

THE WHIRLWIND

Feb. 14

SUNY Cobleskill

1979

UFO Coverup

Has the government been lying to the American people about unidentified flying objects (UFOs)? Have you ever seen a strange looking object with flashing lights of all different colors flying through the sky but you wouldn't let yourself believe that it was a UFO? Well, now you should think twice when you see a UFO.

Ground Saucer Watch, a nationwide research organization, on the basis of 1,000 pages of documents obtained from the Central Intelligence Agency (CIA) under a freedom of information suit. The UFO watchers' leader, William Spaulding, said he now believes that "UFOs do exist, they are real, the US government has been totally untruthful and the coverup is massive." The documents prove that surveillance has been going on since 1949, with embassies helping to gather information for the CIA, the White House and the National Security Agency, he says.

Spaulding said that he has sworn statements from retired Air Force colonels that at least two UFOs have crash-landed and been recovered by the Air Force.

One crash, he said, was in Mexico in 1948 and the other was near Kingman, Ariz., in 1953. He said the aliens, who in both cases were about 4 feet tall with silverish complexions and wearing silver outfits, that "seemed fused to the body from the heat."

Among the documents are several detailed reports of Air Force attempts to either intercept or destroy UFOs.

In a 1976 incident in Iran, one report says, two F-4 Phantom jet fighter bombers pursued a large UFO that seemed to send out smaller crafts. One of the smaller crafts "headed straight toward the F-4 at a very fast rate of speed," the report said. "The pilot attempted to fire an AIM-9 missile at the object but at that instant his weapons control panel near went off and he lost all communications." The pilot eluded the craft, then watched as it "returned to the primary object for a perfect rejoin," the report continued.

Spaulding says, however, the documents show that there are links and patterns in the sightings. From that evidence, he says, he believes UFOs are here on surveillance missions.

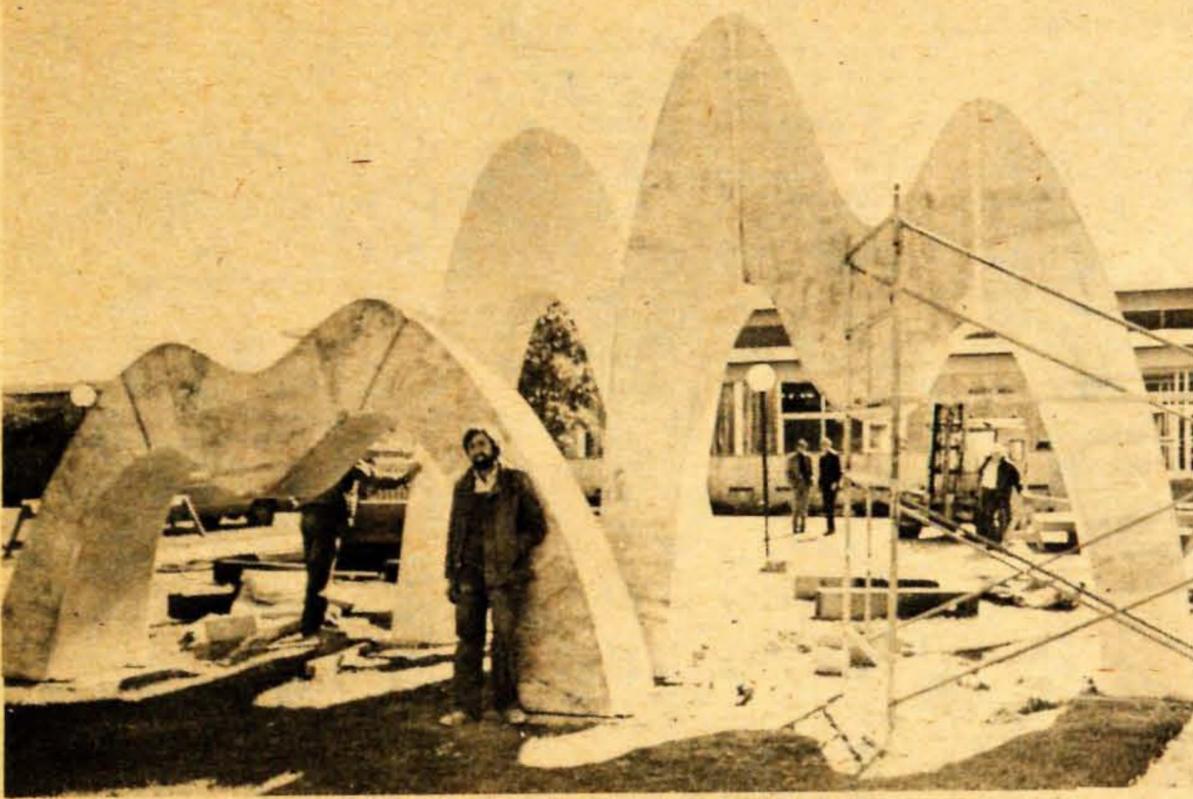
Spaulding said his group is waiting now for a federal judge to rule on the last phase of its CIA suit, which seeks access to 57 items that would provide "hard evidence" of UFOs or "retrieval of the 3rd kind." That evidence includes motion pictures, gun camera film and residue from landings, he said.

Among the films they want is 40 to 48 frames taken in 1952 by Ralph Mayher, then a cameraman for KYW-TV in Cleveland and now a member of Ground Saucer Watch. The Air Force borrowed the film in 1957 and has never returned it. The official finding was that the object had been a meteor, Spaulding said.

"We're past the story-telling stage," Spaulding said. "We have to have it in black and white to satisfy the scientific community. We have to establish the existence of the object to all the people in Missouri and then figure out who's driving it."

All this tends to set the pulse going at a rapid pace. What interests us most to begin with, however, is a document directing the CIA to conceal any UFO pattern detected.

Why? Unless the government has some reason to believe UFOs are Russian or Chinese spy missions in disguise, why shouldn't Americans and everyone on earth be entitled to all available information about visitors from space, if they exist.



Here is sculptor Gregg LeFevre and here is the sculpture shortly after it was completely assembled in what was later named "The Bicentennial Mall" in front of Bouck Hall.

The three shining white arches which stand before Bouck Hall were designed and sculpted by Gregg LeFevre of Boston and Delmar. Since their arrival on the campus in the Fall of 1975 they have appeared on the cover of "Voice," the College Viewbook, the Alumni News, and in hundreds of "family album photos." On Commencement Day the graduate is most likely to have his-her picture taken with the arches as background. They are truly "participatory sculptures," as the sculptor intended them to be. For many students, the LeFevre sculpture is a modern interpretation of the "rolling hills" which surround the beautiful Cobleskill campus.

The LeFevre sculpture is the focal point of the "Bicentennial Mall," the joint effort of the Plant Science Department and the campus Aesthetic Development Committee.

The sculpture was funded by donations from several classes, Faculty Student Association, College Carnival-Auction, Student Govern-

ment, the Christmas Bazaar, and several other sources. The entire effort was coordinated by the Campus Aesthetic Development Committee which was organized in the Fall of 1973 with Jean Webb Williams as its chairman.

The commission for the sculpture was awarded to Mr. LeFevre in 1975. Following its completion, students in the Plant Science Department, with the guidance of Professor Jack Ingels, landscaped the area with appropriate shrubs and flower gardens. A sign proclaiming "The Bicentennial Mall" was prepared by the men at Camp Summit and erected by the maintenance staff.

At the College Awards Convocation in May 1976 Student Government President Michael Coles formally presented the sculpture and the mall to President Walton A. Brown and Cobleskill College.

Cobleskill is one of the few SUNY units in upstate New York to have a major sculpture on its campus.

Number

4

at

your

door

coming...

WELCOME TO THE JOB MARKET



What's your best bet in today's marketplace? What can you expect from your first job? Need it be a nine-to-five one? These and many other questions related to entering the job market will be discussed in this issue of "Insider"—the free supplement to your college newspaper from Ford.

Ford hopes these tips about what awaits you in the job market will help you start your career off on the right track. And if you're in the market for a new car or truck, we also hope you'll check out the great lineup of '79 Fords.



FORD

FORD DIVISION

Look for "Insider"—Ford's continuing series of college newspaper supplements.



Editorial

Within the last year or so Cobleskill students have not been showing extreme amounts of interest in the activities being presented by I.D.C. and Student Government. What's the reason behind it?

Our college has about forty organizations which provide a variety of interests for all students. Everything from Skydiving to Scuba Diving. With all this being supported by Student Government (or at least most of it), why aren't the students getting involved? Such planning organizations have gone through extreme amounts of work to provide as good a sense of social activities. This is your money and it is being spent for you.

Individuals who say Cobleskill has nothing to offer or nothing to do on the weekends obviously doesn't read the hear-now *Whirlwind*, minicourse brochures and the listings of C.A.F.A.C.

Aside from "learning" subjects there are also Bowling Alleys, Ski Slopes, Cross Country Skiing, Ice Skating and an Olympic Size Pool.

The record low attendance at the Pousette Dart Concert didn't do much to the funds to provide another near decent band in the future.

In one of our previous issues we gave a list of names of people to be contacted as to the program of upcoming events for the latter part of the Spring Semester. Just how many students really bothered to call up and say, "Hey, it's my money too; what are we going to spend it on?" Probably not too many.

As far as I know now, Student Government and I.D.C., along with every other organization, will be trying one more event to hope for full campus involvement. Its success is largely due to you.

There is more to college than just parties. This campus has an exceptionally good social life and it is up to each individual to broaden his scope of learning by attending all that interests him. This opinion is shared by many but the number of people who sit back and spend their lives in front of t.v. sets may soon far outnumber us. The *Whirlwind* would like to hear your replies on the subject of Campus Participation.

Florida . . .

Was it worth the effort?

by John P. McDermott

I was among the many college students bound for south this past vacation. My journeys took me thru about seven states to that magnificent heaven called Florida.

Well, to some Florida may be a fulfilling adventure but for me it was more of an experience. It has yet to fail that when I travel unbelievable things happen to me. It's kind of like an accident proness but in a different way.

Not ever traveling to Florida before I naturally didn't know where to go, as was also the case with my old roommate who went with me. We decided to go far south as possible. Hit the most southern tip of the country. Miami Beach here we come!

Well, searching for a room was not a treat as everyone knows it is still drilled in my head those all too worn out phrases. "How much is it per night?" "What are your weekly rates?" The price range ran anywhere from \$42 per night to \$10 per night. (These were not anything like Ramada Inn or Hiltons) So of course we took the cheaper.

This Hotel or Motel, whatever it was resembled a scene out of the Alamo except in a more run down version (is that possible) The hot water ran in shifts from 7-10 a.m. and from 4-10 p.m. As usual my room was off and I never got hot water any time. I think they stuck me up in the corner on the second floor because I was a New Yorker.

Miami was always a sweltering 74, or above but with my great luck it was no wonder that the air conditioner didn't work. Actually it worked but the room had only one, yes (1) outlet which was located inside the small bathroom across the room and the cord didn't reach. Now Miami Beach is a nice place to visit but I surely wouldn't live there. My street didn't have a number so it was impossible to leave word where I was.

Through there's a lot of complaining there, the motel was a place of excitement. It could be described as the "rundown section of town." Outside my window in one weeks worth of time, we had a car accident, a fire truck looking for a lost respirator outside my window (yes on the second floor), a grass hut burned on the beach due to some local derelicts and to top everything some

nut lady pushed a piano into the street and started playing it and before long the whole beach was attracted to her banging away. It was not soon after that a policeman arrived and began to escort her away. As he began to do so she threw up her dress and voila! It was a man. After this I knew I had to leave Miami to save my sanity.

So thereafter we took off for Ft. Lauderdale. Getting there is a problem because you have to drive thru Miami Beach. I guess its a well known fact that the beach is 99 and 44-100 percent old people. I mean really senile, when the light changes they purposely walk in front of cars. I think their biggest kick down there is to hear brakes screeching. I, being the excellent driver that I am missed all eight of the senior citizens who dared to cross my path. By the end of the week I began to get the urge to speed up the car to see how close I could get. Now do you believe Miami is a cause for insanity?

I was suerer by now that Ft. Lauderdale was the place to go. Once again I began the great Motel search. Finally finding one which was twice the price of the first one. You see, winter is the big season down there and they stick you with what they can. I met a lady there who had a room identical to mine and she informed me that being a resident of the state she was charged about twenty dollars less. From this point on I knew that my financial situation was not like John D. Rockefeller. Drinks in the bar were any where from \$1.25 to \$2.50 a piece. As you can see partying was slightly limited. However we did find one place for drinks that charged \$.75 from seven to ten so it was there that we each bought 16 Kamikazes on the spot and that held us over for that night and hung us over the next day. (Don't ever do it). The beach in Ft. Lauderdale was nice I guess but I really wouldn't know. Out of two weeks, three days had sun. This was also the time that Miami had flooding (3½ inches) and two nights which were 30 and 40 degrees which damaged the citrus crop. By the time two weeks ended much was learned about traveling or it sure seems that way. If anyone knows a better way to see Florida . . . LET ME KNOW!!!!!!

Letters to the Editor

Dear Editor,

Recently I heard of a rumor of swallowing goldfish. I think this is really disgusting. I heard one even had a serious Fin fungus. I hope the guy who swallowed him gets what he deserves. Do you know the whole story as to whose fish they were and what can be done about such stupid things?

I.T.T.

Dear I.T.T.,

NO COMMENT.

To the Editor:

I'd like to know why the snowplows weren't in action a few days ago when they were really needed. The walks accumulated massive amounts of slush which was most annoying to wade through. No wonder so many of us ran out of dry shoes!

The parking lots were in even worse condition. Many a vehicle got stuck

during the unsuccessful attempts to move out of their spaces. A lot of people had to change weekend plans because their cars were surrounded by insurmountable wet snow.

If all the cars were temporarily moved to the commuter parking lot, the lot in front of Special Services could be plowed. The procedure could then be reversed. That would clear out the most important parking places before the situation gets too out of hand.

Today I noticed the walk in front of Bouck Hall getting cleared of the elements. Isn't it a little late for that? After all, our shoes are all dried out by now!

Signed
Nameless

Getting on the Road

by Maureen Baxter

Did you ever have certain types of experiences where everything went wrong? It often happens when you're in an unfamiliar situation, particularly when the nervous system takes over. In this case, the scene of these nightmares takes place on the days of my road tests.

The first one happened to fall on the hottest day in August. After practicing for a half an hour, I showed up a few minutes early and ended up being the fourth car in line. One man was administering all the road tests; he looked like Hitler with wire-rimmed glasses. Doom was already looming in the horizon!

Finally, after waiting 45 minutes, it was my turn to prove myself. We both climbed into the car. I smoothly turned the ignition and the motor promptly obeyed. The directional signal clicked as I hand signaled left to pull away from the curb. Once on the road, my foot leaned rather heavily against the gas pedal. Suddenly, the red light ahead caused that same foot to slam on the brakes. The next two turns, however, worked out perfectly.

Remember doing K-turns? I wish I had. Mine consisted of three back-ups before completing the turn. Parallel parking was even more disasterous. The pick-up truck in front of where I was to park didn't pose the problem; it was the tree behind it that was bent slightly over the edge of the road. I hit it.

The nerves were hopeless by now. Even "Soft 'n Dri" wouldn't have helped.

The finale consisted of signaling a wrong turn and then running a stop sign. I would have rather done the running myself on foot. My dream as a licensed, independent driver went out the window.

Road test number two should have been just as bad, considering all the catastrophes that happened before those fateful few minutes. Our area was bombarded with snow and in a "state of emergency" the day before that road test. At 8:30 a.m. I was first in line for the test, and lo and behold it was Hitler again! The car registration, we discovered a few minutes later, was at home.

A quick trip to the Motor Vehicles Department followed, and they rescheduled me for a half an hour later. We grabbed the car registration from home and made it back to the site of the road test again just in time.

Everything seemed all set until I moved to turn the ignition: Mom had the keys. Another car almost ran over me as I blindly dashed across the street to get the keys.

Oddly enough, the test went very well with practically no errors. The K-turn worked out the way it was supposed to. Plus, when parallel parking, I slid right into place!

The results of the test came in the mail a week later: I had somehow managed to pass it. What a relief to realize that I'd never have to go through any more road test experiences! I guess this Hitler wasn't such a bad guy after all.

Clean up Your Act!!!

by Peg Palmer

"Well, no one's looking, if I just keep on walking after I toss this can, maintenance will clean it up sooner or later."

"Hey, Harry! Let's see who can knock over the first light we come to."

"It's late now, no one will know if we toss this can through that window, give those people a real scare . . ." "I've got some spray paint, want to go write some graffitti on the walls?"

Litter . . . Damage . . . As I walk on Coby's campus, these are a few of the "little things" I notice. Note, I said little, after all—who cares if our campus is littered with beer and soda cans, broken glass, and papers? Who cares if our money is spent on repairs, instead of our enjoyment?

Just perhaps someone out there does care . . . I can't blame our maintenance men, they do their jobs. It's not their fault that one of our fellow students was too lazy to toss a can, bottle or paper into a garbage can. It's not their fault that the lights there for students to see their way home with, got broken because fellow students wanted to have a "little fun."

They aren't the ones who break other peoples windows by throwing things at them for kicks. They fix them though. They try to remove the graffitti that someone spray painted on the walls of our buildings for people to read on their way to and from classes.

I wonder if our maintenance men refused to pick up students litter, fix our broken windows, or clean up our graffitti, what Coby's campus would look like. Perhaps, we would be proud to bring relatives and friends here to show them how "animals" live. Perhaps our environment would look prettier with the sun reflecting off the multi colored cans, broken glass, and we could walk amongst peoples papers. After all, we could become well known slobs—Who wouldn't like to be known for that?

We complain about the highways that are built, how they rape the land of it's natural beauty, about factories spoiling our once clean waters, and polluting the air that we breathe. Yet here at Coby we live 24 hours a day with about 2500 fellow students, and let our environment go to ruins. A place that at first we tend to be homesick at, then gradually begin to call "our home." Funny, at my other home, I wouldn't toss litter on my lawns, Would you?

So, I ask of my fellow students, if you see a can, bottle, or papers on our campus, please pick them up, whether or not they are yours. If you see someone tossing something stop them and tell them to pick it up. Be proud of Coby, and save our campus from unnecessary garbage and damage. Maybe then, we could afford to spend some money on something we could all enjoy.

I love you Chuck

Happy 20th Valentine Anniversary
—Mrs Mr. & Mrs. Brownell

Carol & Derby

Amazon, Grimace & Little John!

How about that race?

I like the madman

We love you . . .

Mellow Haze & I, we love you!

Happy Valentines Day PIO

Gordon & Chris . . . forever

I love you Bear, from your cub

B.J. —I'll always love you!

Gail loves Daryl!!!

Moo -n- Lou

Walt & Mary

—Peabody says Hello to Dick & Jane

Thanks for being a friend! Frenchie

Dave (V) — you still tempt me . . . Deborah (D)
Patti & Brian 14-14/4

Happy Valentines Day to
looking guy (and No. 1)
Love always —Kathy

man 209? T.P.



Food News

For those who want to lose weight

by Renee Williams
Mary Ellen Lashomb
Karen Avedisian

Thinking about going on a diet? Do you want to lose a few pounds and also lose it fast? Nutritionists have advised overweight and obese individuals on the value of a varied but low energy diet, adequate in all the required nutrients except calories, to achieve weight loss. Effective and sustained weight reduction must be achieved in a regular and orderly fashion. There is no quick, easy and safe way to lose weight and maintain it. It involves changing your present eating habits.

All diets should be based on the Basic Four Food Groups. For adults, the food groups and minimum number of servings daily are:

Milk Group (2 servings daily)—A serving is 8 ounces of milk, a slice of cheese, or an 8 ounce carton of yogurt.

Meat Group (2 servings daily)—A serving is 2-3 ounces of meat of any kind, 1 cup cooked dry beans, peas, and lentils, or 4 tablespoons of peanut butter, or 2 eggs.

Fruit and Vegetable Group (4 servings daily)—A serving is a piece of fruit or 4 ounces of juice, ½ cup cooked vegetable or fruit. One serving of citrus fruit or other fruit or vegetable that is a good source of vitamin C is needed everyday. A serving of a dark green or dark yellow vegetable is needed for vitamin A. Potatoes should also be included.

Bread and Cereals Group (4 servings daily which is whole grain or enriched)—A serving is a slice of bread, 1 ounce ready-to-eat cereal, or ½ to ¾ cup cooked cereal, and pasta such as macaroni, rice and spaghetti.

DO YOU NEED A DIET?

The best weight for an individual's height, age, bone structure, and muscular development is not exactly known, but the best weight is likely to be that at which our bodies both look and feel best. A formula to figure out your ideal body weight is as follows:

Male—First 5 feet equals 100 pounds and each additional inch equals 6 pounds. So, if you are 5 feet 6 inches, your ideal body weight would be $100 + (6 \times 6)$ equals 136. Up to 10 percent more is average, such as in this case, up to 156 pounds is normal.

Female—First 5 feet equals 100 pounds and each additional inch equals 5 pounds. So, if you're 5 feet 3 inches, your ideal body weight would be $100 + (3 \times 5)$ equals 115 pounds. Up to 10 percent more of this weight is average, as in this case 127 pounds is normal. Normal does not mean that this may be right for you, it just says that you are not as obese as you think you might be, but you could be on your way to obesity.

So you figured you are 20 pounds overweight and you decide to try the **Banana and Skim Milk Diet**. This diet consists of:

Skim Milk (8 oz.) at 8:00 a.m.
Banana (1 med) at 9:30 a.m.
Skim milk at 11:00 a.m.
Banana at 12:30 p.m.
Skim milk at 2:00 p.m.
Banana at 3:30 p.m.
Skim milk at 5:00 p.m.
Banana at 6:30 p.m.
Skim milk at 8:00 p.m.

This diet is obviously inadequate in most nutrients, but it is extremely high in Vitamin A, niacin, and iron. Because of the nutrient inadequacies presented above, this diet is not recommended. Also, since sound eating habits are not practiced on this diet; it is likely that all of the weight loss will be regained when the user returns to his "usual" dietary pattern.

Have you considered going on the **Low Carbohydrate Diet**? Well, think again. This type of diet causes initial weight reduction because the body loses water as it tries to adjust to the increased activity caused by buildup of ketones. This results because carbohydrates are necessary so that the oxidation of fats can proceed normally. When carbohydrate is severely restricted in the diet, fats will be metabolized faster than the body can take care of the intermediate products. These incompletely oxidized products accumulate and it leads to ketosis (a toxic condition in the blood).

As with other low carbohydrate diets, there is an omission in two food groups which causes other nutrient shortages. Calcium is extremely low (64 percent is needed) because of the milk group shortage, thiamin (90 percent) and iron (97 percent of need) are lacking because of omission of the bread and cereal group. Carbohydrate is extremely low (56 percent of need). Carbohydrate is needed for energy and spare protein for tissue building.

Even though the caloric value of the diet will cause weight loss, the Ketogenic quality of the diet is a great health hazard.

Don't give up! There is a diet that is recommended for overweight individuals. It is called weight watchers. The weight watchers program of lectures aids in retaining the eating habits of the individual. It also provides a maintenance program for the individual who has reached his desired weight.

What about the nutritional value. There is a slight imbalance of food group choices. Two meat servings are substituted for, two bread and cereal group servings. No severe nutrient imbalance is caused by this. All nutrients are adequately supplied and there is a reasonable amount of calories reduced and consumed.

This diet is recommended because of the nutritional adequacy and for the education in making wise food choices. But the total program of weight watchers is only recommended for those individuals who feel they need guidance from others in reducing weight and who want to pay a fee for it.

Here are a few food hints for the dieter:

- use lean cuts only; trim away all visible fat
- use fish, shellfish, and poultry in place of meat as often as possible
- broil, boil, bake or roast meat
- no ham, pork, bacon, sausage, corned beef, partrami, or luncheon meats should be consumed
- no thick gravies, cheese or cream sauces, catsup or chili sauce are to be consumed
- for cooking meats, no fat, oil, butter or margarine is to be used
- use seasoned tomato juice, bouillion or lemon juice in meat, fish, and poultry recipes instead of creamed gravies and rich sauces.
- margarine and vegetable oils should not be completely restricted from use in the diet. They contain polyunsaturated fatty acids which are a dietary essential. But remember—1 pat of margarine contains 35 calories. It adds up!
- eggs should be boiled or poached
- use milk products that have had the milk fat removed (skim milk). Because the fat-soluble vitamin A is removed with both vitamin A and D
- use low-fat cottage cheese and skim milk cheeses
- try plain yogurt and unsweetened fruit or plain yogurt sprinkled lightly with brown sugar and cinnamon. The caloric value of commercially flavored yogurt will vary with the brand but in general it will be twice as high as plain yogurt.
- use a variety of fruits and vegetables as appetizers, salads, and snacks
- substitute fruits and low calorie desserts (angel food cake, jello and sherbert) instead of high calorie desserts.

A big help to dieting is to purchase a calorie book and possibly a low calorie cook-book. Know the real calorie value of food instead of guessing.

Remember—If you decide to try a diet for the purpose of losing weight see if it meets the Basic Four Food Groups to provide the nutrients you will need.

I HATE DISCO!

Evenings of
Rustic (but great!)

Rock -N- Roll Good Times
with

Listenin' and Boogiein'

Music Presented by

DOWNSTREET

Wednesdays —

Live Music & Free Admission

Miller Bottles — 60¢!

Thursdays —

Live Rock Music & Free Admission

Molson Bottles, Yukon & V.O. — only 75¢

I Hate Disco Nite!

(wear anything saying "I hate disco" or
"Anti-Disco" get a free drink)

Weekends —

"The Best In Live Rock Music!!!"

Friday & Saturday — only \$1⁰⁰ cover

Happy Hour 8 - 10

25¢ Drafts

50¢ Bar Drinx

Sundays — "Free-Lance" Jam Sessions

Come on down and play!

starting at 7 p.m. — Shots 50¢

½ off Any Drink

Downstreet

Good thru Feb.

½ off Any Drink

Downstreet

Good thru Feb.

Maureen and

D.T. & S.P.

J.M. & P.K.

I love you Tom —Rivvy

Ace & Spik
When will I meet the tall blond

Thanks Jill T.

Happy Valentines Day to Joan, Lee-Lee,
Patti, Ann and Lori —from your secret admirer

Tim —431 from T equals 215

Rosie is red, from being in bed.
Tucker is blue, and everyone knew.

James, I've been thinking of you you every day. —Fred

E.M. —meet me in the storage closet!

I love you, sweetums! P & J

I love you Ducky Dee —L.L.

There was once a girl named Ralph . . .

Mark T. (Weiting) & Sue

Question of the Month

Last year I learned what I would have to accomplish in the new semester. Some of my goals include: Deans List, keep up on my partying and not having to worry about my grades. Below are some other responses to the same question.

- "To graduate"—Sara Militana
- "Jog four times a week."—Anne Morrin
- "To pass and be back next semester."—Patty Reynolds
- "To make the best out of my last semester."—Linda Cravina
- "To fool around with second floor Dix."—Name withheld for obvious reasons.
- "No, not really."—Jennifer Banks
- "Next time I hear 'Freak Out' at the Vault I think I will."—Ralph Malph (Tim McHugh)
- "To shoot out the strobe light at the Vault."—Allen Stewart
- "Visit some friends that are far away at college."—Cindi Cresswell
- "To party, study, get accepted to another college and drive Jennifer insane."—Barb Petre
- "To have as good a time as possible and still keep up my straight guy image."—Dan Chapman
- "To be able to spend a night at the Stone Pony and not get into a fight."—Yogi Hutson
- "I want to be the next guy from second floor Draper to be burned by second floor Porter."—Moses
- "To learn how to do a good roundhouse kick."—Sue Larson
- "Nope."—Earnest Trinkle
- "To get as much as I can out of the next four months."—Alice Tierny
- "To have a better time."—Kim Wilbur
- "Work like hell all week and party like hell all weekend."—Patti Condello
- "To make up for lost time, and get a 3.0."—Huggy Bear
- "Have a better time than last semester which will be hard because of our new Dorm Director."—Matt Sullivan
- "To learn how to ski like Suzie Chapstick and keep up the good time."—Gig
- "Getting to know more people."—Peggy Young

Check out our new
Career Center
Located in the Library

Silent Green

by James Lamanna

Welcome back from a long and enjoyable vacation.

On these cold winter nights when you have nothing else to do, it might be a good idea to sit down and go through a few magazines and pick out a few seed catalogs to send for. With spring only a few months away you should be thinking of starting plants for your garden, flower bed or your window box. So why not order some catalogs and then some seed and get started for this year's garden. In my next article I will go into detail on how to plant and grow your seedlings until time to transplant into the garden.

This issue's plant is: Philodendron

The genus and common names of these plants are usually considered the same. The Philodendron is a very easy plant to grow and requires very little care. The basic requirements for the Philodendron are: 1) a humus rich soil, 2) half shady light conditions, 3; and a little water when the soil becomes dry. There are many different types of Philodendron which differ widely in appearance and in shape of leaf. Some of these are Philodendron erubescens which has a red vine and produces small white flowers that are very beautiful. The most common however is the Philodendron scandens—the Sweetheart Vine or the Heart Leaf Philodendron. Philodendrons have aerial roots and like to climb, most of the time they are seen growing on a tree bark or in a hanging basket where they can cascade over the side. Whichever way you choose I am sure you will have success. The green foliage of the Philodendron likes to be misted frequently since it is a tropical plant. The leaves of the plant may become dusty and reduce the glossy green appearance of the plant. A solution to such a problem is to wash each leaf with a saturated solution of milk. This will shine the leaves and will restore the glossy appearance of the foliage, as well as cleaning the stoma of the plant so that it may transpire easier. Don't forget though to wipe each leaf with a damp cloth so that the milk is taken off the leaf. If you do not do this the smell of sour milk will be yours for a long while. Propagation: Propagation may be done by air layering or by taking cuttings and rooting them in spring in high humidity with temps. of at least 80 degrees.

Genesis

Again this semester Genesis is planning to expand its program to help more people than ever. This year's advisors are sister Betty Giarusso, Ron Cleeve and the newest addition, Pat Johnson, Dorm Director of Weiting. Last year Genesis trained approximately 50 people. Genesis plans to double that amount. Topics this semester will include child abuse and alcoholism, along with suicide, depression, telephone techniques and love relationships. It still meets in Champlain Dining Hall at 7:00 on Wednesday. Training in Genesis is given at no cost and you may come to all or any sessions. Check the hear and now to see what topic is up for that week. Our office is located in the bottom of brickyard point and is always open for new people who are interested in learning how easy it is to help people. Our referral file is chock full of local agencies who can help in any type of emergency. The phone numbers are 5547 and 234-3725—call us any evening from 7-11. Genesis is people helping people. For more information call Patti Cronin (President) or John P. McDermott (Training Chairman). Looking forward to seeing you.

Party

Out there in the Atlantic Ocean on a sunshine beach there's going to be an outbreak of revelry this vacation break. And after the sun goes down... well, you know the hope it won't be a full moon.
Because from Jan. 13 through April 21 we're opening Nassau and Paradise Island to a wave of American college students. We have reason to believe that wave may reach tidal proportions. Probably because of the price: \$269 including air fare and 7 nights hotel.
So there it is, young America. We guarantee you the best of dancing on the beach, water sports and a roaring party. Beyond that, you're invited to improvise. And since your talent for good timing is legendary, we've made preparations for you. We're going to be ready.
With open arms.

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Mar. 10-Mar. 17		Apr. 14-Apr. 21	

Alright! Sounds good! I've checked the week I want to party and enclosed my \$50 deposit.
Sounds good but I'd like to hear more. Send me your brochure.

Name _____
Address _____
City _____ State _____ Zip _____
Telephone _____

NASSAU & PARADISE ISLAND, BAHAMAS COLLEGE WEEK.

US

I really like you,
I don't know why but I do.
You are always there when I want to have "fun."
But the rest of the time you seem to run.

I feel as if I'm being used those nights when we are together,
But I wish they would, somehow, last forever.
I know they can't but at least we could be friends,
I guess I got myself in a jam again.

Now I'm here,
And you are there.
Thinking about me I wonder,
Or if you really care.

I wish I knew what was going on inside your mind,
For then I wouldn't be in such a bind.
I hope someday we'll be able to work things out,
But all I can do now is hope that you'll think about,

Leaving "Camp Coby"

by Judi Cohen

When last semester ended along with the finals every one anxiously waited for the day when they would leave and not return till January 24. A full month of not studying, waiting for mealtime and waking up early for those dreaded 8:00 classes.

I left here on Wednesday the 20th and my entire ride home was filled with thoughts on how I could spend a whole month of doing nothing. Could I break the college regiment for a month and a day?

When I arrived at home I realized that just because Cobleskill is on vacation doesn't mean that all the other schools are off. It was this that messed up my long waiting reunion plans and was only a beginning of what was about to come.

Another thing that I learned was that relationships change with people more than I expected and it made my reconnaissances with others that made me feel out of place. Especially those who don't move out to go on in life.

After realizing that my homecoming was not as promising as hoped, I spent a lot of time stocking up my surplus for the new semester. I also thought about the changes I would have to make when I returned. I too, had to crack down on my studying.

When the last day of vacation arrived, I really couldn't believe how fast it went. As I began my ride back to Camp Coby, I thought to myself, Is vacation really as great as its supposed to be?

Winterfest Results & Coverage in Next Issue!

Student Government info

All groups and organizations should have their budget info ready soon.

If you have any questions... call John Pavlak at 6209.

DEADLINE HAS BEEN EXTENDED TO MARCH 1ST

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Beethoven to Bowie . . .

by
T.A. Irwin

"Nu Vinyle"

Elvis Costello

ELVIS COSTELLO--"Armed Forces" (Columbia) This is Costello's third album, and like the others it is produced by the fabulous Nick Lowe. After giving the record a few listens, I have come to the conclusion that it is his finest to date. If you're one of those people who think he's just a novelty, forget it--this guy is for keeps. Power pop is the phrase being used to describe Costello's performances, and just about every song on this disc lives up to the name. Costello's "Accidents will

Happen", "Goon Squad", and "Oliver's Army", along with Lowe's "Peace, Love, and Understanding" are high points on the lp. Along with the album there is an ep containing live versions of "Alison", "Watching the Detective", and "Accidents will Happen". These songs are a bit weak compared to the overall package, and seem to be thrown in as an incentive to buy the record. As a whole, "Armed Forces" stands out as the best overall album by Costello to date.

Eddie Money

EDDIE MONEY "Life For the Taking" (Columbia) In New York City you cannot listen to the radio for more than thirty minutes without hearing a song from this album. Eddie Money is that popular. One reason this album is going to be a hit is the fact that it is not a one single album but an album of solid music that contains a number of potential single songs. "Maureen"

was recently played at a dance, and the response was unreal. Eddie Money is hot on Billy Joel's heels as America's biggest pop star. This album proves that the first lp was no fluke, and that Money (whose real last name is Mahoney) is going to be a household word. Eddie has definitely improved, and almost deserves the overwhelming attention he's getting.

John Denver

JOHN DENVER "John Denver" (RCA) If your TV was on the blink would you call a plumber? If you needed a haircut would you go to a barber? If you wanted rock 'n' roll would you call John Denver? I wish John knew what he was good at, and stuck with it. If he did, he would succeed more than he would fail. Country-pop songwriting has always been John's chief talent. So why did he record "Johnny B. Goode"? I don't know. That's like Mick Jagger singing "O Sole Mio", or Kate Smith belting out a rendition of "Whole Lotta Love."

One particular song on the album is a classic example of "filler" material; the name of the song is "Life is so Good", and here's an example of the stirring lyrics: "Life is so good, life is so good these days"--that's the whole song. Inanity in action.

The songs that save the album from being totally embarrassing are: "What's on your Mind", "Southwind," "Garden Song," "Joseph and Joe," and "Berkely Woman." These are the kinds of songs that Denver should stick to performing and recording.

Robert Johnson

ROBERT JOHNSON "Close Personal Friend" (Infinity) My ears are still ringing from this album. Johnson hits the listener with power and more power, and it's wonderful loud music. The cover makes Johnson look like a neo-Elvis Costello, due to the glasses, haircut, and wimpy clothes Johnson wears. A dumb look on his face also helps to create the impression that

Robert is a sap. Enough about the cover! The music on this lp is solid rock, and contains the basic elements of a great debut album; memorable tunes, a good overall production, and a killer guitar. If Johnson gets the airplay and promotion he deserves, he'll be one of the hottest new acts since George Thorogood, Blondie, or Nick Lowe. An explosive debut not to be neglected.

Horselips

HORSLIPS "The Man Who Built America" (DJM) As you may or may not know Horslips is an Irish band that performs neo-folk music with a Celtic flavor. Up till now they have always taken a traditional view of their music, constantly sounding like an old band updating antique songs from the past by using electric instrumentation. However, this lp is a bit different. Horslips has (on most of the songs) reduced the emphasis on sounding Irish in favor of a more powerful, more

rocking sound. This disc is already a radio favorite, where they have always received substantial attention. The band is now more popular than ever, even though they've been around a while. Horslips has paid their dues, and they seem to be reaping the rewards of success. I believe that this is their strongest album to date, hopefully bringing them to the fore front as one of the most creative foreign bands today. Produced by Steve Katz, of Johnny Winter, and Rick Derringer fame.

UFO

UFO "Strangers in the Night" (Chryslis) This album constitutes the band's first live recording. UFO is one of those groups who excel in concert. Their brand of music is perfect for a live record due to the fact that they do not rely on studio tricks for their overall sound. Instead, they utilize blasting guitars and pounding drums. Although some of their works have turned into boring, unimaginative noise, whoever

organized this particular package made sure that almost all of the material presented was solid hard rock. "Lights Out" is a crowd-pleaser that cooks on the studio album, and takes control of this two record set. UFO is not Led Zepelin, but as a hard-rocking band they've presented themselves adequately, giving us four sides of non-stop British rock. Not recommended for the easy listening segment of society.

Tom Chapin Returns to Coby

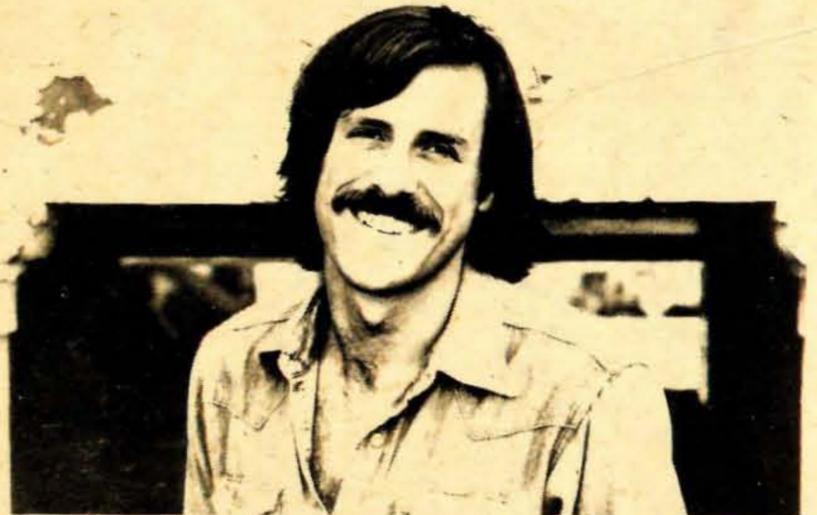
The name Chapin is as natural to music as Fonda is to film. Harry Chapin is one of America's favorite songwriters, not to mention the fact that he's responsible for more benefit performances than any other major artist. Steve Chapin is involved with musicals and is also into production. Tom's father played big-band drums for people like Dorsey, and Herman. Where does that leave Tom?

It would suffice to say that Tom's career is every bit as musically fulfilling as his relatives'. He gained substantial fame from doing the show "Make a Wish" for five years. The ABC-TV network show won an Emmy award which it definitely deserved. Tom was just right as host. His style of singing and playing is so accessible that hardly anyone can dislike him. The show was a success, and Tom was a loyal viewer.

As a live performer the Village Voice described Tom's presence as "a warm glow that fills the room." Janis Ian liked Tom so much she invited him on a

40-gig tour with her in 1976. While backing up Mary Travers at New York's Bottom Line, Chapin got a reaction that made him feel like he was the headline. A little closer to home, here at Cobleskill Tom had to do two shows last year to allow seats for all those who wished to catch Chapin.

What's ahead for Chapin? A new album, a whole lot of touring, and to top it off--another TV show. Tom will be one of a number of regular hosts on "Everyday." "Everyday" is an upcoming talk variety show where Tom will get yet another chance to release some of his creative energy. He's a fine guitarist, a talented singer-songwriter, a sensitive performer, and a damn nice guy. We're lucky to have him. I'm sure he'll once again satisfy his audience. But one word of advice: Don't put off buying your tickets or you may miss the show. Last year he did two shows that pleased an awful lot of folks, and you can bet they'll be back.



You can win 2 free tickets to Tom Chapin, and a copy of his album "Life Is Like That." How?? Listen to WCOB for details. Anyone can win!!

WCOB

One of the better radio stations in Cobleskill is WCOB. 56 on the AM dial is where you will find the best music, and the biggest contests. If you can find another radio station in this area that plays every kind of music--from classical to hard rock--to disco--features a new release hour every week--enables you to win free albums--gives away tickets to the Thursday night movies--and keeps you informed with all the latest campus news--listen to it!! But until then, WCOB is the best station available. By this time you should have received a calendar telling you what to expect at what time of the day. If you don't have one of these, and you wish to have one, stop by the station. We sincerely hope you'll listen, and we hope you enjoy what you hear.

Will Led Zepelin release their new album?
Will the Rolling Stones name their new album "Certain Women?"
Will the Who ever finish the film "The Kids Are Alright?"
Will the Supertramps' "Breakfast of America" ever make it to our (turn) TABLES?
Has the ghost of Elvis Presley taken control of Robert Gordon's body?
Has Rod Stewart gone disco?
Will Blondie's hair change color?
Can the Blues Brothers get more popular?

Tune in next issue for the exciting answers to these chilling questions.

SPORTS

by Bill Vancura
and John Belushi

Congratulations Steelers!!!

H.V.C.C. romps Coby

Hudson Valley came up with girls in double figures, enabling them to out-score Tech 72-51 in Women's basketball.

Debbie Grennen lead her tammates with 15 points to spark the one sided victory. Following Grennen was teammate Kathy Peverly, Linda Morvale, Debbie Furibeck, and Elaine Stolt who scored 13 and 10 points respectively.

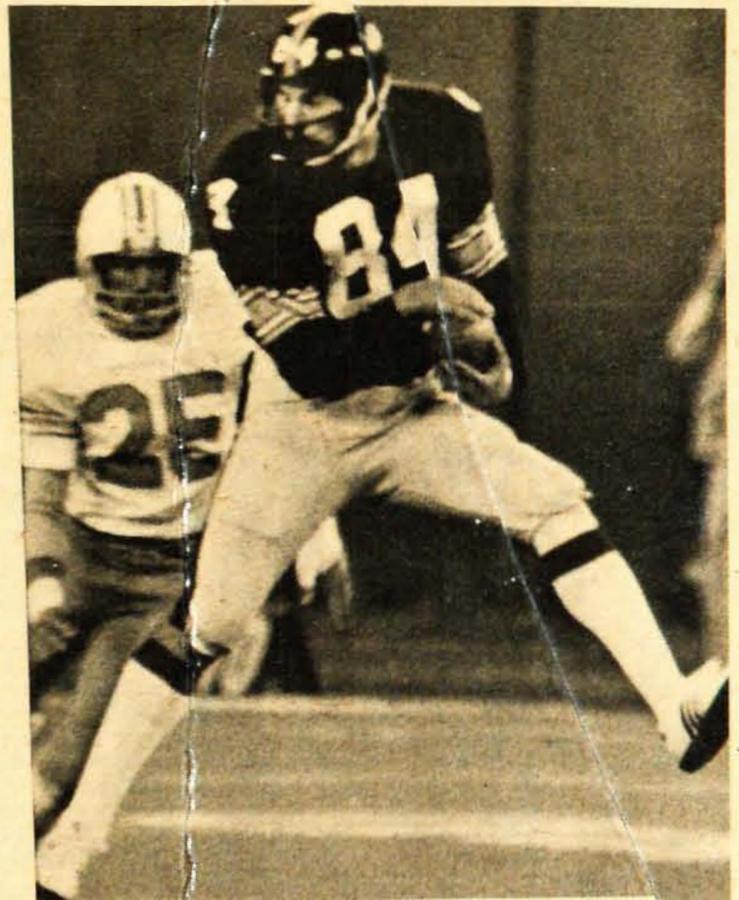
The bright spot for Coby in the game was senior Kathy Moririty who jumped in 22 points to lead 11 scorers for the night. The Women's team will next host North Adams College, February 13 at 7 p.m.

COBY

	FG	FT	TP
Morirarity	9	4	22
Beard	2	0	4
Jackson	2	0	4
Brown	0	2	2
Hobby	2	4	8
Peluso	1	0	2
Tierney	1	1	3
Slaght	3	0	6

HVCC

	FG	FT	TP
Morvale	5	0	10
Furibeck	4	2	10
Game	2	0	4
Stolt	4	2	10
Grennen	6	3	15
Peverly	6	1	13
Peverly	6	1	13
Beaudett	1	0	2
Hickey	1	0	2
Bergman	2	0	4
Cooke	1	0	2



Coby raps Adirondeck

Senior Willie Vereen scored 27 points, and pulled down 17 rebounds to lead Coby Tech to a 85-69 victory over Adirondeck Community College.

Cobleskill lead the whole game, but broke it wide open midway through the second period when freshman Todd Haines exploded for fourteen points. From then on Coby enjoyed a fine night of shooting, hitting 52 per cent of their shots of the floor, and sunk 21 of 31 from the foul line.

Also giving the team an added boost that night was senior Mike Richardson, who ended up with 21 points.

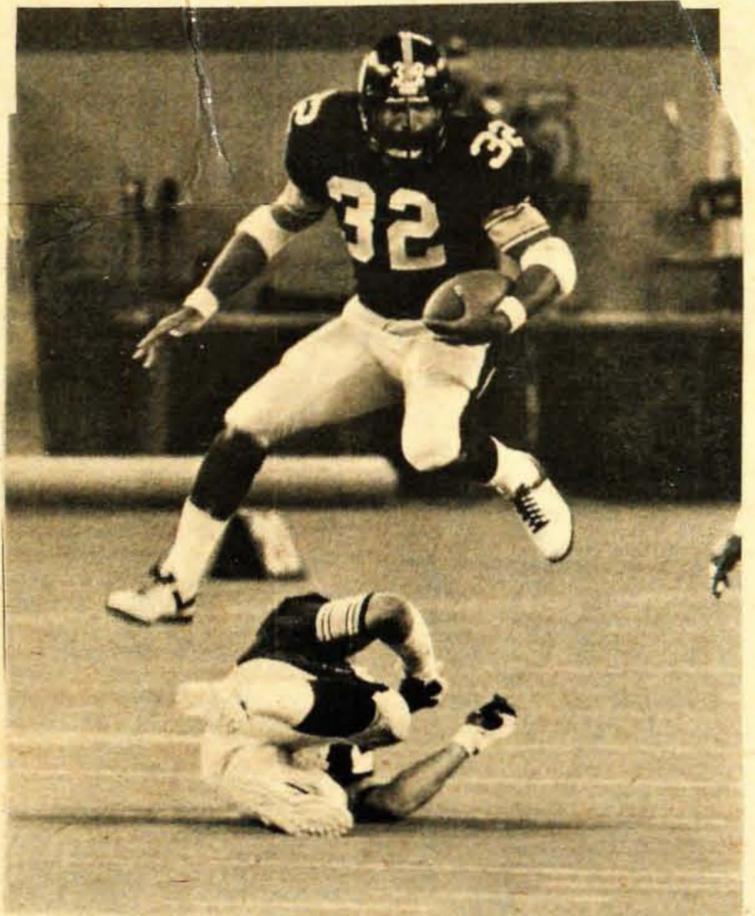
In Coby's previous game, the team nipped Morrisville Tech, 77-72. Again the team was lead by Willie Vereen who lead all scorers with 19 points, while teammate Mike Richardson added 16. Coby's next home game is Friday, February 8th at 8:00 p.m.

Cobleskill

	FG	FT	TP
Vereen	9	9	27
Walden	2	2	6
Richardson	7	7	21
Haines	10	2	22
Tryon	2	0	4
Doig	2	1	5

Adirondeck

	FG	FT	TP
Theiss	2	1	5
Hill	5	0	10
Cabana	5	2	12
Wagoner	5	0	10
Garney	2	2	6
David	2	0	4
Bardin	5	0	10
Girard	3	0	6
Ogden	2	2	6



Coby decisions Mo'ville

A quick pin by freshman Rusty Brewer started a rally of four consecutive wins to lift undefeated Cobleskill to a 24-22 win over Morrisville Tech.

Taking over were Brewer left off was senior Pete Moore, and Mork Stanley, pinning their men in 7:25 and 4:57 respectively. Following these two men was 167 pounder Dudley Knight who came up with a tough 11-6 decision over Morriviller Ron Smith. These wins boosted Coby to a 21-16 lead which they never relinquished.

Rounding out the scoring for Coby was 190 pounder Bill Pickert who came up with a 10-8 decision in his bout.

Coby's record now stands at 5-0 and will next defend its record against Delhi here, on February 8th at 6:00 p.m.

COBY 24

MORRISVILLE 22

- 118-Cooper pinned Klauber-2:49
- 126-Virkler pinned Marinich-2:23
- 134-Alibrandi dec. Snellen-11:4
- 142-Brewer pinned Nourse-1:15
- 150-Moore pinned Jones-7:25
- 158-Stanley pinned Rinanto-4:59
- 167-Knight dec. Smith-11:6
- 177-Westbrook dec. VanValen-11:5
- 190-Pickert dec Homer-10:8
- Hwt-Bognaski dec. Tucciarone-7:5

