of Mississippi riverboat gamblers in a New Orleans Bourbon Street dive.

"Parents should think carefully before naming their child," says Dr. Richard Evans, professor of social psychology at the University of Houston. "Too often parents name their child not in terms of the needs of the child but for needs of their own at the moment. And in the long run the name just doesn't do

the job.”

Dr. Evans' beliefs were proven correct in an experiment conducted among 80 elementary school teachers in San Diego, California. The teachers were asked to grade eight compositions by sixth graders. All compositions were judged by other teachers to be of about the same quality. The researchers simply removed the real authors' names and gave the papers fake ones. Four were popular names; David, Michael, Karen and Lisa. The remaining four were unconventional; Elmer, Hubert,

Adelle and Bertha.

The results: Michael and David fared a full letter grade better than Elmer and Hubert. Karen and Lisa scored 1.5 letter grades above Bertha.

Names generally run in cycles; from accepted, long standing names, to creative, and back again. At the moment America seems to be in its creative cycle. In an article in *The Houston Post* a check with the Houston birth certificate registrars showed a number of parents seeking the original and creative for their chil-

dren. Try Ace, Wynter, Paris and Shangri-La on for size. Television seems to be having its effect too. Nicole, Tanya and Natasia were popular names for the soap opera fans. Tenille, Laverne and Farrah were chosen by the prime time viewers.

Wilma Taylor, reference librarian, summarizes names and their effects on their bearers. " 'A rose by any other name would still smell as sweet.' Well, maybe. But if you called it a skunk-cabbage nobody would go near enough to smell it."

NAMES: AC'S TOP TEN

DAVID

David is from the Hebrew meaning "beloved." Dave, Davy and Davi are popular pet forms.

MICHAEL

Michael is from the Hebrew meaning "who is like God." According to Daniel, Michael was the prince of the Angels — the archangel closest to God, and chief divine messenger who carries out God's judgments. Micah, a prophet, is a derivative short form of Michael. Mike, Mick, Mickey and Mitch are popular forms of Michael.

MARK

Mark is a variant spelling of Marc. The Latin Marc and its forms are related to Mars, the Roman god of war. Marc has been defined to mean "hammer, martial, warlike."

JOHN

John is a contraction of Jochanan. It is derived from the Hebrew meaning "God is gracious or merciful."

John is also a contraction of Jonathan. Jonathan in Hebrew means "God has given," or "gift of God." Jon, Jonny, John and Johnny are pet forms of Jochanan and Jonathan.

PAUL

Paul is from the Latin meaning, "small." It was first used by New Testament Saul of Tarsus who dropped his Old Testament name, which symbolized his rejection of action against the New Testament Church.

SUSAN

Susan is from the Hebrew meaning "a rose or lily." Many popular names are derived from it, including Sue, Suzie, Suzy, Susanne, Susette, and Suzanne.

KATHERINE

Katherine is a variant spelling of Catherine, derived from the Greek meaning "pure, purity." Popular forms are Kathy, Cathy, Karen, Kate, Kathie, Katy and Katrina.

DEBORAH

Deborah comes from the Hebrew and means either "a swarm of bees," or "to speak kind words." Debra, Devora, Dobra, Devra, Debbie and Debby are popular pet forms.

MARY

Mary is the Greek form of Miriam which means either "sea of bitterness or sorrow," in the Hebrew or "mistress of the sea," in Chaldaic. For almost 2,000 years Mary has been one of the most popular names, and has taken on hundreds of forms in almost every language.

CAROLYN

Carolyn is of Teutonic origin meaning "valiant, virile or strong." The original form comes from the Latin Carl. It has given rise to more variant and diminutives than almost any other name. Carol, Carry, Cary, Carolina, Caroline are just a few of the variant and pet forms of Carolyn.



Photos and text by Ava Norton

Many students enjoy frequenting the local pizza parlors, but why is it that Peggy Nelson, sophomore, spends at least four hours a week at one of them?

Paul Abbot sometimes puts in a little overtime in the Audio Visual Department, so how does he manage to spend three nights a week in a liquor store?

There are 615 students enrolled in Ambassador College and out of this number, 409 are on the work program. Some students, however, work off-campus to supplement their income or as their main source of income.

Concerning these students "it is a help for supplementing the work program as far as covering their expenses," Jim Kisse, director of student employment, stated. "Some students have been ingenious in developing good jobs." Mr. Kisse went on to say that at a recent meeting he attended on the working college student, that many employers see how diligent a person is by the jobs he had taken while a student.

Peggy works twenty hours at the campus switchboard and six hours off-campus as a waitress in a pizza parlor as well as the campus rep-

PEPPERONI, PEARL, AND MAKIN' A BUCK



Peggy Nelson, (upper left), a sophomore, works off campus as a waitress in a pizza parlor, as well as working 20 hours a week at the campus switchboard. Paul Abbot works at the college's audio visual department by day and at a local liquor store three nights a week.



Junior Marty Yale, (right), singing at the 1976 Gladewater Rodeo. Marty is currently part of a band that performs for different clubs and social activities in this area. "First we play as a service to the people," he explains, "Second, it's good public relations for the college, and third, we like to play music and we like to make money."

representative for a florist shop. Before she started working off-campus, however, she made a small fortune (from a student's point of view) typing papers for students, grossing \$200 last year.

"My job is fun because I deal with people," Peggy explained. "It gets rid of my frustrations and is a good change of scenery. Besides that, it's my only source of income."

"Things can become hectic," Peggy went on to say. "One day the cook was gone so I was the only one there to wait on tables. The place got so crowded and in walked Mr. Garner Ted Armstrong (college president), Mr. McMichael (Festival Director for the Worldwide Church of God), and some other men. I was going crazy, so I walked outside for a minute to catch my breath and they all thought that I had gotten mad and quit."

"No Strain"

Abbott works for a liquor store in Big Sandy three nights a week as well as twenty hours on campus in the Audio Visual Department.

Abbott works because he needs the cash and says that it is no strain working off-campus since he is able to study at work. He thinks that two advantages of working at his off-campus job are "the discount on liquor and finding out who's a boozier."

"People come in with everything from tire irons to jacks to watches trying to barter for beer," Abbot said, "and when a drunk comes in and starts arguing the best thing to do is to try to agree with him and not make him mad."

Senior Phil Edwards works twenty hours a week on campus at the press and twenty hours a week doing color separations and com-

mercial photography off-campus. Unlike the students mentioned previously, Edwards' main object for working off-campus is not the money, but is that he wants to "learn professionalism."

"I just happened to be in the right spot at the right time," Edwards commented. "I had asked Francis Blanks of Francis Blanks Co. to teach me what he knew about photography and I found out about the job."

Edwards explained that the job fits in with his background of photography and graphic arts. "The opportunity is so good that I don't notice any inconveniences or pressures. It's everything that I like to do."

Edwards feels that the company is expanding and that after graduation he will probably continue working there.

Before working at the Francis Blanks Co., Edwards started his own photography business and explained what all that entailed. "I had to go to the Longview Comptroller Office and get a tax number and register my name with the state at the Upshire County Courthouse. Besides that, I have to give a quarterly tax statement to the State Comptroller and pay quarterly taxes. It took me a while to get out and learn all about these de- for your business," Edwards explained. "You gain an understand- college) teaches you practical things that you will need to know for your business," Edwards explained. "You gain an understanding of what it takes for a business, like building rental, equipment and what advertising is available to you. I've learned about overhead and how people get in the hole just by talking to different businessmen in Big Sandy."

Working solely off campus is senior Jim Owens. He frames houses and is going into full-scale construction. Through this, Owens is learning how to hire a crew, figure out finances for the building and how to get the supplies needed.

Owens explained why he likes his work this way: "I get to get off-campus for one thing and see what's going on out there . . . You get to do something for yourself instead of a ready-made job and when people like your work, they give you more work."

Another advantage Owens pointed out is, "when I keep my own hours I don't have to worry about going from class to work to class. I keep my own hours and am free to study when I need to, like before a test, instead of having to be at my job at a set time."

Sophomores Richard Burton and Melvin Yoder have a Longview paper route. They work afternoons and early Sunday mornings. "It's not too bad," Burton explained, "you just pick up the papers, fold

them and distribute them. On Saturday nights we just don't go to bed before we start our 2:30 paper route."

Service, PR and Pocket Money

There are numerous students that work on campus and play in bands for different social activities and clubs in this area. One band, (which is undergoing a name change at the writing of this article), recently had the opportunity to play for a church dance in Kentucky. When questioned about this, a member of the band, Marty Yale, junior class president, explained why they did this. "First, we play as a service to the people. Second, it is good public relations for the college and third, we like to play music and we like to make money."

When asked about problems that the band faced when playing at different clubs, Yale grinned and went on to explain that sometimes their audiences would become rather forward toward members of the group. "There was a lady in the audience of one of the clubs where we played that became very attracted to one of the guys in the band and kept insisting that he dance with her. We've had this happen before, but she was very persistent and her husband was getting pretty mad, too. Somehow, though, we got out of it."

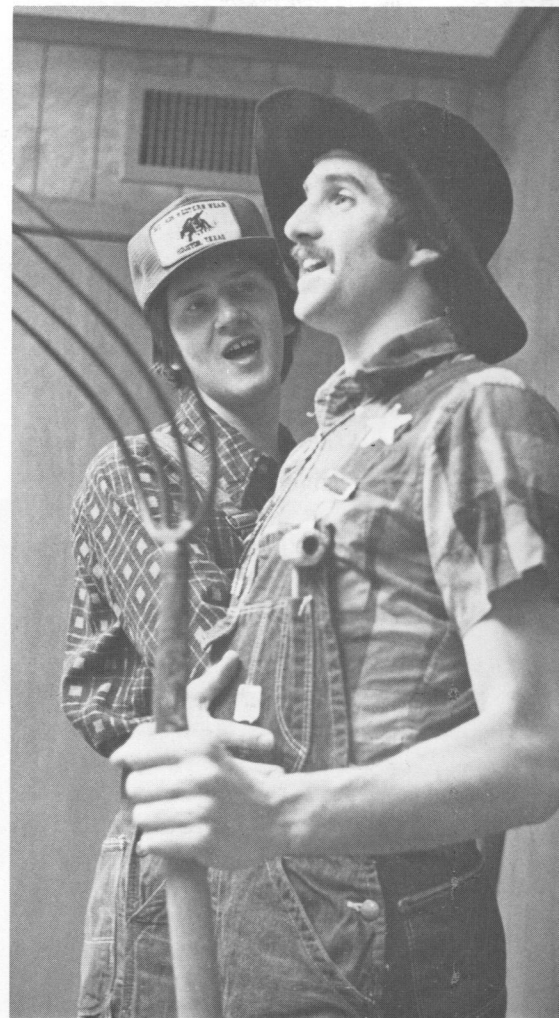
Haw-Hee

A different kind of off-campus job in the field of entertainment was started by Murdock Gibbs from the Development Office. Last year this group, along with Gibbs, has three regular entertainers, Henry Mez, Kent Douct and myself, all seniors, and we did a show entitled "Haw-Hee," for various company parties, hospitals and conventions. The production is a take-off from the television program with jokes, skits, songs and corn-patch section.

Concerning the show, Mez

stated, "There's something about helping people enjoy themselves that gives me a deep satisfaction. I'd do it gladly without the pay. It's very educational, as well as rewarding. There's a lot more to getting people to laugh than meets the ear."

There are many routes that students can choose to pay their way through college or to earn a little spending money or to gain experience. Anyone can go to college that really wants to and Edwards sums it up nicely when he says, "The money is available if the initiative of the student is."



Seniors Kent Doucet and Henry Mez practice singing a "Where-Oh-Where" for Haw-Hee, a production which has helped to fill their pockets in the last year. However, Mez (right), explains: "There's something about helping people enjoy themselves . . . I'd do it gladly without the pay."

If you are what you eat, then . . .

WHAT ARE AC STUDENTS EATING?

By Keith Slough

Many Ambassador students following the national trend, are purchasing and consuming health foods these days. A quick glance into the Booth City refrigerators bear witness to this. Besides the usual food you would expect to find in a college refrigerator (such as candy, soft drinks and even an occasional jar of Gerber's Baby food), you can also find whole grain breads, wheat germ, unhydrogenated peanut butter, fruits, nuts, and vitamin supplements.

According to the Health Foods Center in Longview, somewhere between 30 to 50 Ambassador College students visit their store each week. Many are regular customers who buy wheat germ, unhydrogenated peanut butter (which contains no preservatives), dried fruit, yogurt and protein, as well as whole grain cereals such as "Seven Grain Cereal," one of the more popular brands among Ambassador students.

Senior Jim Owens, for example, who has been interested in maintaining his physique ever since his weightlifting days at the University of Alaska, has for many years avoided all soft drinks, candy, artificial foods like packaged chips and even too much bread (which contains starches). Like many stu-

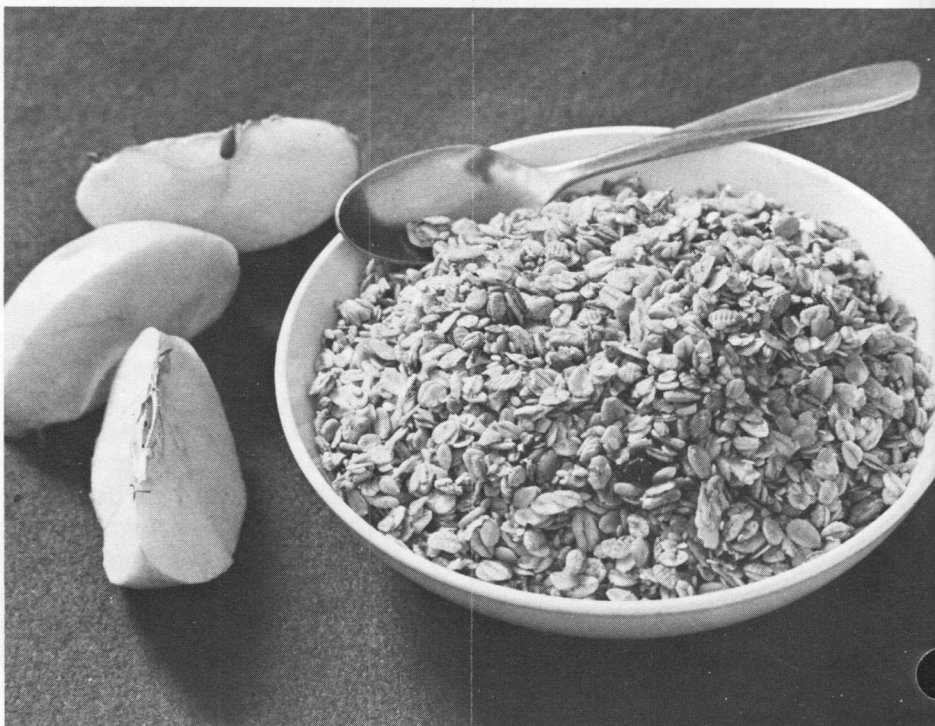
dents he takes vitamins although he usually only buys Vitamin E and yeast. "I try to eat quite a bit of salad," he said, "and occasionally I will go into a health food store."

Ron Berlin, a senior who is captain of both the cross country and track teams, became almost notorious among his friends for not indulging in sweets. His goal was to increase his endurance in running, and he gave up all candy until he ran the cross country marathon

last fall. (Berlin finished third in the marathon; he also was the top runner in the National Little College Athletic Association's cross country finals as well.)

For a year and a half, Berlin held this very strict diet. Now he allows himself an occasional piece of candy or cake but only rarely.

"During the season I totally abstained from all soft drinks" said Berlin. "I've only had about one soft drink for the past year."



Concerning alcoholic beverages, Berlin said, "From what I've read in magazines about world class runners, they drink rarely. And I feel that since it doesn't benefit me directly it would be better to leave it alone."

In reference to people on campus concerned about eating meat, Berlin said that Bill Walton, an All American basketball player in the pros, became a vegetarian and as a result grew weaker and lost weight. Berlin sees no reason for giving up meat altogether.

Lentils and Alfafa

But it is not just the weight lifters and the athletes that are into "healthy" foods. For example, John LaBissionere last year grew his own lentils and alfafa sprouts in his booth for the sole purpose of taking them to the dining hall to sprinkle on salads at meal time.

"It's very nutritious," he said, "but it used to really freak some people out. But they're real tasty. I would recommend sprouts to anybody, even Mr. Green."

He was referring to Carlton Green, food service director here. Mr. Green says that he chooses menus that meet the daily requirements needed for good health. He chooses the foods served in the dining hall by writing to various commercial vendors. They send him a sample of the food and he examines it before deciding to buy. He tries to avoid the foods which contain chemical preservatives and dyes.

AC Ranch

Very seldom is any of the food we eat directly from the A.C. ranch. "Probably less than one-tenth of one-percent comes from our ranch," said Mr. Green. "If we were to serve only the food we grew ourselves it would probably require at least 100 additional students working on the ranch full time. Plus we would have to process it ourselves and we would have to build the

warehouses to store it in."

Mr. Green said we average spending around \$30,000 a month on food. It would probably cost anywhere from \$75,000 to \$100,000 a year to grow our own, he said.

He also commented on the white sugar in the dining hall. When brown sugar was purchased in the past, some of the students began complaining of sore throats. After inspection the sugar was found to have impurities in it; from then on, he decided to purchase the white sugar to be assured of getting food that was safe.

In reference to other foods in the dining hall, the salt and the honey in our honey bears are unprocessed and the milk comes from our own dairy and is raw and untreated. Most of the time the peanut butter at breakfast is also the unhydrogenated kind without chemical additives.

Above and Beyond

Some students, though, have chosen to go above and beyond even this. Sophomore Tom Sergeant has had only one glass of

this raw and untreated milk for the entire school year. Although it builds the body, he believes the consumption of cow's milk may be the cause of such problems as hypertension in children and even kidney stones in later life. He has also cut down on the consumption of meat, fearing too much protein.

But lest you think *everyone* at Ambassador has gone the health food route, it should also be noted that the snack machines still enjoy a sizeable revenue.

From August, at the beginning of the school year up through January, the total income from the vending machines on the campus from Flight Ops to the Humanities Complex was \$8,481.00. That is an average of around \$350.00 per week.

But sometimes it is even more. For the month of January alone the commissary took in \$2,017 in the purchase of ice cream and snacks.

So if you frequent the swill machines, you are not alone! As Freshman Jack Tremble, who, while guzzling down a cold soft drink put it, "Oh well, we all have to die of something."





Women in Sports...

The Name of the Game

And it's a game, a great deal like life, in that it demands that one's personal commitment be toward victory. The spirit, the will to win and the will to excel, these are the things that endure...

Vince Lombardi



By Dee Bishop

Paralleling around the moguls of the Mt. Dachstein slopes in Austria; sprinting between the wickets of the cricket pitches of Australia; and kickin' down the tracks of the 440 at Rocksprings High in Texas — women here at Ambassador College have been there. They have known and experience the 'agony and the ecstasy' of competitive sports.

The image of the woman athlete as being a rugged and ragged female who could slip on a jersey and play for the Green Bay Packers is only a mirage. More and more she is being seen as the talented and spirited athlete that she really was and is. Women's sports have emerged from "page 17D" newspaper filler to headline standing, and there are particular reasons why this "phenomenon" has occurred.

One was given by Teresa Rohr, a junior who assists instructor Marv Harmdierks with his gymnastics class: "The status of women now places them in a broader light. International competition and the asset of women winning medals has helped. Outstanding women athletes such as "Babe" Didrikson Zaharias (Olympic javelin thrower and 80-meter hurdler) have made a big contribution to women's sports."

Women are breaking away from tradition and asking why. They have found a type of "emancipation" in sports, which the media is speedily zooming in on. It is undoubtedly no secret that there have been taboos and stigmas labeling women who participated in sports as "daring dames." But it is equally no secret that many of these taboos and stigmas have been removed today, allowing



Claudia Dunnam, junior, reflects during a halftime (upper left); Junior Shara Dennis hands off the baton to junior Malinda Green in the 440 (center); Senior Nancy Scull grits her teeth as she neatly cuts into a wave (lower left); Canadian sophomore Jasmin Albert played ice hockey on a league team back home in Ontario (right).

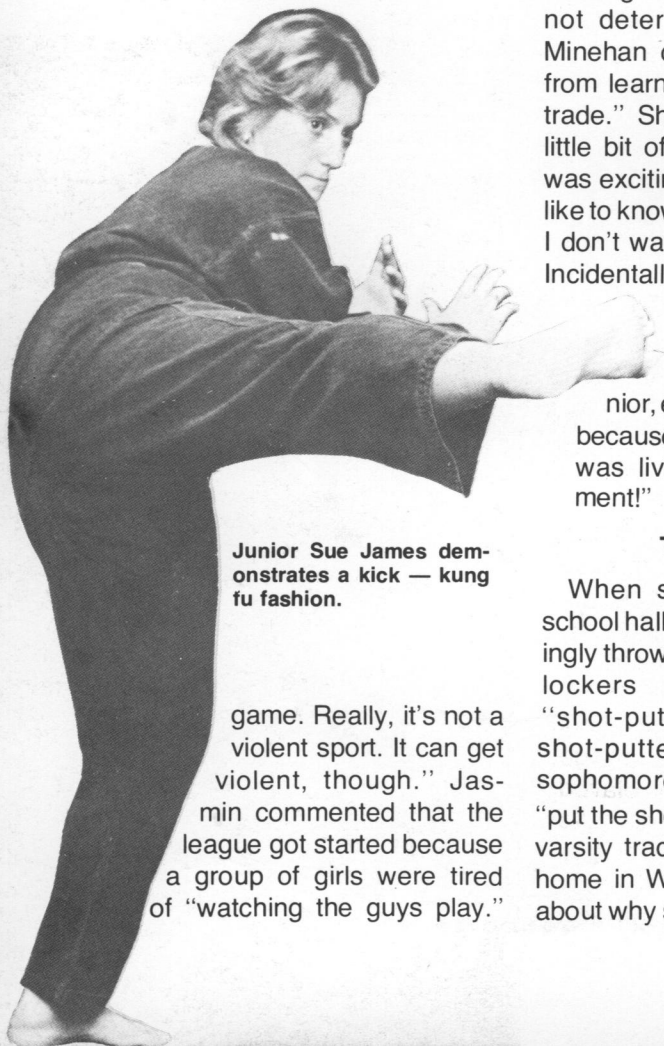
Photos by Tom Hanson, John Wright



women to be freer in their athletic participation. Recent attitudes have somewhat tumbled the stand that certain sports are "rough, tough, and off-limits" to women. Who are some of the women on campus who have trekked into such limits?

Ice Hockey and Judo

If we could have visited an ice hockey rink in Keene, Ontario several years ago, we would have seen one of them — sophomore Jasmin Albert, passing the puck for her town's league team. "I like hockey best of all because of the speed, the maneuvering, and the skill necessary for handling the puck," said Jasmin in explaining why she became interested in hockey. "Many people think it's strange that a woman would play such a 'violent' sport. They don't realize that body-checking (pushing into the boards is a part of the



Junior Sue James demonstrates a kick — kung fu fashion.

game. Really, it's not a violent sport. It can get violent, though." Jasmin commented that the league got started because a group of girls were tired of "watching the guys play."

Although field hockey in the United States is chiefly known as a team sport for women, it is a ruggedly competitive men's sport in many other countries. Senior Nancy Scull has competed in field hockey and commented on the question of why she played, "It kind of makes me mad that such a question has to even be asked. I like to compete and I enjoy it. Girls want to win just as much as guys do. There should be no stigma on a woman javelin thrower or woman shot-putter. If they are talented and have the desire to play a sport, then don't hold 'em back."

Believe it or not, little five-foot junior Kay Shuster was a goalie during her soccer years of junior high school. "I grew up in sports," Kay mentioned, "so it was natural for me to continue my interests during school. All sports are fun and the results are beneficial."

Even though women's judo is missing from the Olympics, this did not deter sophomore Maureen Minehan of Kelmscott, Australia, from learning a few "tricks of the trade." She related, "I learned a little bit of judo in high school. It was exciting and a bit different. I'd like to know more of the basics, but I don't want to go deeper into it." Incidentally, junior Karen Kilpatrick has taken judo lessons and earned a yellow belt. Sue James, junior, enrolled in a kung fu class because, as she explained, "I was living alone in an apartment!"

The Shot Put

When she walked down the school halls, some guys would jokingly throw themselves against the lockers for fear of her "shot-putter's strength." The shot-putter described here is sophomore Pam Mehnert, who "put the shot" on her high school's varsity track and field team back home in Wisconsin. When asked about why she joined the squad as

"Many women have the talent required for sports. They have the potential but never develop it because they think it is unfeminine. Sports are hard work, but they're a pleasure."

Leslie Nelson



"There is a great feeling of freedom and power in jumping horses, and a harmony of balance and movement between horse and rider."

Paula Barr





"The one thing that really struck me in soccer was the sheer enjoyment of teamwork. As a goalie you can see all of the action going on, and even though you cannot always directly participate in it, the beauty is still there."

Kay Shuster



a shot-putter, she retorted grinningly, "Why not?" She went on to explain how she naturally entered the shot put after having played softball. Pam added, "First I enjoyed it, then I saw competition in it. I set a goal and worked toward it."

Surfing, previously a sport enjoyed by an elite group — minus females — is now catching on and becoming an overcrowded coed sport. Freshman Leslie Nelson, besides pitching for the San Diego City Women's Softball League, has surfed competitively. "Surfing is my hobby," stated Leslie. "I used to get to the beach at 5 a.m. before school started and practice surfing. Surfing gets into your blood and you can become addicted to it. After that first good ride, well, you just want to do it again and again."

Jennie Oliver, freshman, enjoys hunting as a hobby and sport that takes her out in the wild. Describing her feelings toward hunting, she said, "I grew up with hunting, and my whole family hunts. While hunting, you get to be outdoors in all kinds of conditions. When quail go by and you shoot and they drop, you get a certain satisfaction that you shot and hit. Everybody can shoot, but not everybody can hit."

Horse Barrel Racing

Paula Hughes, freshman, has competed in horse barrel racing. She says she loves horses and wants to go into it professionally, because she can be around horses and make a little green profit, too. Paula Barr, senior, is another horse-lover who has participated in horsemanship activities, such as jumping horses, and has taken lessons in the English and Western styles of riding. She hopes to own a horse and go into competition after college. "It's a challenge," Paula relayed, "because you must concentrate, sit just right, slack the reins perfectly and at the right moment."

Snow sports are well known to

many women as not only a sport, but as a recreation as well. Austrian freshman Vicki Watzl, snowskied in school competition at the early age of nine.

Gymnastics, basically a seasonal sport in the United States, has been called the world's most beautiful and most physically demanding sport. Teresa Rohr is as balanced in her approach to sports as she is to the beam. She describes gymnastics as a great physical tone-up. "It tones up your muscles and gives you a self-satisfaction in accomplishing something you know you've worked for. It's a sport that rewards you personally because whatever you put into it is what you'll get out of it." Teresa would like to teach gymnastics at a YWCA as well as take advanced courses. Senior Carol Galloway and sophomore Jo Anne Lemieux have competed in

Sighting-in her .22 rifle is freshman Jennie Oliver, a hunting enthusiast who "grew up with hunting."



the uneven bars. Carol said, "When you're competing, everything has to be at its best. Because you've had pressure on the floor, it helps you to cope with other pressures. Competition gives me initiative to strive to be better, to reach a higher plateau."

Intercollegiate

There are presently three women's intercollegiate sports at Ambassador — volleyball, track and field and basketball. Junior Sandra Spieker, commenting about the women who participate in these varsity sports, said "I see women in varsity sports as an expression of selflessness, because despite what they have to do, they still find time to make a contribution to not only their field, but the institution they represent." What are some of the opinions of the coaches and the participants within these sports?

"Oftentimes you hear someone say, 'Wow, that girl shoots like a man,'" commented Larry Haworth, physical education instructor and coach of women's varsity volleyball and basketball. "If women are taught properly, they don't throw or pass like men, they just throw correctly," explained Coach Haworth. Junior Claudia Dunnam and sophomore Debbie Hoolsema have contributed much to Ambassador's intercollegiate program by playing volleyball and basketball. Claudia stated, "It's an exhilarating feeling to be competing, even if you're not the best. I learned to be more of a leader because of sports and physically more healthy."

Track and field pit man against man in direct competition, and is considered the heart of the Summer Olympic Games. Alvin Hicks is in his third year of coaching the men's and women's track team at Ambassador. "Sports is something a woman can express herself in," voiced Coach Hicks. "I think athletics is a part of education and

should be very much a part of a woman's education." Gail Coates, junior, a member of the track team candidly spoke about her personal involvement in track, "Everyone must be good in something. I enjoy competing and I compete in running to prove to myself that I can do something. I have learned a lot — winning or losing."

"In track, you're out for yourself. There is only one winner," expressed Karen Kilpatrick, who, rain or shine, runs four miles a day. "I'd rather drop dead than quit while running. You never know how far you can go if you drop. You can always push yourself past your limits. There's no word like 'stop' in track. You set a goal and get it. You can't ask yourself if you'll reach your goal — you just get it."

There are some stumbling blocks that Ambassador has specifically had to deal with concerning its varsity sports — not only Ambassador, but many other universities and small colleges, too. One such block is the person who we might describe as the "weekend athlete." Claudia defined the difference between the "pure heart" and the "weekend athlete": "It's like the difference between a swimmer and a floater!" Coach

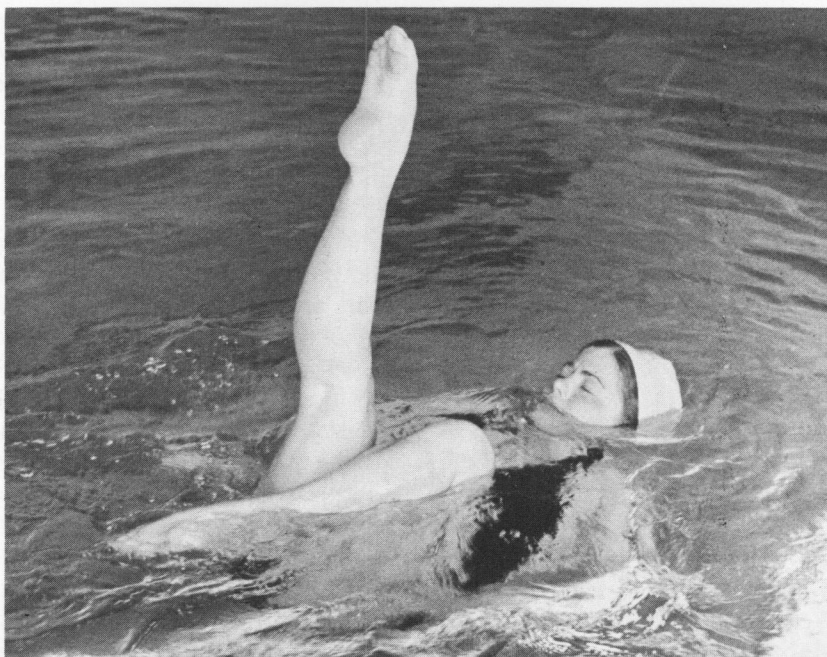
Hicks also commented along these lines, "75 percent of my track women are thinking about other sports. You must be dedicated solely." He went on to discuss the fact that the women need a coach who is a woman. Plans are in the making to acquire a woman coach who will not only coach women's basketball, but teach physical activity classes and academic physical education courses, too. In spite of these handicaps, Ambassador's sports program for women has improved and will continue to improve.

24-Hour Marathon

To the spectators, it's whistles, stop watches, peanut butter sandwiches and sleeping bags. But what is it to the runners? One participant, senior Debbie St. John reminisced, "I was excited to see if we could hold up long enough to break the women's national small college record. It was a real emotional feeling when we broke the record — it swells up in you." Another runner, junior Susie Klaus recounted her "rationality" for running the marathon: "I knew it was a challenge that I had never encountered before."

A common fallacy here on campus is that only the women per-

Controlling one of her moves in synchronized swimming is freshman Heidi Schmidt. Heidi, from Grafton, Wis., was a member of her high school's swim team.





Junior Karen Kilpatrick was the sole woman runner in Ambassador's annual 26-mile marathon. She is Ambassador's top woman cross-country runner.

petually wearing tennis shoes and sweats are the ones who are sportsminded. Many sports do not require tennis shoes and sweats. Teeing up with her sport is Anne Wilcox, senior, who has competed in various golf tournaments in Ohio. "I had a knack for it as well as the body build," she clarified. "Any kind of competition is challenging and fulfilling. A woman should be as serious in her sport as it takes her to be good and be her best."

Many coeds have competed and participated in water sports. Freshman Heidi Schmidt and her sister, junior Dace, have participated in competitive and synchronized swimming. Heidi, commenting on synchronized swimming, said, "I got involved because I wanted a variation in water sports. It's a creative sport in which you create your own moves. It takes a lot of control and hard work."

"I'd rather drop dead than quit while running. You can always push yourself past your limits. You can't ask yourself if you'll reach your goal--you just get it."

Karen Kilpatrick

Myths and Stigmas

Women in sports have historically been plagued with varying degrees of myths, stigmas and downright injustices. This has not been necessarily malicious or intentional, nevertheless they have hampered the development and progress of women's sports. Social attitudes have tended to define and confine the woman athlete. In their book, *The Female Athlete*, Drs. Carl Klafs and Joan Lyon stated, "Social and subcultural mores have a great deal more to do with the relegation of the female to certain prescribed roles than any particular physiological limitation; this has been particularly true in Western society." Marv Harmdierks, instructor in gymnastics, relates a similar feeling: "Only in the United States is there a stigma about women's strength. I find it a complete falsehood that women are only flexible and men have only strength. Men can do Chinese splits and straddle flexes, and women can do skills requiring much strength. It depends on one's experience and how much one has worked."

Some women's background and their type of exposure to sports has been a direct deterrent to their interests in sports. Bonnie Ewer, freshman from Canada, said this about herself, "I am an athletic illiterate!"

Coach Haworth summed up another problem, "I feel this whole nation should start teaching children in the early years of schooling to participate in sports on their own level."

Not always have society and school systems been the ones hampering women to be active in sports. Unfortunately and ironically, women have hampered themselves. Some do not understand the importance of being physically fit. In his book, *Sports in America*, James A. Michener supports this, "Women are 50 percent of our human pool, and their health is at least as important as men's. Indeed, since they bear and nurture the next generation, I incline toward a belief that their health is more important." Junior Marie Owings explained that some girls think their legs and arms just might become "less attractive." "When you speak about running, there's always some nutty girl who will ask, 'Is it going to make my legs all "muscle"?' "

Oftentimes women are asked what they've learned from playing sports. Karen mentioned one valuable lesson that she has acquired, "You cannot go through a marathon all the way by yourself. You realize you need God and running that marathon brings you closer to God." Another vital lesson can be gained in volleyball, because it teaches one to always be ready for anything and everything, whether it's just a casual, carefree bump or an all-giving dig.

Athletics are an inseparable part of women, especially in the lives of many Ambassador women. How women play sports helps to reflect how they live their lives. In sports, women play a way of life. And isn't that the name of the game, anyway? Ⓜ

Sophomores

The following article was contributed to The Ambassador by Kimberly Kessler, 1976-77 Sophomore Womens' Representative.

FRESHMAN: "Who's that?"

SOPHOMORE: "That's our class president, Tom Melear."

FRESHMAN: "Oh? Is there any truth to the rumor that the sophomore class is, well, 'sophomoric' — you know, opinionated and immature?"

SOPHOMORE: "Nope! We've got it *all* together!"

There is one going down the sidewalk, another playing in a campus rock band, one playing basketball and yet another leading a conversation on the topic of forum — the Sophomore Class of 1977 is on the move and doing things! They come from all over the United States and the world, not knowing perhaps another soul, yet uniting as a group when working together for a special activity. As Tom Melear, sophomore class president, comments, "I can turn to a particular sophomore to carry out a responsibility for me, and I know I

can count on him to do a good job. They're loyal when the loyalty doesn't even need to be there, because they have the right concept in their minds."

"Whether it be in intramural basketball, in music, in cheering for a game, or joining in a student body activity, they personally sacrifice for it. It has been noticed for a long time that they are a driving force," Tom said.

We are also a balanced class, not particularly dominating a certain area, but divided equally into all areas of achievement. We are contributing our talents to the diversities of Ambassador College.

Sophomores, like any other class, are required to be members of the class; they don't choose to be in another class unless, of course, other college transfer credits allow them to. There is no requirement for them to pay dues or involve themselves in class projects. But from their own willingness to uphold the reputation of the sophomore class, they put forth the effort to lead and take on responsibilities in all aspects of college. We're proud to be the 1977 sophomore class of Ambassador College!



First row — Mike Russum, Second row — Bill Joseph, Debbie Saylor, Jan Cookman, Tom Melear, Mark Henson. Third row — Keith and Sue Cottrill, Kimberly Kessler, Cheryl Hofmann, Randy Kloska.



Seated — Jo Anne Lemieux, Susan Jones, Dawn Flint, Gail Wilson. In chairs — Deborah Pettit, Heather Phillips.

Bob Guempel, Ron Ion, Steve Thompson, Arlene Eads, Marie Zelenka, Yvonne Eads, Sue Beach.





Seated — Keith Mize, Karen Melum, Randy Robb, Ken Bowen. Standing — Marla Van Laecken, Mike Kroll, Doug Moody, Cindy Bardahl, Gary Finley.



First Row — Pam Mehnert, Carol Riemen. Second Row — Barbara Hopkins, Jodi Witz, Linda Thorgersen, David Kammer, Pat Mullins, Janette Verwater.

On bench — Jasmine Albert. On piano — Karen Treybig, Connie Nickerson.



Standing — Mike Abraham, Mark Weaver, Diane Karcz, Carl Meyer, Debbie Hoolsema. Seated — Sue James, Jim Short.





Vicki Wetzel, Wendi O'Neill, Janelle Chapman, Patti Vernich.

Kneeling — Pete Lee, Scott Toliver.
Standing — Karen Kinder, Nancy Zimmerman, Ron Felling, Darlene Camper, Ken Sparks, Kevin Laycraft. Seated — Frances Orth, Robert Johnson.





Orville Payton, Patricia Conley, Emma Jane Denny, Jane Wilson, Paula Ridge-ly.



Roland Rees, Sarah Hageman, Valerie Searls, Kathy Prouty, Tom Sergeant, Susie Starnes, Warner Hall.



Upper row — Vance Gilless, Irene Teetaert, Patty Dowd, David Blue. Lower row — Tony Blue, Cheri Wilcox, Cathy Morelli, Karl Cranford, Pam Morris, Anthony Kimmons, Janet Tooke.



James P. Lewis, Marlene Lynch, Diana Smith, Bridgette Baker.



Seated — Wayne Woodring, Richard Burton, Melvin Yoder, Gary Smith, Shelly Carroll. Standing — Stanley Baker, Louis DeVlugt, Dave Nix, Dale Yates. On tower — Ruth Steele, Kevin Blackerby, Tammy Hostetler.



On ground — Carolyn MacLeod, Miriam Vendelbosch, Richard LeFrancois. On rocks — Ron Cook, Diedre McCarthy, Martin Gooding, Jim Herst.



Mark Streapy, Mike Woelfer, Glenn Ford, Kay Shannon, Mike Walter.

(Editor's note: The following photograph of Juniors was regrettably left out of the Winter, 1976, "Ambassador" magazine featuring the Junior Class.) Seated — Kathy Mussehl, Theresa Foshee, Sherry Childers, Norm Edwards, Crystal Schellenger. Standing — Jan Creusere, Mary Foltz, David McKeever, Bill Hutchison, Mary Hillerson, Kathaleen Donahue.



Ambassador Profile:

HOME: North Bay, Ontario (Canada)

AGE: 22

MAJOR: Music and Theology

JOB: Kitchen employee

MOST MEMORABLE BOOK: "The Biography of Beethoven"

LATEST ACCOMPLISHMENT: Solo performance with Texas Ambassador Singers in Phipps Auditorium, Denver, Colorado.

QUOTE: "I've been singing all my life . . . It's what kept me going on."

Joe Mathieu

PROFILE: Joe Mathieu used to sit in the back of class during singing sessions, mostly because he could "get away with more" in class than by sitting in front. But for some reason during one singing session, he moved to the front — close enough for his teacher to hear him and "discover" his singing ability. By the fifth grade his school principal was taking him to perform at various social functions, and Joe kept singing throughout school, with pop groups, in the theatre, in concerts.

He came to Ambassador in the fall of 1976 (without having yet received any professional voice training) and has since been singing solos both on campus and on tour with the Texas Ambassador Singers. "If I have the talent that people say that I do, I'm going to try to develop it," says Joe about his singing ability. "I'm going to try to go as far as I can."

