

# THE FLAT HAT

VOLUME 67, NO. 8

THE COLLEGE OF WILLIAM AND MARY

FRIDAY, OCTOBER 21, 1977

## Arrest Made in Shooting of Coed

by Judy Ragsdale  
FLAT HAT Staff Writer  
and  
Dave Samuels  
FLAT HAT News Editor  
Wayne Mathis, 28, of Hickory Grove Trailer Park in Grove was arrested Monday and charged with maiming and abduction with the intent to defile, in connection with a shooting incident involving a William and Mary coed last Friday morning.

According to Fred Dunford, Criminal Investigator for the James City County Police, Mathis was arrested at 2:50 p.m. Monday "at an area on Strawberry Plains," near the farm where the victim was discovered with two bullet wounds in the back of the head.

County Sheriff's Department Investigator Walter Robertson said that investigators were aided in the arrest by the victim, Barbara Logan, a Senior, who was able to give them a description of her assailant. He added that there were several suspects and that the arrest was the result of a process of elimination.

According to Dunford, further aid toward Mathis' arrest was volunteered by "a confidential source" whose "information was very instrumental" in solving the case. William and Mary Campus Police also assisted the Williamsburg and James City County Police with the investigation.

According to Lieutenant

Richard Cumbee of the Campus Police, "We assisted in identifying suspects and eliminating suspects."

According to Dunford, Logan was found at 7:50 a.m. last Friday at the end of Railroad Street in the Grove area of James City County after she apparently was abducted from Williamsburg. She routinely jogged from her Parkway Apartments residence on Route 143 to Colonial Williamsburg's Historic Area.

Logan was discovered by a local farmer, Josh Palmer, after feeding his hogs, when he and his neighbor, Willie Jones, saw the victim lying in the grass, seven miles from her apartment.

Palmer recalled that as he drove down to feed his hogs, a car sped by him in the opposite direction, driven by a man who turned his back to him as he passed. Palmer was able to identify the automobile as either a Cougar, Montego or Thunderbird with a light yellow bottom and a rust colored top.

Palmer stated that he approached Logan and asked for her name and whether she was a student at the College, to which she replied affirmatively. Palmer added that Logan was found partially unclothed at the scene of the incident.

He said the coed yelled, "He had a gun, he had a gun," and that she stated her assailant had sexually assaulted her. Dunford added that when Logan was found, "she was sort of conscious for a few seconds" and "she was able to say that it was a black man (who assaulted her) and that he had a gun." Dunford noted, however, that "there is no evidence to indicate that she was raped."

Palmer said that he never heard any gun shots and that when he first saw the blood around the victim, he believed "she was banged in the head with something."

After finding the victim, Palmer used the telephone of another neighbor to call for an ambulance. When the ambulance did not arrive after a substantial period of time (eventually 28 minutes), Palmer drove to the main highway to obtain the aid of a state policeman.

"I had to drive like hell to catch a state trooper," stated Palmer, as he explained that speeding was the only method by which he was able to lead the policeman back to the spot where Logan was lying.

He commented that the state trooper appeared to be more concerned about Palmer's speeding rather than the state of the victim.

When asked whether he would testify on behalf of the coed, Palmer replied without hesitation: "Sure. Definitely so," adding, "I'm glad I happened on the scene and saved her life."

Commenting on the incident, Palmer remarked, "I never had anything frighten me that much."

City rescue workers took Logan first to Williamsburg Community Hospital, then to Riverside Hospital in Newport News for tests and surgery to remove the two bullets lodged in her head. According to friends, a fragment of one of the two bullets shot from a .22 caliber pistol has not yet been removed.

On Tuesday, Logan was taken off the critical list and is presently in serious but stable condition and in "good spirits" according to friends. She is experiencing some paralysis, but friends said that her doctors are unsure of the extent of any damage.

Logan is captain of the William and Mary field hockey team. Team coach Nancy Porter spoke of Logan as a person admired by many people.

"The hockey team is a close unit and she is a very integral part of it as both a person and a player. We're very pleased with the recovery she is making."

"She's a very important person to a lot of people and particularly the hockey team. We hope for the best from this point on and we plan to help her every way we can. She's a good friend to a great many people."

Mathis was to have been arraigned on Thursday morning, but is still in the process of retaining a lawyer. Mathis is being held on \$25,000 bond.

## Howell Holds Rally To Replace Debate

by Joe Pena  
FLAT HAT Staff Writer  
On Monday night Henry Howell, Democratic nominee for Governor, appeared in front of Phi Beta Kappa Hall for what was billed as a "Rainbow Rally." Howell charged his Republican opponent, John Dalton, with reverting to "politics as usual" by withdrawing from the gubernatorial debate scheduled to be held that night at PBK.

Addressing a small, generally friendly crowd that included William Spong, Dean of the Marshall-Wythe School of Law, as well as several Dalton supporters, Howell spoke from the back of his campaign bus. Next to his podium stood another, slightly smaller one marked "Reserved for John Dalton." After taking time to publicly support the upcoming bond referendum, reemphasizing his close ties of friendship with President

Jimmy Carter, Howell wasted little time in denouncing Dalton. "I had hoped that in our public debates, one of which would have taken place in this very spot on this night, my opponent and I would have had the chance to let the people know just where we stand together on the issues and where we are moving in the same direction, and most importantly, where the road forks and Henry Howell goes one way and John Dalton goes the other."

"The people of Virginia want to have this debate, they want to have political dialogue, and they deserve to have the men they will choose between on election day line up face-to-face, and put their records before the people. The people want and deserve to have an open debate of the issues."

"But instead of political dialogue, it has been political. See HOWELL, p. 8



Democratic gubernatorial candidate Henry Howell speaks at his "Rainbow Rally."

## Dalton's Wife Speaks Here for Campaign

by Anne Gornet  
FLAT HAT Staff Writer  
Edwina Dalton, wife of John Dalton, the Republican gubernatorial candidate, was in Williamsburg on October 17th campaigning for her husband. "I think we're a little behind," explained Dalton of her husband's position in the race for Governor. Every poll has narrowed the gap, the most recent figure being "three percentage points behind," she added.

Dalton termed Henry Howell, who defeated Andrew Miller in the Democratic gubernatorial primary, a "giant killer." "We thought we were going to run against Miller," she said. Howell, however, was her husband's preferred opponent, since voters would have a "clear-cut choice" between a "moderate to a conservative and a liberal," she added.

"John believes in debate," said Dalton, explaining that it

was necessary to cancel the scheduled debate with Howell because of the personal remarks he was making against her husband and family.

"We decided we would talk about the issues," explained Dalton. "We have deliberately stayed away from personality." She continued to describe Howell's comments as "rather abusive" noting that "it got to the point where he (Howell) used his finger right up to his (John Dalton's) face."

"He has trained himself all his life to be governor," said Dalton. "He's wanted to be governor since he was a little boy. It's been in his background." She noted some of her husband's positions of leadership, including First Class Boy Scout, member of the House of Delegates, State Senator, and Lieutenant Governor. "He didn't just jump in (the gubernatorial race) and run," she said.

See DALTON, p. 8



Edwina Dalton, wife of Republican gubernatorial candidate John Dalton.

## 'Student Voice Petitions' Circulated by SAC

by Gary Pfitzer  
FLAT HAT Staff Writer  
"Student Voice Petitions" have recently been circulated on campus as part of the campaign by the Academic Affairs Committee of the Board of Student Affairs to demonstrate student support for its proposal providing for the presence of three student liaisons at all monthly faculty meetings.

The proposal, which has already been unanimously approved by the BSA, will be considered by the Faculty of Arts and Sciences at its next meeting on November 1.

More than two thousand

students have signed the BSA petition since it was first released over a week ago, according to co-Chairperson of the Committee, Bill Mims. "I'm very impressed with the student body response and very hopeful — much more confident in the upcoming vote in November," he stated. "Our original goal was two thousand signatures but right now we hope to go over twenty-five hundred before we're finished."

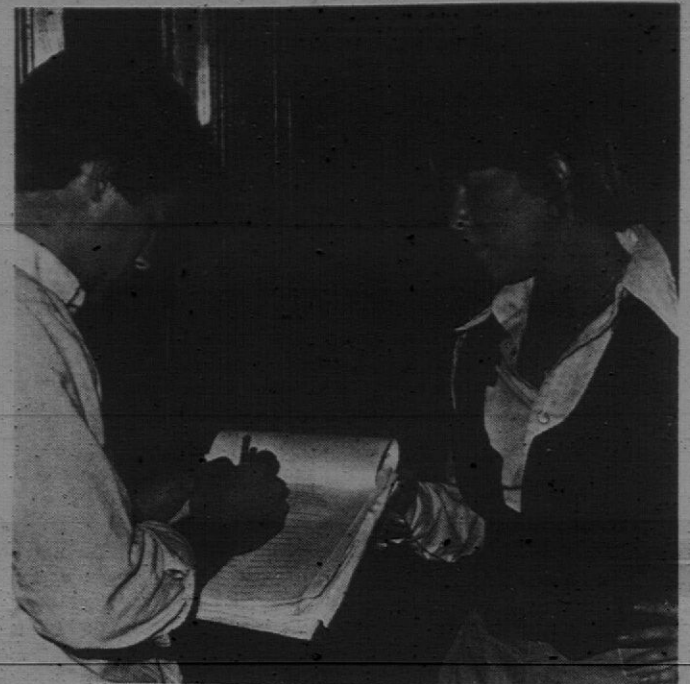
Mims explained that the two thousand signatures represent about fifty percent of the student population, but that the actual percentage of students

supporting the proposal is larger. "The figure is fifty percent, but that is deceiving because we haven't yet reached one hundred percent of the population, only about two-thirds of it."

While admitting that "it's easy to sign a petition," Mims added that the response generated by the student liaison petition has been significant enough to show "that the majority of students are aware of the issue, are aware of its progress, and support it. It proves that the argument that two or three students are trying to push the resolution all by themselves doesn't hold."

According to Mims, most of the student signatures were gathered by Committee members Marianne Nelson, Bob Schoumacher, Steve Thode, and Wes Frawley. "They have spent numerous hours taking the petitions around to the sororities, fraternities, cafeteria, library, and the Wigwam." He added that petitions were also posted in individual dormitories but that "over half of those were torn down or burned."

Mims stated that petitions were given to the newly elected Student Activities Council members on Tuesday for them to circulate. He explained that



BSA Chairperson Weslee Frawley, seeks signatures for the Board's petition.

this would increase student exposure to the petition.

In addition to circulating the "Student Voice" Petition, the Academic Affairs Committee has also been lobbying the faculty in order to acquaint them with the proposal and to enlist their support, according to Mims. He commented that "we

need to talk to a lot more of the faculty," but that he is "very pleased" with the lobbying effort at this point. "All the faculty members we've talked to so far are very open-minded, are willing to listen, and those that were opposed to the proposal in

See PETITION, p. 8

## SAC and Freshman BSA Elections Held

by Cathy Birdsong  
FLAT HAT Staff Writer

Last Monday, elections were held to choose 30 representatives for the Student Activities Council (SAC) and one Freshman representative for the Board of Student Affairs (BSA).

"The overall turnout for the elections was good," commented Kathy Hirschi, co-Chairperson of the SAC. "Some areas were overwhelming, some poor. The greatest participation occurred in areas where the dorm councils generated interest or where people campaigned the most. It all depended on the areas."

"For instance, Landrum and the sororities didn't really seem to care, while over 100 participated in DuPont. The Project PLUS, German, French, Spanish, and Asian area turned out over 200 voters because of the stiff competition."

The Freshman position in the BSA was filled by Bryan Kiefer. The election results for the 30 SAC representatives were as follows: Jane Glenn in Jefferson; Joan Mernin in Monroe; Mike Mellis in Tyler-Hunt; Gay Trumbull in Brown; Karim Ahmed in Old Dominion; Cindy Weaver in Landrum; Virginia Seggerman and Patricia Taaffe in Yates; Mark Kangas in Botetourt 1-4; Ann Hubbard and Lorraine Turgeon in Bryan Complex; Bena Major in Ludwell.

Others included Pat Carr, Ed Cass, and Jimmy Johnson in the Fraternity Complex; Patty Keenoy in Sorority Court; Kevin Morgan and David Sacks in Project PLUS, the German, French, Spanish, Asia, Russian, and Italian Houses. Tom Knauss for the Graduate students; and Paige Areher, Dave Cartwright, Mark Craig, John Schilling and Clinton Wolf for the Day Students.

The representatives from DuPont are David Hirsch and Robert Wagner. Wagner won a run-off election with John Van Namen by two votes. A run-off election will be held on Monday, October 24 to determine who will

become the representative from James Blair Terrace, along with Jerry Shih. Patti Devries won a re-election at Barrett, held because the ballots for the first vote were incorrectly typed.

"The SAC is an important link in student government," said Hirschi. "The representatives go to their dorm councils and disseminate information, while at the same time getting feedback from students. It is definitely to the advantage of the student body to maintain the links between the SAC and the dorm council."

In the first meeting of the SAC, on October 18, the turnout was impressive, with only six members absent. The new members were familiarized with the various committees on which they may serve. They were also approached by Bill Mims, BSA at-large representative, with the suggestion that a petition be written up to have three students attend faculty meetings.

"All committees of the SAC are open to any interested student, not just to representatives within the organization. It is hoped that the seventy candidates who were not elected this year and others interested, will support the SAC through the various committees," Hirschi said.

Several committees concerning different aspects of the College community have been organized. The Residential Concerns Committee deals with the interest from the room damage deposits, which is used to finance improvements in, and additions to, housing facilities.

Other committees include the Student Services Committee which cooperates with Bob Fetterman, Vice-President for Student Services, concerning activities such as the Book Fair; the Publicity Committee which works with Marla Gusmer, Press Secretary, to advertise upcoming events; the Social Events Committee headed by Tim Boykin, SA Vice-President of Social Affairs, which organizes activities such as keg parties and dances.

A weekly newspaper published by the students of the College of William and Mary, Williamsburg, Virginia, 23185, every Friday of the year except during holidays and examinations. Member Associated College Press. All rights reserved. Artwork may not be reproduced without permission. Subscription \$7 per year, \$4 per semester, prepaid. Entered as second class matter September 1916, at the Post Office in Williamsburg, Virginia, 23185.



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## Board of Visitors Acts On Pending Business

The College's Board of Visitors met October 13-15 and acted upon various items of business.

The Board received the Financial Operating Report for 1976-1977, which is a summary of the College's financial affairs for that year. The official annual financial report will be presented in December. The Operating Report shows that Student Aid has increased about \$406,000 between 1974 and 1977. Total expenditures have risen approximately \$1,100,000 during the same period.

The Board also received a report on the estate of the late Jay Winston Johns, a patron of the College for many years. Johns bequeathed a sum of money upon his death, bringing

his total contributions to \$400,000. His will requested that \$100,000 of the money be used to establish the Judge H. Lester Hooker Library Endowment Fund, which will aid the College in purchasing library books and visual aids.

In other business, the Board officially recognized the Campus Police as a true police force with all the powers of a regular, state-controlled force. The job of hiring and firing force members was given to the Vice President for Business Affairs, William Carter.

The Board also recognized the contributions of the late Colin Park, Professor of Business Administration from 1973-1977, who died recently.



President Thomas Graves discusses pressures on the College, ranging from financial restrictions and increasing bureaucratic controls, to the possibility of a curriculum review and the need to be responsive to these pressures.

## Graves Outlines Pressures

by Bill Hayden  
FLAT HAT Editor-in-Chief

William and Mary faces seven "pressures," "impinging" on the operation of the College, which are based largely on the economic difficulties confronting the state and the nation, according to President Thomas Graves. Graves discussed these "pressures" at a recent workshop sponsored by the Student Affairs staff, and elaborated on them earlier this week.

This is the fourth year of a "major financial crunch," said Graves, which has threatened the quality of the programs which the College offers. "For four years, we've had reversions back to the state" of money which had previously been appropriated to the school. This first difficulty which Graves listed has resulted in budgets which were smaller than originally anticipated.

He noted that "when (reversion) continues over a period of years," general repairs and equipment purchases are delayed, which tends to "wear down" the College in terms of efficient operation.

Graves expressed some optimism about the ameliorization of this situation. "We're gonna be out of the woods" soon, and reversions will no longer be necessary, since the economy is undergoing a "gradual upswing." "We try to take every initiative" and "be as persuasive as we can" when seeking distribution of funds to maintain the "quality" of the institution, said Graves.

Despite the overriding financial concerns, according to the President, the academic standing of the College has not suffered. "Educationally, the College is doing very well indeed," he said.

The second problem which the College must confront is the increase in bureaucratic controls originating at the state and federal levels. Decisions for funds allocations, Graves explained, are based on numbers and formulas, such as

the ratio between the number of students and the number of paid faculty positions.

This problem, related to others which Graves discussed, affects the "uniqueness" of the College. "If you don't take into account the particular qualities" of an institution, that uniqueness is impaired, he said. The number of faculty positions depends on the number of students, as does the amount of money available for programs which a "residential" college must carry out, Graves observed.

Such bureaucratic controls "argue on behalf of equity" and "I'm in favor of that," he continued. However, he expressed concern that controls from higher levels might lead to increased controls at the College itself. This could result in an emphasis of administrative activities over educational endeavors, he explained.

Pressure to increase the size of the College is the third problem which Graves mentioned. Because an increase in the number of students matriculating at the College would generate more funds, which could be spent on a wider variety of programs, some members of the faculty and the Board of Visitors have urged larger enrollment, said Graves.

Although there are "important financial reasons" for increasing the size of the College, taking advantage of a greater "total number of resources" would eventually change the "character, uniqueness" of William and Mary, he said. The College would become simply "another state university."

"William and Mary is something special," because it is "relatively small," has a "very, very good student body," and a faculty of high quality, Graves said.

A fourth consideration of Graves is a possible review of the curriculum of the undergraduate program in Arts and Sciences. "I wouldn't say it's in the planning stage yet," Graves noted. The last

curriculum review took place in 1970.

A review, "addressing all facets of the curriculum," is necessary every six to eight years, said the President. "I'm not expressing any dissatisfaction" with the curriculum, he added, but some members of the faculty have expressed an "interest" in a review, in order to maintain a "dynamic curriculum at the forward cutting edge" of education.

When an institution is in a "tight financial" position, as is currently true of the College, "we need to be prepared to make choices on how to allocate resources," said Graves. He spoke in reference to the College's fifth pressure, fund allocation decisions.

Graves noted that "we should be devoting maximum resources" toward determining "how do we spend our money?"

The Campaign for the College is the sixth point which Graves mentioned. "To me it's very important that we continue the kind of momentum that we've got." The first stage of the Campaign calls for raising \$19 million in gifts to the College by 1979. Approximately 42 percent of that amount has been attained thus far, he remarked.

Graves said that even if the \$19 million goal is not reached, he could not consider the campaign a failure. He explained that more money has been raised up to this time than at any other time in the College's history. "I'm really quite optimistic" about the future of the campaign, he said.

The final pressure facing the College is the need to be "responsive" to the other six pressures and needs. Graves said that as President he must make decisions against some groups and in favor of others. "This is one of the most interesting parts of the job," he said. He considers it a "challenge" to attempt to be "responsive to all the different constituencies" and to accommodate the views of those who have an interest in the affairs of the College.

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# Carter Examines College Services

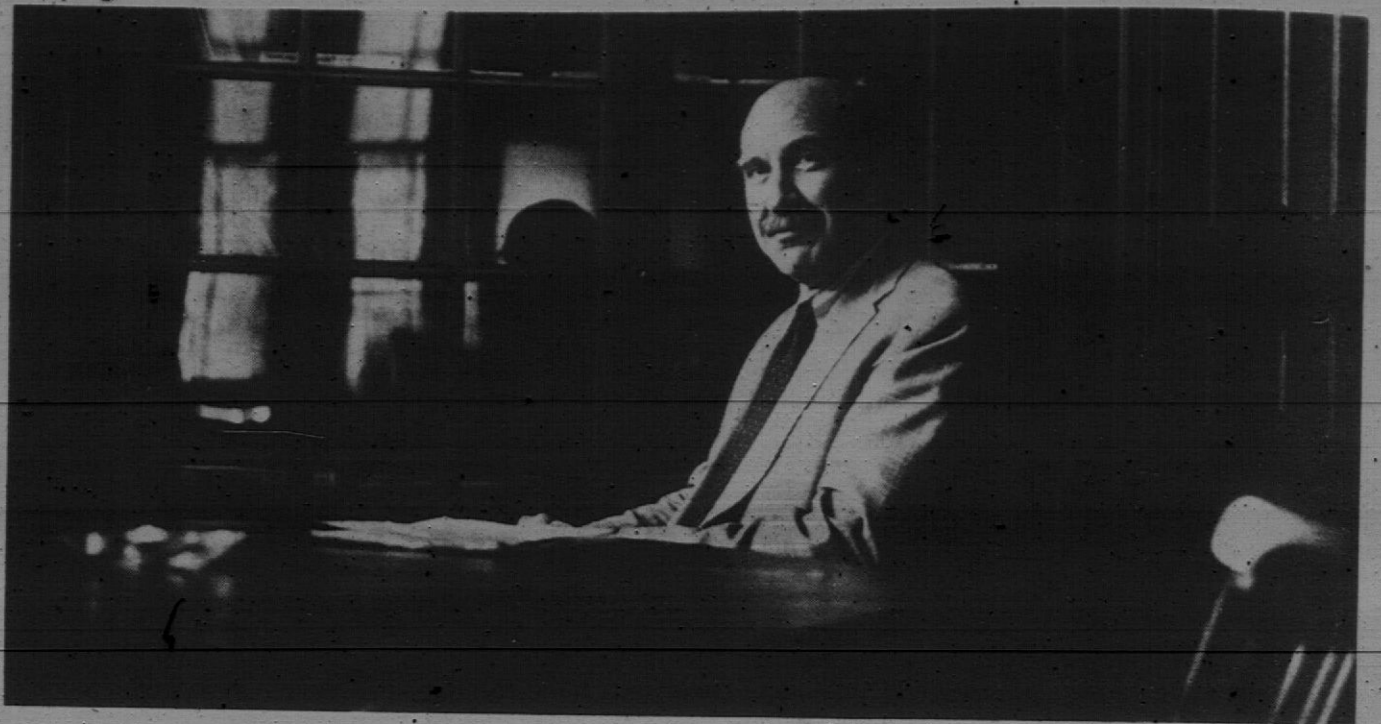
by Julie Seawell

FLAT HAT Staff Writer  
William J. Carter is Vice-President of Business Affairs at the College of William and Mary.

A 1953 graduate of the University of Richmond with a bachelor's degree in Business Administration, Carter participated in a cooperative training program in retailing sponsored by Miller and Rhoads Department Stores. He received a scholarship to New York University, where he obtained his Master's in Business Administration. Until 1961, he worked with Miller and Rhoads in their branch store in Roanoke. In 1963, after one-and-a-half years working for Hahne and Company Department Stores in the New York-New Jersey area, Carter was offered the position of Business Manager for Hollins College.

Nine years later, Carter was invited to apply for the position of Vice-President of Business Affairs of the College of William and Mary which had been vacated by Robert English. One of 134 candidates, Carter was interviewed by President Graves, the Vice-Presidents of Academic Affairs and College Development and a selection committee of faculty and students, and was chosen for the position.

"It was a natural progression from Hollins to William and Mary," stated Carter. "The two



Vice President for Business Affairs William J. Carter looks to the future of the College.

a budget of \$25,000, the deficit is "not that bad," he stated, "but it is not looked on with favor." The state of Virginia operated on a reversion budget which required the return of \$650,000 by the College.

The problem was to return the money without a reduction in the quality of the programs," explained Carter. After an

rest of the year to make sure there is no deficit," he said.

Carter explained that one of his first duties at William and Mary was to devise a "program to renovate five residence halls—Taliaferro, Jefferson, Monroe, Old Dominion and Chandler—and to refurbish other residences so that they were all improved to a reasonable level." Four million dollars was spent on this program now, in its sixth year, reaching completion.

The 200 students displaced when the renovation was initiated, were housed at Ludwell, with the intention that the apartments would no longer be used after the dorms were completed. It soon became evident that both Ludwell and James Blair Terrace were necessary to meet the increasing demand for student housing. "Neither are ideal," Carter remarked, "because they are not on the immediate campus." The Office has been responsible for buying homes closer to the campus.

Student fees were raised to help cover the costs of the renovations, and Carter said that he worked closely with students to explain the increase as he felt "it was important that

they were aware of what was going on."

Since that time, Carter's contact with the students has steadily decreased. Newly-formed positions such as the Director of Auxiliary Enterprises have reduced his need for direct association with students. "Unfortunately, I am stuck in this office—or someone else's," claimed Carter.

Carter's office was responsible for the implementation of the room damage deposit. The deposit was designed to lessen vandalism, by forcing responsible students to pay for the damage they cause, and to maintain a decent living standard.

The next step in the improvement of residence hall life will be the construction of a dormitory in the wooded area across from the Commons. Preliminary plans are finished, and construction should begin in May 1978. The dormitory will house 300 students.

Carter describes his job as "a constant situation of determining the essential services required by the faculty, students and staff, how effectively they can be provided and with the least cost. The College of William and Mary is a model, a sort of showcase because of all the visitors," he noted. "It should have exemplary systems and procedures."

## Profile: William Carter

colleges have similar environments." He feels his years at Hollins gave him some much-needed experience.

The role of the Vice-President of Business Affairs is one of "coordinating and directing," explained Carter. "The Office of Business Affairs is not just one man. It is a team of qualified and hard-working specialists. There's a lot of work and time involved in doing this well," he noted.

The office is concerned with the management of finances and facilities of the College, including purchasing, payroll, campus security, and buildings and grounds. Student services, such as those dealing with health, food, transportation and housing are also under Carter's direction. "In one sentence," said Carter, "it's the management of supporting services and activities for academic affairs. We are responsible for the financial health of the College."

One of Carter's primary responsibilities is making recommendations to President Graves and the Board of Visitors concerning the College budget. This entails requesting funds from the state and adjusting fees to the level necessary to sustain the various services provided by the College. Carter must work closely with the Offices of the Vice-Presidents of Academic Affairs and College Development which are essential in the planning of these annual budgets.

"Last year," noted Carter, "was the most crucial year financially in a long, long time. We ran a deficit of \$90,000." With

extensive analysis by all the department heads, the Office of Business Affairs managed to return \$600,000 by cutting operating budgets of the departments by 10 to 20 percent. "We met all promised salaries," Carter emphasized, "but we did have to lay off six hourly paid staff members." Expenditures for equipment for the Department of Building and Grounds were drastically reduced and renovations were kept to a minimum.

In 1978, the second year of the current biennium, the College must return \$700,000 to the state, and absorb last year's \$90,000 deficit, according to Carter. "We'll be sweating it out for the

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# Women in Business' Programs Aids 'Awareness'; Seminar Will Bring Betty Friedan for MBA's

by Catherine Baker  
FLAT HAT Staff Writer

A seminar to inform women of the benefits of the Master of Business Administration Degree will be held in the Campus Center on Friday, November 11. The seminar is sponsored by the School of Business Administration's "Women in Business" program, which is being funded by a \$100,000 grant made possible by the IBM Corporation to the Campaign for the College. Part of the grant

will be used to finance the "Women in Business" program over the next four years.

William Liddell, Associate Professor of Business Administration and the program's faculty advisor, emphasized that M.B.A. programs "are not geared and oriented toward any particular undergraduate degree," and that, if anything, they are geared to the "non-business, non-economics" majors. The M.B.A. degree can enhance the marketability of an

undergraduate degree, he said. As an example, he cited the Fine Arts major who would acquire an M.B.A. degree in order to go into Theatre Production.

The "Women in Business" program at William and Mary is intended to increase women's awareness of the importance of advanced education for a successful career, to improve career counseling facilities, and to integrate the theme of women in management into the curriculum. For example, there is a need for M.B.A. programs to

cover the problems of women "integrating themselves into an organization" or men adjusting to "subordinate positions vis-a-vis females," said Liddell.

There are "a lot of opportunities for women in business, but there's a need for competent and well-educated women," stated Sarah Bane, Director of the program, and an M.B.A. student here. "We are promoting the M.B.A. degree as a vehicle for the advancement of women." Consequently, the seminar will "focus on women

undergraduates and working women with undergraduate degrees — possible candidates to get their Master's," she said.

The seminar will open at 9 a.m. with a general orientation meeting conducted by Bane, Liddell, and Professor of Business Administration Karen Ernden, another faculty advisor. Their comments will express the view that since most women will work 25 to 30 years of their lives "they ought to start planning," explained Liddell. Wesley Wilson, Assistant to the President, will then speak on the legal rights and opportunities of women in business.

Harriet Reid, Director of Career Counseling, will chair the discussion, "What Can an M.B.A. Degree Do for Me?" Sue Manix, a Junior who attended a Mobil Oil-sponsored seminar for women in business in New York last year, and Robert W. Brocksbank, the manager of College Recruiting for Mobil Oil, will participate.

"The Job Market for Women" will be discussed by a panel of women who have successful business careers. Maureen Kelly, Dean of Student Life at Virginia Commonwealth University, will monitor this section of the program. Other participants will be Joan Schowalter, Vice President in charge of Personnel and Recruiting at CBS in New York and a William and Mary alumna; Marty Sullivan, Manager of Planning and Women's Programs for IBM; and Mercedes Boyle, Staff Specialist for AT&T. Boyle has recently compiled the book, *Views from Women Achievers*, 200 free copies of which will be distributed at the seminar. "What women particularly lack is role models," stated Liddell. "These people can provide some insight on what you can expect in climbing the management hierarchy."

Betty Friedan, a noted feminist writer, will highlight the seminar with her address, "The Changing Role of Women." Friedan authored *The Feminine Mystique*, and her latest book, *It Changed My Life*.

The remainder of the seminar will consist of presentations by representatives of M.B.A. programs from nine Virginia universities. The representatives will give short talks and also be available for further questions at information booths set up in the Campus Center. Material on other M.B.A. programs in the nation will also be provided. A social hour, to which women students currently enrolled in the School of Business have been invited, is tentatively planned to conclude the event.

So far, the seminar has generated much interest, noted Bane, and people from the Peninsula and the Richmond area as well as William and Mary students, are likely to attend. The program, which is open to both males and females, can accommodate 300 people. Those interested in registering for the program are encouraged to call X4286 prior to November 4.

## When you take away the uniform and the lifestyle what have you got?

### The Job.

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# Campus Briefs

## Beach Boys

On Saturday, November 12, Concerts West, in cooperation with the William and Mary Student Association, will present the Beach Boys in Concert at 8:00 p.m., in William and Mary Hall. Tickets for the show are scheduled to go on sale Monday, October 24, at 9:00 a.m., at the Hall. Reserved seats will be \$7 and \$6.

## Uncle Morris

The Richmond Road Halls present Uncle Morris as part of the Bryan Complex Volleyball Tournament on Sunday, Oct. 23, at 8 p.m., in Bryan Basement. This week Uncle Morris features Peel Hawthorne, Chris Smith, and Gerry Wass.

## Court Elections

Final elections for the 1977 Homecoming Court will be held Wednesday, Oct. 26, from 12:30 to 4:30 in Swem Lobby; 4:30 to 6:30 in the Caf; and from 6:30 to 8:30 in Swem Lobby. Students will vote for a representative from their respective classes and for the Queen.

## Homecoming Dance

This year's Homecoming Dance will be Friday, October 28, from 9 p.m. to 1 a.m., at William and Mary Hall. Cost will be \$6.00 per couple, and tickets will be sold only at the door. The band for this year's dance will be the Andrew Lewis Band. Mixers will be provided at the dance, including orange juice and fruit punch. The Homecoming Court will be announced at 10 p.m.

## Juke-Box Giants

The Music Department of the College will present a lecture by John Marshall entitled, "The Juke Box Giants," on Monday, Oct. 24, at 8:00 p.m., in Ewell 100. Marshall will play ultra-faithful stereo recreations of some of the most popular hit tunes of the period. A special sound system will be used for the occasion. The lecture is open to the public without charge.

## Crafts Month

November is crafts month for your Student Association's Free University. A three week course entitled "Why Knot?" will be taught November 3, 10, and 17, time and place to be announced. Michelle Dewey and Amy Kaiser will show several knotting techniques of elementary macrame. Sunday, November 6, Mrs. Virginia Hughes will conduct a Christmas Crafts Workshop between 1 and 5 p.m. at the International Circle House. The following Sunday, November 13, Joey Jacoby will show how to make macrame jewelry, time and place to be announced. Those interested in the jewelry course are asked to sign up at the SA office or call Cynthia Saunders, X4207, who may also be contacted for further information on all of the craft courses.

## Hoi Polloi

At the Hoi Polloi next week: Monday - Games night, 9:00; Tuesday - Valerie Loomer, musician and mime actress, \$25 cover; Wednesday - Slapwater Band, \$1 cover, 9:00; Friday - Tunes by Tubes.

## Pumpkin Contest

The Greater Williamsburg Area Association for Retarded Citizens, in conjunction with the SAC and International Circle, will be selling pumpkins in front of the Commons, Monday, Oct. 24, through Thursday, Oct. 27. Application forms for the Jack O'Lantern carving contest will be available. For details, see the flyers posted, or call Special Project Director Christine Kurtz at X4534.

## Piano Recital

The Music Department of the College will present F. Donald Truesdell in a faculty piano recital on Sunday, Oct. 30, at 4:00 p.m., in Phi Beta Kappa Memorial Auditorium. Featured in the program is the Rhapsody in F-sharp Minor by Ernst von Dohnanyi. The recital is open to the public without charge.

## Krishna Nair

Tuesday, Nov. 1, at 7:30 p.m., Asia House and the International Circle will co-sponsor a lecture by Mr. Krishna Nair, an active participant in Gandhi's movement for Indian independence through methods of peaceful resistance. He will speak on "Working with Mahatma Gandhi: Gandhi's Life and Philosophy." All interested persons are invited to attend the program, which will be held in the Asia House lobby, Fraternity Complex Unit B. For more information, contact Vivian Marin, at 253-4464 or 253-4721.

## Hindu Dance

This Thursday, Oct. 27, Asia House and the International Circle will co-sponsor a one-man presentation of Hindu temple dances by Shivaram, the world-renowned Indian dancer. The program will begin at 7:30 p.m. in the Little Theater of the Campus Center. All interested persons are invited to attend free of charge, but donations will be accepted at the door. For more information, contact Vivian Marin.

## Gymnastics Clinic

"Dance for Gymnastics," a clinic given by Maria Bakos, U.S. Olympic team dance consultant, will be held in Adair Gym from 10 a.m. to 4 p.m. on Saturday, Nov. 12. Students are invited to participate free. For further information, call Sylvia Shirley, X4014.

## SA Committee

A publicity committee is being formed for the Student Association. The committee will work on ways to better inform the campus of what your Student Association is doing. Anyone interested in joining is asked to sign up at the SA office, or contact Marla Gusmer, X4205.

## Sinfonicon

H.M.S. Pinafore auditions will be held in Ewell 100 from 7-10 p.m., Oct. 31 and Nov. 1. Pinafore is being produced by Sinfonicon, a student-run and organized opera company which each year produces one or more Gilbert and Sullivan operettas. This year's production is a nautical comedy with a romantic plot.

## International Circle

The International Circle Seminar Series will present a lecture by Professor Newman on "Artists and International Language." The seminar will be held in the International Circle Cottage on South Boundary Street from 7-8 p.m.

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# More Briefs

## Swim Team Workers

The William and Mary Women's Varsity Swim Team is attempting to raise money for a trip to Florida to train during this year's Christmas break. On Saturday, Oct. 22, they will hold their first Work Day. At this time the members will do odd jobs for \$3 per hour. Any person who would like to hire a team member may call extension 4360. Materials must be supplied.

## Self-Defense

The Student Association's Free University is offering a four-week course in self-defense for women. The course will be held Tuesday nights from 7 to 9 p.m. in the Campus Center. The class will be held in the Campus Center Ballroom on October 25 and November 1, and in Campus Center Rooms A & B on November 8 and 15. For further information, please contact Cynthia Saunders, X4207.

## Civil Service Exams

PACE (Professional and Administrative Career Examination), the comprehensive test for Civil Service jobs, will be given only twice this year: January, 1978, and April, 1978. Information and applications for PACE will be available in the Office of Corporate Relations and Placement, 104 Morton Hall.

## Tri-Delt Scholarship

Delta Delta Delta Sorority is now distributing applications for its annual scholarship given each year to a deserving William and Mary co-ed. Applications may be picked up in the Office of Student Aid, and are due at the end of this month.

## Pan-Hel Fashions

The Pan-Hellenic Council and Binn's Fashion Shop are sponsoring the Pan-Hel Fashion Show on Thursday, Oct. 27, at 8 p.m. at PBK Hall. Register for door prizes at Binn's before the day of the show. Admission is free.

## Waldorf Lecture

On Sunday, Oct. 30, an archaeological seminar will be given by Douglas Waldorf, an advisor to the Smithsonian Institution. Waldorf will present "Whispers of a Forgotten People: Archeological Evidences of a Forgotten Record that Speaks as if from the Dust of the Ancient American People." The seminar will start at 7:30 p.m. in Millington Auditorium, and is sponsored by the Latter-day Saints Student Association.

## PLUS Forum

Foreign Service Officer Peter Sebastian will discuss "The Ethiopian Revolution in Political and Personal Terms," at the College of William and Mary Project Plus Forum, Wednesday, October 26. The public is invited to attend his lecture, which begins at 7:30 p.m. in Millington Hall auditorium.

## Charles Fried

Professor Charles Fried of Harvard University Law School will speak on "Moral Responsibilities of Professionals-Theoretical Considerations" on November 1, at 8:30 p.m., in Campus Center Rooms A and B. Fried is the author of numerous books at the interface of law and philosophy. The talk is sponsored by the Philosophy Club.

## Buses to No. Va.

The Student Association is chartering buses to go to the Springfield Mall in northern Virginia for Thanksgiving vacation. They will leave William and Mary at 3 p.m. on Wednesday, November 23, and return from Springfield Mall at 6 p.m. Sunday, November 27. The cost is \$15.00 round trip per person. The buses will be filled on a first-come, first-serve basis. Tickets may be secured at the SA office. This opportunity is open to members of the college community. For further information, please contact Bob Fetterman, X4350.

## White Jacket

All Seniors ever employed in food services at the Commons or in Colonial Williamsburg are eligible for induction into the Order of the White Jacket on Thursday, Oct. 27. Anyone interested should call Mike Ware at x4450, or Chris Kelly at x4627.

## Legal Assistant

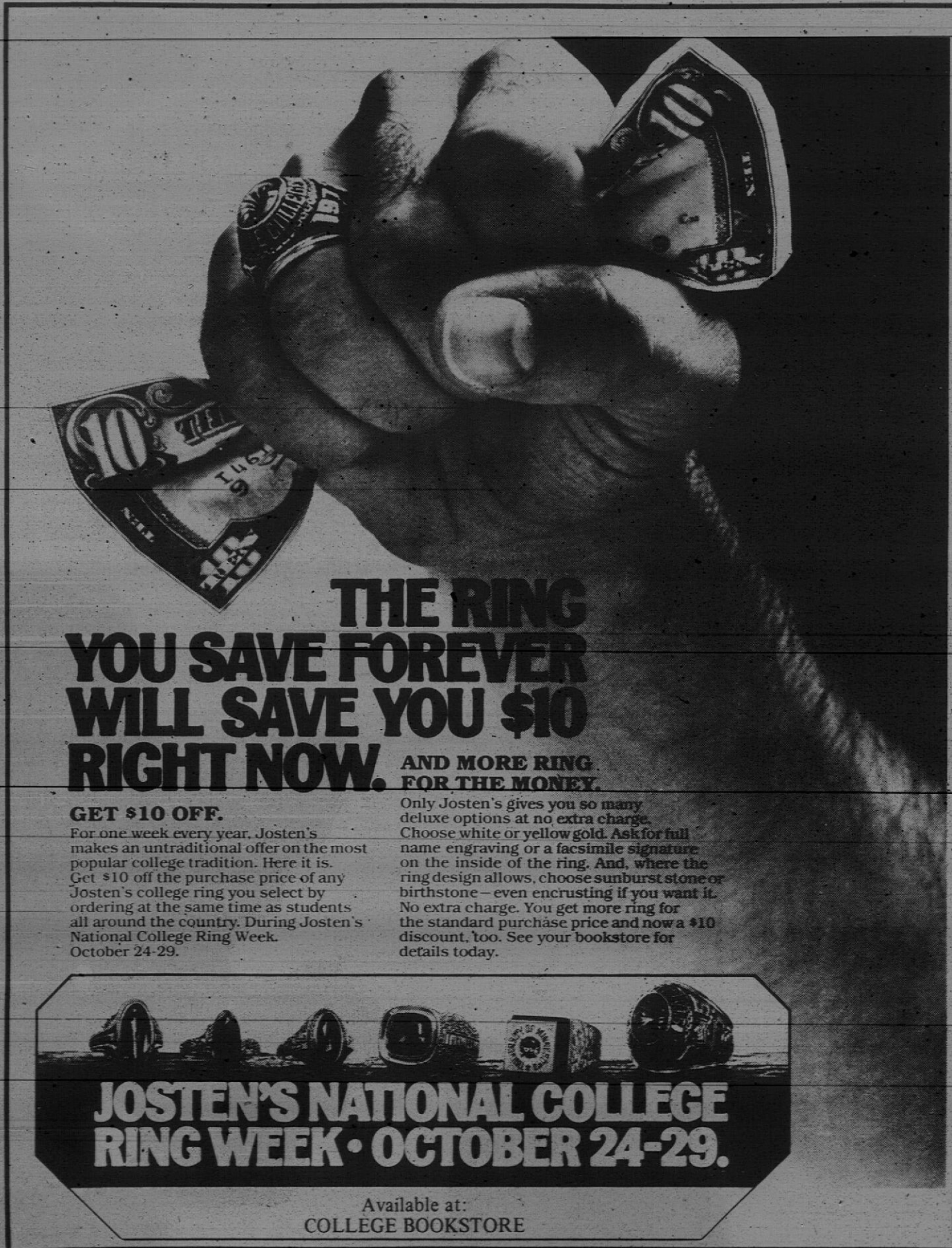
Each semester, Congresswoman Elizabeth Holtzman of New York invites several students to work full-time in her Brooklyn and Washington offices. To apply, send a letter, resume (including telephone numbers at school and home), plus a short writing sample to Rodney N. Smith, Administrative Assistant, 1025 Longwood House Office Building, Washington, DC 10515. Applications for the Spring '78 semester should be in by November 15. For further information, contact the Career Planning Office.

## The Quiet Co.

Meet the Quiet Company—George Gersema, Jon Kaylor, Pepper Bullock, Mamie Ruth Hitchens and Henry Doggett—at the Pub, 5:30 to 7 p.m., on Thursday, October 27th. They would like to say "thank you" for helping them to become one of the Top Five College Units in the Country.

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## Edwina Dalton Comments On Husband's Platforms

**DALTON**, from p. 1  
Dalton feels the Panama Canal issue is important because "it would greatly affect the part of the country we live in." She added that "it certainly is a concern of every Virginian," because of the importance of coal in southwest Virginia. Much of this coal is shipped through the Panama Canal. According to Dalton, "it is not only the coal," however. There are also "military aspects" to the situation.

Carter "would treat either governor fairly," stated Dalton. "When he (Howell) implies that more would be done for Virginia (because of party politics) he's not speaking well of Carter. I think more of the man than that."

Commenting on the groups that campaign for her husband, Dalton said, "They give us concern because we have no control over them."

When asked about her husband's finances, she said, "I don't think that because a man is successful he shouldn't be able to run for public office. If you're successful, then who should say you can't run for public office?"

Dalton said that her husband will work with whomever the people elect. She believes that you "shouldn't thwart the will of the people."

When asked about the efforts of the campaign on family life, Dalton said, "There is no family life in a race for governor. That's a sacrifice you make."

## SAC Conducts Signature Drive

**PETITION**, from p. 2  
the past are listening and reconsidering this year," said Mims.

Mims noted that the other co-Chairperson of the Committee, Assistant Professor of Philosophy Eunice Belgum, "has been working very closely with the administration in

preparing for the vote." "My chief concern at this point," Mims continued, "is that the issue might not come up for vote in November due to a very crowded agenda. . . There's a chance they (the faculty) won't even get to our issue. This would be unfortunate because it's been a three-year effort."

Mims stressed the importance of conveying the extent of student support for the proposal to the faculty. "I'd like to urge all students who are in favor of the proposal to let their professors know they are interested in it. If it passes, it will be due to the support of the student body."

## Howell Attacks Dalton In His 'Rainbow Rally'

**HOWELL**, from p. 1  
diatribe. Instead of confrontation of men and ideas, it has been refutation of charges and slogans.

"Instead of reason in the open forum and political crucible of debates, where each man may be judged before all others, it has been the one-sided clamor of paid media. In short, it has been a case of politics as usual.

"There has been no dialogue, there has been no debate, because Mr. John Dalton decided to go back on his contract with the people and the issues so he could recede behind a wall of paid promotion and public relations campaigning.

"This decision is against the tradition of Virginia, it is against the tradition of Democratic debate, and it flies in the face of every citizen and voter who wanted to know who will serve the people and the interests of the people best as governor."

"But I am here tonight, not only to remind the voters that the decision not to debate came from the other side. I come here tonight to ask Mr. Dalton publicly how he thinks he can face up to the problems that trouble the people of Virginia if he can't face up to Henry?"

After concluding his remarks, Howell answered several questions from the audience, and then departed.



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## THE FLAT HAT



## Editorial Page

Founded October 3, 1911

## Change in Living

"Peaceful" communities such as William and Mary or Williamsburg can be little else than shocked at the assault against fellow student Barb Logan last week. It is difficult to believe that an individual and a community can suffer such violation, in such unexpected fashion.

We feel quite certain that everyone associated with the College and the community wishes Barb the best of luck and the best of health. What was once sorrow has turned to relief as we have learned of her improved condition.

If we must live with tragedy, it is essential that we learn from it how to avoid it. We now know that even Williamsburg is not immune to acts of terror and violence. If we want to be rid of the individual and collective suffering which violence brings, we must be willing to alter our habits of living and working. Perhaps Peter Finch was correct in exhorting that we all become "mad as hell" and refuse to tolerate any more manifestations of societal decay. But anger will not solve everything.

We have not yet become frightened little animals who cower and conceal ourselves for fear of being crushed by more abusive creatures. As humans we demand the right to live in peace, we require the safety and sanctity of our bodies. If we truly believe this, we must protect ourselves. For students of this College, this means not walking or running alone, or in isolated places. It means demonstrating enough concern for friends, so that they do not expose themselves to unnecessary dangers.

It is the task of law enforcement agencies to prevent such crimes as occurred last week, but the aid of individuals is also important. No one could possibly deserve such barbarous treatment, but one must act so as to eliminate as much chance as possible of its ever happening.

Of equal importance is the maintenance of a just outlook toward the perpetrator of a violent crime. Our system of justice is undeniably flawed, but we must insure an attitude of justice, rather than one of simple vindictiveness or retribution. Perhaps our greatest burden is the plain recognition of the ugly, oppressive truths which surround us.

## If Dogs

### Run Free

by Doug Green

I was slightly surprised by the volume of mail received in response to my last column; in it I suggested that the building of a new law school (or, as my correspondents were quick to point out, a new facility for the old law school) was not necessarily in the best interests of the taxpayers, and attempted to provide some reasons why. A large part of my diatribe consisted of quotes from a recent New Republic article about legal services. My correspondents tended to ignore the arguments there presented in favor of my rabble-raising commentary which surrounded it. What offended them most, I think, was my suggestion that Marshall Wythe should simply be shut down. They know and I know that this will not happen; they are no doubt as sure as I am that the bond issue will pass. Perhaps I can be forgiven then, for thinking that I struck a sensitive place.

The criticisms received were of varying cogency, and space precludes my dealing with all of them. I will try to comment on the most important. I trust my correspondents will pardon me for occasionally lumping them together, for they contradict each other as often as they contradict me. Let us consider also what we are not discussing. We are not discussing: 1) the need for law in our society, and the consequent need for a legal profession. The first is a philosophical given, the second a practical necessity. 2) The merits of individuals. This removes my correspondents from the necessity of defending their own virtue, and myself from the obligation of listing my friends in the legal profession. I am also not interested in a person's reasons for entering law school. It may be, as the mass media constantly insinuate, that the generation of the seventies is apolitical and money-

hungry, but I regard such accusations as unproven.

I would like to dispose of two minor criticisms. I was of course aware that there are five bond issues, not one; but inasmuch as the bond marked "education" contains items of varying worth, the all-or-nothing principle still holds. I can dispel Mr. Norton's notions about the state's PR campaign by an anecdote: about three weeks ago, I received in my pay envelope from the College a letter explaining that the College favored the bond issue, and a number of "fact sheets" to pass out to interested friends. (This is a subtle pressure tactic: many employees tend to vote with the boss, even if they have no reason to fear for their jobs.) In my mailbox when I got home I found a letter from the Alumni Association, urging — you guessed it — support for the bonds and enclosing a number of the same "fact sheets." Two such notices in one day is enough taxpayer-supported PR for me.

So. The issue under discussion is the social role of the legal profession. None of my correspondents addressed what I thought was a very telling piece of evidence, taken from Stephen Chapman's New Republic article. "The Labor Department's Bureau of Labor Statistics estimates that 100,000 lawyers — one out of six — will be unable to find legal jobs in 1985." On the face of it, too many lawyers. At the same time, I doubt that many will disagree with the statement that our legal resources are not optimally allocated. That is, some of the people who need particular services do not get them. Why? Because they are poor. This is not as simple-minded as it might seem. If wealth were more evenly distributed,

See DOGS, p. 11

## As I See It

By Dave Skibiak



Ace in the hole

It feels so nice

I'm just a fool

In a pair of dice.

Little Feet

## Letters to the Editor

Dear Barb...

Election Gripes

I need to say something, Beech—

I've been told I'm too gullible, much too trusting, that I should be wary of others rather than welcoming. The insinuation is that basically others are threatening and my primary concern should be to buffer my interactions with people, "protect" myself, never leave myself open to target position. Events in the past have lent credit to these arguments, but to no significant degree as far as I was concerned. But last Friday night I saw the results of the ruthless violation of your being, Barb. Now, a little more of that stone wall of hostility has been mortared into place, and welcome loses its spontaneity. I've become more suitably "buffered." Fortunately I've also witnessed a thing just as impressive. I've seen love and its unqualified expression. There are so many people who care for you, Barb. It is these people who will ultimately prevent the stone from entombing me. I love you, Barb, and to see you hurt so extensively is to pierce something fundamental in me that will heal only when you come home "Barb" again.

Simone

To the Editor:

The past S.A.C. election was the worst run election I've ever participated in.

First: The election was unconstitutional; Article V section 2 c. 2 of our new constitution states: "Election for representatives must be held within five weeks from the first day of classes of the academic year." That was Oct. 7, ten days before the election took place.

Second: The article in *The Flat Hat* about the upcoming elections had two different times listed for Day Student voting.

Third: The Ballot Box for the dorm I live in arrived one hour late and probably wouldn't have arrived at all if our Resident Director hadn't called the SA office. When the box arrived, it didn't have a lock on it.

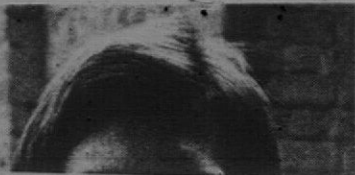
Despite this callous attitude of the election committee, I am convinced that at least one of my representatives is a competent individual. (I say "one" because I have yet to meet the other.)

Jeff Strang

See LETTERS, p. 11

## From Inside the Kaleidoscope

by Bill Mims



"After four years of consideration in one form or another, the question of whether or not students should be invited to the monthly meetings of the Faculty of Arts and Sciences will be answered next month."

these decisions are made, but I have yet to hear a professor ask a student "Joe, what do you think of this issue?"

This year's proposal — which should facilitate student-faculty communication — is very simple and straightforward. It proposes that three students be allowed to

this issue only concerns a half-dozen or so student activists. However, this argument is no longer valid. A petition initiated last week by the BSA Academic Affairs Committee currently has over 2000 signatures and the number is growing daily as SAC representatives

ate it among their constituents. The petition not only has increased awareness of the issue, but illustrates the overwhelming support of the student body for this proposal. Also, a group of concerned students has been meeting with faculty members for the past two weeks, expressing their support of it. This group includes both those who are in student government and those who are simply concerned about the quality of education they receive.

In conclusion I personally feel more confident than ever before about the success of this proposal. I have been impressed both by the interest and enthusiasm of the students and the openness of the professors I have dealt with. Hopefully the faculty will approve the proposal, and both they and the students can finally put this controversy behind them and work together to solve their mutual concerns.

# Insider

FORD'S CONTINUING SERIES OF COLLEGE NEWSPAPER SUPPLEMENTS



## The New Fitness: Focus on Personal Energy

Peter Barmer (Sports)

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involved are wearing bags on their heads and much worse required idiocies, to receive clues from their big sisters. There are two things here that I object to: 1) that adults would inflict humiliation of this kind on one another and 2) that this is done in the name of sisterhood and by the big-sister, who should be striving to form the closest relationship of all with the initiate.

While we watch this going on it is easy to criticize the initiate for being foolish and allowing herself to be so debased. But when I reflect on this I find it even harder

to believe that someone could inflict that humiliation on another person. I have to wonder about the kind of mind that could come up with some of these displays. And what can it prove? I can't think of one constructive result from this razing. This is kind of stuff I was subjected to during a high school sorority, and is exactly what I view it as — immaturity. It has nothing to do with the fun of finding big sister clues, it has nothing to do with sisterhood and it has nothing to do with maturity, compassion and decency.

Sincerely,  
Mary Hale Stockey  
Class of 1974

The legal profession, itself a monopoly, provides the grease on which other monopolistic wheels of our society spin. Thus my jibes at the "functionaries." This point will perhaps provide a bridge from thinking about the profession to thinking about the society at large.

I realize that I did not directly answer any of the criticisms of my earlier article. I hope that the above argument provides a form of indirect answer and readers may be interested in pursuing it further. My thanks to The Flat Hat for providing extra space, and to my respondents for forcing me to define my position with greater clarity, at least to myself.

I believe that someone could inflict that humiliation on another person. I have to wonder about the kind of mind that could come up with some of these displays. And what can it prove? I can't think of one constructive result from this razing. This is kind of stuff I was subjected to during a high school sorority, and is exactly what I view it as — immaturity. It has nothing to do with the fun of finding big sister clues, it has nothing to do with sisterhood and it has nothing to do with maturity, compassion and decency.

Sincerely,  
Mary Hale Stockey  
Class of 1974

### GDI's Offend

Dear Editor:  
Derby Day went rather smoothly this year, with 70 teams participating. However, I as a Greek, have one little beef: the GDI's went a bit too far in their enthusiasm. I respect that sorority life may not be right for everyone, and that

See LETTERS, p. 12

## THE FLAT HAT



## Editorial Page

## Change in

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We feel quite certain that everyone as community wishes Barb the best of luck and sorrow has turned to relief as we have learned

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We have not yet become frightened little ourselves for fear of being crushed by more demand the right to live in peace, we require bodies. If we truly believe this, we must prove College, this means not walking or running means demonstrating enough concern for themselves to unnecessary dangers.

It is the task of law enforcement agencies occurred last week, but the aid of individuals possibly deserve such barbarous treatment eliminate as much chance as possible of

Of equal importance is the maintenance perpetrator of a violent crime. Our system we must insure an attitude of justice, rather or retribution. Perhaps our greatest burden ugly, oppressive truths which surround

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See DOGS, p. 11

"A flame went out  
when old-style convertibles died.  
But now I'm all lit up again."



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Lose yourself in the sporty spirit of the '78 Mustang II with this wide-open T-Top convertible. Or maybe you'd like the elegant Ghia or the 3-door Hatchback. And you can opt for a sporty suspension with oversize tires, choose from 5 different kinds of wheels.

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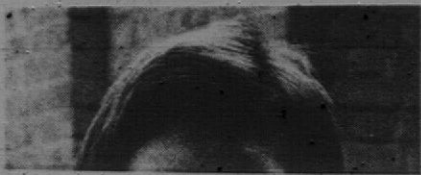
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# From Inside the Kaleidoscope

by Bill Mims



"After four years of consideration in one form or another, the question of whether or not students should be invited to the monthly meetings of the Faculty of Arts and Sciences will be answered next month . . ."

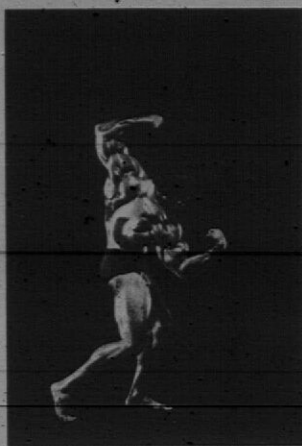
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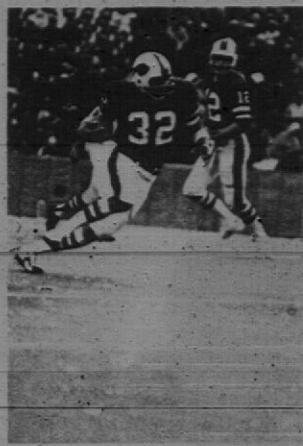
WOULD YOU TRADE YOUR BODY FOR...



Arnold Schwarzenegger's?



Chris Evert's?



O. J. Simpson's?

Ah, for the rippling muscles of Arnold Schwarzenegger, or the nimble grace of Chris Evert, or the power and speed of O. J. Simpson! The wish to change places—and bodies—with physical superstars is apt to hit us mere mortals from time to time, especially when our bodies aren't responding or looking the way we'd like.

Of course, Arnold lifts 40 tons of barbells each day to maintain his physique. And Chris spends exhausting hours of practice for every flashy appearance at Wimbledon. And O. J. goes through grueling twice-daily sessions with the other Buffalo Bills to stay in peak condition during football season.

To get a superstar's body, you've got to work like a superstar. Far better to simply get your own body fit for the kind of life you want to lead. This issue of *Insider* isn't about Arnold or Chris or O. J. It's about you. The articles which follow, provide the information and the incentive you need to plan a personal strategy for getting in shape and staying in shape.

For starters, "I Was a 49-Pound Weakling" offers encouragement for anyone who was turned off by the old fitness taught in elementary school gym class. Staff writer Don Akchin recounts his own true—and all too familiar—experiences and also outlines how

to put together a fitness program that works for you. If you see the tell-tale signs of overweight creeping up or simply want concise information on good nutrition and diet planning, "The Diet Connection" by Theodore Berland, author of *Rating the Diets*, is must reading. "Feeling Good" catalogs 16 different ways to become more comfortable with yourself. And "More Power to You" explains how body, mind and spirit interact to affect your energy level and tells how you can convert low-energy drag to high-energy fun.

*Insider*, Ford's Continuing Series of College Newspaper Supplements is sponsored by Ford Division of Ford Motor Company and published by 13-30 Corporation (which also produces such familiar campus publications as *Nutshell* and *The Graduate*). *The New Fitness: Focus on Personal Energy* initiates the series.

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Good reading!

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## I Was a 49-Pound Weakling

As a kid I would have given my buck teeth for O. J. Simpson's speed, Chris Evert's cool grace or Arnold Schwarzenegger's biceps. Instead I was slow, awkward and had lots of sand kicked in my face.

I wanted badly to be a football player. Instead I became what is known in gym class as a capital-J Joke. The hierarchy of a gym class, you recall, is crowned by an aristocracy of natural athletes who can do anything in any sport with perfect grace, superb power and no apparent effort. Next on the pecking order are those who are only average but cover their shortcomings under a barrage of yap. What's left are the Jokes. When the sides are chosen up for a game, the Jokes are left standing around until somebody says, "Okay, we'll take him and you get him. (Snickler snicker) Boy, what a Joke."

Jokes like me got this reputation by scoring somewhere between below average and abysmal on every skill test of the year, year after year. The chin-up, sit-up, somersault test, the run-pass-kick test, the 30-second lay-up test, the one-mile run test—you name it, I flunked it.

Now as I say, I didn't start out to be a Joke. I started out as a football player, back in the first grade, but got off to a shaky start. Everybody on the team was supposed to buy his own red jersey. My mom couldn't find a single red jersey in town, so she bought what she thought was the next best thing: maroon. When I showed up for the first practice, there were 20 guys in red, two in maroon. "Okay," says the coach, "let's divide up into two teams here and run a few plays. Everybody in red is one team, and you two purple guys are the other team. You two see if you can stop the red fellas."

We didn't do all that well against the other 20, but from that moment on, the coach had me pegged as a defensive lineman, no doubt in recog-

Confessions of a Touch Football Dropout Who Suffers the Heartbreak of Phys. Ed. but Finds Hope at Last in the New Fitness  
by DON AKCHIN

...nition of my size and brains. I was all of 3-foot-6, weighed almost 50 pounds including shoulder pads, and was the only guy on the team who could spell encyclopedia. Like the rest of the big dumb linemen, I crouched down at the line, listened for the word "hike," and tried to push those giant 4-foot brutes on their cans before they pushed me. They always won. After a while I took to sidestepping them altogether. Later in the season, someone accused me of biting him through a helmet, chin strap and mouthpiece, no less. I left the game in tears and my mom assured me I would never have to play again. I was relieved. So was she. She thought football was too dangerous. That may have been in the back of her mind

when she bought me a maroon jersey. It was a short hop, step and jump from touch football washour to full-fledged Joke. All it took was a steady diet of negative reinforcement and continuous doses of the Old Fitness.

### Old Fitness Versus New Fitness

The Old Fitness refers to physical education as I learned it (or learned it) in public secondary schools. It was exclusively physical. Mind and body were treated as separate entities assumed that most people had either brain or brawn, only rare specimens had both. One was irrelevant to the other.

Comparative. Every student's performance was ranked against a national standard for that age group, not unlike the standardized tests in the classroom. Your ranking told you whether you were normal, better than normal or a Joke.

Competitive. The idea was all to beat everybody else in the class, just like in academics. This was especially true for team sports. Victory! Victory! Victory! Is it any wonder?

Punitive. Physical exercise was punishment for misbehavior. "Did you say, son? Okay, son; take quick laps around that backstop yonder while the rest of us stay in where it's cool and play some baseball. Now take off."

The Old Fitness and I were suited for each other. I was obviously a loser by its rules. Meanwhile I was making "A's" in everything but gym class. I believed in the mind-body split. It was clear that my mind was doing well; my body was just not. So I rationalized that my body was just not important. If I were never going to see O. J. Simpson or Arnold Schwarzenegger, I would be fine.

4 INSIDER

New Republic article. "The Labor Department's Bureau of Labor Statistics estimates that 100,000 lawyers — one out of six — will be unable to find legal jobs in 1985." On the face of it, too many lawyers. At the same time, I doubt that many will disagree with the statement that our legal resources are not optimally allocated. That is, some of the people who need particular services do not get them. Why? Because they are poor. This is not as simple-minded as it might seem. If wealth were more evenly distributed,

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## Fringe Benefits of Getting Fit

If you do decide to play, though, some fine fringe benefits may come your way. (Under the Old Fitness, many of these are supposed to be reasons why you must, without delay, make yourself fit. Advocates of the New Fitness are firm believers in the fly-catching properties of honey.) The fringe benefits of fitness include these:

• Fitness improves appearance. Fat is stored energy, and it gets stored on your body when you ingest more calories than you expend. Any exercise, strenuous or just swinging your arms around, burns off calories. All it takes to burn off 100 calories is a 20-minute walk, or a 15-minute bicycle ride, or a nine-to 12-minute swim, or a 10-minute jog. Exercise won't make any dramatic changes in the short run, but exercise combined with a moderate

diet is the ideal way to take weight off painlessly and stay trim.

Even if you don't need to lose any weight, exercise can trim up your body. As you exercise more, the proportion of muscle in your body will increase and the proportion of fat will decrease. Muscle tissue is denser than fat and takes less space; so even without a drop in weight, exercise can make your body leaner.

• Moderate exercise has a tendency to decrease appetite, which also works to improve body appearance by reducing the calories ingested. Strenuous exercise tends to increase appetite; this is the body's natural mechanism for getting enough calories to meet its energy needs. Unfortunately, as activity drops off, appetite does not respond in kind. Inactive people, consequently, have larger appetites than moderate exercisers and burn off fewer calories.

• Exercise relieves tension. Fitness enthusiasts call exercise the best tranquilizer known. And it makes sense.

### EXERCISE COMPARISONS

Here are some of the benefits — and disadvantages — of eight of the more popular forms of physical activity.

Activity	Benefits	Disadvantages	Warnings
Jogging	Excellent conditioner for endurance, lung and heart capacity. Builds leg strength. Equipment inexpensive. Requires no special facilities.	Requires preliminary start-up program. Does nothing for flexibility or strength (except legs). Tightens muscles in back of leg and calf, shortens Achilles tendon.	Persons 30 and older should have a physical examination first. Wear good running shoes. Watch out for dogs.
Walking	Good beginning exercise, especially for people out of shape. When done briskly, maintains heart and lung capacity. No equipment or facilities needed.	Walking speed of 5.6 miles per hour necessary for conditioning effect on heart.	Don't expect fast results from walking alone.
Swimming	Excellent conditioner for endurance. Exercises virtually all muscles in body. Especially suitable for persons recovering from hip, knee or ankle problems. Considered best all-around exercise.	Requires a body of water.	Do not swim alone.
Tennis	Excellent for body shaping, flexibility and agility. May develop endurance if played vigorously. Strengthens arm muscles.	Requires a court and an opponent. Equipment and accessories moderately expensive. Activity is sporadic. Only improves endurance if players run for the balls. Doubles play does not develop endurance.	May cause anxiety in players who worry about their game.
Cross-country skiing	Perhaps best sport for developing endurance. Develops arm and shoulder muscles. Injuries less common than in downhill skiing.	Requires pre-conditioning program to develop muscles. Requires snow and proper terrain. Moderate equipment costs.	Be prepared for cold and high altitude.
Calisthenics	Good for flexibility and muscle tone. Good warm-up for other activities. No equipment necessary.	Boring. Does not develop endurance unless done very vigorously.	
Bicycling	Develops endurance if done vigorously. Develops leg and back muscles. Can see scenery while exercising.	Only builds endurance if done vigorously. Moderate equipment cost. Will not give maximum benefit to muscles in legs, ankles and foot unless leg is fully extended when pedal is at bottom of circle.	Use a bicycle path if possible. Watch out for cars if not possible.
Weight training	Excellent for developing muscular strength. Can enhance performance in other athletic activities, including volleyball, basketball and golf. Can be done at home with homemade or low-cost equipment.	Does not aid flexibility or endurance. Lifting heavy weights narrows blood vessels in muscles and reduces circulation. Advanced weight lifting requires access to gymnasium.	Start light, start slowly, warm up first. May be hazardous to persons with tendency toward high blood pressure.

INSIDER 5

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**Fairmont.**  
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\*EPA ratings were not available when this was released for publication. However, we expect the Fairmont, equipped with standard 2.3 litre engine and 4-speed transmission will have excellent mileage ratings. See your Ford Dealer for actual ratings. All competitive references based on latest information available on 1977 models, including EPA Buyers Guide.

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See DOGS, p. 11

Simone

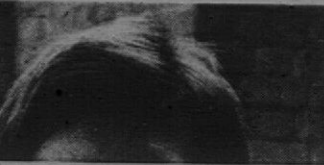
See LETTERS, p. 11

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Anne  
Tom  
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by Bill Mims



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See LETTERS, p. 12

advocates insist fitness stimulates the sex life. You look sexier because your muscle tone is firmer, and you have all sorts of surplus energy and vitality. Yessir, coach! Which backstop did you say?

## Putting Together Your Personal Fitness Program

What exactly is fitness? How do you know whether you are fit?

Under the Old Fitness this question is answered by taking a few tests and comparing your performance to the "norm." The New Fitness leaves every individual to arrive at his or her own answer, based upon individual needs, personal goals and different life styles.

The New Fitness definition is less precise but more flexible: you are fit if you can work effectively all day at your normal tasks; if you have enough energy left at day's end to invest in leisure activities; and if you have the stamina and strength to withstand an unexpected physical emergency, such as running a block to catch a bus, for instance, or rearranging all your furniture.

By this definition, a healthy, physically fit accountant would not be in the same shape as a healthy, physically fit lumberjack. But there's no need to be.

Fitness can be divided into three basic factors: endurance, strength and flexibility.

Of the three, endurance is the factor that is most often cited as the key

To count your pulse or heart rate, turn your palm up and move the second and third fingers on the other hand up your wrist, along the thumb side, until you feel a steady beat. You can also find your pulse by running the second and third fingers along your neck, about an inch below the curve of your jawbone.

Using a stopwatch or a sweep second hand, count the number of beats in 15 seconds, and multiply by four. You cannot get an accurate count immediately after strenuous exercise if you count for an entire minute, because the heart rate drops off quickly.

indicator of fitness. And the exercises which build endurance have the greatest effect on your overall health. If you perform a rhythmic or "aerobic" exercise long enough, often enough and hard enough, some definite physical changes take place inside your body. The arteries leading into your heart enlarge; new capillaries develop around the heart; the heart pumps more efficiently, forcing more blood through the body with each stroke and resting longer between strokes. The lungs also work more efficiently, processing more oxygen with each breath. These changes are called "training effect."

The exercises which can provide you with training effect include jogging, swimming, bicycling, brisk walking, rowing, rope-skipping, some forms of dancing, skating, hiking, cross-country skiing, and vigorous games of basketball, handball, squash, hockey, tennis (singles) and soccer. But the physical changes happen only if you do three things:

1. Exercise at enough intensity to increase your heart rate to between 70 and 85 percent of its maximum rate. (The maximum is roughly 220 minus your age for males, 226 minus your age for females; for a 20-year-old male, the maximum rate is 200 beats per minute, and exercise must be intense enough to achieve a rate of 140 to 170 beats per minute.)

2. Keep your heart rate at 70 to 85 percent of maximum for at least 10 minutes, and eventually for 20 minutes or more.

3. Perform this intensive exercise regularly, at least three times a week (preferably every other day).

It's an all-or-nothing proposition. All three of these requirements must be met, or no training effect takes place. It takes several months of regular exercise to accomplish the physical changes.

*The New Aerobics*, by Kenneth H. Cooper (Bantam Books, 1970, \$1.50)

## How Many Calories Do You Burn in Different Activities?

Figures in column one are calories per minute per pound of body weight. To determine how many calories you burn in any activity, multiply the number in column one by your weight and by the number of minutes. Figures in column two provide an estimate of one minute of activity for a body weight of 150 pounds.

Activity	Cal/min/lb	Cal/min/150 lb	Activity	Cal/min/lb	Cal/min/150 lb
Resting	.039	6	10 mph (6 min/mile)	.1	15
Walking (5 mph)	.025	4	12 mph (5 min/mile)	.13	20
Walking (13 mph)	.05	8	Sailing	.02	3
Walking (13 mph)	.072	11	Skating:		
Swimming (13 mph)	.045	7	Moderate (Rec)	.036	5
Swimming (13 mph)	.023	3	Vigorous	.064	10
Swimming (13 mph)	.047	7	Downhill	.059	9
Swimming (13 mph)	.029	4	Level (5 mph)	.078	12
Swimming (13 mph)	.044	7	Soccer	.063	10
Swimming (13 mph)	.064	10	Stationary Run:		
Swimming (13 mph)	.029	4	70-80 cts/min	.028	4
Swimming (13 mph)	.044	7	Swimming (crawl):		
Swimming (13 mph)	.064	10	20 yds/min	.032	5
Swimming (13 mph)	.029	4	50 yds/min	.071	11
Swimming (13 mph)	.063	10	Tennis:		
Swimming (13 mph)	.042	6	Moderate	.046	7
Swimming (13 mph)	.063	10	Vigorous	.06	9
Swimming (13 mph)	.087	13	Volleyball:	.036	5
Swimming (13 mph)	.086	13	Walking:		
Swimming (13 mph)	.079	12	2.0 mph	.022	3
Swimming (13 mph)			4.0 mph	.039	6
Swimming (13 mph)			5.0 mph	.064	10
Swimming (13 mph)			Water Skiing	.053	8

Individualized Fitness Programs by Frank Vitale, Prentice-Hall, Inc., Englewood Cliffs, NJ, © 1973 by Prentice Hall, Inc.

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INSIDER 7

THE FLAT HAT



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- **Free Wheeling Bronco**  
Comes equipped with black bumpers, mirrors, sport steering wheel, swooping tricolor tape treatment, spoke wheels and RWL tires.
- **Free Wheeling Courier**  
Get it with wide oval RWL tires, cast styled aluminum wheels (4), GT bar, push bar, fog lamps, custom accent tape stripes, and more.
- **Free Wheeling Van**  
Includes sport steering wheel, black painted rocker panels, black front/rear bumpers and mirrors. A separate interior package option is also available. Van shown with additional factory options, owner-added stripes.



53 out of 100 of all Ford Trucks registered over the last 12 years are still on the job. (Percentage based on cumulative total registrations as of 7/1/76.)

FORD FORD DIVISION



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offers a series of exercise programs in eight different activities which will meet all three requirements for achieving a training effect. The routines can be tailored to your individual needs.

Although endurance exercises are the most beneficial, by themselves they are seldom enough to assure fitness. An important reason is that without adequate strength and good flexibility, you will quickly injure yourself attempting to do endurance exercises. Jogger's knees, tennis elbow, strained backs, pulled muscles and other ailments which often hit persons early in their fitness programs — and often terminate those



takes a long time also may last a long time.

• Don't exercise immediately after a meal. This may lead to nausea. Wait two hours. If you cannot exercise on an empty stomach, drink some water or juice and wait a few minutes. There is nothing harmful, however, in drinking water in the middle of a hot set of tennis.

• Pay attention to pain. That's nature's way of telling you something is wrong. Pain is an early warning signal, and if you persist in the face of pain you are asking for more serious injuries. When it hurts, ease up.

• Don't trade my body for In the years we've been have become rather athletic. At the same time, I could improve it a good bit.

• The fitness program is in its infancy now. Five evenings a week, a weekly partner and I slip into our sneakers and stretch for 10 minutes, jog a mile on a grassy field. We walk for another 10 minutes to cool down, then call it a day.

• The program has endurance and training but no strength. Perhaps we should add a weekend while cleaning the apartment, a cast-iron bathtub to the wall and smashed my back again we may add weights, or even lift weights. At the moment we feel content.

• I thought I would exercise. But it is fun. It relieves stress, suppresses appetite (ever so slightly) and I feel good about myself. It's not at my pace, for my needs, and the only judge of whether it's successful or adequate is yours truly.

I hereby declare it adequate and successful. Here's hoping you enjoy your fitness just as much.

Staff writer Don Akchin is a 149-pound New Fitness enthusiast.

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See LETTERS, p. 12

## What Do You Think of Insider?

Do you enjoy this issue of Insider? To make the next one better, we'd appreciate your help. Just fill in this card and drop it in the mail. Thanks.

Name \_\_\_\_\_ Year \_\_\_\_\_ Sex \_\_\_\_\_

1. How much time have you spent reading Insider?  
 2 hrs. 1 hr. 30 min. none

2. How often do you intend to spend more time reading it?  
 yes no

3. What overall rating would you give Insider?  
 excellent good poor

4. What did you like most about Insider?

5. What did you like least about Insider?

6. What kinds of topics would you like to see covered in Insider in the future?

• Don't strain. Many exercise programs end after one week, when a well-intentioned but overly enthusiastic fitness novice tries to do too much too soon, and ends up with aches and pains and sprains. Start slowly, don't ever push yourself to the point of collapse, and let everything take its course gradually. Nothing about fitness is instant. But what

### FOR MORE INFORMATION

If you're now inspired to embark on your own fitness campaign but need more information to get you going, the following books can be valuable resources:

- *The New Aerobics*, by Kenneth H. Cooper (Bantam Books, 1970, \$1.50). Has gradual training programs in several activities for cardiovascular conditioning.
- *Aerobics for Women*, by Mildred Cooper and Kenneth H. Cooper (Bantam Books, 1973, \$1.75). Cooper's famous exercise scheme (originally developed for the Air Force) carried a step further.
- *Royal Canadian Air Force Exercise Plans for Physical Fitness* (Simon and Schuster, 1976, \$1.95). Daily routines for all-around fitness.
- *Dr. Sheehan On Running*, by George A. Sheehan (World Publications, 1975, \$3.50). A good introduction to the New Fitness, especially for joggers.
- *The Official YMCA Physical Fitness Handbook*, by Clayton R. Myers (Popular Library, 1975, \$1.50). Complete fitness program taught on the Old Fitness model.

INSIDER 9

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school. I understand that the girls involved are wearing bags on their heads and much worse required idiocies, to receive clues from their big sisters. There are two things here that I object to: 1) that adults would inflict humiliation of this kind on one another and 2) that this is done in the name of sisterhood and by the big-sister, who should be striving to form the closest relationship of all with the initiate.

While we watch this going on it is easy to criticize the initiate for being foolish and allowing herself to be so debased. But when I reflect on this I find it even harder

## THE FLAT HAT



## Editorial Page

## Change

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We feel quite certain that even if the community wishes Barb the best of luck, the sorrow has turned to relief as we have seen the violence.

If we must live with tragedy, it is our duty to avoid it. We now know that even without violence, if we want to be rid of violence, we must be working. Perhaps Peter Finch was "mad as hell" and refuse to tolerate decay. But anger will not solve every problem.

We have not yet become frightened of ourselves for fear of being crushed by the demand the right to live in peace, and the bodies. If we truly believe this, we must demand it.

College, this means not walking or running means demonstrating enough concern for themselves to unnecessary dangers.

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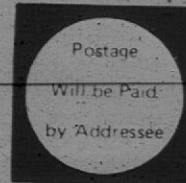
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Comes equipped with black bumpers, mirrors, sport steering wheel, swooping tricolor tape treatment, spoke wheels and RWL tires.
- **Free Wheeling Courier**  
Get it with wide oval RWL tires, cast styled aluminum wheels (4), GT bar, push bar, fog lamps, custom accent tape stripes, and more.
- **Free Wheeling Van**  
Includes sport steering wheel, black painted rocker panels, black front/rear bumpers and mirrors. A separate interior package option is also available. Van shown with additional factory options, owner-added stripes.



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Department's Bureau of Labor Statistics estimates that 100,000 lawyers — one out of six — will be unable to find legal jobs in 1985." On the face of it, too many lawyers. At the same time, I doubt that many will disagree with the statement that our legal resources are not optimally allocated. That is, some of the people who need particular services do not get them. Why? Because they are poor. This is not as simple-minded as it might seem. If wealth were more evenly distributed,

See DOGS, p. 11

into place, and welcome loses its spontaneity. I've become more suitably "buffered." Fortunately I've also witnessed a thing just as impressive. I've seen love and its unqualified expression. There are so many people who care for you, Barb. It is these people who will ultimately prevent the stone from entombing me. I love you, Barb, and to see you hurt so extensively is to pierce something fundamental in me that will heal only when you come home "Barb" again.

Simone

live in arrived one hour late and probably wouldn't have arrived at all if our Resident Director hadn't called the SA office. When the box arrived, it didn't have a lock on it.

Despite this callous attitude of the election committee, I am convinced that at least one of my representatives is a competent individual. (I say "one" because I have yet to meet the other.)

Jeff Strang

See LETTERS, p. 11

# From Inside the Kaleidoscope

by Bill Mims

"After four years of consideration in one form or another, the question of whether or not students should be invited to the monthly meetings of the Faculty of Arts and Sciences will be answered next month."

these decisions are made, but I have yet to hear a professor ask a student "Joe, what do you think of this issue?" This year's proposal — which should facilitate student-faculty communication — is very simple and straightforward. It

this issue only concerns a half-dozen or so student activists. However, this argument is no longer valid. A petition initiated last week by the BSA Academic Affairs Committee currently has over 2000 signatures and the number is growing daily as SAC representatives circulate it among their constituents. This petition not only has increased student awareness of the issue, but demonstrates the overwhelming support of the student body for this proposal. Also, a group of concerned students has been visiting faculty members for the past two weeks, expressing their support of student "resource persons" at faculty meetings. This group includes both those who are in student government and those who are simply concerned about the education they receive.

In conclusion I personally feel more confident than ever before about the passage of this proposal. I have been impressed both by the interest and enthusiasm of the students and the open-mindedness of the professors I have talked with. Hopefully the faculty will approve the proposal, and both they and the students can finally put this controversy behind them and work together to solve their mutual concerns.

offers a series of exercise programs in eight different activities which will meet all three requirements for achieving a training effect. The routines can be tailored to your individual needs.

Although endurance exercises are the most beneficial, by themselves they are seldom enough to assure fitness. An important reason is that without adequate strength and good flexibility, you will quickly injure yourself attempting to do endurance exercises. Jogger's knee, tennis elbow, strained backs, pulled muscles and other ailments which often hit persons early in their fitness programs — and often terminate those programs forever — can be avoided by supplementing jogging, tennis and other endurance-building activities with some muscle-developing and muscle-stretching routines.

The fastest and surest way to increase muscular strength is by working with weights. This can mean lifting hefty barbells in a gym, or it can mean simply supplementing calisthenics by adding five- to ten-pound weights to the routines. (And women, weight training will not give you muscles like Arnold Schwarzenegger. Big, bulky biceps are a byproduct of the male hormone testosterone; women can get stronger without getting bigger. In fact, the last six winners of the Miss Texas pageant have lifted weights to shape up for Miss America competition.)

There are other exercises that will add strength in specific muscle groups, such as sit-ups (abdomen) and push-ups (arms). A few of these may suffice to keep your elbows and knees in working order.

Flexibility is extremely important if you are already doing endurance exercises. Generally, flexible bodies absorb more stress with less injury — like willow trees that bend with the wind but don't break. Specifically, some exercises develop but also tighten and shorten key muscles. Running shortens the calf, hamstring and lower back muscles, for example. Unless running is supplemented with flexibility exercises to stretch these muscles out again, the body gets out of alignment and the inevitable result is injury.

Ballet is one of the best exercises for all-around flexibility. Yoga also comes highly recommended as a gentle, gradual way to stretch taut muscles.

Any comprehensive physical fitness plan of the Old Fitness school — for example, the Royal Canadian Air Force and YMCA programs — will include both strength and flexibility exercises that you can handpick for your needs.



## Tips for the Novice

If you're gearing up for a little physical activity, here is some general advice to keep in mind before you start:

- Always warm up for at least 10 minutes before beginning any strenuous activity. It's a shock to your heart when you bound from a virtual standstill to a full-tilt gallop. Work your way up slowly.
- Equally important is to cool down for at least 10 minutes when you have finished exercising. When your muscles have been pumping over and over and suddenly you stop, sit down or stand still, blood tends to pool in those muscles. In many cases you will feel faint because not enough blood is leaving those muscles for your brain. So decrease activity gradually. If you have been running hard or playing tennis, keep walking and swinging your arms to move the blood around.
- Don't strain. Many exercise programs end after one week, when a well-intentioned but overly enthusiastic fitness novice tries to do too much too soon, and ends up with aches and pains and sprains. Start slowly; don't ever push yourself to the point of collapse, and let everything take its course gradually. Nothing about fitness is instant. But what

takes a long time also may last a long time.

• Don't exercise immediately after a meal. This may lead to nausea. Wait two hours. If you cannot exercise on an empty stomach, drink some water or juice and wait a few minutes. There is nothing harmful, however, in drinking water in the middle of a hot set of tennis.

• Pay attention to pain. That's nature's way of telling you something is wrong. Pain is an early warning signal, and if you persist in the face of pain you are asking for more serious injuries. When it hurts, ease up.

I wouldn't trade my body for anybody's. In the years we've been together I have become rather attached to it. At the same time, I could stand to improve it a good bit.

My own fitness program is in its fourth week now. Five evenings a week, my lovely partner and I slip into our shorts and shoes, stretch for 10 minutes, then jog a mile on a grassy boulevard. We walk for another 10 minutes or so to cool down, then call it quits.

This program has endurance and flexibility training but no strength exercises. Perhaps we should add them. Last weekend while cleaning out the basement, a cast-iron bathtub pinned me to the wall and smashed my finger. If it happens again we may add some push-ups, or even lift weights, but for the moment we feel content lifting forks.

I never thought I would exercise again, ever. But it is fun. It relieves tension, boosts my energy, suppresses my appetite (ever so slightly) and makes me feel good about myself. It's my program, at my pace, for my needs, and the only judge of whether it's successful or adequate is yours truly.

I hereby declare it adequate and successful.

Here's hoping you enjoy your fitness just as much.

Staff writer Don Akchin is a 149-pound New Fitness enthusiast.

## FOR MORE INFORMATION

If you're now inspired to embark on your own fitness campaign but need more information to get you going, the following books can be valuable resources:

- *The New Aerobics*, by Kenneth H. Cooper (Bantam Books, 1970, \$1.50). Has gradual training programs in several activities for cardiovascular conditioning.
- *Aerobics for Women*, by Mildred Cooper and Kenneth H. Cooper (Bantam Books, 1973, \$1.75). Cooper's famous exercise scheme (originally developed for the Air Force) carried a step further.
- *Royal Canadian Air Force Exercise Plans for Physical Fitness* (Simon and Schuster, 1976, \$1.95). Daily routines for all-around fitness.
- *Dr. Sheehan On Running*, by George A. Sheehan (World Publications, 1975, \$3.50). A good introduction to the New Fitness, especially for joggers.
- *The Official YMCA Physical Fitness Handbook*, by Clayton R. Myers (Popular Library, 1975, \$1.50). Complete fitness program taught on the Old Fitness model.

INSIDER 9

Assistant Editors: Kathy Lloyd (Campus Briefs), Stacey Byrnes and Sheila Reed (News), Donna Adams (Production), and Brice Anderson (Sports).

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Advertising Managers: Barbara Hawver (Design), and Kyle Sonnenberg (Sales).

Business Manager: Holly Rutherford.

Circulation Manager: Mark Craver.

school. I understand that the girls involved are wearing bags on their heads and much worse required idiocies, to receive clues from their big sisters. There are two things here that I object to: 1) that adults would inflict humiliation of this kind on one another and 2) that this is done in the name of sisterhood and by the big-sister, who should be striving to form the closest relationship of all with the initiate.

While we watch this going on it is easy to criticize the initiate for being foolish and allowing herself to be so debased. But when I reflect on this I find it even harder

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Sincerely,  
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Class of 1974

## GDI's Offend

Dear Editor:  
Derby Day went rather smoothly this year, with 70 teams participating. However, I as a Greek, have one little beef: the GDI's went a bit too far in their enthusiasm. I respect that sorority life may not be right for everyone, and that

See LETTERS, p. 12

# THE FLAT HAT



# Editorial Page

## Change

"Peaceful" communities such as... be little else than shocked at the... last week. It is difficult to believe... suffer such violation, in such unex...

We feel quite certain that every... community wishes Barb the best of... sorrow has turned to relief as we ha...

If we must live with tragedy, it... avoid it. We now know that even Wi... and violence. If we want to be rid... which violence brings, we must be... working. Perhaps Peter Finch was... "mad as hell" and refuse to toler... decay. But anger will not solve ev...

We have not yet become frighte... ourselves for fear of being crushed... demand the right to live in peace... bodies. If we truly believe this, we...

College, this means not walking o... means demonstrating enough conce... themselves to unnecessary danger...

It is the task of law enforcement... curred last week, but the aid of in... possibly deserve such barbarous... eliminate as much chance as possi...

Of equal importance is the m... perpetrator of a violent crime. Our... we must insure an attitude of justic... or retribution. Perhaps our greater... ugly, oppressive truths which surr...

## If Dogs Run Free

I was slightly surprised by the volu... of mail received in response to my l... column; in it I suggested that the build... of a new law school (or, as I... correspondents were quick to point out... new facility for the old law school) w... not necessarily in the best interests of... taxpayers, and attempted to provi... some reasons why. A large part of t... diatribe consisted of quotes from a rec... New Republic article about legal s... vices. My correspondents tended... ignore the arguments there presented... favor of my rabble-rousing comments... which surrounded it. What offended th... most, I think, was my suggestion th... Marshall-Wythe should simply be s... down. They know and I know that this... not happen; they are no doubt as sure... am that the bond issue will pass. Perh... I can be forgiven then, for thinking th... struck a sensitive place.

The criticisms received were of vary... cogency, and space precludes my deal... with all of them. I will try to comment... the most important. I trust... correspondents will pardon me for... casionally lumping them together, ... they contradict each other as often... they contradict me. Let us consider... what we are not discussing. We are no... discussing: 1) the need for law in our... society, and the consequent need for a... legal profession. The first is a... philosophical given, the second a... practical necessity. 2) The merits of... individuals. This removes my correspo... from the necessity of defending... their own virtue, and myself from the... obligation of listing my friends in the... legal profession. I am also not interest... in a person's reasons for entering law... school. It may be, as the mass media... constantly insinuate, that the generati... of the seventies is apolitical and money...

## The Diet Connection

### The Thinking Person's Guide to Losing Weight

by THEODORE BERLAND

If you want to lose weight, you have... to pay attention to what you are doing... to gain weight. You can't idly nibble... on Fritos as you study, thoughtlessly... order tips-and-shake at lunch, or... carelessly take part in beer blasts... without paying the consequences... another millimeter, or so, of fat de... deposited where you don't want it.

I recently gained some insights into... the secret dietary life of college stu... dents while teaching a nutrition... course at Columbia College in Chi... cago. I asked everyone in the class to... record what they ate during one... typical day and to analyze the day's... nutritional input. The papers turned... in revealed that on the average, my... students were getting what is con... sidered normal nutrition. But indivi... dual diets ranged widely. Behind the... statistics, the real people were either... starving or stuffing themselves.

Two women ate the least, about 500... calories a day, while another ate the... most, about 3,000. Several men were... eating about 1,700. Some ate mostly... protein; others mostly carbohydrate... Some ate no animal flesh; some lived... on fish, most ate lots of junk; a few ate... such combinations as cracked-wheat... bread, yogurt and beer.

Most of the students in the class... were living by a mixture of half-... understood concepts of "good" nu... trition, "natural" foods, vegetarian... ism, Adelle Davis and established... standards of dieting. Their confusion... about how the body uses and stores... food was often more a deterrent to... successful dieting than was a lack of... willpower.

You don't have to take a nutrition... course to learn how to lose weight, but... before you begin any diet you do need... to know how your body processes... foods so you'll know why some... diets will work every time and why... others won't ever work, despite their... claims. Once you know this, you'll be...

New Republic article. The Labor... Department's Bureau of Labor Statistics... estimates that 100,000 lawyers — one out... of six — will be unable to find legal jobs in... 1985." On the face of it, too many lawyers... At the same time, I doubt that many will... disagree with the statement that our legal... resources are not optimally allocated... That is, some of the people who need... particular services do not get them. Why?... Because they are poor. This is not as... simple-minded as it might seem. If... wealth were more evenly distributed,

See DOGS, p. 11



ready to put together a personal di... plan that's best for you.

### What Food Does

If you put aside the aesthetics, th... purpose of food is to provide the bod... with a variety of carbon compounds... which serve as its source of energy an... of materials for forming and main... taining tissues and for carrying on th... processes of life. Ultimately, you ca... because only food can provide the... basic chemicals your body needs... These chemicals are called nutrients... The most basic nutrients are protein... carbohydrate and fat. There are also... vitamins and minerals and trace... metals. And water. Altogether, food... scientists tell us, you need between 45... and 50 dietary compounds to live and... to be healthy.

First you need protein. In fact, the... name comes from the Greek word for... "first," *protos*. It was the synthesis of... protein in the cosmic ooze of primi... tive earth which gave life its start here... Next to water, your body contains... more protein than anything else... Muscles, bones, blood, skin, mucus... enzymes, hormones are made of... protein.

Proteins are complex chemicals... which are made of component chemi... cals called amino acids. These literally... are the building blocks of life. They... are like fats and carbohydrates in that... they have spines of carbon atoms and... arms of hydrogen and oxygen. They... are unlike them in that they also... contain nitrogen and sometimes sul... fur.

The 20 known amino acids come... together in a multitude of ways to... form different proteins. Unlike plants... which can make all these amino acids... we can make only about half. We... must obtain the rest from the foods we... eat. The nine we need are called the... essential amino acids.

Unless you're taking "predigested"... liquid protein and following *The Last... Chance Diet*, you do not eat amino... acids by themselves. You instead eat... protein in such foods as meat, milk... beans, nuts. During digestion these... proteins are broken down into amino... acids. The body then has the options... of putting together proteins from... these amino acids, converting them to... carbohydrates or, further, to fat... burning them for energy or excreting... them.

Proteins from animal sources... flesh, milk, eggs — contain plenty of... all of the amino acids you need. But... proteins from plant sources do not... Vegetables, fruit, grains, beans, nuts... are all deficient in one or another of... the nine amino acids. The body can... use plant protein food as well as... animal protein food, but only when it... has all of the amino acids present at...

Third: The ballot box for the GOIM I... live in arrived one hour late and... probably wouldn't have arrived at all if... our Resident Director hadn't called the... SA office. When the box arrived, it didn't... have a lock on it.

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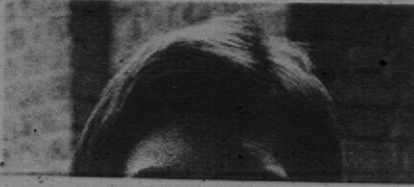
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by Bill Mims



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the same time. You do not store amino acids. This means vegetarians have to eat the proper combinations of plant protein foods, such as rice-and-beans or wheat-and-beans.

**Carbohydrates** (starches and sugars) provide your body with immediate energy. Your brain and nervous system must be powered by the sugar glucose to function. Because of its important energy function, the body makes glucose from both amino acids and fatty acids, as well as from other sugars and starches. This means that, in essence, you probably don't even have to eat any carbohydrate. However, in real life, people eat carbohydrate foods as filler: for example, bread. The body converts oversupplies of glucose into starch (glycogen) which is temporarily stored in the liver and muscles for use as needed.

You don't need much fat, but you do need some. You especially need linoleic acid and arachidonic acid. Your body can make the second if it has enough of the first. You get linoleic acid in such vegetable oils as corn, peanut and safflower oils (but not olive or coconut oil). You need fats to maintain cellular membranes, store certain vitamins (A, D, E, K), keep your skin supple and be involved in the workings of some hormones. Body fat is the long-term energy storage depot.

You eat grams, ounces and pounds of protein, carbohydrate and fat every day. The other nutrients you eat are called micronutrients because you only need milligrams or less of each. These include vitamins, minerals and trace metals. If you eat a well-rounded diet you should get enough of the essential vitamins (A, C, D, E, K and all the B's), as well as the important minerals such as iron, calcium, phos-

Americans on a national scale, consume 1,353 pounds of food per person per year, or 3.71 pounds per person per day. That amounts to 1.2 million calories per year, or 3,293 calories per day—enough to sustain a construction worker or lumberjack at 190 pounds, or a moderately active weekend athlete at 220 pounds.

Over a year's span, that's a total for each person of 182 pounds of meats, 271 pounds of milk and cream, 98 pounds of fresh vegetables, 118 pounds of potatoes, 100 pounds of sugar, and 112 pounds of flour.

phorus, potassium, zinc, iodine, fluorine. But to make sure you get it all, taking a vitamin-mineral supplement every day is wise. (Vegetarians need to be sure they get Vitamin B<sub>12</sub>, otherwise available only in animal foods.)

### What's a 'Balanced' Diet?

A balanced diet means eating foods from the basic four food groups—dairy products, protein, fruits-vegetables and cereals-grains. You also need to drink about one-and-a-half quarts of water or liquids a day. Eat as much uncooked, fresh produce as you can, and as few highly processed foods as possible. That's often not easy at college, especially if you live in a dorm. But it can be done.

The best advice on what and how to eat is summarized in the 1977 government publication, *Dietary Goals for the United States*, prepared by the staff of the U.S. Senate's Select Committee on Nutrition and Human Needs after years of hearings and research. The committee says we can all get thinner and live longer by

reversing our national over-consumption of food in general and of fat (especially saturated fat), cholesterol, sugar, salt and alcohol, in particular. It recommends that you:

- Eat less meat and more fish and poultry.
- Replace whole milk with skim milk.
- Cut back on eggs, butter and other high-cholesterol sources.
- Cut back on sugar, to 15 percent of your daily calories.
- Cut back on salt, to a total of three grams a day.
- Eat more fruits, vegetables and whole grains.

According to the report, 12 percent of your daily calories should be protein. The report also recommends that you eat more carbohydrates than fat (especially complex carbohydrates like fruit-sugar and starch). Carbohydrates should constitute 58 percent of your daily caloric intake, of which sugar can be as much as 15 percent. The remaining 30 percent of calories you consume should be fat (10 percent saturated, 20 percent unsaturated).

### What Do Calories Do?

Proteins, carbohydrates and fat can each serve as a source of energy in the body, as I explained earlier. Their energy potential is measured in calories. A Big Mac is 550 calories, a can of beer (12 ounce) is 150, a raw carrot is 20, diet cola is one. Calories simply tell how much energy a food can contribute to power the life processes in your body.

If you get just as many calories a day as your body needs, fine. If you eat more than you use, your body stores the rest. Less, and you draw from reserves. That's how human

*continued on page 14*

universities are good places to start. The historical growth of professionalism is only beginning to be studied with the attention it deserves. See Thomas L. Skellern, "Power to the Experts," *The New York Review of Books*, October 13, 1977.

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## SAMPLE HEIGHT/WEIGHT CHART

MEN OF AGES 25 AND OVER*				WOMEN OF AGES 25 AND OVER*					
Weight in Pounds According to Frame (In Indoor Clothing)				Weight in Pounds According to Frame (In Indoor Clothing)					
HEIGHT (with shoes on) 1-inch heels Feet	SMALL FRAME	MEDIUM FRAME	LARGE FRAME	HEIGHT (with shoes on) 2-inch heels Feet	SMALL FRAME	MEDIUM FRAME	LARGE FRAME		
								Inches	Inches
5	2	112-120	118-129	126-141	4	10	92-98	96-107	104-119
5	3	115-123	121-133	129-144	4	11	94-101	98-110	106-122
5	4	118-126	124-136	132-148	5	0	96-104	101-113	109-125
5	5	121-129	127-139	135-152	5	1	99-107	104-116	112-128
5	6	124-133	130-143	138-156	5	2	102-110	107-119	115-131
5	7	128-137	134-147	142-161	5	3	105-113	110-122	118-134
5	8	132-141	138-152	147-166	5	4	108-116	113-126	121-138
5	9	136-145	142-156	151-170	5	5	111-119	116-130	125-142
5	10	140-150	146-160	155-174	5	6	114-123	120-135	129-146
5	11	144-154	150-165	159-179	5	7	118-127	124-139	133-150
6	0	148-158	154-170	164-184	5	8	122-131	128-143	137-154
6	1	152-162	158-175	168-189	5	9	126-135	132-147	141-158
6	2	156-167	162-180	173-194	5	10	130-140	136-151	145-163
6	3	160-171	167-185	178-199	5	11	134-144	140-155	149-168
6	4	164-175	172-190	182-204	6	0	138-148	144-159	153-173

\*NOTE: For young women between 18 and 25, subtract 1 pound for each year under 25. The absence of a similar measurement rule for young men between 18 and 25 is explained in part by the difference in growth periods for the sexes. Young women don't grow much taller after age 16 and add little weight after the age of 18, except for unwanted fat. On the other hand, the growth period of young men may continue into their early twenties.

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INSIDER 11

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While we watch this going on it is easy to criticize the initiate for being foolish and allowing herself to be so debased. But when I reflect on this I find it even harder

# THE FLAT HAT



## Editorial Page

### Change

"Peaceful" communities such as Barb are little else than shocked at the last week. It is difficult to believe suffer such violation, in such unexpected ways. We feel quite certain that every community wishes Barb the best of sorrow has turned to relief as we have. If we must live with tragedy, if we avoid it. We now know that even violence. If we want to be rid of which violence brings, we must be working. Perhaps Peter Finch was "mad as hell" and refuse to tolerate decay. But anger will not solve evil. We have not yet become frightened ourselves for fear of being crushed by demand the right to live in peace, in bodies. If we truly believe this, we must eliminate as much chance as possible. It is the task of law enforcement curbed last week, but the aid of individuals possibly deserve such barbarous elimination as much chance as possible. Of equal importance is the perpetrator of a violent crime. Our we must insure an attitude of justice or retribution. Perhaps our greatest ugly, oppressive truths which surround

### If Dogs Run Free

I was slightly surprised by the volume of mail received in response to my last column; in it I suggested that the building of a new law school (or, as my correspondents were quick to point out, new facility for the old law school) was not necessarily in the best interests of taxpayers, and attempted to provide some reasons why. A large part of the diatribe consisted of quotes from a recent New Republic article about legal services. My correspondents tended to ignore the arguments there presented in favor of my rabble-rousing comments which surrounded it. What offended the most, I think, was my suggestion that Marshall-Wythe should simply be shut down. They know and I know that this will not happen; they are no doubt as sure as I am that the bond issue will pass. Perhaps I can be forgiven then, for thinking that I struck a sensitive place.

The criticisms received were of varying cogency, and space precludes my dealing with all of them. I will try to comment on the most important. I trust my correspondents will pardon me for occasionally lumping them together, if they contradict each other as often they contradict me. Let us consider at least what we are not discussing. We are discussing: 1) the need for law in our society, and the consequent need for a legal profession. The first is a philosophical given, the second a practical necessity. 2) The merits of individuals. This removes my correspondents from the necessity of defending their own virtue, and myself from the obligation of listing my friends in the legal profession. I am also not interested in a person's reasons for entering law school. It may be, as the mass media constantly insinuate, that the generation of the seventies is apolitical and money-



# EUROPE'S MOST SUCCESSFUL NEW CAR IN HISTORY COMES TO AMERICA...

IT'S OUTSOLD EVERY NEW CAR NAMEPLATE EVER INTRODUCED IN EUROPE. BASED ON A COMPARISON OF SALES IN THE FIRST SIX MONTHS.

Department's Bureau of Labor Statistics estimates that 100,000 lawyers — one out of six — will be unable to find legal jobs in 1985. On the face of it, too many lawyers. At the same time, I doubt that many will disagree with the statement that our legal resources are not optimally allocated. That is, some of the people who need particular services do not get them. Why? Because they are poor. This is not as simple-minded as it might seem. If wealth were more evenly distributed,

into place, and welcome loses its spontaneity. I've become more suitably "buffered." Fortunately I've also witnessed a thing just as impressive. I've seen love and its unqualified expression. There are so many people who care for you, Barb. It is these people who will ultimately prevent the stone from entombing me. I love you, Barb, and to see you hurt so extensively is to pierce something fundamental in me that will heal only when you come home "Barb" again.

See DOGS, p. 11

Simone



### Fiesta Imported from Germany by Ford.

The remarkable success of the new Ford Fiesta in Europe has surpassed even the most popular cars from Volkswagen, Renault and Fiat. Behind that success is Fiesta's dramatic level of automotive performance.

#### ADVANCED EUROPEAN ENGINEERING

Fiesta is assembled by Ford in Germany, where its competition includes some of the world's best performance sedans. It was engineered for stability on Europe's high-speed autobahns. Engineered to be quick and maneuverable in city driving and for all its dramatic performance. Fiesta was engineered for comfort: its unique 4-passenger design has created more back-seat leg-room than any other imported or domestic car of its kind.

#### FRONT-WHEEL DRIVE TRACTION

Fiesta has front-wheel drive, which helps give the car good drive wheel traction—even on roads covered with snow and ice. This, in addition to Ford's MacPherson front suspension, rack and pinion steering, and Michelin radial tires, contribute to a solid feeling of controlled action.

And more: In Ford tests, Fiesta accelerated from 0-50 MPH in an average of 8.8 seconds. 91 for California emissions equipped models.

#### EASY TO SERVICE

Fiesta was engineered to be simple and easy to service—an important benefit for foreign car buyers. Owners will appreciate its highly accessible transverse-mounted engine. And see-through containers for checking fluid levels in the oil, cooling system, brake and washer reservoirs.

The new Fiesta is available from more than 5,000 authorized Ford Dealers across America. A single test drive can show you why it's Europe's most successful new car in history.

*Pictured above: Standard instrumentation of the Fiesta Sport. Opposite page upper left: View of rear hatch gate of the Fiesta Ghia.*

46 MPG\* HWY  
34 MPG\* CITY  
\$3,680\*\*

\*EPA estimates. Your mileage may vary depending on your driving conditions, optional equipment, and how you drive. California ratings are lower.  
\*\*Base Fiesta (shown right) price excluding taxes, title, and destination charges.

THRU: THE BRIDGE FOR THE NORTH I live in arrived one hour late and probably wouldn't have arrived at all if our Resident Director hadn't called the SA office. When the box arrived, it didn't have a lock on it.

Despite this callous attitude of the election committee, I am convinced that at least one of my representatives is a competent individual. (I say "one" because I have yet to meet the other.)

Jeff Strang

See LETTERS, p. 11

## From Inside the Kaleidoscope

by Bill Mims



"After four years of consideration in one form or another, the question of whether or not students should be invited to the monthly meetings of the Faculty of Arts and Sciences will be answered next month..." So begins the news article from these decisions are made, but I have yet to hear a professor ask a student "Joe, what do you think of this issue?" This year's proposal — which should facilitate student-faculty communication — is very simple and straightforward. It proposes that three students be allowed to

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In conclusion I personally feel more confident than ever before about the passage of this proposal. I have been impressed both by the interest and enthusiasm of the students and the openness of the professors I have talked with. Hopefully the faculty will approve the proposal, and both they and the students can finally put this controversy behind them and work together to solve their mutual concerns.

Universities are good places to start. The historical growth of professionalism is only beginning to be studied with the attention it deserves. See Thomas L. Skelton, "Power to the Experts," The New York Review of Books, October 13, 1977.

Of course, I think the legal profession would stand restructuring. That was what I behind my facetious suggestion that Marshall-Wythe should be closed down. Any such suggestions, however, would be separate argument which would not be dependent on the criticisms developed above.

6) The legal profession, itself a monopoly, provides the grease on which the other monopolistic wheels of our society spin. This my jibes at the "functionaries." This point will perhaps provide a bridge from thinking about the legal profession to thinking about the society at large.

I see that I did not directly answer any of the criticisms of my earlier article. I hope that the above argument provides a form of indirect answer and that readers may be interested in pursuing it further. My thanks to The Flat Hat for providing extra space, and to my correspondents for forcing me to define my position with greater clarity, at least myself.

believe that someone could inflict that humiliation on another person. I have to wonder about the kind of mind that could think up some of these displays. And what does it prove? I can't think of one constructive result from this razing. This is a kind of stuff I was subjected to during a high school sorority, and it is exactly what I view it as — immature. It has nothing to do with the fun of finding big sister clues, it has nothing to do with sisterhood and it has nothing to do with maturity, compassion and decency.

Sincerely,  
Mary Hale Stockey  
Class of 1974

### GDI's Offend

Dear Editor:

Derby Day went rather smoothly this year, with 70 teams participating. However, I as a Greek, have one little beef: the GDI's went a bit too far in their enthusiasm. I respect that sorority life may not be right for everyone, and that

See LETTERS, p. 12

# FIESTA



FORD FIESTA

FORD DIVISION



75th ANNIVERSARY

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continued from page 11

beings have survived for most of our... million or so years on earth. During... famines we live off the energy stored... on our bodies—glycogen for short... term food shortages of a day or so... and fat for long-term shortages. Dur... ing feasts we accumulate glycogen... and fat. You can't see glycogen, but... you can certainly see most of the fat... —as double chins, flapping upper arms... and protruding breasts, bellies and... buttocks.

Excess calories add up, day by day... and month by month. Small deposits... of fat become large ones. It is easy... to accumulate fat when your most rig... orous physical activity is eating. And... even if you are somewhat active, it's... harder to burn off calories through... exercise than it is to put them on by... eating. Each pound of fat represents... 3,500 calories, usually accumulated... over a long period of overeating time... You only burn-up 100 calories by 10... minutes of jogging, 12 minutes of... swimming, 15 minutes of bicycling or... 19 minutes of walking.

You can lose weight far more... quickly and more certainly by not... eating 100 calories. If you do that... every day, you will have a weekly... deficit of 700 calories. In five weeks

you will have lost a pound because of... your 3,500-calorie deficit.

How To Construct Your Personal Diet Plan

If you have dieted before, you... probably know there is a long-st... anding debate between the low-cal... orie dieters and the low-carbohy... drate camp. Let it be said once and... for all that the only way to lose weight... is to reduce calories. If you eat mostly... protein and fat—as the low-carbohy... drate proponents instruct—you will... only lose weight if the calories are few... What protein you don't need right... away is converted to carbohydrate... and excess carbohydrate becomes fat... to be stored.

Any effective diet plan will mean... reducing calories, and those calories... should be distributed among protein... carbohydrate and fat in a balanced... way. To start, you first need to know... how many calories a day to eat. To... estimate this total, multiply your... desired weight by 12. You probably... know what weight makes you look... and feel good, but if not, consult a... standard height-weight chart. The 12... represents the number of calories... you'll need to maintain a pound of... body weight every day. This assumes

an urban sedentary-type life style. If... you're moderately active physically... use 15. If you are a real jock, or do... heavy manual work, you can use a... higher figure of 18 or more.

To maintain my 150 pounds, for... instance, I need to eat 150 x 12 or 1,800... calories a day. Let's say I want to lose... two pounds of fat a week. If one... pound of fat equals 3,500 calories, I... must eat a deficit of 7,000 calories... over seven days. I can do this by eating... 1,000 calories less a day (7 day x 1,000... calories = 7,000 calories a week).

Subtracting 1,000 from 1,800 gives... me 800 calories, the amount I should... be eating every day until I get to that... ideal weight. Two pounds a week is... about all you should expect to lose... The American Medical Association... says "it is usually unwise to try to lose... more than two pounds per week... because rapid weight loss may leave... you tired, grumpy and vulnerable to... illness."

In addition to counting the number... of calories you eat, you need to be sure... you're getting certain amounts of... protein, carbohydrate and fat. There... are four calories in every gram of... protein and in every gram of carbohy... drate; there are nine calories in every... gram of fat.

Following the Select Committee's... guidelines, 12 percent of a balanced... diet should be protein. Twelve per... cent of 800 calories is 96; divided by... four calories per gram means I can eat... 24 grams of protein each day. If... carbohydrate makes up the recom... mended 58 percent of my diet, I can... eat 116 grams of starches and sugars... (58 percent of 800 calories is 464;... divided by four calories per gram is... 116 grams). Fat, at 30 percent of the... diet, comes to 26.6 grams (30 percent... of 800 calories is 240; divided by nine... calories per gram is 26.6 grams). My... diet plan now looks like this:

Protein, 24 grams 96 cal. (12%)  
 Carbohydrate, 116 grams 464 cal. (58%)  
 Fat, 26.6 grams 240 cal. (30%)

There's one problem with the diet... thusfar: There's not enough protein... According to the Recommended... Daily Allowance established by the... National Academy of Sciences—National... Research Council, I should be eating... a minimum of 55 grams of... protein a day (women, because of... statistically smaller builds, need less—... 46 grams). I need to add more protein... and to do this, I'll take from carbohy... drate. Here is the adjusted, final... outline of my reducing diet:

Protein, 55 grams 220 cal. (27.5%)  
 Carbohydrate, 85 grams 340 cal. (42.5%)  
 Fat, 27 grams 243 cal. (30%)  
 Total 803 cal. (100%)

Once you've worked out a guide... like this for yourself, the next step is to

FAST-FOOD NUTRITION: HOW IT ADDS UP

	CALORIES	PROTEIN (grams)	FAT (grams)	CARBO (grams)
<b>McDonald's</b>				
2 hamburgers, fries, shake	1030	40	37	135
Big Mac, fries, shake	1100	40	41	143
Big Mac	550	21	32	45
Quarter pounder	420	25	19	37
Hamburger	260	14	9	30
French fries	180	3	10	20
Chocolate shake	315	9	8	51
<b>Burger King</b>				
Whopper, fries, shake	1200	40	47	147
Whopper	630	29	35	50
Whopper, Jr.	285	16	15	21
Double hamburger	325	24	15	24
Hamburger	230	14	10	21
French fries	220	2	12	10
Chocolate shake	365	8	8	65
<b>Pizza Hut</b>				
10-in. Supreme (cheese, tomato sauce, sausage, pepperoni, mushrooms, etc.)	1200	72	35	152
10-in. pizza (cheese)	1025	65	23	140
<b>Arthur Treacher's</b>				
2-piece dinner (fish, chips, slaw)	900	25	45	99
3-piece dinner (fish, chips, slaw)	1200	55	64	101
<b>Kentucky Fried Chicken</b>				
3-piece dinner (chicken, potatoes, roll, slaw)	1000	55	55	71
<b>Dairy Queen</b>				
4-oz. serving	180	5	6	27
<b>Arby's</b>				
Sliced beef sand., 2 potato patties, slaw, shake	1200	37	40	166

14 INSIDER

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## 10 Diets Good and Bad

Diets can come in some exotic forms and make wildly incredible claims — and who are we to resist the plan that lets us eat or drink all we want of a particular food and still lose weight quickly, effortlessly and without any feelings of hunger? Most people find it difficult to pass up the quick-weight-loss promises of the fad diets for the more tedious programs of counting calories, but the fact is only few diet plans work well over the long run — and the fad diets are not among them. Here is a look at 10 popular diet plans with a discussion of why they do or do not work.

**Fasting.** Many people think fasting is the quickest way to lose weight, and it is true that some very overweight people can lose as much as one pound a day on a doctor-supervised fast. Any fast beyond a day or two can be dangerous, however, and even those first few days will be uncomfortable: people report feeling hungry and listless and often complain of accompanying headaches.

**Zen Macrobiotic Diet.** This phony, dangerous diet has nothing to do with Zen Buddhism. Invented by the late George Ohsawa, the macrobiotic diet progresses through six increasingly severe stages, the final diet consisting of only brown rice and tea. Frederick J. Stare, M.D., of Harvard University's Department of Nutrition has called it "the most dangerous fad diet around" because it lacks most vitamins as well as the critically necessary mineral, iron.

**Liquid or Powdered Protein Diets.** This fad started as a beauty-shop diet marketed as NaturSlim, a powder you add to skim milk for breakfast and lunch. When you add a sparse dinner, you eat about 750 calories a day. Then came *The Last Chance Diet* by Dr. Robert Linn and Sandra Lee Stuart and liquid "predigested" protein, *Protein*, originally sold only to doctors. Now it and imitators are sold in drug stores. While it can take weight off fast, it is neither complete nutrition nor the sort of food you can live on for long.

**Dr. Atkins' Super Energy Diet.** This is an extension of the earlier *Dr. Atkins' Diet Revolution* which lets you eat as much protein and fat as you want but initially no carbohydrate. This high-protein diet puts your body into a state of ketosis, which can be dangerous to diabetics and hard on the kidneys. The initial weight loss is mostly a loss of body water, and eliminating carbohydrate makes most people feel lethargic.

**Dr. Stillman's Quick Weight Loss.** He may be dead, but his poultry, fish, cheese and eggs diet lives on. It is called the "water diet" because you must drink at least eight glasses of water a day to flush out your kidneys. It is basically another low-carbohydrate diet that has the same risks and problems of fatigue as Atkins' diets above.

**Low-Carbohydrate Diets.** You can realize weight loss by a sensible combination of calorie-counting and low-carbohydrate eating. First, your total calories should not exceed the number necessary to lose weight. Then, in distributing those calories among protein, carbohydrate and fat, allot 50 but not more than 60 grams to carbohydrate; limit your fat consumption to under 30 grams; and the remaining calories should be protein. Your initial loss will be water, but after several weeks, you will see real weight loss.

**High-Fiber Diets.** According to proponents, if you load your diet with high-fiber foods which include certain vegetables, fruits and grains — unprocessed miller's bran supposedly being the best source — this will speed digested foods through your intestines and thus minimize the chance your body has to absorb calorie-containing nutrients. Nonsense. But such diets do fill you up and give you "regular" bowel movements.

**Acupuncture Diet.** The internal organs have essential nerves which form branches that emerge under the skin in different parts of the body. Acupuncture stimulates these nerve branches, sending signals through the main nerve to the organ itself. Acupuncture cannot cause you to lose weight, but it can control feelings of hunger. Treatments are usually performed by a physician.

**Vegetarian Diet.** You can lose weight and keep it off by giving up meat. But you have to know how to mix vegetable proteins (such as rice and beans, or peanut butter and bread), and be sure you get Vitamin B<sub>12</sub> to stay healthy.

**TOPS, Weight Watchers, Diet Workshop, Overeaters Anonymous.** All of these diet groups can help you — providing you stick with them. They offer the best diets, the best advice and the best support from fellow dieters. There is an evangelical fervor at many of their meetings, but the person who is secure enough to see the praise and criticism for what it is — namely, reinforcement to keep to your diet — will not be turned off by the theatrics.

look up foods and figure out how to spend those grams and calories. You will soon see that there are very few foods which are pure protein or pure carbohydrate. Most foods are mixtures of these two, plus fat. There are also totally fat foods, such as butter, margarine, lard and salad oils.

Get a copy of the *Nutritive Value of Foods* from the U.S. Government Printing Office, Washington, D.C. 20402 for 85 cents. Another good reference is Jean Carper's *The Brand Name Nutrition Counter* (Bantam, \$1.95).

You'll find that a cup of cottage cheese costs you 233 calories, for which you get 28.6 grams of protein, 6.1 grams of carbohydrate and 8.8 grams of fat.

A cup of plain yogurt is 125 calories, which yields eight grams of protein, 13 grams of carbohydrate and four grams of fat.

A cup of canned beans with sliced frankfurters is 365 calories, which gives 19 grams of protein, 32 grams of carbohydrate and 18 grams of fat.

Now, if you live in a dorm or house and get your meals there, you probably can't make up the menu. But all is not lost. You can select from what is offered. That includes not eating dishes, such as desserts. If you can, get a copy of each week's menu plan, analyze the meals in advance and pick and choose in cool deliberation, rather than in the heated temptation of the food line. Also, if you ask, your kitchen may prepare low-calorie dishes. If you cook for yourself or eat out, you can exercise complete control of your diet. And if you're in the habit of frequenting fast-food chains, we've included an analysis of what is served there.

You may be thinking by now that this do-it-yourself diet is too hard to do. Far easier, you may think, to simply swallow liquid protein, or follow Atkins or Stillman, or simply fast.

**Wrong.** For a svelte figure, you need something that will not only get your weight down, but keep it down. That requires a way of eating you can follow the rest of your life. Stay away from any diet that is not well-rounded.

A vegetarian diet is okay, if you know how to mix the proteins. But diets that are no-carbohydrate, or only meat-and-fish, or high-fat are all dangerous. The best diet is one that limits your calories while maintaining a balanced combination of protein, carbohydrate and fat.

Theodore Berland, a frequent lecturer on dieting, is the author of 10 books, including *Rating the Diets* and *The Acupuncture Diet*.

INSIDER 15

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# THE FLAT HAT



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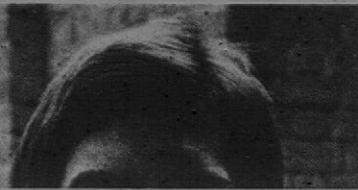
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# Feeling Good: Ways To Get in Touch with Your Body



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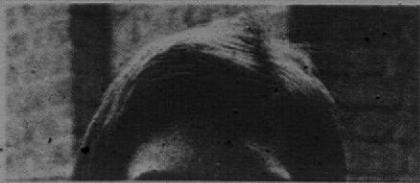
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As many experts tell it, our emotions, attitudes and past experiences are all linked to physical responses in the body. Often, we ignore these body messages until serious illness or breakdown occurs. It's as if the body and the mind were tied together by a fragile cord and slowly wandering in opposite directions. Eventually, the body yanks on that cord with a sharp dose of pain or disease to finally grab the mind's attention. Sensory awareness systems aim to avoid these crisis messages by keeping mind and body in constant communication. The idea is to help the body put through a continuous flow of signals about its need for food, rest and exercise while the mind sends back its own signals to control the body's functions and stir up new reserves of strength and energy.

Because the vast majority of these methods are rooted in centuries-old Chinese, Japanese and Indian philosophies, the same basic techniques tend to surface again and again. For instance, deep breathing, stretching exercises and mental concentration to relax various body parts are techniques used in dozens of body systems. Overall, these systems tend to fall into several distinct categories of body-working methods — from massage to martial arts. Here's a microview of some of the most popular approaches to bringing mind and body back together:

## Movement

**BIOENERGETICS.** Alexander Lowen based his bioenergetics system on the theories of psychologist Wilhelm Reich. Reich believed that in growing up each person develops a "character armor" of past experiences which are reflected in his postures and movements. This means that past traumas and frustrations remain locked up in the body, preventing free and easy movement. Lowen developed a series of exercises to break down this character armor. For example, arching the body

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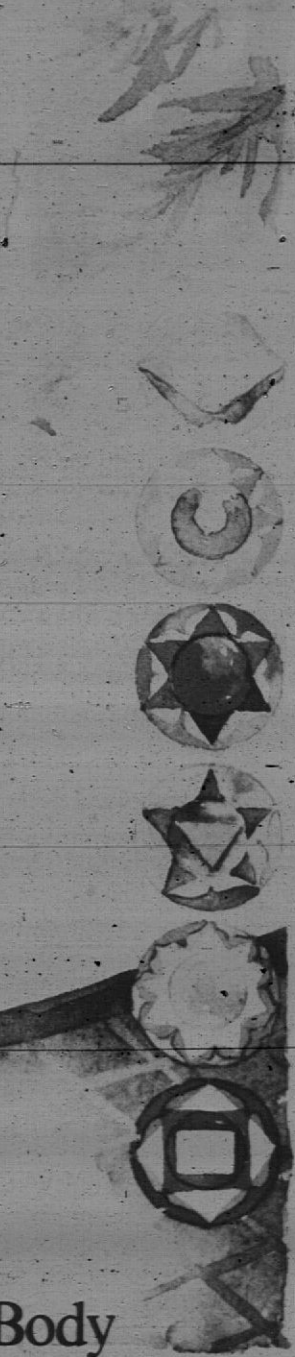
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Most of the exercises are performed laying down. A student typically begins his session by checking where and how various parts of his body touch the floor. From here, exercises are done slowly, with no straining or effort. Some movements are performed totally inside the mind, like a mental rehearsal of activity. Those who have tried the method report heightened awareness of body functions and elimination of stiff, tight muscles. It's also possible to relieve a lot of your anxiety about future events by using the technique of mentally performing things ahead of time.

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## Feeling Good:

### 16 Ways To Get in Touch with Your Body

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Most Hatha yoga classes teach about 12 to 15 postures which are performed sitting, standing or lying down. The *asanas* emphasize the spinal cord, which according to ancient philosophy, contains the seven *chakras*, or essential psychic energies. Each posture is supposed to stretch—but not strain the body, and students

learn to assume many of these positions for extended periods of time as an aid to concentration. Few muscles are left untouched as the body is limbered and relaxed.

**ZEN SPORTS.** Zen and yoga concepts of relaxed concentration have filtered through to the sweaty world of tennis and other Western sports. A leading guru here is Tim Gallwey, author of *The Inner Game of Tennis*. In his tennis clinic, Gallwey tries to get his pupils to take their conscious, critical selves off the front lines and let their inner selves take over.

In brief, the main idea is this: the harder you try, the less effectively you perform. Your inner, nonverbal, instinctual self knows better than your nervous, nagging, conscious mind how to field that ball. Gallwey teaches a series of exercises designed to release this instinctual response and let the tennis player move without constantly monitoring, criticizing and worrying about his next action.

A similar approach appears in Eugene Herrigel's *Zen and the Art of Archery*, in which the student must struggle to let "it"—his instinct—shoot the arrow straight. A scientific explanation of this mystical-sounding process is that this technique quiets the verbal, critical right-hand side of the brain, allowing the nonverbal left side which usually guides body movement to take over and control your play.

## Massage

**SHIATSU.** Shiatsu, which literally means "finger pressure" is a Japanese method of massage based on the fact that when you experience pain, the instinctual response is to rub the place that hurts. Shiatsu specialists explain that the body manufactures energy to contract the muscles by converting

nutrients into glycogen and combining this with oxygen. This produces a residue of lactic acid, which can accumulate in muscles during times of fatigue to create improper muscle contractions and illness. Shiatsu finger pressure on an improperly contracted muscle can supposedly cause most of this lactic acid build-up to convert to glycogen—eliminating the painful contraction.

Shiatsu uses the thumbs, fingers and palms of the hands. Treating a specific illness usually requires pressure at some point near the body part that's ailing. Sometimes, however, pressure is applied to distant areas; pressure on the soles of the feet may be used to relieve kidney problems, while pressure on the left hand is supposed to strengthen the heart. Each pressure lasts only a few seconds and usually produces a sensation midway between pleasure and pain.

**DO'IN.** Do'In is self-massage, an ancient method of diagnosing and quick-curing body ills which started as a secret teaching in the Orient. Do'In teaches that the universal energy force called the *ki* is received at various pressure points along your body. When you're at the peak of health, *ki* is circulating freely; when an organ malfunctions, *ki* is not properly distributed and points along the body become painful. Gentle Do'In massage uses deep, sustained pressure with the flat surface of the thumb in a circular rotation to release accumulated energy at pressure points and get it flowing smoothly through the body.

Practice of Do'In encourages students to become fully attuned to minor body dysfunctions before they become major ones. This discipline of self-awareness eventually becomes second nature, leading the individual to eat more sensibly and

behave in ways that are less stressful to the body.

**REFLEXOLOGY.** A Western cousin of shiatsu and Do'In, reflexology concentrates its massage techniques on the soles of the feet. According to this theory, nerve endings in the feet correspond to the 10 different zones of the body which contain various organs. With several seconds of pressure to the correlating point on the soles of the feet, pain in a malfunctioning organ can be relieved. With continuing regular use of reflexology, problems can be spotted and treated before a serious malfunction can surface.

Different amounts of pressure are supposed to produce different reactions. The overall goals of the treatment are to relax nerve tension, increase circulation of the blood and lymphatic system, and help the body throw off the various poisons it accumulates through daily living.

**ROLFING.** It's not easy to believe, but more than 30,000 people have paid about \$40 a session to be pulled, stretched, even tormented by rolfing masseurs. Developed by Dr. Ida Rolf and based on the theories of Wilhelm Reich, rolfing breaks down "character armor" with deep-muscle massage that can often be extremely painful.

The idea is that through this process you re-experience material from your past that has been tying you in knots—a bit like having your life flash before your eyes. Once experienced, those anxieties are supposedly gone for good, leaving the body loose, alive and ready for new encounters.

Legitimate rolfing masseurs generally have a good working knowledge of human anatomy and are trained to know where the process will help and where it will do serious damage to body tissue. That's why it's always important to choose a skillful practitioner.



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Third: The ballot box for the dorm I live in arrived one hour late and probably wouldn't have arrived at all if our Resident Director hadn't called the SA office. When the box arrived, it didn't have a lock on it.

Despite this callous attitude of the election committee, I am convinced that at least one of my representatives is a competent individual. (I say "one" because I have yet to meet the other.)

Jeff Strang

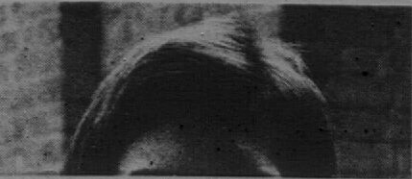
See DOGS, p. 11

Simone

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# From Inside the Kaleidoscope

by Bill Mims



"After four years of consideration in one form or another, the question of whether or not students should be invited to the monthly meetings of the Faculty of Arts and Sciences will be answered next month."

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In conclusion I personally feel more confident than ever before about the passage of this proposal. I have been impressed both by the interest and enthusiasm of the students and the openness of the professors I have talked with. Hopefully the faculty will approve the proposal, and both they and the students can finally put this controversy behind them and work together to solve their mutual concerns.

## Coordinating Mind/Body Signals

**RELAXATION RESPONSE.** Dr. Herbert Benson's concept of the "relaxation response" is designed to provide everyday relief for the anxieties of our achievement-oriented, hyped-up, pressure-ridden society. Tension or stress produces a "fight or flight" response in the body originally designed to help primitive man fight off saber-toothed tigers and related problems. In our modern, highly stressful society, that response is produced so often that it causes illness and disease. According to Benson, each of us also possesses a natural mechanism which allows us to turn off this fight or flight response and its harmful effects.

To produce the relaxation response, Benson suggests that the individual pick a calm, quiet environment, kick off his shoes, loosen any tight clothing and sit in a comfortable chair. He should then let the mind float along, refusing to focus on any noises or other distractions. The next step is to repeat a calming mental device such as a word, phrase, prayer or meaningless sound — spoken silently in the mind or in a slow, gentle tone with each exhalation. Practicing this response for 10 to 20 minutes a day can result in decreased oxygen consumption, lower blood pressure, slower heart rate and an all-over sense of well-being. This exercise is essentially a form of meditation. Packaged somewhat differently, it's also practiced by students of Transcendental Meditation and Zen Buddhism.

**CHRONOBIOLOGY.** Most people operate on some type of cyclic pattern — eating, sleeping, working and playing on a regular schedule. We become more aware of this if we suddenly upset the

pattern by taking a jet trip or staying up too late. Now there's a good deal of clinical evidence that the pattern goes a whole lot deeper: temperature, heart-beat, blood pressure, cell division and other body functions apparently respond to definite sets of rhythms. Short-term rhythms with a cycle of 90 to 100 minutes are called *ultradian* rhythms, and rhythms repeated with a 24-hour period are called *circadian*.

Chronobiologists believe that awareness of your own specific and personal biorhythms can help explain why you are up sometimes for no apparent reason and down at other times. More importantly, it can help you plan your personal schedule in order to work, study and rest at the most efficient times. At the moment, no one is quite sure what controls the intensity and duration of biorhythms. However, you can roughly chart your own pattern by keeping a physiological record for a few weeks, noting variations in such things as temperature, mood, energy or sleepiness. You can then use these notes to work out your own best daily schedule.

**INTENSIVE JOURNAL THERAPY.** Dr. Ira Progoff has developed Intensive Journal Workshops which place special emphasis on what he calls "dialogs with the body." According to Progoff, our emotions, hopes and deep inner experiences are connected in our minds with body movements. Participants in his workshops list "steppingstone" memories of the body such as being tossed in the air by a playful father, looking up at a tall adult and thinking how small you are, running in the snow, playing games, breaking a leg, seeing a sunset, dancing, sweating, swimming, fighting, making love or climbing a mountain.

The student is taught to see his body as an inner person who receives these

experiences. By carrying on a mental dialog with this inner person and keeping a written record of the conversation, the student gets some insight into his own feelings about his body.

**BIOFEEDBACK.** This is a technological answer to getting in touch with your body. The method uses various machines to feed a subject biological information about his muscle tension, heart beat, blood pressure — even his brain waves. Using this information, the individual is trained to mentally direct his muscles or body functions to relax or perform more efficiently.

Biofeedback training has been used to regulate hypertension, help people enter different states of consciousness and even retrain damaged nerve systems. A muscle often used in biofeedback is the frontalis muscle in the forehead. A subject is hooked up to a machine which measures tension in this muscle and gives visual or audible signals to relax. With the help of this precise, instantaneous information, you can be trained to mentally control your own tension level more quickly than you could without mechanical monitoring. Similar training is now used to improve athletic skills.

## Martial Arts

**TAI CHI CH'UAN.** Tai chi ch'uan, sometimes called "Meditation in Motion," is an ancient system of health-giving exercises rooted in Chinese religious teachings. Literally translated as "the ultimate principle," it plays out the Chinese Yin-Yang concept of balance between opposing forces with the slow, continuous shift of body weight from one leg to another.

Tai chi looks like a graceful, effortless ballet, especially if you watch a class moving through the forms in unison. Although some tai chi styles can be used for combat at

advanced levels, the discipline is most often practiced for exercise and relaxation. There are 128 movements, traditionally practiced at dawn and dusk. Many carry exotic names such as "White Snake Sticks Out Tongue" or "Golden Cock Stands on One Leg." An abbreviated version of these movements is performed by millions each day in the Peoples' Republic of China. The exercises, which are a whole lot harder than they



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## THE FLAT HAT



## Editorial Page

## Change

"Peaceful" communities such as Barb are little else than shocked at the last week. It is difficult to believe suffer such violation, in such un-

We feel quite certain that every community wishes Barb the best of sorrow has turned to relief as we have

If we must live with tragedy, avoid it. We now know that even violence. If we want to be rich which violence brings, we must be working. Perhaps Peter Finch was "mad as hell" and refuse to tolerate decay. But anger will not solve it.

We have not yet become frightened ourselves for fear of being crushed demand the right to live in peace-bodies. If we truly believe this, we College, this means not walking means demonstrating enough concern themselves to unnecessary danger.

It is the task of law enforcement occurred last week, but the aid of it possibly deserve such barbarous eliminate as much chance as possible.

Of equal importance is the perpetrator of a violent crime. Our we must insure an attitude of justice or retribution. Perhaps our greatly ugly, oppressive truths which surround

## If Dogs Run Free

I was slightly surprised by the volume of mail received in response to my column; in it I suggested that the building of a new law school (or, as correspondents were quick to point out, new facility for the old law school) is not necessarily in the best interests of taxpayers, and attempted to provide some reasons why. A large part of diatribe consisted of quotes from a New Republic article about legal services. My correspondents tended to ignore the arguments there presented in favor of my rabble-rousing comment which surrounded it. What offended me most, I think, was my suggestion that Marshall-Wythe should simply be shut down. They know and I know that this not happen; they are no doubt as sure as I am that the bond issue will pass. Perhaps I can be forgiven then, for thinking that I struck a sensitive place.

The criticisms received were of varying cogency, and space precluded my dealing with all of them. I will try to comment on the most important. I trust correspondents will pardon me for occasionally lumping them together, they contradict each other as often as they contradict me. Let us consider what we are not discussing. We are discussing: 1) the need for law in our society, and the consequent need for a legal profession. The first is a philosophical given, the second a practical necessity. 2) The merits of individuals. This removes my correspondents from the necessity of defending their own virtue, and myself from the obligation of listing my friends in the legal profession. I am also not interested in a person's reasons for entering law school. It may be, as the mass media constantly insinuate, that the generation of the seventies is apolitical and money-

look, stress balance and slow, fluid motion. It takes several months to learn the shortest set of movements and many years to master the technique.

A related practice is kung fu, which is actually a Chinese term for any form of task or exercise. The martial art known as

kung fu to Westerners uses circular motions similar to t'ai chi forms but delivered with much greater speed and force, and directed against an opponent. Students of kung fu learn to lunge for the vulnerable spots on the opponent's body as they strengthen their own pressure points and sharpen their reflexes. Punctures, kicks and blocks are practiced in dance-like sets. Some kung fu styles such as the Eagle Claw teach scratching and gouging techniques, while others, like the Northern Praying Mantis, teach swordplay and quarterstaff combat. Like t'ai chi, the art takes many years to learn.

## JUJITSU AND JUDO

About 500 years ago in feudal Japan, samurai warriors perfected jujitsu into an empty-handed form of combat. Literally translated as "gentleness practice," jujitsu was first used in battle and later taught as a character-building discipline which fused mental concentration with physical force. The art of judo, an offshoot of jujitsu, was developed in the 19th century as a competitive sport. Later on, a hybrid of judo, jujitsu and other martial arts forms was introduced in the United States as Kodokan jujitsu, which is taught today.

In both judo and jujitsu, the student advances through a system of colored belts

white for beginners through black for experts. A white-belt student spends a lot of time learning to fall down, with the sharp smack of the arm against the mat to break his fall. Graceful body rolls bring him up again into a combat stance. Grappling, throwing and escape techniques are taught with quick, fluid movements. Most students of judo and jujitsu say they gradually develop more flexibility and quicker reflexes.

**KARATE.** After World War II, GI's brought the Okinawan art of karate to the United States. As in jujitsu, judo, and aikido, karate students dress in the white pajama-like gi and work up through a ranking system of colored belts. Easier to learn than other Oriental martial arts, karate uses sharp kicks and punches designed to strike and retreat in a single motion. Unlike the circular forms of kung fu or the wedging and grappling techniques of jujitsu, karate stresses straight, rigid blows which emphasize speed and balance. A bellowing "kiai" sound accompanies a blow to clear the diaphragm, and summon extra force to the attack.

Karate movements are practiced in dance-like sets called *katas*. In common with all the Oriental martial arts, the coordination of mind and body

is especially important. The student is often taught to concentrate on "seeing through" an object, imagining his hand or foot making contact and passing through that object.

Because it only takes a few months to learn the basics, karate is sometimes used as a self-defense tool. However, most experts agree that unless you're very proficient, you shouldn't rely on karate to save you from an attacker. The art is most useful as a way of developing strength, power and control over the body.

**AIKIDO.** Aikido, invented about 30 years ago in Japan, is probably the most nonviolent of all the Oriental martial arts. Rather than use force against an attacker, the student is trained to sense the direction of an opponent's force and use that momentum to throw him off balance.

Aikido is usually taught in pairs. Students lunge and parry in quick, circular movements, using deft twists and dodges to avoid the impact of an attack. Aikido means "way of harmonizing with the spirit of the universe," and teachers say its graceful, yielding movements help students react more calmly to any form of stress or tension. Like most martial arts, aikido takes a lot of time to master, but nerve conditioning benefits often show up very quickly. □



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This article was prepared with the assistance of Nathaniel Lande and Aston Slade, author and chief researcher of *Mindstyles/Lifestyles* (Price/Stern/Sloan, 1976, \$7.95).

## A Reading List

- Benson, Herbert, *The Relaxation Response*. (New York, Avon, 1976, \$1.95). Facts about stress and hypertension are combined with simple techniques for daily meditation.
- Brown, Barbara, *New Mind, New Body*. (New York, Bantam, 1975, \$2.50). Brown draws on her own experiments in biofeedback training to show how an individual can control a wide array of body functions, from muscle tension to brain waves.
- Feldenkrais, Moshe, *Awareness Through Movement*. (New York, Harper and Row, 1972, \$6.95). The author's Functional Integration method for improving posture and personal awareness is condensed into 12 easy-to-do exercise lessons.
- Gallwey, W. Timothy, *The Inner Game of Tennis*. (New York, Random House, 1974, \$7.95). Gallwey explains his Zen-based theory of letting your inner self take over on the court.
- Irwin, Yukiko, and James Wagenvoort, *Shiatsu*. (New York, Lippincott, 1976, \$5.95). This fully illustrated guide to shiatsu gives detailed instructions for massaging away physical disorders.
- Lowen, Alexander, *Bioenergetics*. (New York, Penguin, 1976, \$2.50). An in-depth statement of bioenergetic techniques which also tells how the method can cure physical ailments ranging from chronic headaches to lower back pain.
- Progoff, Ira, *At a Journal Workshop*. (New York, Dialogue House Library, 1975, \$12.50). This is a basic guide to using the Intensive Journal.
- Van Lysbeth, Andre, *Yoga Self-Taught*. (New York, Barnes and Noble, 1973, \$2.95). Step-by-step instructions are given to Hatha yoga postures and breathing techniques.

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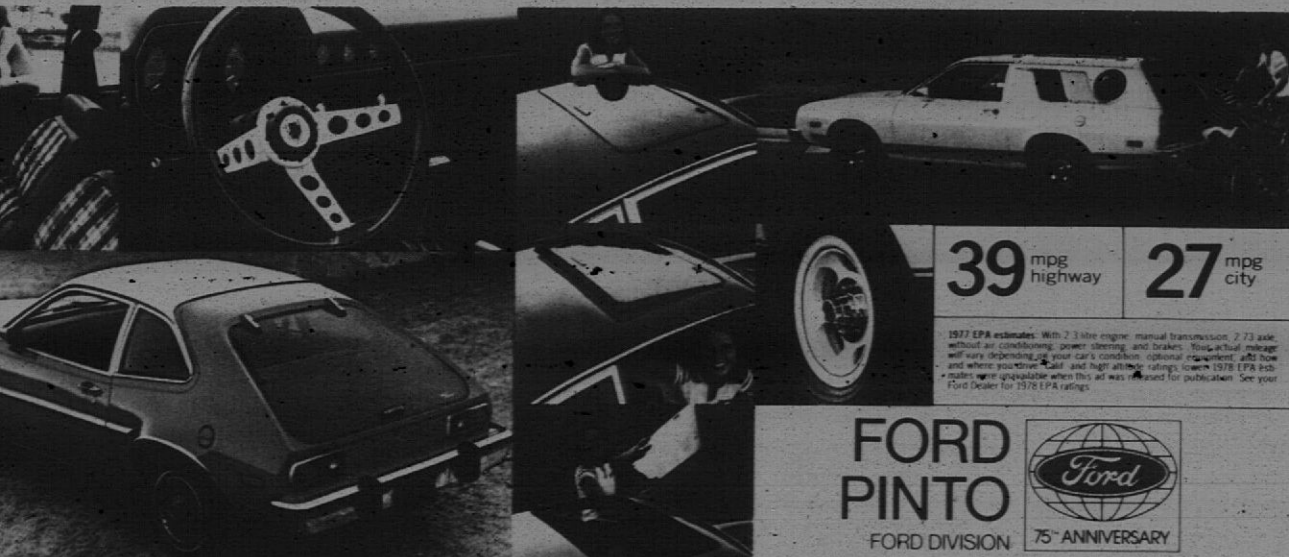
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## Both live.

And once bitten, there is no known cure except a long, quick drive down a snake-like road where Cobra II can show off its rack and pinion steering. Not to mention the slithering four-speed stick-shift, and 2.3 litre engine. And with front rear spoilers, black louvered back lite and quarter windows, hood scoop, sporty tires, wheels, (car shown with optional aluminum wheels) and stripes, this is one snake that doesn't have to shed its skin. So if you're looking for some snake bite remedy, see your local Ford Dealer.

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MUSTANG II

FORD DIVISION 75th ANNIVERSARY

stone wall of hostility has been mortared into place, and welcome loses its spontaneity. I've become more suitably "buffered." Fortunately I've also witnessed a thing just as impressive. I've seen love and its unqualified expression. There are so many people who care for you, Barb. It is these people who will ultimately prevent the stone from entombing me. I love you, Barb, and to see you hurt so extensively is to pierce something fundamental in me that will heal only when you come home "Barb" again.

Simone

Third: The Ballot Box for the dorm I live in arrived one hour late and probably wouldn't have arrived at all if our Resident Director hadn't called the SA office. When the box arrived, it didn't have a lock on it.

Despite this callous attitude of the election committee, I am convinced that at least one of my representatives is a competent individual. (I say "one" because I have yet to meet the other.)

Jeff Strang

See LETTERS, p. 11

# From Inside the Kaleidoscope

by Bill Mims



Bill Mims is co-Chairperson of the Academic Affairs Committee of the Board of Student Affairs.

"After four years of consideration in one form or another, the question of whether or not students should be invited to the monthly meetings of the Faculty of Arts and Sciences will be answered next month."

So begins the news article from the January 28, 1977 Flat Hat. As most of us are aware, the faculty rejected the proposal by five votes. Again this year the much-revised proposal has been resubmitted by the faculty members of the BSA, and has been placed on the agenda of the November 1 faculty meeting.

I wasn't at the College four years ago when the idea was first proposed. However, during the past two years I have followed the debate with growing interest and recently I have realized just how important this issue is to the students.

The faculty regularly makes decisions which directly or indirectly affect us, the students, and yet we have no input into the process. Here are a few examples: revision of the foreign language requirement, the "D" grade, possibly requiring survival swimming of all students, grade deflation, etc.

I've heard it argued that student opinion is taken into consideration when

these decisions are made, but I have yet to hear a professor ask a student "Joe, what do you think of this issue?"

This year's proposal — which should facilitate student-faculty communication — is very simple and straightforward. It proposes that three students be allowed to attend faculty meetings. They would be appointed by the BSA, the SAC, and the Graduate Student Association. They would leave the meeting during discussion of issues unrelated to academic policy. They would not vote in the meetings. Their sole purpose would be to attempt to pinpoint the questions, concerns and possible consensus of the students, and convey these findings to the faculty. I believe this will benefit both the students and the faculty.

This proposal is neither new nor radical. The policy of most colleges and universities is (and has been for some time) to allow student observers at faculty meetings, and some schools now open such meetings to any interested students. Why is William and Mary different? What reasons can there possibly be for not allowing three well-intentioned, concerned students to present student opinion?

In the past the argument has been that

this issue only concerns a half-dozen or so student activists. However, this argument is no longer valid. A petition initiated last week by the BSA Academic Affairs Committee currently has over 2000 signatures and the number is growing daily as SAC representatives circulate it among their constituents. This petition not only has increased student awareness of the issue, but demonstrates the overwhelming support of the student body for this proposal. Also, a group of concerned students has been visiting faculty members for the past two weeks, expressing their support of student "resource persons" at faculty meetings. This group includes both those who are in student government and those who are simply concerned about the education they receive.

In conclusion I personally feel more confident than ever before about the passage of this proposal. I have been impressed both by the interest and enthusiasm of the students and the open-mindedness of the professors I have talked with. Hopefully the faculty will approve the proposal, and both they and the students can finally put this controversy behind them and work together to solve their mutual concerns.

## Dogs, cont.

There would be no reason for lawyers to refer one client to another.

Faced with the twin problem of a surplus of lawyers and a misallocation of legal resources, the liberal solution has been to have the government fix it by bringing lawyers to provide free or cheap legal services to the poor. (The conservative solution — the "Darwinian" misapplication of natural science to social science that some of my correspondents favor — is to let that surplus of lawyers find some other line of work, and let the poor learn how to grow up, which proves that in some cases a bad idea is better than no idea at all.) But the liberal solution has not worked.

What the government attempted to do was to introduce an "equalizer" into the legal marketplace. But the legal profession is a monopoly, and does not respond to normal market pressures. The price structure of legal services is maintained at a set level for basic services (and goes up with one's ability to pay). It is not amenable to competition because there is none to speak of. One does not practice law without being a member of the bar. In order to attract lawyers to its legal services programs, therefore, the government is forced to pay salaries at least competitive with private practice. If the legal profession were not a monopoly, the price of legal services would fall, putting them within the range of more poor people, and allowing the government to hire fewer lawyers at a cheaper price.

As well as lowering the standard of living of the legal profession, however,

such a situation would not solve the problem of the surplus of lawyers. Chapman's article in the *New Republic* studied the ways in which the legal services programs created more work for lawyers, and I refer the reader to the September 24 issue. Chapman's major point, with which I agree, is that poor people neither need nor want the variety of legal services being foisted upon them. He argues that lawyers' misguided idealism has created this unhealthy situation; I would say that economic needs of the legal profession also play a part. We are both agreed that the solution lies in basic redistribution of wealth.

I am aware of the recent Supreme Court decision permitting legal advertising in certain restricted cases. I have too much faith in the American Bar Association, however, to believe that this virus of competition will be allowed to spread very far. It doesn't hurt that a sizeable percentage of the Executive, Legislature, and, of course, Judiciary are members. In any case, the profession will retain control of the "means of production" of lawyers (i.e., schools and licenses).

A few other points:

1) This discussion has centered on legal services because, to some extent, it is a gray area. In case there is any doubt, I am firmly in favor of people receiving legal services they need, for free if necessary. But of course most lawyers do not go into legal services. An experiment which I have not performed, but which would be interesting: examine the Marshall-Wythe catalog, remove from

consideration all general courses such as Torts, and examine the ratio of courses such as Consumer Protection to those such as Estate and Gift Tax.

2) I don't know what percentage of lawyers goes into "private practice" and what percentage goes to work for the legal departments of corporations or for the government. I suggest that these distinctions are not all that important. Even the "small-town" lawyer who deals with individuals and small businesses is a beneficiary of the profession's rate structure. And how many law graduates aspire to such a career?

3) I'm not sure that Americans have always suffered from "too much law," nor that they asked for it. In the Gilded Age, for instance, Americans certainly suffered from a lack of antitrust laws. I suspect this issue is a matter of perspective, and it would take a few dozen competent legal (and social) historians to sort it out. If I believed that Americans always got what they voted for, I would not have written against the bond issue in the first place.

4) I also deliberately confined my discussion to the legal profession. Some of my correspondents think to reduce my argument to absurdity by extending it to other professions. I believe it should be so extended. The medical profession and the

universities are good places to start. The historical growth of professionalism is only beginning to be studied with the attention it deserves. See Thomas L. Haskell, "Power to the Experts," *The New York Review of Books*, October 13, 1977.

5) Of course, I think the legal profession could stand restructuring. That was what lay behind my facetious suggestion that Marshall-Wythe should be closed down. Any such suggestions, however, would be a separate argument which would not be dependent on the criticisms developed above.

6) The legal profession, itself, a monopoly, provides the grease on which the other monopolistic wheels of our society spin. Thus my jibes at the "functionaries." This point will perhaps provide a bridge from thinking about the legal profession to thinking about the society at large.

I see that I did not directly answer many of the criticisms of my earlier article. I hope that the above argument provides a form of indirect answer and that readers may be interested in pursuing it further. My thanks to *The Flat Hat* for providing extra space, and to my correspondents for forcing me to define my position with greater clarity, at least to myself.

## Letters, cont.

### Sisterhood?

To the Editor:

This week I have seen and heard about several sorority initiates' exploits while gathering big sister clues. I work in Swem Library, which has been the scene of these displays, and as an alumni I am shocked that this razing is going on.

I graduated in 1974 and was not a sorority member. However, I can never remember initiates being subjected to such public razing when I attended school. I understand that the girls involved are wearing bags on their heads and much worse required idiocies, to receive clues from their big sisters. There are two things here that I object to: 1) that adults would inflict humiliation of this kind on one another and 2) that this is done in the name of sisterhood and by the big-sister, who should be striving to form the closest relationship of all with the initiate.

While we watch this going on it is easy to criticize the initiate for being foolish and allowing herself to be so debased. But when I reflect on this I find it even harder

to believe that someone could inflict that humiliation on another person. I have to wonder about the kind of mind that could think up some of these displays. And what does it prove? I can't think of one constructive result from this razing. This is the kind of stuff I was subjected to pledging for a high school sorority, and that is exactly what I view it as — immaturity. It has nothing to do with the fun of finding big sister clues, it has nothing to do with sisterhood and it has nothing to do with maturity, compassion and decency.

Sincerely,  
Mary Hale Stockey  
Class of 1974

### GDI's Offend

Dear Editor:

Derby Day went rather smoothly this year, with 70 teams participating. However, I as a Greek, have one little beef: the GDI's went a bit too far in their enthusiasm. I respect that sorority life may not be right for everyone, and that

See LETTERS, p. 12

## THE FLAT HAT

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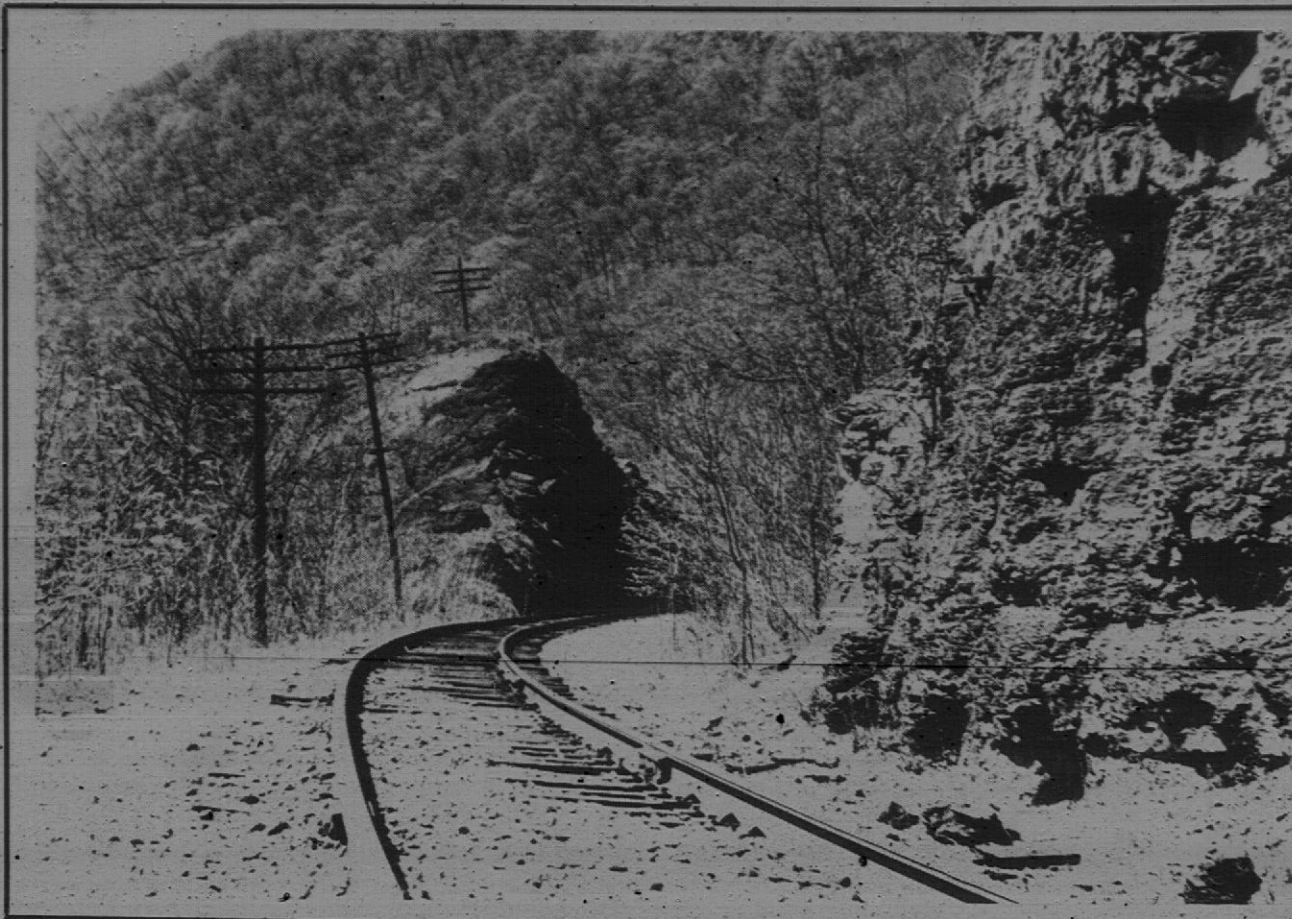
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A

PASSING

SEEN

BY RICH WALKER

### Letters, cont.

the independents should have their chance to participate. The fact that they use Greek letters, gamma, delta, and iota does not upset me either. But there is one thing which does — just because they chose not to become Greek women, they have no right to criticize those of us who did. "Damn, damn, damn the damn sororities, to hell with sisterhood as well" was neither appropriate or called for. The sororities do sing songs which cut others, but that is mere rivalry. Nowhere do we ever say anything detrimental to founding principles. And the Panhel creed — the one thing which binds the Greek world together, our pride in being Greeks — and the independents had the nerve to make up their own yerse, right after damning sisterhood all afternoon. We respect your intentions and rights as members of the college community, but why don't you respect us and our Greek beliefs also.

Sincerely,  
Cynthia G. Weaver

### Dinner Well Done

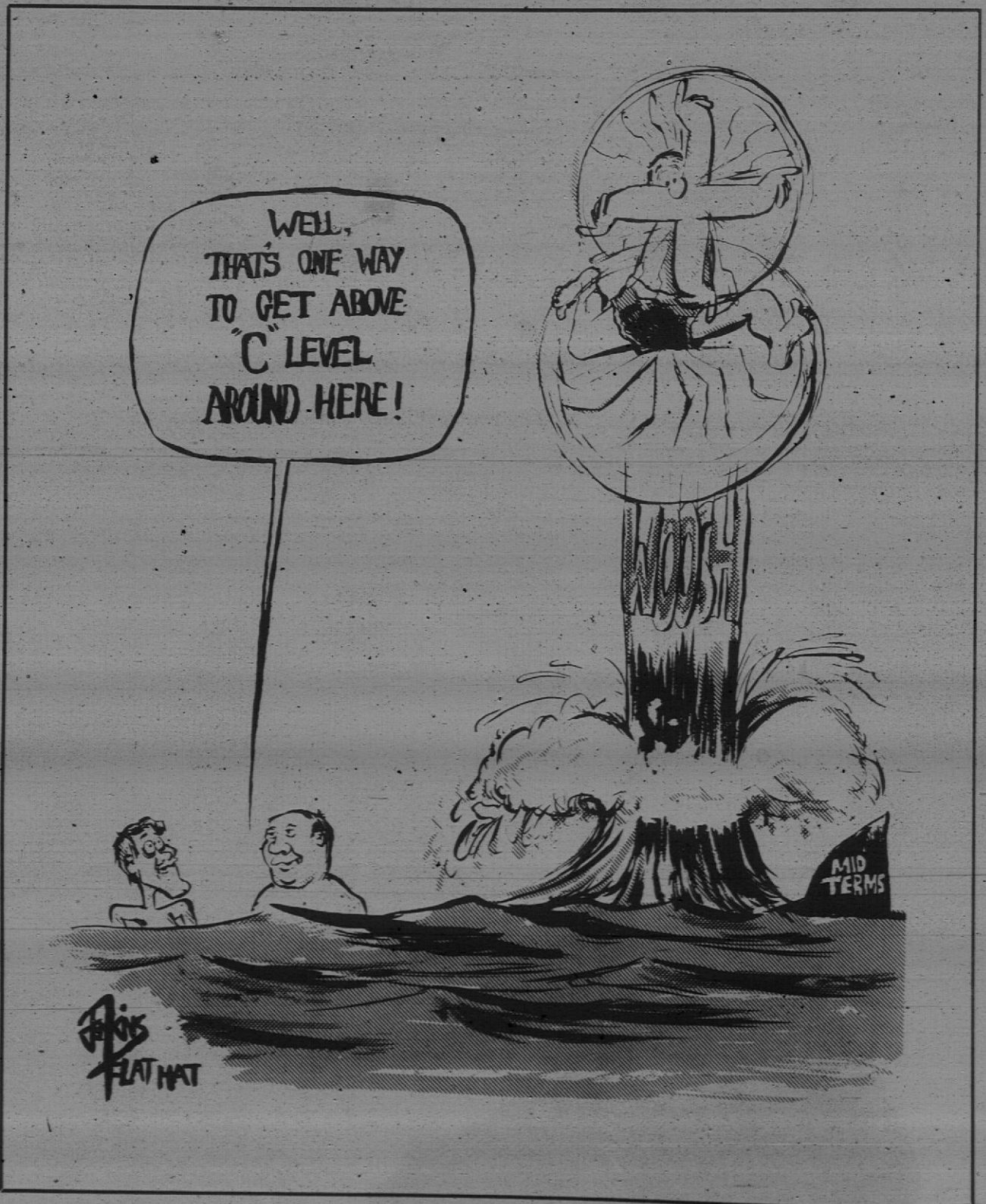
To the Editor:

On behalf of the Class of 1978, I would like to take this opportunity to thank all those people who helped make the Lobster Dinner what it was. Our thanks go first to Shamrock systems' Bob Bernhard for coordinating our use of the facilities, as well as arranging our orders. Thanks go as well to Dan Carson, Dave Horton, Phyllis Fletch and crew; and Reggie Crump and crew at Shamrock.

On the student side of the operation, we extend our deepest thanks and congratulations to the Senior Class Programs Committee, the Senior Class Executive Committee, the gentlemen of Lodge 16, and all those who assisted in the actual operation and in selling tickets. Together they made the experiment work.

I would also like to use this space to apologize to all those who waited on long lines. I assume you know our delays were unforeassable as well as uncontrollable. It is the hope of the Senior Class Officers that this is only a beginning, that we will continue to have novel and well attended social programs. The former we see as our responsibility, the latter as the student body's. I think both proved themselves last Friday.

Sincerely,  
Christopher Kelley  
President  
Class of 1978





Navy Tailback  
Joe Gattuso

# Rested Indians Face Middies

by Woody Hawthorne  
FLAT HAT Staff Writer  
Hoping that this past week's rest will serve as a plus for his ball club, head football coach Jim Root seeks to score another upset victory over the Naval Academy in the Midshipmen's homecoming contest in Annapolis, Maryland. "I don't believe they are going to refer to us as a team of 'high school' caliber this year," Root said wryly, referring implicitly to a

Navy coach's comment before William and Mary's unexpected 21-13 victory last year over the Midshipmen.  
Navy comes into its homecoming game in the 28,000 seat Navy-Marine Corps Memorial Stadium holding a 3-3 record, losing last week to Pittsburgh 34-17. Navy holds a commanding 29-4 lead in the series between the two teams, which dates back to 1923, and can be counted on to do

everything in its power to avoid being again "embarrassed" (in the words of Navy head coach George Welsh after the loss to the Tribe) again this year.  
Navy was very fortunate this season in losing very few seniors to graduation last May, and this year's team is much stronger, according to Root. Offensively, Navy operates out of a multiple "T" formation led by quarterback Bob Leszczynski, tailback Joe

Gattuso, and fullback Larry Klawinski.  
Navy's power stems from both its running attack (Gattuso and Klawinski have combined to gain 857 yards) and its passing attack (Leszczynski has 836 yards in the air with a 48.9 percent completion percentage). "When I went to Pittsburgh this past weekend, Navy seemed to move very powerfully at times. I think their putting 17 points on the board is indicative of how strong and diverse this Navy offense is," the Indian head coach claimed. Leszczynski's main passing target has been wide receiver Phil McConkey, who runs the 40 yard dash in 4.5 seconds and is averaging seventeen yards per pass

## William & Mary Clinches Playoff Berth As Tribe Booters Dominate Monarchs

by Arthur Hatpert  
FLAT HAT Staff Writer  
The William and Mary Indians qualified for the Virginia State soccer playoffs by whipping the Monarchs of Old Dominion 2-0 in Norfolk last Saturday night. The Tribesmen finished with a 3-0 mark within their division, and are now 8-1 on the season, having now won four straight matches. The entire game was dominated by the Indians. Sharp, accurate passing highlighted the evening for them while totally frustrating the Monarchs. The defense for William and Mary was

impenetrable as usual, causing the Old Dominion players to virtually complete more passes to the Indians than to their own teammates.  
It took eight minutes for the Monarchs to even get near the Tribe goal, during which time William and Mary was threatening time and again. But, as has happened so often this year, the Indians had trouble completing the circuit by putting the ball in the net.  
The insertion of an ailing Chris Davin into the Tribe line-up towards the end of the first half seemed to be the missing part

that the Indians were searching for. He immediately hit Jano Cymes with a textbook pass, but Cymes' shot went wide to the left.  
Undaunted, Davin came right back and fed Cymes again with another perfect assist. Cymes took what seemed like an eternity reading himself for the shot, and then blasted the ball into that left side of the net that he had barely missed seconds earlier. This came with only three minutes left in the half, and William and Mary carried this 1-0 edge into the intermission.  
The game showed a vivid contrast of high-quality teamwork versus poorly played soccer. While the Indians were busy playing as a unit, communicating and executing accordingly, Old Dominion spent the night missing traps and making innumerable off-target passes. The Tribesmen were undoubtedly the better team, at least on this evening.  
The second half brought the Monarchs their one excellent

chance to get on the scoreboard. After an ODU corner kick, Paul Mirabito fired a powerful shot on goal. If it had not been for Chris Maher positioned on the goal line to clear the ball away, the contest would have been tied.  
The Monarchs never got nearly that close again. The Indians swarmed all around the ODU net, refusing to allow Old Dominion to pick up any kind of momentum. This is not to imply that the Monarchs did not cause some anxious moments for the Tribe, but the moments were too few and far between for them to have had any real chance at victory this night.  
William and Mary clinched the game with sixteen minutes to go. After Eric Tullio had his breakaway shot knocked out of bounds, the ensuing throw-in by John Bray found its way across the goal mouth. Graham Sykes streaked through and rammed home the insurance goal which virtually assured the Indians of victory as they now led 2-0.  
The Tribesmen had the best chances to score in the closing minutes of the match, as Tullio hit the post and Cymes' diving header went just wide. No more goals were scored, however, but the convincing 2-0 win for William and Mary was a most satisfying one over their arch-rivals from Old Dominion.

reception. Adding to the offensive threat is Navy's sure handedness; the Middies have only lost six fumbles all season.  
The success of the diverse play selection, which includes an effective sweep, is due to a large extent to the strong offensive line, highlighted by two very physical tackles, Kevin Ryan and Jim Lippard. "This game is going to be a real challenge for our defense," Root observed.  
"We're going to be up against a control offense that is very adept at the long pass. They held the ball 36 minutes (to Pittsburgh's 23) against Pittsburgh's tough defense."  
Defensively, the statistics also point to a well-coached unit. Giving up only fourteen points to a nationally-ranked Michigan team, the stingy Middy defense has allowed only 92 passing yards per game. Led by linebacker Tom Paulk and deep back John Sturges, the Navy defense appears to be "very sound fundamentally," Root claimed. "Welsh has coached his unit very well and we've seen that, in the past few games Navy has played, they have played consistently all four quarters." Root pointed to Navy's games with The Citadel (21-2 Navy), Air Force (10-7 Navy), and Duke (28-16 Duke) where all four scores were a result of offensive mistakes as examples of the defense's strength.  
Despite Navy's strength, Root feels his club, which is as healthy as it has been all year, will be able to meet the challenge. Returning from injury are strong safety Scott Hays (knee), tailback Jim Kruiis (hip pointer), and quarterback Tom Rozantz (knee). Also "returning" will be running back Alvis Lang, who played briefly in the Virginia Tech game but, according to Root, is now ready to play some real football. Offensively, Kruiis will return to the starting backfield position, while Tom Franco, a reckless running freshman who ran well against Tech, and Jeff Vanderbeek will be available when needed. Defensively, the secondary will be strengthened by the now "game ready" safety Joe Agee.  
Overall, the Tribe head coach, extremely confident in his team's ability, doesn't feel that the only way his team can get the better of the Middies is through big turnovers. That is, Root would like nothing better than to "embarrass" the Navy team again with his "high school caliber" team.

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## Cavaliers End Harrier Championship String; Indians Host Penn State, Georgetown Tomorrow

by Brice Anderson  
FLAT HAT Asst. Sports Ed.  
The University of Virginia ended William and Mary's fourteen-year dominance of the Virginia Intercollegiate Cross-Country Championship last Saturday at Mount Trashmore in Virginia Beach, outscoring the Tribe 48-58 over the 10,000 meter course.

Trailing Virginia and William and Mary in the team scoring were Virginia Military 96, Virginia Tech 97, University of Richmond 120, James Madison University 133, Eastern Mennonite College 160, Virginia State College 248, Hampton Institute 287, and Norfolk State College 306.

Hillary Tuwei of Richmond won the individual title with a clocking of 30:57.4. UVa's Chris Fox finished second, fifteen seconds behind Tuwei. He was followed by VMI's Rex Wiggins third, Ed Perkins of Richmond fourth, and Steve Bond of Virginia fifth.

The Indians claimed the next three finishers. Senior Kevin Cropp took sixth place with a 31:57 time. He was trailed by junior Mike Ellington (32:01) and sophomore Jim Shields (32:01). After respective ninth and tenth place finishes by James Madison's Tom Ferguson and Virginia's Mike Cotton, the Tribe's Rich Rothschild placed eleventh at 32:17.

The Cavaliers' next finisher, Jimmy Sullivan, knotted the W&M-UVa showdown at 32:32 with each team having placed four runners. Paul Howard clinched the title for the Cavs with his sixteenth place performance. The Tribe's fifth man, senior Paul Serra, eventually placed 28th to account for the final score.

"We had them tied through four men but we just couldn't pull the upset," observed William and Mary head coach Roy Chernock. "We did well. We were just beaten by a stronger team."

"Virginia got a super race from Bond (fifth place). Both Shields and Rothschild beat him last week (a 23-36 Indian loss at Charlottesville) but he beat all of our guys this time."

A lack of scoring balance proved to be the Indians' downfall. After taking four of the top eleven spots, the Tribe could do no better than 28th, 33rd, and 36th.

"We got great races from our top half and poor races from our bottom half," noted Chernock. "It wouldn't have been so bad, though, if Serra had been healthy."

Serra, who has performed adequately as the William and Mary fifth man thus far this season, injured an Achilles tendon two weeks ago and has yet to fully recover.

An encouraging note for the Tribe was the spirited performance of Ellington as the number two finisher. Last year's number one runner, Ellington has been plagued since the beginning of the season by a knee injury.

"Ellington still isn't at full speed. He just ran a heckuva good race for us," said Chernock. "He raced more from memory than skill — he found it inside of himself to remember what it's like to turn in a gutsy performance."

William and Mary will return to head-to-head competition tomorrow morning at the intersection of Ironbound Road and Eastern State Hospital against the likes of seventh-ranked Penn. State and fourteenth ranked Georgetown.

## Karate Tournament

by Peter Bortner  
FLAT HAT Sports Editor

First-place performances by John Wrenn, Jon Sakata, John McCullough, and Tamara Lascey highlighted the Interclub Tournament hosted by the William and Mary Karate Club last Sunday at Blow Gymnasium. Also participating were clubs from Old Dominion and Christopher Newport; no team scores were kept, however.

William and Mary dominated the white and black belt categories, taking seven of eight places in white belt competition and winning both the form (kata) and fighting (kumite) black belt events. McCullough and Lascey won their first places in the white belt class

form and fighting black belt competitions, respectively. Wrenn defeated teammate Bill Stockey to win his title.

The Tribe had one other first place finisher, Dan Snow in the brown belt kata. In yellow belt events, Jeanette Henley placed while green and blue belters Lynn Brewster and Brent Jackson turned in what Sakata, who is the president of the club, termed "good performances." Lastly, Brian Blount was second in brown belt fighting.

Sakata also stated that "there is a lot of potential in all ranks. The club is getting stronger." Especially promising was the strength of the white belters, who will form the backbone of future clubs.

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# Hockey Team Ties James Madison

by Laura Almy  
FLAT HAT Staff Writer

"After the tragedy which befell our captain Barb Logan, last Friday, the team has had to reorganize itself structurally and readjust mentally to Barbara's absence. Any misfortune such as this is very hard to cope with, and it is difficult for all of us who know Barb, to get our minds back on hockey. Really, all the girls are dealing with the situation wonderfully," Nancy Porter, varsity coach and close friend of Barbara Logan declared last Tuesday, reflecting on the shooting of the field hockey team captain a week ago today.

Despite the loss of Logan, the hockey team played last Wednesday on Barksdale Field versus James Madison University, and emerged with a respectable 4-4 tie. William and Mary canceled last weekend's games against University of Maryland and West Chester State. Because of a lack of time, neither of the contests will be rescheduled.

Wednesday's game against James Madison was a defensive battle between two teams of visibly equal strength. The lead flip-flopped from one side to another throughout the entire contest.

Attired in new green, yellow, and white pin-striped jerseys,

William and Mary seized the lead first on a quick rebound shot by Pixie Hamilton, sophomore at right link.

William and Mary's offensive and defensive players alike were soon making saves as the Duchesses challenged their 1-0 lead. Junior goalie Cindy Heldt had a busy afternoon, beginning with the first goal in which she was pulled to the right pole of the cage and was unable to position herself for a shot from the left.

James Madison's offense was not only quick and eager to get at the ball, but William and Mary's defense had an off day. The Duchesses second goal was scored off a freak deflection off the left post which caught Heldt unaware.

The Indians' defense was frequently left upfield or found running backwards; this happened on James Madison's third goal, a powerful elevated drive which went by everyone's sticks. With Sue Morrison's sneaky push in between the goalie's pads and the goal post, the varsity adjourned from the first half behind 3-2.

Early in the second half some of William and Mary's spark returned. Cheryl Proscino, junior forward, tried one of James Madison's favorite tactics. She drew the goalie out of her cage and quickly passed the ball to Ginny Ramsey, who

fired it into the net. Morrison then surprised herself when one of her low trickling passes made it into goal to put William and Mary back on top 4-3.

The Indians had plenty of chances, including eight penalty corners, to extend their lead but each time they were foiled. Three-quarters of the way through the half Heldt misseed the save on a straight-on drive and the Duchesses tied up the game 4-4. William and Mary had

three corners at the end but James Madison's defense held until the final second.

The junior varsity's game which followed proved to be a routine win for the girls who now have an impressive 5-1 record. Missing their captain, Claire Campbell, who has replaced Logan on the varsity, the J.V. dominated the game in the first half. Forward freshman Cathryn Vaughn, and sophomore Lori Diver supplied two goals. In the second half

Diver exhibited more offensive skill with a penetrating drive from the edge of the attack circle to put the topping on a convincing 3-1 win.

William and Mary has only two regular season games left to play, both at home. The first is on Tuesday, October 25 against Bridgewater College; the other is November 1 at 3:00 p.m. against the University of Virginia, which is presently 7-0-1 and shapes up as the Tribe's major rival for regional honors.

## Spikers Play Well at GM But Poorly in Louisburg

by Frank Fitzgerald  
FLAT HAT Staff Writer

Ralph Waldo Emerson wrote that foolish consistency is the hobgoblin of little minds, but William and Mary volleyball coach Debbie Hill hopes that her team quickly falls into a rut—a winning rut, marked by consistently good play.

This desire comes on the heels of an up-and-down week for the Indians that saw some good performances on Saturday at George Mason University turn into some horrendous play Tuesday night at Louisburg College.

In Saturday's quadrangular, the Indians opened with a 15-9, 15-10 conference victory over an improved Mary Washington squad.

The second match perhaps marked the highpoint of the season, even though George Washington dumped William and Mary 15-11, 23-21. George Washington is an excellent team and owns a victory over Virginia Commonwealth University, the top team in Virginia, but the Tribe rose to the occasion and forced the Colonials to the limit in what Hill termed the best performance of the season.

But the emotional match took its toll as George Mason stung

the Indians in the finale, taking a 15-9, 16-14 victory. The loss marked the first Piedmont Conference setback against two wins.

Tuesday night's foray into North Carolina proved less than profitable. Host Louisburg, a strong sextet, turned back the Indians by consecutive 15-3 scores in a match marked by sloppy William and Mary play.

After dropping the first game of the second match to the University of North Carolina at Greensboro (UNCG) by a score 15-2, Hill took the bull by the horns and sent her three substitutes into the contest. The shake-up worked as the Indians stormed back for a 15-7 second game win, but dropped the match with a close 16-14 loss in the final game.

The action lowered the Indians' season record to 4-8, including the 2-1 conference ledger. With the season half completed Hill is hoping to improve upon these figures by developing a winning attitude in her team that stresses the importance of every game, be it a conference or non-conference match.

"We looked fantastic in flashes," said Hill of the week's activities, "and then we looked

like we didn't know what a volleyball is. Consistency is the one thing we've got to come up with. We're going to start knocking down."

Hill was particularly pleased with the play of Laura Daly, who "played just beautifully over the weekend" at George Mason. Also strong for the Tribe last Saturday were Debbie Reed and team captain Lynn Nash.

This weekend presents another tough assignment as William and Mary travels to the University of Delaware Invitational today and tomorrow. The Indians are in the same bracket as Maryland and Southern Connecticut, the teams that finished first and second in last year's tournament. Completing the bracket is Penn State. The Indians placed fourteenth in the eighteen-team field in 1976.

Next Tuesday will mark the Tribe's first home action in over a month as Peace College of Raleigh, North Carolina, and Christopher Newport College visit Adair Gym. William and Mary will play at 7:00 p.m. and 9:00. The match against CNC will count in the conference standings.

## Fearless Picks

William and Mary at Navy  
Louisville at Alabama  
Utah at Arizona  
Houston at Arkansas  
Villanova at Boston College  
ECU at The Citadel  
N.C. State at Clemson  
Tennessee at Florida  
Oklahoma St. at Kansas  
Duke at Maryland  
Michigan at Minnesota  
Vanderbilt at Mississippi  
Kansas St. at Missouri  
Colorado at Nebraska  
South Carolina at UNC  
USC at Notre Dame  
Iowa St. at Oklahoma  
West Virginia at Penn State  
Syracuse at Pitt  
Texas A&M at Rice  
VPI at Richmond  
S.W. Louisiana at Temple  
Georgia Tech at Tulane  
Wake Forest at Virginia  
Michigan St. at Wisconsin  
Brigham Young at Wyoming

Bortner (107-28)	Anderson (97-38)
Navy	W&M
Alabama	Alabama
Arizona	Arizona
Arkansas	Arkansas
BG	BC
ECU	ECU
Clemson	N.C. State
Florida	Florida
Oklahoma St.	Kansas
Maryland	Maryland
Michigan	Michigan
Ole Miss	Ole Miss
Missouri	Missouri
Colorado	Nebraska
UNC	UNC
Notre Dame	USC
Oklahoma	Oklahoma
Penn St.	Penn St.
Pitt	Pitt
Texas A&M	Texas A&M
Richmond	VPI
Temple	S.W. La
Georgia Tech	Georgia Tech
Wake Forest	U Va
Wisconsin	Mich. St.
Wyoming	BYU

## Women Win at Ft. Monroe

by Peter Bortner  
FLAT HAT Sports Editor

The new women's cross-country team made a highly successful debut last Saturday, taking the first four places in the 5,000 meter Fort Monroe Road Race in Hampton.

Laura Portasik finished in the top spot in the field of 35 with a

time of 20:06. Tied for second were three Tribe runners: Joy Kelly, Laura Sardo, and Becky Price. Each had a time of 21:03.

Also last weekend, the team's fourteen members ran a 50 mile segment of the National Women's Year torch run from Seneca Falls, New York to

Houston, Texas. The Tribe's stretch was from Gum Tree, Virginia to Petersburg, including a dash through downtown Richmond.

The team's next competition is on October 29 in the state championship at George Mason University in Fairfax.

## W&M Sports Shorts

For the first time in four years, William and Mary will field a men's junior varsity lacrosse team in the spring. Those interested in participating are asked to pre-register for lacrosse in physical education class so they can receive credit while also playing on the team.

The intramural soccer season opened last Tuesday with eight games. The Fighting Artichokes cut off the Heads 5-1, Bond 77 beat Physics 3-1, the Weatherpeople snowed under MBA 3-1, Gypsies trampled Sigma Chi "B" 6-0, the Patriots ganned down Botetourt 12 1-0

and Disgust won by forfeit over Jokers. In fraternity play, Pi Kappa Alpha shut out Sigma Pi 6-0 and Pi Lambda Phi blanked Lambda Chi Alpha 1-0.

Led by captain John Prior, the Simple Six defeated the Fighting Artichokes 10-15, 15-12, 15-12 to win the intramural volleyball championship last Wednesday night.

Intramural basketball sign-ups start this week. Those interested must register by November 2. If you are interested, contact Calo in room 4 of Blow Gymnasium (X4498).

Representatives from the William and Mary "B" cross-country team took the fourth, ninth, and tenth places in the Neptune Festival Cross-Country Invitational Tournament held two weeks ago at Seashore State Park in Virginia Beach.

Sophomore Jon George, the 1977 Southern Conference half-mile indoor champion as a freshman, led the Tribe in fourth place with a time of 36:24 over the 10,000 meter layout.

The intramural cross-country race will be held on Thursday, October 27. It will start at the Dunbar Farms Water Tower.

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## 'Exemplary' Concert By Cleveland Quartet

by Beth Barnes  
FLAT HAT Staff Writer  
Tuesday evening's performance by the Cleveland Quartet as part of the 1977-1978 Concert Series brought a critically acclaimed group to Williamsburg. The reason for the popularity of the ensemble was evident from the beginning of the program, which featured works by Mendelssohn, Prokofiev, and Ravel.

The quartet is composed of violinists Donald Weilerstein and Peter Salaff, violist Martha Stronginkatz, and cellist Paul Katz. The group played together extremely well, with no obvious problems in balance.

All four became very involved in the music they were performing. At first, the nature of their involvement, which consisted of a good deal of body movement, was almost distracting; but it soon lost its distracting effect as the audience became enamored of the beauty and excitement of the music.

The first selection, Mendelssohn's "Quartet in E flat Major, Op. 12," consisted of four movements. The adagio non troppo, allegro began with slow, sustained notes. This section was followed by rapid, forceful passages which crescendoed and accelerated simultaneously, concluding with a return to the softer, slower mood.

The canzonetta allegretto featured a lighthearted, almost gypsyish melody in the violins supported by viola pizzicato. The violin moves to a rapid section while the viola and cello play sustained notes underneath. After this section is repeated with the voicing being switched, the melody becomes mysterious, sounding almost as if someone is tiptoeing. The movement concluded with the gypsy spirit. It was extremely well played.

The final two movements, the andante and the allegro featured more of the ensemble's excellent precision. In tutti passages the sound was like that of one instrument playing in several octaves concurrently. The piece was very well done.

The final piece was Ravel's "Quartet in F Major." It began with a lush Modere which varied in mood between relaxed, sweetly flowing sections and more agitated passages.

The assez vif featured more pizzicato, which the group does extremely well. After a fairly rapid and determined beginning, the melody moves to the violin, where it assumes a haunting quality. After imitative sections in the cello, viola and second violin parts, the movement concludes with a return to the original melody.

The final movement, tres lent-agite showed off the solo abilities of each group member, demonstrating that their prowess is not confined to ensemble playing alone. During the agite, the quartet once again exhibited their talent at playing together. There was an undercurrent of rapid anxiety throughout the piece.

The Cleveland Quartet's performance was truly exemplary: one of the best concerts of a small ensemble I have ever attended. Their involvement in their music was a joy to witness and the top-notch quality of their performance was extremely impressive.

The Prokofiev, the "Quartet No. 2" in F major, Opus 95," began with the rather dissonant and different sounding allegro. It was folk song-like in style and featured several imitative sections.

The adagio was exquisite. The cello began solo and each of the other parts entered one at a time. There was a sense of mystery, of something primitive and mystical. When all parts began to play pizzicato, the mood became more down to earth. The movement concluded with the sweet sadness with which it had begun.

The allegro also began with a cello solo. The movement seemed disjointed at first, with each part being a separate entity. There was an almost Arabian flavor in parts, and a sense of constantly building turmoil. In the conclusion, all parts drew together to end the movement in a consonant setting.

## Workshop Seeks Actors

Auditions for the Director's Workshop productions will be held in the Lab Theatre, 4:00 to 7:00 p.m., Sunday, October 23, and again from 5:00 to 7:00 p.m. on Monday, October 24. All roles are open; there is no precasting.

Actors will have the option of choosing plays in which they prefer to appear; a form distributed at auditions will allow actors to indicate their choices if they wish.

Plays will be made available in the Reserve Room of Swem Library for actors to read before auditions. The audition readings, however, will not be taken from the plays. The copies are on reserve mainly for the purpose of letting the actors decide whether or not they would like to be in a certain play.

Productions will be at 2:00 p.m., Saturday and Sunday, December 3 and 4.

The plays are: *The Golden Fleece* by A. R. Gurney, Jr., directed by Steve Culp; *The Great Nebula in Orion* by Lanford Wilson, directed by Jimmy Schultz; *The Lady of Larkspur Lotion* by Tennessee Williams, directed by Becky Ritter; *Man of Destiny* by G. B. Shaw, directed by James Morton; *Mother Love* by August Strindberg, directed by Maggie Vincent; *This Property is Condemned* by Tennessee Williams, directed by Terri McMahon; and *A Peculiar Position* by Eugene Scribe, directed by Ange Taomorina.

Anyone interested is encouraged to audition.



Dancer Carol Parker, of the 5 by 2 Plus Company, performs a leap in "Celestial Circus."

## Dancers 'Masters' of Form

The 5 by 2 Plus modern dance repertory company will be in residence at William and Mary, October 23-25, in a special program arranged by the College's Committee on Concerts.

The 5 by 2 Plus Dance Company, which Dance Magazine describes as "masters of the modern dramatic form," will present five works by major choreographers from the 1920's to the present.

The group, which made its debut in 1972 with Jane Kosminsky and Bruce Becker, has since performed from coast to coast and in several foreign

countries. Kosminsky has been a member of the faculty of the drama division of the Juilliard School since 1971. She has performed with a number of companies, including the Martha Graham Repertory Company and the Paul Taylor Dance Company. In May, 1969, she was selected dancer of the month by Dance Magazine.

The "plus" of the 5 by 2 company are dancers Carol Parker, Dan Ezralow and Kathryn Komatsu.

The company's three day residency will include a public performance MONDAY, Oct. 24,

in Phi Beta Kappa Hall at 8:15 p.m. General admission tickets are \$3. Season ticket subscribers to the William and Mary Concert Series may purchase tickets for \$1.50. Tickets will be available at the office of the director of the Campus Center.

While in residence, the company will also give a lecture demonstration on Sunday, Oct. 23, at Phi Beta Kappa Hall at 8:15 p.m. and will hold an open rehearsal on Monday, Oct. 24, also in Phi Beta Kappa Hall, from 1 to 4 p.m. Both programs are open to the public free of charge.

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# Steely Dan's 'Aja': Oddly Appealing

by David Dennie and Wayne Studer to THE FLAT HAT

an: Aja Dan inspires me I do not ordinarily fanatical about in popular music, but Dan is an exception. Compared to other rock the consistent ex- of Dan's music and amazing.

g my views on Steely ayne Studer, a graduate and record reviewer for The Flat Hat. We owever, in some of our concerning the group's album, Aja. The most nt way to present these es is in the form of a Here are excerpts conversation:

K. Let's begin by looking at each of the songs.

"Black Cow" is about a love in the process of being lost. "Aja," one of the record's most incredible songs, both musically and lyrically exemplifies the Dan's adventuresome nature. It's difficult to interpret what the words mean though. "Deacon Blues" is more obvious. The musician-narrator says in frustration:

*They got a name for the winners in the world  
I want a name when I lose  
They call Alabama the Crimson Tide  
Call me Deacon Blues*

On side two, "Peg," like "Black Cow," delivers a veiled put-down to a former lover. "Home at Last," one of the best songs lyrically, tries to offer insights into Homer's Iliad and Odyssey.

S: The liner notes claim that new insights are "educated." Well, I don't know about that, but the song does restate old

insights in a way that's rather profound for the medium of popular music.

D: Then there's "I Got the News." I didn't get anything, even the "news," out of that song.

S: Look, the lyrics may be trash, but the music is imaginative and exciting.

D: But that's my complaint. With Steely Dan, the lyrics are usually on a par with the music.

S: However, in this song the simple lyrics are given impetus by the unusual melody and harmonies, and they are sung portentously. I can stomach second-rate lyrics if they are presented in a first-rate manner.

D: But that's not enough.

S: You're judging Steely Dan by standards by which almost no other rock group is ever judged. Personally, I believe the low point of their lyrics was on the

previous album, *The Royal Scam*. Maybe the lyrical lapse you sense can be accounted for in that the words on this new album are a little less cynical than on previous records.

D: All right. I may agree with you on all that, but I'm not completely convinced. Let's now talk about the music itself. "Black Cow" is not so memorable to me. What do you like about it?

S: Well, as with many Steely Dan songs, it has strange chord progressions, a superb melody, and strong syncopation. And it's all well done. You can't compare it to anything but Steely Dan itself.

D: The song, "Aja" is fascinating.

S: It has several movements: a suite of sorts.

D: There's a great Wayne Shorter sax solo, and incredibly hot drumming from Steve Gadd.

S: A good admission of the Dan's jazz roots. It also has an oriental sound to it in the use of a pentatonic scale. It's different from anything else Walter Becker and Donald Fagen have done before.

D: As its title might indicate, "Deacon Blues" is a nice smooth blues number. It's getting some good radio-play. On side two now, first there's "Peg."

S: I can't say enough about the music of that song. It's so unusual melodically, and with the vocal chord structures of the refrain—it sounds like warped Andrew Sister. It's beautiful, but ridiculous, too.

D: It, and "Josie," smack of disco, though.

S: No, it's anti-disco. It meets disco on its own terms and totally outdoes it. The song would make a fantastic hit, but it's too good for that to happen.

D: Now for "Home at Last."

S: It has a musical similarity to "The Caves of Altamira" on *The Royal Scam*, with a nearly identical background arrangement. And then "I Got the News" resembles "Green Earrings," also from the last album.

D: Right. Especially in the fact that they both have excellent guitar solos.

S: Absolutely. But the bass-playing is also outstanding. Steely Dan's major claim to fame is in bringing instrumental integrity to American rock music. You can quote me on that. Oh, and compliment Chuck Rainey for his work on bass throughout.

D: Now, "Josie." I think that's a tidbit for the fans. Something Boz Scaggs might have done—definitely disco.

S: Well, more like hard rock as it's been influenced by disco, with jazz overtones thrown in for good luck. Punks should love the lyrics—a nice jump song.

D: O.K. To conclude—I play side two more often than the first side.

S: So do I. Side two is more musically enjoyable, while side one has a more contemplative quality.

D: Yeah. I might play that in a sort of introspective mood.

S: This album has (I know this will look awful in print) a different feel to it. Even the album cover.

D: The cover is almost worth the price alone. The slickness of it—sheer class.

S: But believe only half of the inner line notes—they're a throwaway. All in all, I put this LP right up there with their previous work. It's oddly appealing; a seductive album.

D: I've changed my mind since I got here. "Aja," the song, because of its experimentation with new forms, is a step in the right direction. While I still think they've compromised their lyrics a bit, it's certain that any Steely Dan record, including this one, is better than almost anything else being put out in popular music today.

## Welsh Poetry Reading

"Dylan Thomas Lived Here," a prose and poetry reading, will be given by Welsh actor Ray Handy, Tuesday, October 25, at 8:00 p.m. in the Campus Center Little Theatre.

The program gives a vivid verbal picture of Wales and its poets. "Dylan Thomas Lived Here" begins at the death of Wilfred Owen and Edward Thomas during the 1914-1918 war, and ends with the death of Vernon Watkins in 1967. During this period, Wales produced some of the finest poets in Britain, notably Dylan Thomas.

Handy has worked throughout Britain in theatres and on television and radio. He has performed with the Welsh National Opera and Drama Company, and has written and produced several shows for British television. In 1973, Handy appeared at William and Mary with his Welsh company, Pryderi and his Pigs. There will be no admission charge to the performance, which is sponsored by the Department of English.

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S. A. Film Series  
by John Coven

Lipstick  
Vanishing Point

Lipstick

Dino DeLaurentis started his chain of movie producing successes with the classic film, *The Godfather*. His more recent endeavors, however, have slipped in quality to the point that they are merely expensively-made, third-rate films. His latest motion pictures have included such disasters as *Orca*, *The Killer Whale*, *The Shootist*, and the remake of *King Kong*. But perhaps his worst, and certainly his most offensive, recent effort has been *Lipstick*.

*Lipstick* is a terrible movie in every sense of the word. The acting, direction, and screen play have a hard time competing with some of the better porno-flicks.

The cast is led by Margaux Hemingway, already famous as a result of her modeling exposure. As soon as Hemingway opens her mouth, it becomes obvious why we have not heard her speak in any of her many television commercials. With a bizarre baritone lisp, she spits out her lines like she's seeing them for the first time.

Other wooden performances are turned in by Chris Sarandon and, surprisingly enough, Anne Bancroft. The films only decent performance was given by Hemingway's fourteen year old sister Mariel (brilliantly cast as Hemingway's fourteen year old sister.)

The story centers around Hemingway, who displays her great versatility by playing a top fashion model. The plot begins when Hemingway is raped by her little sister's music teacher (Sarandon). But her problems have only begun: when she charges Sarandon with rape, he is acquitted and she loses her job.

Here the film makes its only valid point, that the courts often protect the guilty and persecute the innocent. But the comment that America's rape laws are too lenient, is only a cover for the selling of the violence and brutality of the film. What follows the trial is disgusting in both its content and its meaning.

*Lipstick* is more than just a poorly made film. The entire moral of its story is: if justice does not serve you, take the law into your own hands. Commit an act of senseless violence and everything will turn out fine.

Yes, an eye for an eye, a tooth for a tooth, and vigilante law are the worthy principles expounded in *Lipstick*. These ideas make it more obscene than any amount of sex or violence could, though it qualified for its "R" rating for the latter. These principles of vengeance make *Lipstick* a pornographic film.

Perhaps the sentiment behind the film is best expressed by its advertising campaign. The film was not doing well at the box office in its first weeks of release. Therefore the producers switched the promotional posters from a picture of Hemingway with big red lips, to one of her aiming a shotgun at her victim. Here is the real meaning of *Lipstick*: the peddling of violence merely to turn a buck.

Vanishing Point

Although *Vanishing Point* was made in 1971, it is already an antiquated movie. It contains all of the ingredients of that late-sixties type of film about an independent rebel. The ingredients that go into making such a film are: little or no plot, a dash of sex, and a generous helping of flashbacks.

Barry Newman stars as an ex-cop and race car driver, who feels that there is no place left

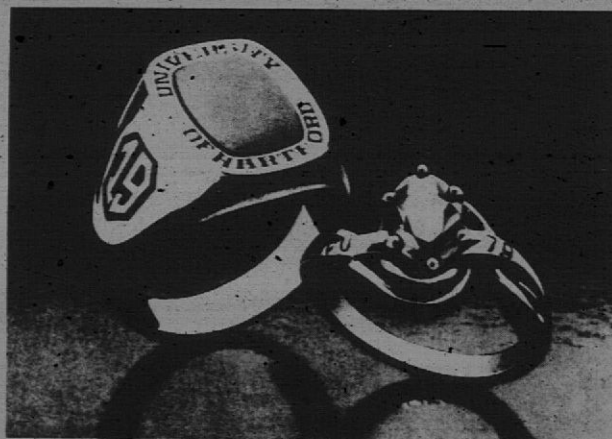
for him in our society. The cast also includes Cleavon Little in his pre-*Temperatures Rising* and *Blazing Saddles* days.

The plot can be summed up in one sentence. Kowalski (Barry Newman) is hired to drive a souped-up car from Denver to San Francisco and bets that he can do it in fifteen hours. However, the plot is not important in this film. It is merely a foil for the exploration of Kowalski's indomitable character, and an excuse for a few good car chases.

*Vanishing Point* is no film to

write home about, but on the other hand, it is entertaining and can be very interesting. The viewers can interpret this film on several different levels. With its car chases and fast paced action, it can be seen as a pleasant escape from classes. It can also be taken as a deep character study or an example of the type of semi-underground film that is rarely seen these days. Therefore the worth of *Vanishing Point*, and pleasure derived from it, are dependent on the viewers' values and orientations.

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# WILLIAMSBURG GOURMET

by Alan Custis Kramer

## Dinner for Under \$4

In this column, I will compare restaurants which are close to campus, and which serve reasonably priced (\$3-\$4 or less) meals. These are (hopefully) viable alternatives to eating at home.

### Green Leaf Cafe



Green Leaf, located across

from the College Deli II on Scotland Street, offers student specials nightly for \$2.50. These include chopped steak, baked chicken, and assorted Greek dishes. The Greek dishes are a pleasant change from the typical meat and potatoes dinner. They include tyropita, spanakopita, souvlaki on a pita roll, Mediterranean omelet, and a variety platter.

The tyropita is a quiche-like dish, containing Swiss and other cheeses and peas, and topped with a light crust. It was served hot, and was quite good.

Souvlaki is a doughy roll filled with feta cheese, tomato slices, lettuce, and roast beef. The roast beef was a bit too rare, but on the

whole, the sandwich was good and quite filling.

A Mediterranean omelet contains two eggs, tomatoes, onions, and cheese. It normally includes mushrooms and peppers, but these were absent.

The baked chicken served with instant mashed potatoes, was cooked in femon sauce, but the sauce was too mild to taste.

Each of the student special meals includes a tossed salad with either blue cheese or oil and vinegar dressing, rolls, and ice cream or peach pie for dessert. The crust of the pie was quite doughy, with the whole pie somewhat undercooked.

Soft drinks, coffee or tea are

available for an extra \$.35.

In short, for \$2.50, these meals are not bad. The menu descriptions over-glorify the items, though everything we ate was good, but perhaps a little less exotic than we thought it would be.

The service, though a little slow, was adequate, and a 10 percent tip seemed sufficient.

### George's Campus Restaurant



Formally named the Campus Restaurant, George's is located across from Brown Hall on Prince George Street. Special student dinners are offered for \$1.85. Entrees include chopped steak, fried chicken, scallops, fried pork chops, and ham omelet, depending on the night.

Each of these entrees, if not outstanding, certainly compares favorably with similar offerings at the Commons.

In addition to the basic entree, the meal includes a choice of two of the following: mashed potatoes (which are real instead of the customary instant), applesauce, green beans, tossed salad, and french fries. The salad was fresh; the french fries were hot, crisp, and not too greasy; and the green beans were, refreshingly, not overcooked. We also were served a basket of French-style bread, which needed more butter than we were given.

Dessert is a choice of rice pudding or ice cream. The pudding compared favorably to that served in more expensive restaurants. The ice cream was available in a variety of flavors.

For \$1.85, tax, and a \$.25 tip, this is a good buy. Certainly it is a better spent \$2.25 than buying a meal in the Commons. George's lacks the exotic variety and lush atmosphere of the

Green Leaf, but is about a third less expensive.

A word of advice to the uninitiated: try to go the first time with someone who knows the place; otherwise it can be a rather startling experience.

### William and Mary Restaurant



The W&M Restaurant, formerly the Villa Roma, is located on Jamestown Road across from Barksdale field. Various selections are offered, including submarines, club sandwiches and assorted entrees.

Dinner entrees under two dollars are limited to chopped steak, liver and onions, and spaghetti. For \$3.25 or less, there are another six entrees, ranging from moussaka to fried chicken.

The Greek and Italian dishes were carried off well, although several shortcuts were obviously used in preparing the lasagna and spaghetti we tried.

The fried seafood offerings (shrimp, scallops, and flounder) are adequate portions, but rather greasy.

Salads are extra, with a tossed salad costing \$.85.

The hot submarine sandwiches (\$1.55-\$2.25), served with french fries, are quite filling. Club sandwiches, (\$1.75-\$2.25), are probably better buys at other delis.

The service was prompt and courteous, and the atmosphere more leisurely and relaxed than George's, though not as nice as Green Leaf. Allow about four to five dollars for a full dinner and about two-fifty to three if a sandwich is enough. Though a little expensive for a regular dinner spot, the W&M Restaurant is a nice change from eating at home.

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## Roby and Sherman Create 'DancEvent' for Orchesis

by Cathy List  
FLAT HAT Staff Writer  
"Aah, the mobile's beautiful! That's all right," exclaimed dance professor Carol Sherman from amid the hub-bub onstage in Phi Beta Kappa Hall. People in brightly-colored tights were loosening up by twisting and pulling their bodies. A smaller group, costumed purely in white, listened to a critique of the evening's rehearsal from dance professor Shirley Roby.



Orchesis dancers experiment with line on different levels.

What now appears harried and chaotic will soon gel into DancEvent. The student dance troupe Orchesis will perform original dance compositions by Sherman and Roby on Saturday, October 22, at 8:15 p.m., in Phi Beta Kappa Hall.

The program is experimental for Orchesis. It marks the first time that all pieces in a show were composed solely by the instructors.

"The students will dance in fewer, longer works," explained Sherman, comparing Saturday's upcoming presentation with past Orchesis events. "They will also work in more concentrated numbers than before."

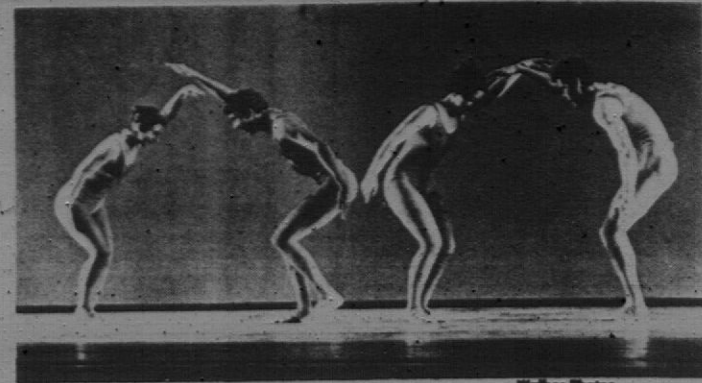
Each instructor created three compositions for groups. In addition to choreographing these dances, Sherman herself will perform in two solo pieces.

"Regal Portrait: Ann Boleyn" is based on the queen's life, and is danced to music from that period. Cedric Tolley will accompany at the piano.

"Exile" should prove particularly intriguing. Sherman reworked an earlier piece to develop the current solo, describing a mentally ill person's slow return to health. "Excursions," choreographed by Roby and described as "whimsical," opens the evening's presentation. Later, in "Environ," Roby experiments with different types of media and visual projection to create a variety of unusual effects.

In "Twice Danced" she uses the same choreography with two widely dissimilar musical numbers. By doing this, Roby tests the dancer's ability to adapt and create.

The growth and development of a "normal family" is explored



Dancers echo shapes in pairs.

in Sherman's "Family Group." This piece was inspired by the works of Henry Moore and Kahlil Gibran. In "Mirages" she concentrates on using sound and dance to simulate vaporous, fleeting visions.

Featuring twelve dancers, "Space Place" closes the show in a bizarre fashion. "I'm experimenting with known objects—tubes, poles, ladders—in unfamiliar ways," Sherman stated. "In this way I want to create a constantly changing environment."

Both instructors display impressive credentials of dance experience. A pupil of Martha Graham, Jose Limon, Louis Horst, and others, Roby's choreography has been seen by Colonial Williamsburg tourists in an eighteen century dance suite with Howard Scammon's Company of Players.

Roby also choreographed the CBS television special "A Christmas in Williamsburg," as well as many William and Mary Theatre productions. She earned an M.F.A. degree from the University of North Carolina at Greensboro.

As well as studying with Graham, Horst, and Merce

Cunningham among others, Sherman performed professionally in New York with the companies of Jeff Duncan and Pauline Koner. Sherman's choreography has been performed by Contemporary Dance Productions, the American Choreographer's Workshop, and Joseph Beinhorn.

In 1963, she joined the William and Mary faculty, having also, taught at the North Carolina School of the Arts, the Washington Dance Theatre, Indiana University, and San Diego State University.

"The difficulty of the academic program at William and Mary can make it hard on Orchesis," Sherman admitted. "But students in recent years are on a high level when it comes to technique. And the opportunity to sequence in Dance has enabled a lot of people into liberal arts to keep dance here alive."

Citing recent studies linking participation in the arts with generally improved learning skills, Sherman is not surprised that at least one or two Orchesis dancers per year are admitted into the Phi Beta Kappa honor society.

## American View of Impressionism

by Tom Shannon  
FLAT HAT Staff Writer  
Selected works of the American Impressionist Childe Hassom are now on display in the foyer of Andrews Hall. The collection of etchings is part of a traveling exhibition circulated by the Virginia Museum.

Hassom was born in 1859 and worked seriously as an artist from 1883 until his death in 1935. Hassom was among the horde of young artists who fled the "industrial turmoil and cracker-box aesthetics" of the United States in the late 1800's for the more favorable climes of Europe.

The text that accompanies the Hassom exhibit claims that Hassom's contribution to American art was his ability to fuse the Impressionism he had picked up in Europe with a distinct Americanism. This ability escaped many of the young expatriate artists who succumbed to what Henry James called "the great American disease, the appetite for color and form, for the picturesque and romantic at any price."

In other words, they were unable to transfer the techniques and subtleties of European painting to the American scene.

The soft and misty paintings which so beautifully portrayed ox-carts in Normandy were unable to capture the spirit of America's huge wheat fields and mechanized reapers.

The pitfall which proved fatal to so many artists, but which Hassom was to avoid so brilliantly, is to be found in the psychology of exile. The primary reason for which most artists left the United States during Hassom's time was that all the top training and important work in art was being done in Europe. Americans who wanted to study art with the hope of making a name for themselves were forced to emigrate. This exile subjected the artist to two psychological tensions.

The first had the effect of pushing the artist back to his origins. In Europe, all Americans are classed not as Westerners or Easterners, blacks or whites, but as Americans. And in Europe the American comes in contact with peoples and cultures very different from his own, peoples and cultures which have a different sense of reality.

This forces the American, and in this case the American artist, to reconsider many of the things he had taken for granted. The result of all this is that the artist has a heightened sense of what it means to be an American.

The second tension can have a crippling effect on the American artist. Europe offered a haven for the American artist. In Europe, the artist is considered part of a long and honorable

tradition. In the words of James Baldwin, "his choice of vocation does not cause him any uneasy wonder, as to whether or not it will cast him all his friends." The artist is released from the suspicions to which he is subjected in the United States; he never has to apologize for himself or prove he is a "regular guy."

This sense of security which the artist has in Europe, prevented many of the American artists from returning to the relative insecurity of artistic life in the U. S. Or, if they did return, it was as transplanted Europeans, not returning Americans.

It took a special kind of artist, it took a great artist, to return to

the United States as an American willing to accept the insecurity of his position and ready to combine his acquired artistic talents with his heightened sense of Americanism. Such an artist was Childe Hassom, whose contribution to art was also a contribution to America's own consciousness.



A Hassom lithograph of an American cityscape, on display in Andrews foyer.