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## Eastern Progress - 19 Apr 1979

Eastern Kentucky University

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# The Eastern Progress

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## Good clean fun

War is a dirty game, especially the tug-of-war game held during Kappa Alpha Old South Week. Sophomore, Shelly Stafford, a corrections major from Mt. Sterling, ended up

covered in mud after representing the Alpha Delta Pi's in the war game.

## Kremer and Butler topple Unity party

By MARK TURNER  
Editor

Chris Kremer and Tim Butler won the Student Association presidential and vice presidential elections Tuesday.

One of the largest voter turnouts in the past few years was recorded as 2393 students voted.

Kremer and Butler received 1288 votes for the Insomniac Party while Mark Hester and Maria Domenech received 1105 votes for the Unity Party.

The number of students that voted was 27 percent of the total number eligible to vote.

"I feel that the election itself was good for the campus. The number of students that voted has to say something for the campus," Hester said.

"I felt from the beginning that we were far behind. It took some hard work from some dedicated people for us to win," Butler said.

Kremer and Butler's Insomniac Party, who received 53 percent of the vote, was formed this year. The Unity Party has had control of Student

Association for the past two years.

Kremer and Butler ran on a platform of what they called "Wake the Sleeping Giant." This is where their party name originated.

Kremer and Butler plan on starting what they call Eastern Inc., which is a form of student representation that will have input from every student faction on campus.

Eastern Inc. would be a committee made up of representatives from Student Senate, Men's and Women's Interterm, the Interfraternity Council, Panhellenic as well as independent clubs and organizations.

The election did have some controversy concerning the amount of monies being spent by both parties.

The Committee on Elections has set a limit of \$200 that is allowed to be spent by each set of candidates in a presidential election.

Due to the great amounts of materials printed by both sets of candidates questions were raised over the total expenditures.

At press time the Progress had not seen a copy of either of the candidates election budget but it has been reported that each spent in excess of \$190.

According to the Student Association the candidates have two weeks to turn in their expenses. When these expenses are turned in, the Progress will receive copies and will do an independent investigation of the spending.

This election differed from past elections in the manner the campaigns were run, especially the day of the election.

Posters covered the buildings, pamphlets and suckers were handed out and music blared from a stereo system. It was almost a party attitude.

The word professional was used to describe the campaigns on several occasions. The way the campaigns were run was one reason given for the turnout of voters.

"A lot of credit needs to be given to Mark and Maria because they really helped get the voter turnout with their aggressive campaign," Kremer said.

## In case of tornado, EOC to take control

By LISA RENSHAW  
City Editor

In the event of a severe emergency on campus, such as a tornado, the University's Emergency Operations Center (EOC) will be in operation and its commander in charge.

Larry Westbrook, Safety Coordinator, compared the operations of the center to that of establishing martial law. In the case of an extreme emergency, said Westbrook, there has to be just one person in charge or nothing will get done.

The commander of the EOC, which would be located in the Brewer Security Building, begins with the Patrol Services Supervisor on duty until he is relieved by the next person on the priority list. The priority list, in ascending order of those who may assume the position of EOC commander are the President, Executive Assistant to the President, the Director of Public Safety, and then the Assistant Director for Patrol Services.

Although many emergencies that may arise can be handled without the implementation of the EOC, the Emergency Operations Plan was prepared under Westbrook's direction to provide a framework to follow in case there is a severe emergency.

Generally the worst months in this area for the development of tornadoes are April, May, and June, said Westbrook. Recently, most of the University's security officers participated in a tornado spotting.

If a tornado watch is announced, meaning weather conditions are such that tornadoes could develop, two trained spotters are sent to the top floors of Keene and Commonwealth Halls with binoculars. Then the Public Safety Supervisor in charge begins notifying persons according to the Emergency Operations Plan.

Once alerted, the plan suggests that persons on campus tune radios and televisions to local stations for further information.

If there is a tornado warning, meaning a tornado has been spotted in the area or is indicated by radar, spotters are immediately sent to the top floors of Keene and Commonwealth to watch the sky. Generally, said Westbrook, tornadoes move from the southwest to northeast.

The civil defense sirens will sound the alert signal of a three to five minute

steady tone. When this is heard, all persons should tune radios and televisions to local stations for instructions and should be prepared to take over.

All building occupants should then move to the designated shelter areas as posted on the tornado shelter areas plan posted in each dorm. Westbrook said that by the end of the summer, all buildings on campus will have the plan posted.

All persons should wear shoes and jackets and bring all available flashlights, portable radios, blankets, and other emergency supplies.

Those in buildings without designated tornado shelter areas should go to an interior hallway on the lowest floor. If possible, windows should be opened to help equalize the air pressure.

Residents of Brockton trailers should evacuate their trailers immediately and move to the ground floor of the Begley Building. Residents of Brockton apartments should make arrangements to move to the first floor apartments of their building. Vickers Village residents should also move to the first floor. Once on the first floor, all persons should move to bathrooms, hallways, or closets and if possible, open all windows.

Complete guidelines concerning emergency procedures can be obtained from the Safety Coordinators office, fourth floor Jones Building.

## Heating plant Supervisor injured in cave-in

By SARAH WARREN  
News Editor

A heating plant supervisor, Clarence Eddie Yates, 32, received second and third degree burns on both legs after a hole near McGregor Hall caved-in Tuesday, trapping Yates and subjecting him to direct bursts of scalding steam.

Yates and several others employed by the University's Department of Buildings and Grounds were working in the excavation when the accident occurred, attempting to discover steam leaks in the underground heating system.

According to Darrell Ward, associate director of Buildings and Grounds, Yates was down in the hole listening for a steam leak when a section of the dirt wall caved in.

An employee who witnessed the accident said Yates was buried up to his neck in dirt. He was then subjected to hot steam for about five minutes while the crew attempted to free him.

Yates was taken to Patty A. Clay Hospital within minutes of the accident. He was transferred Tuesday via helicopter to Norton's burn unit in

Louisville in "stable condition."

After the accident, Safety Coordinator Larry Westbrook stopped further operations at the McGregor site until the area could be completely dug out.

"We're digging off the lip so chances are it won't happen again," said Westbrook.

The leak had not been discovered Tuesday, but Ward said signs had led them to believe that the leak was occurring in that area. A steam leak will kill the grass and vegetation growing

above it, he said, and this was the case with the garden near the dormitory.

Ward said steam leaks are "sometimes difficult to locate" and that they "occur fairly frequently," causing a loss of heat to certain buildings. Some of the lines are very old, he added. "They've been here as long as the University."

A similar leak occurred in front of the library about two weeks ago, and after digging under University Drive, the leak was discovered. Said Ward, "We usually find them, but it takes a lot of digging."

## For Pledges Hazing is a hazy term

By ROBIN PATER  
Organizations Editor

Initiation is something nearly every club hopeful or pledge goes through.

In fraternities and sororities, it's anything from "flushing a guy's head in a commode" and old-fashioned "road trips" to getting activists' signatures and taking "weekly quizzes."

Hazing is "any action taken or situation created intentionally whether on or off fraternity premises to produce mental or physical discomfort, embarrassment, harassment or ridicule," says the Fraternity Executives Assoc. This is also the policy the University stands by, according to Skip Daugherty, director of student activities and organizations.

In the news, articles have been printed concerning incidents in which Greek pledges were seriously injured or killed in relation to "initiation activities" or hazing. Some of these incidents were passed off as "accidents" and "unintentional mishaps," while some of this publicity has helped to decrease hazing on many college campuses.

Hazing, however, remains today among the Greek actives - aimed at their pledges. On this campus, it exists among both fraternity and sorority pledges in varying degrees.

The problem is in drawing that fine line that distinguishes between what IS hazing and what is not. And how can hazing be brought to a halt on this campus?

"There's absolutely no hazing whatsoever," said one member about her sorority. "It used to be - before they set down the rules," she added.

While this girl was a pledge, "they took us to a frat house and made us sing. It was really embarrassing," she replied.

"Pledging is different now," according to her. "Getting sorority actives' signatures, taking weekly quizzes, and attending meetings and mixers is all that is required now," she continued. "It's nothing really that hard," she concluded. "It's less pressure; more time for studying."

One fraternity active said that he thinks "constructive hazing is good. It builds brotherhood and unity in the pledge class," he added.

Road trips and scavenger hunts are a

couple of his fraternity's "initiation techniques" used even at the present time.

"Sure, we had plenty of road trips when we were pledging," he commented. "You had to give them (the pledges being dropped off) money and coats if it was cold - and they weren't left alone."

Pledging, he feels, is "probably the best time you'll have in a frat. You hate it when you go through it, but then you look back and laugh."

What's so funny about flushing a guy's head in a toilet or the voluntary branding of a pledge's arm with a heated coat hanger, which are a few of the things fraternity members testify to.

"Hazing, to a certain extent," one fraternity member began, "is changing finens, doing dishes, washing clothes - it's pledging. Road trips do happen and so do treasure hunts, which are fun and also illegal," he continued.

"You get caught, and you get your charter membership taken away. Something degrading like flushing heads in commodes - that I can't understand," he said. "Some people carry (See HAZING, page 16)

## Periscope

Six Pulitzer Prize winners will be featured at the biennial Society of Collegiate Journalists convention that starts today. For more information, read related story by Features Editor, Ginny Eager on page 7.

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## Sidelines

Trying to concentrate on studying while relaxing in the warm sunshine proves to be difficult for Randy McClave, a junior

psychology major from Ruckwoods as his eyes tend to wander from his books to the people walking by.

(photo by STEVE BROWN)



# Editorials

## People should be educated on nuclear energy

By JOHN P. ALTONMEYER  
Guest Writer

Seldom does a newsworthy scientific event occur without the accompaniment of a superauditory cacophony from the ignorant, the fanatical, and the frightened. Often the voices of moderation and of sincere question (by the vast majority) for accurate information are rendered mere squeaks in the babble of the menagerie.

At no time has this been more evident than in the days following the Three Mile Island reactor accident. Now, sign-carrying zealots

### Guest opinion

swarm like bees at the nuclear plants across the country. A syndicated columnist writes in the local paper of the possible "mushrooming" of the plant.

The editorial in the *Progress* says that shutting down all nuclear plants immediately might not be "a bad idea" while the adjoining cartoon shows New York City devastated by (apparently) a nuclear reactor explosion. Walter Cronkite begins his nightly newscast with "The Three Mile Island disaster . . ."

The public and even usually conscientious newscasters have been hypnotized into using such words as "disaster" and "catastrophe." What do these words mean? In the Harrisburg incident, they have been applied to an accident in which not one person was killed, not one person was injured. Somehow I feel that these two adjectives are better applied to 747 crashes, tanker explosions and coal mine disasters, which actually produce casualties.

But no, the hyperbole which gushes into our ears and eyes represents the very best in calumny for nuclear energy. I hate to

see anything ridden into the ground by virtue of misguided screams, even nuclear fission, so let's balance the beam just a bit.

For those who realize that they are not prepared to make an intelligent decision on the issue of nuclear energy, take note of some facts (Write to the Department of Energy for free pamphlets):

1) Nuclear reactors cannot turn into nuclear bombs. Bomb-grade uranium must be 97% u-235, while reactor grade is less than 10%. The aforementioned syndicated columnist and cartoonist only showed their lack of conscientious research when they attempted to conjure images of mushroom clouds.

2) In nearly 25 years of operation, the nuclear industry has not had a single fatality as a result of a nuclear accident. On the other hand, we read almost weekly of multiple death accidents in other industries.

3) If nuclear power were used to generate all of America's electricity, the extra radiation a person would receive throughout his lifetime would be equivalent to the radiation received during a 6-week vacation in Colorado.

4) Nuclear wastes cannot explode, cannot burn. Transportation of nuclear wastes represents much less of a hazard to the public than transportation of liquified gas and dangerous chemicals. If we had the situation hypothesized in 3), the amount of nuclear waste generated for each person for a lifetime would just fill a large water glass. Presently, fossil-fuel plants are producing tons of toxic pollutants per person per decade.

5) Fossil-fuel plants produce radiation in addition to their massive efflux of non-radiant pollution. A large coal-fired power plant gives off more radiation during normal operation than a

nuclear reactor releases to the environment during normal operation.

6) Nuclear power costs approximately \$1.75 per kilowatt-hour. Oil-burning power plants require as much as \$4.54 to produce a kilowatt-hour, and we may rely on the Arabs to continue their policy of accelerated pricing.

7) Each person in the U.S. receives roughly 200 millirems of radiation annually. Radiation originates in sunshine, common minerals, color TV's, and many other ordinary places.

So what is the upshot of all this? On my part, it is a plea to keep your mouth in a closed position until you educate yourself on the subject of nuclear energy. I am supremely tired of hearing people talk about mythical exploding reactors.

There is, of course, an obvious alternative—one that would obviate expansion of nuclear power or the poison-belching fossil fuel plants. We should drive smaller cars, buy motorcycles and bicycles, and utilize mass transit to the fullest.

We must attack the problem from all areas of technology, including nuclear fission and especially solar power and fusion, until we achieve some breakthroughs.

We must always bear in mind that if we profligate, energy-hogging Americans would make some tiny sacrifices, alternate sources could have time to meet our needs; it is conceivable that nuclear power would not even be necessary. However, Americans now constitute 6% of the world's population and use 35% of the world's energy, and the same short-sighted attitudes which produced the energy crisis and which is now being exhibited on the issue of atomic energy ensure that such unbalanced gluttony will continue.



## Accreditations benefit students

"It was a long time coming" but over the past few weeks two University programs have received their accreditation.

The Baccalaureate Degree Nursing Program has been an area of interest for the past three years when it failed to receive accreditation in its first attempt.

The first attempt failed in 1976 because of a lack of recruitment of qualified faculty. The program was also criticized for a lack of set standards for high quality students.

Over the past three years, these problems have been addressed and taken care of. The University's program is now one of only two accredited four-year "generic" programs in the state, the other being Murry State.

The lack of accreditation in the nursing program has not hurt any graduate from finding a job in their field.

As long as the University is accredited, the program does not have to be for graduates to take the State Board Exam for Nursing.

Graduates were also eligible to work in other states and attend many graduate schools. Some graduate schools require its students to have graduated from an accredited program.

Graduates from the program are now eligible to attend those graduate schools where accreditation is a requirement.

Graduates would also be able to enter the Armed Forces medical field which requires graduation

from an accredited school.

Students have associated accreditation with excellence in education. This is not true. Many programs exist that do not have accreditation. In fact, it is totally voluntary for the school to try to gain accreditation.

There is no real way to find out but it is possible that some prospective students have gone to other schools because the program they wanted to major in was not accredited at the University.

The University has a policy which states that it wants as many of its programs as possible to gain accreditation. This along with the students' wanting accreditation are what led the University to seek accreditation in these two areas.

Of course the University will reap the benefits of the programs being accredited. Highly qualified faculty will want to teach here.

The nursing program is currently searching for a new chairman for the Baccalaureate Degree program. The search has become very competitive now.

The University will benefit from these accreditations, but it will be the students who take advantage of these programs who will receive the greatest benefits.

## Editor's mailbag

### Progress praise

Editor,  
How often one uses the same wordage as you - when they have encountered a week like your more recent experience that you so well describe in the latest issue of the *Eastern Progress*.

Elizabeth Palmer-Ball, I wish to extend my appreciation to you for your very enjoyable articles. I have often been given a copy of the paper at the class I attend on Thursday evenings at Stratton Building. I am taking a course in "Adventures In Attitudes," under the capable leadership of Co-ordinator of AIA, Mr. Larry Bobbert, Radio and Television instructor at ECU.

Last week Mr. Bobbert and other members of the class encouraged me to submit some of my articles and essays to you - with hopes that what I have to relate may be beneficial and perhaps, be considered for the editorial section, of course that may be wishful thinking. But you seem to have a very open mind on other people - expressing their strong opinions.

There have been a number of articles written by authors such as Verl Wilkinson - "Friends," that was very



**Elizabeth Palmer-Ball**  
Worn out

Apathy seems to be a pretty worn out topic at this point, but I might as well get in my two cents worth.

After reading a couple of recent guest editorials dealing with apathy, I can't help but feel that their authors have exaggerated the problem. Maybe not exaggerated but at least not getting at the real root of the problem.

While I will be the first to admit that I am not heavily into school spirit, burning my bra for the women's rights, mom, apple pie and flag waving patriotism, I don't feel that I can be labeled as an apathetic.

Though a great deal was accomplished during the 60's, I can't say that I wish I had grown up during that time. Sure there was a great deal of excitement and energy expended for the cause of equal rights, and in the anti-war and womens movements but it was not the kind of thing that could go

along, in a healthy state forever.

People have been quieter during the 70's, but it has been a time of adjustment for our society.

Minorities and women have had to act upon the initial strides that were made during the 60's. Vietnam veterans have had to adjust to a life that doesn't include fighting and unpopular war.

We have all had to look at ourselves and our lives and decide how we are going to adjust and live in the new roles we are offered.

The 60's were a time of group effort. The 70's are and have been a time of individualism and striving for the separate goals that we have been given.

People do give a damn. But now it is up to the individuals to do it for themselves rather than letting the group do it for them.

On this campus it seems that there is lack of interest in student government and interdorm as well

## Poor leadership may cause apathy

as other campus organizations. For some reason the blame for this is laid on the students. I don't think that the students are as much of a problem as the poor quality of leadership and even poorer quality of organization and communication.

In the past a great many of these groups have depended too much on publicity through the campus newspapers, which I guess in itself isn't so bad but not only do they expect us to get their message across but we are supposed to go out and find it ourselves.

This week's election for Student Association President and Vice-President proves that all you have to do is get your message across to the public and they will act. You can't expect the people to support you or your organization if they don't know who you are. It was a record turn out for this election, but the candidates worked to make it that way.

# The Progress

- |                       |                      |
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good, I didn't realize until the bottom line that some of those were the thoughts of Emily Parton, but I certainly felt that his choice of topic says so many truths that one can identify with. I have written one similar on Friendships, and could only add that many times we treat our friends as suckers. We give them just a lick and a promise and near the end of time realize that if our personal treatment would have been better - we could easily build a true friendship.

Coles Raymond M.D. - "De feet ... Everyone has problems with the feet." That article was very informative. "Stumbling Over One's Own Feet," would be a humorous article that I sure could write, no matter what can be said about proper shoes to wear, etc. Would you be interested?

Larry Bernard, Arts Editor - has received much criticism, and it perhaps, is of much value, but he seems to be on the upswing each time he contributes another article, usually you can't get a man down that believes strongly in what he believes in. I could write a story of the Fantasy of Love as well as some he has written, but who would believe what I am saying. True love is very important to me, individual, wife, mother and homemaker in today's society. We all dream about things that could be different, but someone has to do the changing, and it usually isn't the other person. We make our own beds and sleep in them.

Solvei Louise Nelson

### Greek thanks

Editor,  
We, the members of the Pi Kappa Alpha Fraternity would like to take this opportunity to thank all of the Greeks who participated in our Pike's Peak Week activities.  
With nearly 100 percent participation, the bowling tournament was a big success as was the Pike Calendar Pageant.  
It is our feeling that the mixer held last Wednesday was tremendously successful and much of the credit goes to the Greeks that came and supported us.  
We are of the opinion that the members of other Greeks we have spoken to, that the Pike mixer at the Family Dog was one of the best ever seen here at Eastern.  
We hope that everyone enjoyed

themselves and are looking forward to next year's Pike's Peak Week.  
Once again, we'd like to thank all of the Greeks that aided us in our week of brotherhood.

Sincerely,  
Michael W. Parker  
President  
Pi Kappa Alpha

### Larry letter

Editor,  
I want to say that I happen to like Larry Bernard's art column. I'm sure there are other people who share this same view, but it seems that only the people who don't like him are heard.  
There are many people who read Larry's column faithfully each week and I am one of those people. Larry's stories are great, some of them touch on issues that we don't know very much about. His articles may be controversial and a little strong sometimes but that is what makes them interesting. I think Larry is one of the most creative writers on the *Progress* staff. So keep up the good work.  
Randy Huff



# News/Features

## SA candidates pen letters of thanks

Tim Butler

After all of the leaflets have been distributed, and the ballots cast, and the votes counted, there is cause simultaneously for a celebration and disappointment. While the Unity party came out on the short end of the tally, we hope that these students will continue working for the cause of student government.

Tuesday April 17 proved a lot of things to both Chris and myself. The relatively large voter turnout was satisfying; while 73 percent of the students did not vote, almost 2,400 students did, and the best way to fight a problem such as apathy is one step at a time (we consider 27 percent to be a good start out of the blocks).

Perhaps the sleeping giant is beginning to rub his eyes a little bit.

Chris and I would like to thank the students who did vote in this election, and those who decided to vote Insomniac. A few weeks ago most people (including ourselves) didn't give the Insomniac ticket much of a chance of victory. One thing which the election did for us was to point out who our friends really are. I wish we had the opportunity to name them all, but their contribution is appreciated more than they'll ever know. The grass roots of our election were as green as the 10th floor shower floor.

Showtime is over now, and the ensuing summer and fall promises a lot of hard work and time to try and implement some of the things we've spoken of. Our plan to the entire student body is to become interested and involved in the workings of government. Whatever complaints or ideas you may have are encouraged and solicited.

Please, if you feel strongly on an issue, don't be afraid to take it to your student senator or to the Student Association office and air your opinion. We have numerous goals for our offices, but our first objective is to involve the students and discovering their opinions. If we can do this, we can complete another long step in our continuing journey towards solving student problems and establishing a government which is workable for you.

Tim Butler

Mark Hester

I hope that everyone who voted and took part in the election for student Association president and vice president reads this full letter. As a candidate in the race I saw many people get involved, more than in any other Student Association race I've seen on campus since I came here four years ago.

I want to take the opportunity in this letter to the editor to thank each person who helped out in the election for both the Unity and Insomniac parties. It puts

a good feeling in my heart to see people dedicate themselves to something they believe in. I wish that everyone on campus could see how hard the campaign workers worked to get as many people as possible to vote Tuesday and use it as an example as to what it takes to be involved on campus for fellow students. That involvement takes hard work and dedication.

Hard work and dedication from many people over a two-week period brought just over twenty-four hundred voters out of nearly nine-thousand eligible student voters. That alone can tell everyone what a tough spot that the Student Association leaders are in, that of representing student views when it's so hard to gain a general consensus.

With that in mind, let's get behind the new Student Association president and vice-president, Chris Kremer and Tim Butler and help them achieve their (and Student Government's) goals for the next year. We can't elect someone to let them do all the work, we must be there to help.

Remember that another election comes up May 1, that of Student Regent, and that at the beginning of next semester petitions go out for student senators. We need your help so stop by the Student Association Office and find out what it takes.

Mark C. Hester  
Student Senate Public Relations  
Chairperson



Tim Adkins, moderates the debate between Insomniac and Unity party candidates Monday night before election day. (photo by STEVE BROWN)

## Social work program receives accreditation

The University has received notification that its social work program has been accredited by the Council on Social Work Education. The accreditation is retroactive to the 1977-78 academic year.

The social work program was started in 1967 and is now among some 220 degree options offered by the University. According to Mrs. Sue Friedman, coordinator of the program, 135 students are now majoring in social work which

leads to a bachelor of arts degree.

Accreditation is based chiefly on standards required of students, faculty qualifications, administrative support, and professional advising.

"We have a high quality social work program at the University," says Dr. John D. Rowlett, Vice President for Academic Affairs and Research. "The program has an excellent faculty and a fine group of students who are majoring

in the field."

"Our graduates are serving throughout Kentucky with a variety of agencies and institutions. The faculty, administrators and students associated with this program are to be congratulated for their work in achieving this national recognition for the social work program" Rowlett said. The social work major is located within the Department of Anthropology, Sociology and Social Work in the College

of Social and Behavioral Sciences. Located in the Wallace Building, the University's social work program prepares students for the beginning level of social practice in a variety of public and private agencies.

According to Mrs. Friedman, "Our graduates find stimulating and rewarding positions in such agencies as the Kentucky Department of Human Resources and numerous private social agencies that serve youth and adults."



**Coles Raymond**  
M.D. Rhythm

The tide comes in and out. In turns a young man's fancy lightly spinning to thoughts of love. We are born, we age and we die.

In other words we are rhythmic beings. In our pride we talk of biorhythms but we are more influenced by astrorhythms. The tides and menstruation run on a lunar cycle. With recent, sensitive tests, it has been found that testosterone, the male hormone, does so too. Hi girls, join the club! On the other hand, adrenaline, nature's great fight or flight hormone goes by a diurnal, or night and day rhythm. So, presumably, does the beat beat beat of the tom-tom--and we all know the blood-stirring power of jungle drums.

So, DEPRESSION, the low point

of our emotional rhythm, is here to stay.

To live free of depression is not admirable. It is grossly inhuman and abnormal. It smacks of megalomania.

Since teen-age/early twenties suicide has rocketed in the last decade, and since college life is almost a synonym for stress, depression is a student health problem.

First, there's the sadness of life--without which there would be no gladness. "Most men lead lives of quiet desperation" and "Life oscillates between boredom and sorrow." That strikes some deep sad chord in most of us, but Thoreau and Schopenhauer said it first.

Depression is triggered by change. Homesickness is a depression. Old

## Depression... 'the heaviest burden of mankind'

people who retire to the sunshine leave roots of friendship and familiar scenes, and the ghettos of the sunlit seniors are sad and dreary. Even marriage, that harbinger and source of joy has depressing features. Men usually have to give up their friends, and wives their mothers. Both give up their privacy. The fact is, when you consider what you give up, if it weren't marriage, it wouldn't be worth it!

Adolescents are constantly bereaved, leaving stages of growth every few months or years, plunging from the security of infancy into continually more demanding roles, involving rejection of family support, and deadly lonely challenges one after another. No wonder, with

the collapse of all standards, that the burden of maturing is too depressing for so many! I hate being old, but thank God I don't have to be young again!

I have nearly run out of space, and I'm going to write a couple of columns more about depression because it hangs over every human head.

Here and now I tell you that it is normal and inevitable, so don't worry about it.

The WORST part of depression is that it makes us feel inferior, worthless, and alone. That feeling, not nervousness, or stress or fear, is the heaviest burden of mankind. There's much to say about it. See you next week.



**Verl Wilkinson**  
Loose ends

This is the time of the year for tying up loose ends. It is the time for completing all of those "projects" which we have been putting off for so long. It is the time for paying overdue fines at the library, pre-registration and term papers. It is, more importantly, the time for clearing up any cloudy or unclear areas in personal relationships. The purpose of this column, therefore, is two-fold. I get a chance to tie up loose ends, and clear up some questions that have arisen--at the same time.

First of all, a problem has arisen concerning the mention I made of my suicide attempt. A colleague of mine asked what the purpose of mine asked what the purpose of such a statement was. "If you're trying to get sympathy, you're going about it the wrong way. People want to feel sorry for you. They're only going to think that you're weird."

My only reason for mentioning it in the first place was because it was appropriate, or so I thought, as well

of brutal honesty. Quite frankly, I do not feel the need for pity at all. That may be a really pompous thing to say, but I said it anyway, didn't I? Also, I do not feel that an attempt at suicide destroys my worth as a person. Times were hard and my ability to cope was very limited at the time. I'm sure that every reader of this column has had coping problems at one time or another.

Once again, I owe some apologies. I have been guilty of shameless neglect as far as my friends are concerned. I could offer a score of excuses such as a complete lack of time, energy and ability to be in more than seven places at one time! (While I can leap tall buildings in a single bound, and race faster than a locomotive, I find it impossible to be in more places than one at the same time.) How many excuses are just that--excuses. Whether or not they are the truth is beside the point! So I apologize to anyone who feels that he or she has been neglected or ignored. Please

## Time... heals all wounds, wounds all heels

consciously do anything to hurt anyone. At the same time, my own feelings have been bruised lately by friends who just "don't have time." I guess we should all realize that ours is not the only impossibly hectic schedule, right? RIGHT. I swear that I am not going to get behind next semester. I know that those sound like famous last words, but in five semesters at college, this is my first experience with being truly, totally and helplessly behind.

If all goes well, and God and I are able, next semester I will be directing a scene from *The Boys in the Band*. The reason for my stating that fact is quite selfish. I want anyone who is interested in a part in the scene to be sure to allow enough time for what promises to be an arduous but fulfilling task. Also, the allowance of more time for word-of-mouth publicity I expect the competition to be very keen. Forewarned is forearmed, and a word to the wise is sufficient.

If you don't have reservations for

Pippin yet, you'd better get them. It seems that a sell-out is quite possible and, probably, imminent.

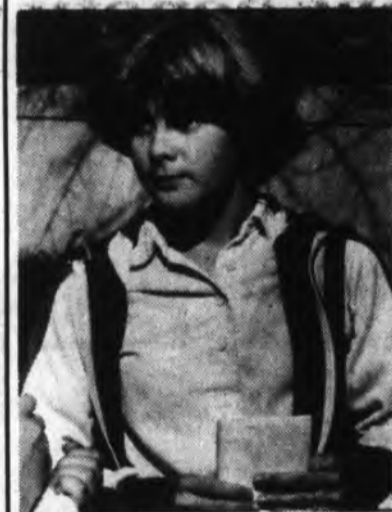
Finally, I would like to utilize my opportunity to reach as many people as possible at one time, in order to say a few more things. Thank you--to all my friends. They have been a constant source of energy and support and have been more instrumental this semester than they will ever know. Once again, thank you for everything. And thanks to all of my readers for their comments, suggestions and more importantly, feedback. Feel free to keep up the good work next semester, and hopefully we can start off where we ended this time. I think it would be a terrific shame to subject ya'll again to some of the things you've endured this semester. With all of the things that are wrong with Eastern, it's good to know that the students are fantastic. (As you can tell, I'm in a really charitable mood.)

Ain't spring fever grand?

## People Poll

By DONNA BUNCH  
Staff Writer

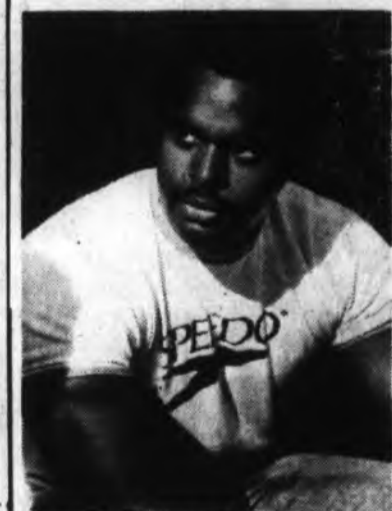
How does spring fever affect you?



McGUFFEY



DING



LOGAN



KRAUSE

(photos by STEVE BROWN)

Becky McGuffey, junior - medical technology, Stanford. "I love it. It gives you an opportunity to get out of your dorm room. I can't wait to put on shorts."

Vera Ding, junior - occupational therapy, Cincinnati, Ohio. "Real bad. When the weather gets nice it's hard to go to class. I like the sun."

Richard Logan, senior - broadcasting, Louisville. "Look at me. I'm right out here watching everything that's going on. It's kind of hurting my grades, but what can I say."

Ryan Krause, sophomore - political administration, Cleveland, Ohio. "I think it's great. I hope we get a lot more of outdoor concerts. It's time that the people on this

campus started getting involved. This place is dead."

Clayburn Trowell, sophomore - finance, Louisville. "There are so many activities around on campus that I have difficulty studying."

Vicky Shontee, junior - nursing, Louisville. "Spring fever... I'm getting tired of school and ready to get out."

Debra Parris, freshman - undecided, Frankfort. "It's making me want this semester to last long. There's more people out and more things to do. It's a lot nicer."

Mark Riffe, junior - business, Louisville. "I don't know. It's no big deal. I like it better than the snow."



# Equal place and space for Kentucky candidates

By ROB DOLLAR  
Staff Writer

There's one place where every person running for a statewide office in Kentucky will allegedly be equal, no matter how wealthy or powerful or even influential other candidates may be. That place isn't heaven -- if that's where politicians go in the first place after their days on earth are over. And it isn't hell, even though many of our past and present office seekers will probably shake a few hands on the campaign trail down there before long. No, it's not in the Twilight Zone nor in Larry Bernard's column, where fair and equal treatment of all the issues has always been the rule. So, where is this mythical and abstract virtue known as "equality" finally being put into practice? Believe it or not, in the University's Department of Political Science. The political scientists on our campus are sponsoring a bulletin board entitled appropriately enough, "Kentucky Elections 1979," which was set up Tuesday on the first floor of the Wallace Building next to Room 115. The purpose, quite simple and noble -- to create greater interest, as well as student participation in the upcoming Kentucky elections.

Now here's where the equality comes in. Each candidate running for a state office in the May primary will be entitled to a space on the board not to exceed 11 by 14 inches in size. Of course, asking a politician to fill a space that "large" is like asking him to answer five questions in five clear statements within a five minute time frame. It's anyone's guess on whether it can be done or not. Regardless, supporters of each candidate are responsible for filling the space and can do so by bringing the desired campaign materials to the office of the Chairman of the Department of Political Science. It should be noted that no materials will be "solicited" from any of the candidates by the Political Science Department, thus gaps in the board might indicate that certain candidates are in trouble -- on campus anyway. To verify that the bulletin board was set up and arranged without any bias towards particular candidates, no member of the Political Science faculty was placed in charge of it, since many are active supporters of various candidates. Where then do you find someone that is unbiased to be in charge of this "noble

experiment" in equality? Would you believe departmental secretary, Sharon Neal? The perfect choice. Neal is not actively supporting any of the candidates running for the various state offices and claims not to be prejudicial towards anyone. This attitude is apparent in her plans concerning the arrangement of the "illustrious" board. What is to determine the position that each candidate will occupy on the board? The solution, quite simply -- "First come, first serve," according to Neal. Though, the process sounds more like a cafeteria serving line, it does have its ironic side. Politicians who have been "dishing it out" to the public for years, must at long last wait in line just like everyone else for an equal portion of the pie -- namely equal space on a bulletin board. The bulletin board will remain up until after the May 29th primary and it will be repeated next fall for the general election. While politics might make strange bedfellows, what's even stranger is that it takes a woman and a departmental secretary at that, to put Kentucky politicians in their place -- on the bulletin board that is.

# Students' slang analyzed in new topics course

By GINNY EAGER  
Features Editor

"Hey man, hows about buzzing out to the lake for a dip."  
"Sure, maybe we can latch onto some nice looking chicks and make beautiful music together, ya know."  
"Yep, but we gotta get home by 12 or my old lady will hit the roof."  
Most Americans understand this conversation perfectly; but to someone who took each word literally, this conversation could sound bizarre. The person might think that two men were going to make a humming noise all the way to a lake and plunge partly or for a time into the water and after that they were going to attach themselves to some chickens and sing. But they had to return by 12 or an elderly woman would fly up and hit the roof. But, actually the conversation is perfectly logical, if one knows slang. The University has its own slang expert and next fall he will be teaching a course called, "Topics in English: The American Language." Charles M. Latta is the instructor and according to him the class will be a general study of the history, cultural

background and linguistic antecedents of the American language. Latta said that he plans to pay detailed attention to the study of social and cultural dialects which make American English unique and he also plans to give a thorough introduction to slang. There will be three of these topic courses offered next fall under ENG 200. Kay Smith will teach "Greek and Roman Mythology." This will be a view of mythology from a scientific, historical, psychological and mythical point of view. Isabelle White will be teaching the third course, "Men and Women in 20th Century Short Fiction." According to White the class will deal with the study of how relationships between the sexes are depicted in 20th century literature. It will also study the sex roles in literature. This is the first time for any of these classes to be taught and according to Latta they will be taught in a non-traditional manner. For example, he said, in the class that he is teaching, he plans to have lots of discussions and a minimal amount of lecture.

"It's going to be an easy and a fun class," he grinned, "but not a snap course." There will be lots of reading, but other than that not much homework. However, there will be a paper, but Latta said that it will be small. He added, "I am going to gear the subject of the paper to the students' interest." The course cannot be taken for credit toward an English major or minor, but only as an elective. Latta stressed that these courses could be helpful, as well as fun, for students in any field. Currently two courses along these lines are being taught, "Detective and Mystery Fiction" and "Science Fiction." Latta said that he feels that these two classes have been very successful and he hopes the same for the three new ones. "Men and Women in 20th Century Short Fiction" will be offered the seventh period on Mondays and Wednesdays. "The American Language" will be the second period on those days and "Greek Mythology" the fourth period on those days also. All the courses are worth 2 credit hours.

## Stank in Bearing It

by Dieter Latta 1979



# Festival centered on a variety of women's issues

By GINNY EAGER  
Features Editor

A Women's Concern Festival will be held next Monday and Tuesday on campus. Several activities are planned, according to Hope Lonstein, director of McGregor Hall. The festival is coordinated by the women's residence hall programs and the Women's Interdorm. Although basically oriented to women and to improving their self image, Lonstein said that men could also benefit from the festival also. They can learn more about women's issues, she said.

The first activity is at 8 p.m. on Sunday, April 22. Jenny Curtis will speak on Women in Leadership. This will be held in the Pearl Buchanan Theatre. Following this speech at 9 p.m. the film "Free to be You, Free to be Me," starring Marlo Thomas will be shown. The next day, April 23, from 11 a.m. to 3 p.m., Women's Concern will be held in the Jagers Room, Powell Building. Lonstein said that this is simply a potpourri of women's issues. Although all of the speakers at this are not con-

firmed as yet, Lonstein said that some of them could possibly be Mountain Maternal, Planned Parenthood, Affirmative Action, ERA, Kentucky Commission on Women, Rape Crisis Center, League of Women Voters, and Credit Reference. That same night at 7:30 p.m. Phyllis George will speak on Women's Concerns. This will be in the Hiram Brock Auditorium and is sponsored by the Student Association. Lonstein said that she believes the festival could be helpful to many women and encourages everyone to attend.

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# Clothes Cents Hats top off the fashion scene

By STEVEN D. LYONS  
Staff Writer

Hats off to those of you who have been reading and enjoying this column; onions to those who read it but don't enjoy it; and whatever to those that do neither.

If you happen to walk into better stores you'll see a section that appears new and that's because it probably is. Stores are devoting more space to hats because one, they're fashionable and two, they are big money makers.

If you're like most, you have the tendency to stand around and try on a few, joke about them then shrug the whole escapade off as having fun. But this shouldn't be.

Hats can be fun as well as fashionable. If you shop around you can find a hat to fit any occasion. There are a million styles to choose from.

You can wear straw hats for more casual wear, or felt for more dressy wear. However, straw is intervening the felt market for dressing up. The main reason being that manufacturers and designers are learning to design better hats from straw.

The whole hat comeback started a few years ago when America started on the nostalgia gimic. It seemed that the older the styles, the better the sale value. People opened antique clothing shops and second hand stores were getting a good income from all that obsolete stock.

So—enter button-downs, pleats, fruit loops on your shirts, shorter pants, argyle socks, and the endless ream of repeated styles.

Slowly, but surely, hats caught the American eye appeal and boom! another multi-million industry reemerged. Some designers dropped their maniquins and went to the drawing boards.

And the array of designs came off the assembly line as fast as they could draw them. They looked back over the years and reconstructed some of the old hats, and just revitalized some of them.

The pill box hat for women is back. They haven't done a whole lot to change it. Some of the designers ridded it of its

accompagnement—the veil, some chose to keep it, and others added more contemporary accessories. Regardless of what you like on them, there's a pill box-hat waiting for you.

For the more sheik look designers dug back to the 1940's and came up with

taller and bigger feathers just for effect.

Hats are functionable as well as fashionable. They can protect your head from rain or add a shade on those sunny days. As far as fashion goes they speak for themselves. Hats add a classic

become as much a part of a man's wardrobe as they were in the 40's, and 50's.

Remember those pictures of dad decked out in the pleated pants, padded shoulder jackets and of course his favorite hat? Well, that's exactly what is going to be around for a while.

Thanks to whoever you'd blame it on, we now have a much wider variety from which to choose. Hats are no longer grey and black but they are coming in as many colors as you have shirts and places to wear them.

The Bogart hat and the Street cap are running neck to neck in sales. Straws, however, are weaseling their way into the market.

Straws are great for summer. They allow air to circulate around your head making them much cooler. As compared to the felt, in looks they're about equal. Straws, however, aren't being shown for dressier evening wear. But go ahead and try it—you may start a new trend.

As in all facets of the clothing business the price range is as vast as the Kentucky River. It all depends on where you shop. Designer named hats are extremely high (as most designer clothes and accessories) but you can shop around to expand your budget a bit.

Look in your parents old attic chests or the closets. Hats may be stored in a protective hat box and look as good as new. If the moths haven't taken their toll, wear them!

Hats are back and every store around has them, all for the asking and purchasing. Check around. You may come up with a source from your grandparents or neighbors from which to get your supply.

Using your clothing cents can save you big bucks in the long run, especially if your budget is as limited as mine, and the rest of the College Corps of Penniless Shoppers. Guten Tag!



some of those sophisticated hats you see on Saturday afternoon TV movies. Most are made of starched felt donned with ribbon bands of various colors and designs (stripes or checks) with short feathers. However, some chose to add

distinction to a woman's looks. Hats look good with anything from sportwear to dinner suits or dresses.

Men's shops are also carrying good quality lines of hats. At this time designers are hoping that they will

# Belly dancing has a story to tell

By JANET JACOBS  
Staff Writer

What does Anita Wilberding, a junior Public Relations major from Louisville, have in common with a sergeant in the army, a real estate agent, a teacher and the president of a catholic PTA who also manages a clothing store?

Wilberding, along with these and a few other women, participates in a cultural dance which is becoming very popular in the United States today: belly dancing.

This very diversified group came together at the Orbis Dance Studio in Louisville where they took lessons together twice a week for three years.

At first they danced in shows with their teacher. But after receiving several requests to perform, they started their own troupe. "The people who wanted us to dance really started the troupe," said Wilberding.

Though the group is not considered professional, they give 25-35 performances a year. During school, Wilberding only participates in about 10 of these, when she can get in at least two good practices before a show.

In a performance there are usually three or four choreographed numbers for everyone and a few solos. One part of the show is freestyle, where everyone has a chance to dance her own way. There is no music except for the drums.

## Health seminars announced

Two seminars for health personnel have been announced by the College of Allied Health at the University. The first, April 25 at 9 a.m. in the Jagers Room of the Powell Building, will deal with "Primary Nursing." It is designed for nursing administrators and managers. The second seminar, April 27, same hour and place, will teach health professionals how to deal with "Job Related Stress." Inquiries should be directed to Lynn Voight, Room 103 Wallace Building (606) 622-3104.

and the dancers sit on the floor playing their zeals (finger cymbals) until each is inspired to dance.

Belly dancing, or Beledi as it is called in Egypt, was originally done to build up stomach muscles in preparation for childbirth. It gradually became a family ritual and part of tradition mainly in the Middle East.

"Belly dancing is not to be seductive," explained Wilberding. "It is a ritual—a way of expression. Different movements have backgrounds and meanings like in hula dancing."

The dancer's costume consists of a top, harem pants, skirts, sashes and veils. It is designed to help her focus attention on the stomach and hands while she is dancing.

Wilberding has been belly dancing for six years. During that time she has learned to express herself, to deal with people and to have confidence in herself. "Dancing also makes me feel good when I'm upset or frustrated. It is a good constructive emotional outlet," commented Wilberding.

Last year, Wilberding was offered a job to teach belly dancing professionally but turned it down. "I'd like to get a job in television advertising or sales," said Wilberding. "The dancing is just something I can fall back on. After all, I'm not going to college to be a belly dancer."

## Infirmiry takes applications

Are you concerned over the effectiveness of the infirmiry? Apply to be on the Student Advisory Board. Call: 625-3341, 624-1556, 625-2282 after 5 p.m.

## Auroras on sale

The 1979 AURORA, student art and literary magazine, is now available. Copies may be purchased at the University Store or in the office of Dr. William Sutton, Wallace 133.

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**NAVY OFFICERS GET RESPONSIBILITY FAST.**



## Bluegrass musicians entertain at Morehead

By LISA AUG  
Staff Writer

"Basically we just play and pick and have a good time."

Modest words for a student group of bluegrass musicians who were "just goofin' off" one night when they decided to go to Morehead to find a banjo player and ended up playing to a crowd of over two hundred.

Mike "Kinard" Kindred explained that after picking up banjo player Jerry Cooper they went to a girl's dorm on Morehead's campus to play for a girlfriend. They began playing in the parking lot inside the circle of dorms, and after the second song, 250 girls had come out on the balconies to listen.

"We played for an hour and ten minutes until the dorm director said we had to leave because it was late. All the girls booned, so she told us to come back earlier next time."

"We played one more song, but before we left, the Baptist Student Union asked us to play for a coffee house on May 4."

Kindred, Randy "Spider" Webb, Kerry Jones, Rick Stone and Ken "Wingding" Weidinger, members of the "Mountain-top Pickers" as they call themselves, shy away from describing themselves as a formal group of musicians.

"We just play around," insisted Kindred. "We don't know what we're going to play."

"Singingwise we're not very tough," said Jones modestly.

"Our act's kind of medium," Kindred added, even though 250 Morehead coeds would disagree.

Only Jones and Webb are music majors. Kindred and Weidinger are in industrial education. Stone is in accounting.

"We feel more like a group now (after Morehead)," said Stone. "But it's still really informal. We've only been playing together about a year."

"We all live close together," said Kindred. "We're all on seventh floor Palmer except for Ken who is in Todd. We just get together and pick bluegrass and teach each other songs."

All the members play guitar, and lately they've added spoons, washtub and jug, as well as an occasional banjo.

"We call ourselves the "Mountaintop Pickers" because it's a bluegrass name and that's what we play," explained Jones, "but also because of the religious aspect. We're a Christian bluegrass group and Christ is the Mountaintop. We play a lot of religious songs along with bluegrass."

"People really enjoy bluegrass," Jones said. "They like sittin' and clappin' and singin' along. It makes them feel at ease. Bluegrass makes people feel good."

Kindred added that sometimes they play over the phone for people, to cheer up a depressed roommate, or even ask a girl for a date.

"It worked once, anyway," said Kindred, adding, "I thought it was romantic."

The group has no definite plans for the future, as they will be apart this summer, but they can't hide their pleasure at their growing popularity.

"All the girls are talking about us," grinned Kindred.



(photo by SCOTT ADAMS)

## Religion advancing in the Political World

By MARKITA SHELBERNE  
Staff Writer

For the fall semester of 1979, the Political Science Department is offering a new class entitled "Politics and Religion". The class is numbered POL 317.

The class was an idea of Dr. Jane Rainey, a political science professor, and was developed by her with the help of other members of the Political Science Department.

Dr. Rainey had the idea for the class because of several personal interests which would be involved in the class. She also stresses the importance of religion in politics in today's society.

Since the beginning of President Carter's term of office religion has been in the news of the political world more than any other time since the term of John Kennedy.

Religious groups are seen in the legislative processes in powerful lobby-

ing positions. Such groups have been particularly influential in issues such as abortion. They are also a great factor in voting.

Religions and their views are involved in the courts the legislative branch and the executive branch.

According to Dr. Rainey, the class is designed because of these influences and will involve a little of each subfield of political science in contrast with most of the classes offered by the University.

The class has also been added to the department to compliment the creation of a religion major in the philosophy department. The class is not a requirement for the major but could be beneficial to those in the area.

The course will cover such current topics in the United States as Marilyn Murray O'Hair, open prayer in public schools, and the placing of the Ten Commandments in school classrooms as well as similar subjects in other countries.

Dr. Rainey, who will be teaching the class, plans to make it a comparative study. Since her speciality is Communist government the course will deal with the differences in religion of Communist countries. The role of the church in West Europe and the separation of church and party will be discussed.

The class is not purely for or of any religion and Dr. Rainey welcomes and hopes for non-believers in order to balance the discussion.

There are no prerequisites and the class would be an excellent restrictive elective. The subject matter could be very helpful for pre-seminary, pre-theology or philosophy students.

Dr. Rainey promises the course will be full of "lively discussion."

For more information contact Dr. Jane Rainey or the Political Science Department.

## Election day

The election of student association president and vice president brought a record number of students (in the past seven years) to the Powell Building to exercise their right to

vote. Students lined up in front of the information desk before 10 a.m. waiting for the balloting to begin.

## Newsbriefs:

### LEN course set

A new course entitled *Women in Law Enforcement* will be offered by the College of Law Enforcement next fall. Among other things it will deal with issues and problems which have arisen in the field of criminal justice as a result of the affirmative action program mandated by the Civil Rights Act of 1972.

The course will basically follow a seminar format, making maximum use of guest lecturers and field interviews with operational personnel. Student initiated case studies will provide flexibility required to serve the needs of a wide range of student interests. Cross-listed as PAD-COR 345, the course will fulfill the requirement for an upper level elective for law enforcement majors, and since there is no pre-requisite, students from other disciplines are more than welcome. Male students are encouraged to enroll because the full dimension of this issue cannot be explored without their participation. Also, it is an issue which, in one way or another, affects and will continue to affect them as professionals in the field.

The course will be taught this year by Dr. Bette Fox, Professor of Police

Administration, but in alternate years will be taught by Dr. Elizabeth Horn, Assistant Professor of Correctional Services. For further information call Dr. Fox at 622-1803, or stop by her office in Room 409 of the Stratton Building.

### Retired faculty

The University will honor 17 retiring faculty and administrative staff members at a faculty dinner Wednesday, April 25.

The retirees, representing a total of 228 years of service to the University, are:

The recipients of the 1978-79 "excellence in teaching" awards for each college of the University will also be announced at the dinner, to begin at 6:30 p.m. in the Keen Johnson Building.

Each retiree will receive an engraved silver tray provided through contributions from fellow employees.

### GCS 198 open

Students may register for GCS 198 during pre-registration or during regular registration. However, in order to register for the course, a brief interview with a counselor will be required. Students may schedule an interview by contacting Mrs. Karen

Stefanov (622-2241) who will also be available to answer any questions regarding the course.

### Voter registration

Voter registration for the primary will continue through Monday, April 30. If you are unregistered and have lived in your current precinct for 30 days, you are eligible to register to vote.

If you anticipate being away from Richmond on Election Day, May 29, and desire to vote in the election, you should apply for an absentee ballot. Applications will be accepted until May 22.

### Arts & Crafts Fair

The Student Association will present their Spring Arts and Crafts Fair Thursday, April 19.

Approximately 20 artists and craftsmen will gather in the area surrounding the Chapel of Meditation 10 a.m. - 6 p.m.

Some of the displays will include jewelry, paintings, woodcrafts, macrame and plants.

An entry fee of \$10 will be charged to attain a booth.

Proceeds from the fair will be donated to the Scotia Mine Disaster Scholarship Fund.

## Student Regent Applications Available

Petitions for Student Regent will be available tomorrow in the President's office, the Student Affairs Office and the Office of Student Activities.

The Student Regent must be a resident of the state and must get at least 200 signatures on their petition.

Petitions are due Wednesday at 4:30 p.m. in Coates room 103.

As is the case this year, when the president of the Student Association is not a resident of the state, any full-time student who is a resident is eligible. Also, applications for Centerboard are

available in the Office of Student Activities.

There are two at large openings for next year.

Any full-time student with a 2.25 GPA is eligible for the position.

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# Society for Collegiate Journalists host convention

By GINNY EAGER  
Features Editor

This week was proclaimed SCHOLASTIC PUBLICATIONS WEEK by Kentucky governor Julian M. Carroll. One of the highlights of the week is the biennial convention of the national collegiate journalism fraternity, Society for Collegiate Journalists (SCJ).

The University's chapter of SCJ is hosting the convention which starts today at 1:30 p.m. Kicking off the three-day convention, which takes place mostly in the Powell Building, is an equipment show in the Newspaper Technology Van.

This is a mobile teaching laboratory sponsored by the Frank E. Gannett Newspaper Foundation, Inc. of Rochester New York. From 1:30 to 4:30 p.m. the van will be open for tours and viewing. It will be parked outside the



Richard Whitt  
Powell Building.

The van houses all the necessary equipment to produce a newspaper and it will be used to put out a convention newspaper.

Next on the agenda is the speaker, Craig Ammerman. Ammerman will speak at 4:30 p.m. in the Kenamer Room, Powell Building. Ammerman is a part of the Mass Communication Speaker Series.

Ammerman, a native of Richmond, attended the University and briefly worked for the Richmond Daily Register and the Lexington Herald-Leader. In January of 1969 he went to work for the Associated Press (AP) and is currently the New York Bureau chief for the AP. As of April 23, 1979 he will be the managing editor for the New York Post.

At 6 p.m. dinner for the conventioners will be held in the Powell cafeteria dining rooms A, B, C and D. During this time the opening convention

session will be held and committee assignments made. Then at 7:30 p.m. the committees will meet.

Also 7:30 p.m. Ralph Squires will speak. Squires is the Special Projects Director for the Gannett Newspaper Van and will speak in the Jagers Room, Powell Building.

Winding up today's activities will be Kent Herman, Pulitzer Prize winner, who will speak in the Adams Room of the Wallace Building. He is sponsored by the College of Arts and Sciences Lecture Series and is open to all convention members, campus members as well as the Richmond community.

news session, Paul Schuhmann, the photo composition and coverage and Charles Savedge the yearbook. All workshops will be held in the Powell Building.

Whitt, currently the Frankfort Bureau Chief for the Courier Journal, is also a Pulitzer Prize winner. He won the prize for his coverage of the Beverly Hills Supper Club fire.

Schuhmann, too, won a Pulitzer for photography. He currently works for the Courier Journal and his workshop will be held in the Jagers Room.

In Conference Room A, Savedge's session will be held. He is the Head-

Dinner will start at 6:15 p.m. with Jeff MacNelly speaking.

MacNelly, a two time Pulitzer Prize winner for editorial cartoons is also the creator of the popular comic strip "Shoe."

The committees will meet again at 9 p.m. and that is the last event for Friday.

The last day of the convention, Saturday, opens with coffee in the Herndon Lounge at 9 a.m.

At 10 a.m. the last business meeting will be held in the Herndon Lounge also and at this time Frank M. Maier will speak in the Kenamer Room, Powell Building. Maier is the Chicago Bureau Chief for Newsweek magazine.

The awards luncheon will be held at 12:30 p.m. with Malcom Kilduff speaking. Kilduff was the assistant press secretary under Presidents John F. Kennedy and Lyndon Johnson.

Also at this time new officers will be introduced and publication and individual awards will be presented.



Jeff MacNelly, self-portrait

Courier Journal and a native of Mt. Sterling. Baker is the general advertising manager or the Lexington Herald. Western Kentucky University's yearbook advisor is Loewen and Trutner is the chief copy editor for the Cincinnati Enquirer.

Lunch will be from noon to 1:30 p.m. with Bob Schulman speaking. He is the media critic for the Louisville Times. This will be held in dining rooms A, B, C and D of the Powell cafeteria.

The next set of workshops start at 1:45 p.m. with Jerome Becker conducting the editorial writing one, Frank Kappel the layout and design, Schuhmann, the newspaper photo display and Savedge again doing a yearbook session.

Becker is an editorial writer and national affairs editor of the Cincinnati Enquirer. Kappel works for the same paper and is the assistant production coordinator.

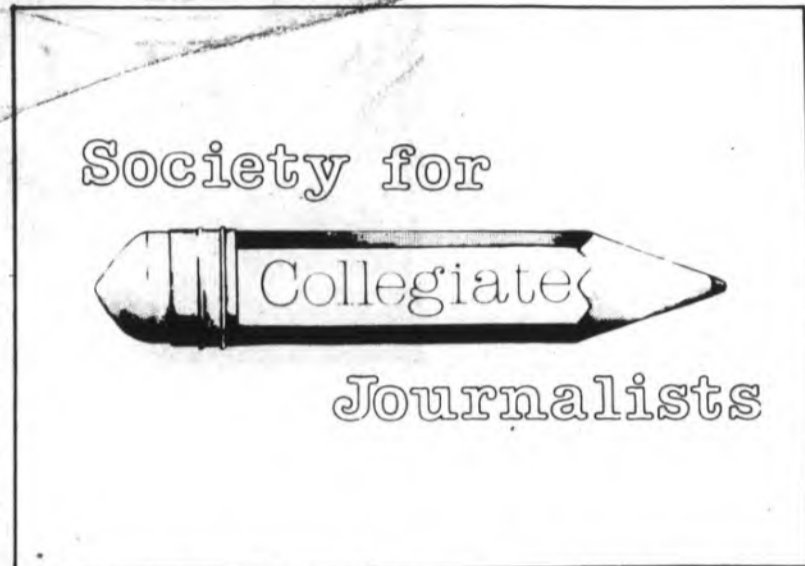
At 3:30 p.m. another convention business meeting will be held in the Herndon Lounge, Powell Building.



Billy Reed



Craig Ammerman



Herman, a native of Brooklyn, New York worked for the Lufkin News in Texas when he did a story on a new Marine recruit who was needlessly killed. It was for this story that he won the Pulitzer Prize. He now works for the AP.

On Friday, workshops will be held most of the day. The first three start at 9 a.m. with Richard Whitt conducting the

master and the yearbook advisor at Augusta Military Academy in Fort Defiance, Virginia.

The second set of workshops begins at 10:30 a.m. Billy Reed will conduct the sports session, Tom Baker, the advertising, Richard Loewen, the yearbook and Bill Trutner, the copy editing and headline writing one.

Reed is the sports editor for the

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# Sports

## Napier raps five HRs Colonel hitters awaken; pitching slumps

By CHRIS ELSBERRY  
Staff Writer

The Colonels have finally awakened. Throughout the opening weeks of the season, Eastern thought that they were all pitch and no hit.

Traditionally, Jack Hissom's teams have been noted for their hitting prowess while the pitching has been lackadaisical, to say the least.

Over the past week, the Colonels bats boomed out 73 hits and scored 57 runs, but the pitching staff fell apart, allowing 70 runs and 71 hits as Eastern went 3-5, dropping their overall record to 8-11 and their OVC slate to 3-6.

Last Tuesday the Colonels split a double-header with Cumberland, losing the opener 6-4 but romping in the nightcap 8-2.

Home runs by Rick Bibbins and David Napier were in vain as Cumberland handed pitcher Ed Johnson his first loss of the year. In the second game, Tom Horvath scattered six hits in pitching Eastern to an 8-2 victory.

The Colonels banged out 10 hits as the 3-4-5 men in the lineup, Darryl Weaver, Jeff Dotson and Corky Prater went six for seven and knocked in five of the eight runs.

	R	H	E
EASTERN	0	0	0
CUMBERLAND	0	1	1

E. Johnson, M. Wiseman (5) and Hissom, LP - Johnson (1-1) HR - Bibbins, Napier

	R	H	E
EASTERN	0	0	2
CUMBERLAND	0	1	0

Horvath and Hissom, WP - Horvath (1-0) HR - none

Wednesday, Eastern returned to OVC action, again splitting a twin bill with Tennessee Tech. Junior Tom McNulty won his third game without a loss as Eastern blasted the Golden Eagles, 12-2.

Napier, Corky Prater and Bibbins smashed out home runs in the rout as Bibbins and Prater knocked in three runs each as the Colonels rified out 16 hits off four Tech pitchers.

McNulty went the distance for the

second straight time, striking out nine to put his total for the year at 28 and only gave up six hits. Both Tech runs were unearned so McNulty's ERA is even more sparkling than before, now a super 0.43.

Tech rallied with a run in the bottom of the sixth to edge Eastern 7-6 in the nightcap for a split of the two games. Greg Wiseman took the loss for Eastern as two more home runs by Napier were for naught.

	R	H	E
EASTERN	5	0	1
TENN TECH	0	1	0

McNulty and Hissom, WP - McNulty (3-0) HR - Bibbins, Napier, Prater

	R	H	E
EASTERN	3	1	0
TENN TECH	0	0	4

G. Wiseman, D. Shaw (4), M. Wiseman (6) and Hissom, LP - G. Wiseman (1-2) HR - Napier 2

Murray State brought a glittering 15-4 record to Turkey Hughes Field and the Colonels pitching staff was ambushed as the Racers punched out 15 hits enroute to a 21-1 romp of the Colonels.

For a while, it looked like the games might not be played. "It rained all day on Friday," said Hissom. "The field was in terrible shape and the game was questionable. But the maintenance men did a super job in getting the field ready."

Larry Breisch started and was replaced by Dave Shaw in the third inning. By the fourth, Murray had a 16-0 lead helped out by four Racer home runs.

Eastern got the hitting fever in the second game, ripping out 13 hits, but Murray prevailed 11-9 sweeping the double-header. The Colonels powered out four home runs, as Prater, Dotson, Napier and Chris Leeson boomed out the long ball. Napier has hit five home runs in the past eight games for the Colonels.

However the final score was in doubt until the last inning. With the score tied 9-9 in the seventh, a two out walk and then a long home run gave the Racers a hard earned win.

	R	H	E
MURRAY	4	4	5
EASTERN	0	0	0

Breisch, D. Shaw (3), Parton (5), Johnson (5), and Hissom, LP - Breisch (0-3) HR - none

	R	H	E
MURRAY	3	0	0
EASTERN	2	0	1

Weaver, M. Wiseman (2) J. Shaw (6) Horvath (6) and Grudzinski, LP - Horvath (0-1) HR - Prater, Dotson, Leeson, Napier

The Gobs of Austin Peay followed Murray into Richmond and the result was a split as the Gobs won the first game 11-6 but Eastern bounced back to win the second game 11-10.

Helped out by five Eastern errors, Austin Peay rapped out 10 hits as they broke out to an 11-3 lead and coasted home 11-6. Greg Wiseman again took the defeat to drop his record to 1-3. Catcher Bob Grudzinski hit a three-run homer in the seventh to account for the final score.

Rick Bibbins hammered out two home runs: a grand slammer and a three-run shot, knocked in seven runs as Eastern rallied to edge past Austin Peay 11-10 in the second game.

"Bibbins is really coming on," said Hissom. "With those seven rib's he almost single-handedly beat them."

Amazingly the Gobs powered out 18 hits but they left an incredible 17 men on base in the second game.

"That's got to be a record," said Hissom. "17 men left on base in a seven inning game. The maximum is only 21."

"We're finally coming on," said Hissom. "The team batting average is up to .269. We're getting better all the time. Now it's up to our pitchers."

	R	H	E
AUSTIN PEAY	4	0	3
EASTERN	3	0	0

G. Wiseman, Weaver (5), Lykes (6), J. Shaw (6) and Hissom, Grudzinski (5) LP - Wiseman (1-3) HR - Grudzinski

	R	H	E
AUSTIN PEAY	1	0	2
EASTERN	4	1	0

Breisch, M. Wiseman (6), J. Shaw (6) and Grudzinski, WP - J. Shaw (1-1)



Corky Prater awaits a pickoff attempt during Eastern's split second on the Colonels in batting, with a .320 average. The Colonels are 3-6 in conference play and 8-11 overall.

## McCoy, Seippel qualify for nationals as women finish fourth

By MONICA KEIFER  
Staff Writer

There were several good individual performances last week that led the women's track team to a fourth place finish in the Murray State Invitational.

Murray State copped top honors with 137 points. In second position was Memphis State having 117 points and Illinois State finished third with 101 points. Eastern took fourth place with 98 points.

Highlights of the meet included Denise McCoy's 5'9" high jump. The jump set a meet record and also qualified her for nationals. Teri Seippel also won her event, the pentathlon, with 3,758.5 points and also qualified her for the nationals.

Paula Gaston won the 1,500 meter run in 4:37.4 and, according to Martin, is only seven seconds off the national qualifying mark.

"Paula ran a super time," said Martin. "She got boxed in at the start of the race but recovered and ran super."

Other women placing for the Colonels were: 5,000 meter run - 3. Vickie Renner

18:00; 100 meter hurdles, 5. Holly Foster - 14.9, 6 - Iris Amos, 15.2; 100 meter dash - Sharon Walker - 12.5; 800 meter run - 3. Cathy Bartlett, 2:19.5, 4 - Paula Gaston, 2:20.0; 200 meter dash - 5. Sharon Walker, 26.1; 3,000 meter run - 3. Peggy Painter, 10:34.3; 400 meter hurdles - 2. Iris Amos, 64.3, 3. Noreen White, 64.8; Javelin - 2. Marie Geisler - 125' 9"; Discus - 5. Kate Merchant, 114' 11"; 440 Relay - 3. Eastern - 48.7; two-mile relay - 3. Eastern - 9:40.8; Mile Relay - 5. Eastern - 4:03.3.

"The 440 relay team really pleased me," commented Martin. "They had super handoffs and their time wasn't too bad, but it will improve."

"The 400 meter hurdle people - Iris and Noreen - are also getting their times down," she added. "They're getting their rhythm and smoothness down."

"Peggy Painter knocked 14 more seconds off her race from last week so she's obviously getting in shape," Martin said.

"Really, all our people have been pushing and working hard," she added. The tracksters next meet is the KWIC Championships held at Murray State Friday and Saturday.

"State looks tough," commented Martin. "It'll be a very close meet. We'll be doing some shifting and rearranging so to get the most possible points."

The Becky Boone Relays will be held the next weekend - April 26 and 27 - at Eastern. Prelims and Semi-finals will be held on Friday from 1:00 until 6:00 and finals will begin at 9:30 Saturday morning. Top teams in the Midwest will be featured in this meet.

### "Quote of the week"

"It may have gotten rid of some of their arrogance. They just weren't pumped up for it. They're outstanding golfers but they're supposed to meet the challenge. They know as well as I do that they shouldn't have gotten beat."

Ray Struder, Eastern golf coach after finishing second in a tournament last week.

## Jones, Durben tops Colonel shooters finish sixth in nation

Eastern's rifle team finished sixth in the Nation with two of its team members selected for the top 40 collegiate shooters.

The Colonels began the season in September of 1978 and finished the season last week with an invitation to the National Collegiate Championship held at the U.S. Naval Academy in Annapolis, Maryland.

The Colonels won 4 out of 5 shoulder to shoulder matches, won the University of Kentucky and the Walsh's Tournaments, placed 2nd in the All American Conference and finished sixth in the Nation out of approximately 45 collegiate teams.

High average of the season belonged to sophomore Kelvin Jones followed by sophomore Dan Durben, and junior

Judy Kaufman. Coach Neilson Beard hopes to finish in the top five next season by adding to the team two of the Nation's top junior

shooters: Kim Floer of Cincinnati, Ohio and David Cline from Fairfax, Virginia. Robert Montgomery, last season's "All American", will also be returning for the fall season.

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# Colonel linksters bogey Tech Tourney; Struder cites dismal performance on 'intangibles'

By WILLIE SAWYERS  
Staff Writer

After winning their prestigious Colonel Classic, the men's golf team was upset Monday by Tennessee Tech at Cookeville in the Eastern Division Quadrangular, a less-than-prestigious tournament involving only three teams. The Colonels shot a dismal eleven over par 299 in the one day event. Tennessee Tech didn't shoot much better but it was good enough to win with a low score of 294. Morehead State, the other team in the match, brought up the rear with a 301.

Coach Ray Struder was visibly upset over the match and stated that there was no excuse for his team's poor performance. "There's no reason for it. The greens were perfect, the weather was perfect, everything was perfect. I guess it was the intangibles."

The intangibles that Struder spoke of could have been the fact that Dave Gaer and Mike Frey both shot a team high of

78. Gaer won the Colonel Classic the week before shooting a 66 in the process while Frey came in third in the same match. "What gets me," Struder continued, "is the fact that these two guys shot a 69 and 70 in the practice round down there and then turn around and shoot a 78. To me it was inexcusable."

Dave Clement was the top Colonel linkster as he shot a 71 which was good enough to tie him for second place in the tourney with Tech's Scott Hines.

John Brient, also of Tech, was the Tournament winner one stroke ahead of Hines and Clement with a 70.

Eastern's Doug Brehme finished fourth in the tournament as he shot a 73. "Our team went down there taking something for granted," said Struder. "We tried to warn them that they have to have the correct mental attitude every time you go out on the course in competition. They, perhaps were looking past this particular tournament to more prestigious ones down the line."

Struder went on to say that he was going to start practicing the team twice a day in preparation for the upcoming Chris Schenkel Tournament.

He also emphasized that last week's loss could be a blessing in disguise for the Colonels. "It may have gotten rid of some of their arrogance," said Struder. "They just weren't pumped up for it. They're outstanding golfers but they're supposed to meet the challenge. They know as well as I do that they shouldn't have gotten beat."

The Colonels host their second tourney of the spring as they take to their home course at Arlington for the EKV Spring Classic.

Next Wednesday they travel to Danville for the Gold and White Tournament as a warm-up to the Chris Schenkel Intercollegiate this April 27-29 in Statesboro, GA.

# Eastern on three-day weekends 'Sorry We're Closed'

It was Good Friday. The start of a three-day weekend where I could finally catch up on all the work I had been putting off since the beginning of the semester. But I hadn't taken into account the date. It was April 13, 1979. Friday the thirteenth.

"You mean if my roommate was playing racquetball last night there's a good possibility that..." "Exactly. He may be locked somewhere in the bowels of the Begley Building right now with no one around to here his cries." "Isn't there anyway we could

discontinue the phone service on campus on three-day weekends. They also turn off the hot water too." I added, thinking of my cold shower the night before. "No one ever told us about the 'Three Day Weekend Syndrome,' said Shneb shaking his head.



**Ken Tingley**  
Sports Editor

"If you're into athletic activities then Eastern is not the place for you," I said. "On a typical three-day weekend, they take the nets off the tennis courts, lock the track, close and lock the Coliseum, Weaver and Begley Buildings, put guard dogs around the intramural fields and put a 6 p.m. curfew into affect. Don't worry Bob you'll get used to it. After all this is the 'campus beautiful.'"

As I relaxed in my room that Friday morning an eerie feeling came over me and I couldn't understand why, when suddenly my friend Shneb burst into my room, out of breath and aghast. He was as white as the Powell Building exterior.

"What's wrong Shneb? You look like you've seen Daniel Boone's ghost," I asked.

"Something's wrong Ken," stuttered the usually steady athlete from down the hall. "There's no one here. It's like a ghost town out there. And...and my roommate Steve...he went to play racquetball late last night and never came back."

"Oh no!" I gasped, "Doesn't Steve know about THE THREE-DAY WEEKEND SYNDROME?"

"Oh God, what's that?" cried Shneb who was also a new student at Eastern.

"Well I don't want to scare you," I said, knowing full well that I was about to anyway, "but every three-day weekend, the University closes the campus down. And when I say close, I mean close. Everything is shut down."

possibly get him out?" pleaded the frantic Shneb.

"No, not until Monday. If we leave the dorm, the doors will lock behind us and we won't be able to get back in. We would be in the same predicament as your roommate."

"Couldn't we yell out the windows and try to get someone to help us?" asked Shneb hopefully.

"No it won't work. On three-day weekends, the University puts up roadblocks so that no vehicles can enter the campus."

"Oh no...no...no. What's going to happen to my poor roommate?" said Shneb as he began to break down.

"Take it easy Shneb," as I tried to ease the tragedy, "My last roommate was once locked in the library for the whole weekend."

"What happened to him?" asked Shneb.

"Well he would have made it but he couldn't take all those books around him and finally committed suicide in the card catalogue. It was very tragic."

Once again Shneb looked frantic. "Couldn't we call someone?" "Sorry Shneb, they also

"If I had of known I would never have come to this school," said Shneb, and I don't think my roommate would have either."

"Look at it this way, your roommate's demise occurred while he was doing what he likes best."

"But when the University finds him what will they tell everyone?" asked Shneb.

"They'll say it was a racquetball accident."

"I'd say he was a victim of out-of-state student discrimination," commented the now angry Shneb. This story was based on incidents that happened this past weekend. Although some of this story was exaggerated, fabricated and based on outright lies it could be an omen of things to come in the future.

**DIAMOND DUST:** Although Eastern's baseball team has a losing record (8-11) lets look at some of the bright spots on the team.

The Colonels have been fantastic on the basepaths stealing 26 bases in 31 attempts. Darryl Weaver leads the team with nine thefts.

The pitching staff was the high point but after this past weekend the best that can be said for the Colonels is Tom McNulty and the staff has eight complete games.



Rick Bibbins, the Colonels leading hitter puts the tag on a Murray runner. The Racers entered the game with a 15-4 record and the Colonels did nothing to mar that record as they dropped both ends of the double-header.

# Gaston finished 109th in Boston Marathon

Duane Gaston, assistant men's track coach and a resident of Richmond, finished 109th in the prestigious Boston Marathon held Monday afternoon. His time was 2 hours 24 minutes, 32 seconds. There were almost 8,000 entries, but

people who hadn't entered got in the race at the start and the total jumped to almost 11,000 finishers, according to his wife Paula.

Duane is competing for Todd's Road Stumblers, a new track club in Lexington. It used to be the Bluegrass

Roadrunners before the name change. It was only Gaston's second marathon race ever, according to Paula.

"He wasn't really pleased with his race," commented Paula. "He went out with the leaders and died after about 17 miles."

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# Bonk, Dowds set records; thinclads successful

By FRANK BUSH  
Staff Writer

It was a busy week for the thinclads this past week as they participated in two meets.

The first was the Dogwood Relays in Knoxville, Tennessee and the other was the Eastern Twilight Invitational held Tuesday night at the Tom Samuels Field.

Eastern came back from Tennessee pleased with the results of the Relays there. Doug Bonk broke the school record for the six-mile run in the 10,000-meter run. The previous record was set in 1969 by Grant Colehour, a six-time All-American while at Eastern.

Bill Morgan had a personal best in the 5,000-meter run with a time of 14:24. Also turning in a good performance was Ed Strobach in the 10,000 meter run with a time of 31:03. Coach Art Harvey was very pleased with Strobach because he is coming off of an illness.

The distance medley team brought in a good performance although they did not win. The medley team consists of Garry Shields, Chris Goodwin, Gerry Giblin, and Bill Morgan. Harvey was particularly pleased with Giblin's performance.

Tuesday Eastern hosted EKV Twilight Meet but no scores were

recorded. Many teams in this area competed in this meet. Morehead, UK, Mason-Dixon Club, Centre, Berea, Cumberland, Bellarmine, and Asbury all participated in the meet.

The best performance of the evening was turned in by Brian Dowds. Dowds set a school record in the discus throw. The previous record was set in 1975 by Junior Hardin. Dowd's throw was 160' 5". Dowds leads the OVC in the discus.

Other highlights of the evening were Chris Goodwin as usual won the triple jump 48' 9 1/2". Henry Bridges placed first in the 400-meter run clocked at 50.1. T.J. Swan won the 110-meter high hurdles with a time of 14.9. Also Denis Graham threw the shot put 52' 7" while Gary Noel won the two-mile run with a time of 9:26.3.

Garry Shields won the 1500-meter run while the mile relay team also took first place. The relay team consists of Goodwin, Swan, Shields, and Bridges.

This upcoming weekend the tracksters travel to Columbus, Ohio for the Ohio State Relays. This is a very important track meet according to Coach Harvey. Another important meet will be held the third of May here at Eastern. The Tom Samuels Invitational, will have many college and high schools teams participating.



T.J. Swan leads the pack and at least one Kentucky runner. Swan captured a first place finish in the hurdles during the thinclads twilight meet on Tuesday.

# Netters sweep over Bellarmine, Louisville

By CRAIG COMBS  
Staff Writer

Led by strong singles performances by Jeff Zinn and Kurt Heurman, the Eastern men's tennis team swept two weekend matches.

Zinn, at number one, and Heurman, at number two, both won twice as the Colonels beat Bellarmine and Louisville to lift their record to 12-10 on the season.

Heurman individually completed a perfect weekend by teaming with John Rowlett in number three doubles to win twice there also. Bellarmine fell to the Colonels 7-2, while U of L was a 5-4 victim.

Coach Tom Higgins said he was pleased with the sweep, especially after last weeks "disaster" at Morehead, a 9-0 loss. "We're coming along," Higgins said. "The kids are just playing in-

consistently like the freshmen they are."

"The only bad thing about it is that you never know how they're going to play," he said, adding, "they might come out against a good team like Louisville and beat them, then let somebody like Western beat 'em 9-0."

Upcoming is another important week of action for the Colonels. Eastern will travel to Columbus, Ohio this weekend, taking on Akron on Friday, then facing Big Ten schools Indiana and host Ohio State on Saturday.

The team will then return to Richmond for their last home match of the season against intrastate rival Kentucky. On the 26th, the Colonels will go to Western in an effort to avenge an earlier 9-0 defeat by the Hilltoppers.

# 23 teams to participate in Becky Boone Relays

Eastern is currently making preparations for this year's edition of the annual Becky Boone Relays, scheduled for April 27-28 on Eastern's Tom C. Samuels Track.

Twenty-three teams have entered the meet, led by the last two-year's champion squad of the University of Tennessee.

Other schools included in this year's field are Austin Peay, Berea College, Chicago State, East Tennessee, Illinois State, Indiana State, Kentucky, Louisville, Marshall, Memphis State, Miami (Ohio), Michigan State, Morehead State, College of Mt. St. Joseph, Murray State, Ohio State, Ohio University, Southern Illinois, Tennessee, Tennessee State, West Virginia, Western Kentucky and Eastern.

"We've already carded another excellent field for the Becky Boone and are

hopeful of adding others," said meet director Dr. Martha Mullins, assistant athletic director at Eastern.

Individual awards will be presented to the first six place winners. Scoring for team standings will be 10-8-6-4-2-1 and team awards will be presented following the meet.

# Nelson is bright spot at Ohio State Invitational

By WILLIE SAWYERS  
Staff Writer

Priscilla Nelson, a junior on the women's tennis team, reached the semifinal round of the Ohio State Invitational last weekend at Columbus. Unfortunately for Eastern, she was the only player to get past the first round.

"I've been sick and got out of shape but I think I'm finally playing up to my potential," Nelson stated. "I think I could have won the whole thing."

Nelson lost a close one in the semifinal round, losing 6-4, 0-6, 3-6 against some stiff competition. "I think that the competition was the main reason why we didn't do too good, plus the fact that we haven't played in two weeks."

The Lady Netters have some more tough competition upcoming this weekend with the start of the Ohio Valley Conference Tournament at Murfreesboro, Tennessee. Nelson summed up her feeling for the OVC Tourney by saying, "I feel real good about it. I think I can do good. I think the whole team can."

# Sports briefs....

## Linksters home

Coach Ray Struder is hoping his Eastern golf team will be able to defend its Kentucky Intercollegiate Tournament title this weekend when they host this annual tournament at the Arlington Golf Course.

There will be six teams entered in the university division and 11 squads in the college division.

Those entered in the university division include EKV, Kentucky, Louisville, Murray State, Morehead State and Western Kentucky. Included in the college division field are Thomas More, Transylvania, Cumberland, Centre, Campbellsville, Bellarmine, Kentucky Wesleyan, Asbury, Georgetown, Northern Kentucky and Pikeville.

The Kentucky Intercollegiate Tournament Friday will include 36 holes of play Friday and 18 Saturday. Tee-off time for the first group Friday and Saturday is 8 a.m.

## Spring football

Coach Roy Kidd's Eastern Kentucky Colonels' football team hopes to conclude its spring drills Saturday April 28 with a full-scale scrimmage.

Weather and numerous nagging injuries have hampered the progress of the Colonels thus far, according to Kidd.

"We have several experienced people back at most every position, but I'm not happy with our play this spring to this point. Some of our returning veterans are just not getting the job done. We hope things pick up by the end of next week," said Kidd.

Eastern returns 38 lettermen from last year's team that presented Kidd with his 100th collegiate coaching victory. Eastern finished 8-2 overall and 5-1 in the OVC in 1978.

Among the injured this spring are defensive end Ed Laski (knee), noseguard Henry Robinson (knee), safety-punter Joel Srafton (broken arm), center David Neal, tailback Bruce Cox (ankle), defensive end David Holland, and offensive tackle Scott Bowman.

One bright spot on the Colonels' team this far this spring has been the play of the EKV receiving corps. Paced by starter David Booze and reserves Jerry Parrish and Rick Sang, Eastern has an excellent base from which to work.

Game time is set for 1:30 p.m. at Eastern's Hanger Field. There is no admission charge and the public is invited.

# Scoreboard

## UPCOMING EVENTS

Baseball  
Apr. 21 - Tennessee Tech - Turkey Hughes Baseball Field - Noon  
Apr. 22 - Western Kentucky - Turkey Hughes Baseball Field - Noon  
Apr. 24 - Kentucky State - Away  
Apr. 25 - Morehead State - Away

Golf  
Apr. 21-22 - EKV Spring Classic - Arlington Golf Course  
Apr. 25 - Golf Open White Tournament - Danville, Ky.

Tennis (Men's)  
Apr. 20 - Akron - Away  
Apr. 21 - Indiana, Ohio State - Away  
Apr. 25 - Kentucky - Coliseum Courts - 2:30 p.m.

Tennis (Women's)  
Apr. 20-21 - Ohio Valley Conference Tournament - Murfreesboro, TN.

## Track (Men's)

Apr. 21 - Ohio State Relays - Away

## Track (Women's)

Apr. 20 - KWIC Championships - Murray

## OVC MEN'S TENNIS STANDINGS

Conference	Overall
Western Kentucky	2-0 6-4
Middle Tennessee	1-0 12-2
Austin Peay	1-0 9-7
Murray State	1-1 11-3
Morehead State	0-1 7-4
Tennessee Tech	0-1 3-1
Eastern Kentucky	0-2 4-2

## OVC PITCHING LEADERS

	WLS	SO	ERA
1. Tom McNulty - EK	200	19	.063
2. Mike Mattox - MO	002	2	.090
3. Mike Grieshaber - MU	110	15	1.13
3. Doyle Miller - MU	200	14	1.13
5. Darryl Weaver - EK	100	9	1.28
6. Mark Riggins - MU	300	22	1.33
6. Tony Dawkins - MT	211	20	1.33
8. Keith Gilliam - AP	320	31	1.40

## COLONEL AVERAGES (35 AB)

	AVG.	RBI	HR	SB
Rick Bibbins	.327	17	5	0
Corky Prater	.320	14	4	3
Craig Meyer	.318	5	2	4
Mike Weaver	.300	6	0	5
Jeff Dotson	.278	10	1	0
Bob Grudzinski	.278	12	1	0
Darryl Weaver	.235	5	0	9
Chris Lesson	.231	8	1	1
David Napier	.200	7	5	1
Team Avg.	.289			

## PITCHING TOTALS (10 IN.)

	WLS	SO	ERA
Tom McNulty	300	28	0.43
Jeff Shaw	111	12	2.03
Mark Wiseman	010	6	3.38
Tom Horvath	110	4	5.06
Ed Johnson	110	8	5.14
Greg Wiseman	120	19	5.82
David Shaw	020	8	5.91
Larry Breisch	030	13	7.10
Team ERA			4.46

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## Casing the clubs

### Benefit dance Sunday

The "Battle of the Disc Jockeys" and a benefit dance for former member Judy Aaron will be held by Kappa Delta Tau Sunday, April 22, in the Keen Johnson Ballroom.

Judy, who was a KDT, died this past January following a car accident and long hospital stay. The money raised from the dance donations will go to her parents to assist them with the hospital debt they have.

Tickets for the dance, which starts at 7:30 p.m., are 50 cents and can be bought at the door or from any KDT member.

Several student judges will choose between disc jockeys: Scott Chaney, Family Dog; Pat, J. Sutter's Mill; and J.D. Parks, O'Rileys.

Judges include Steve Lyons, Dave Hootcheck, Kim Kirby, Stan Mitchell, Joe Richards, Maria Domenech, Dave Tierney, and Danny Haney.

Door prizes and prizes for dance winners will be awarded. The dance will end at 12 midnight.

### SCEC convention in Lexington

Last week, Mary Kemper, membership chairperson for the Student Council for Exceptional Children (SCEC), was elected president-elect of the Kentucky State SCEC at the state convention held in Lexington.

Kemper was among several members who attended the convention.

The International Council for Exceptional Children will take place in Dallas, Tex., April 23 through 27. Six delegates and alternates from the University's SCEC Club, as well as faculty from the department of special education, will attend.

Karen Greenburgh, adviser for SCEC, will accompany students, who will spend their time during the convention attending meetings and workshops.

### Kayaking class offered

Learn to row a Kayak—just for fun. Tonight, at 8:30 begins a four-week non-credit course in Beginning Kayaking, to be taught by grad assistant, Natalie Bartley.

A student of the parks and recreation administration program here, Bartley will teach students who sign up "how to roll a kayak," strokes, and other techniques used.

Consisting of part activity and part lecture, the special course will include

sessions taught in the swimming pool of the Stratton and in the pond outside of the building. Those sessions will likely be scheduled on Friday afternoons.

Participants in the class must wear life jackets or pass a swimming test.

The course will be completed by the end of this semester.

The class limit is 9, so hurry and contact Bartley at 622-5975 or special programs at 625-1444.

### Ensemble's 11th Anniversary

The University Ensemble will be celebrating their 11th anniversary April 19 to 22. The group was founded by Eric Abercrombie, a member of Omega Psi Phi. The present president is Isham S. Cordery, a senior from Louisville.

The director is Peter Mabson from Lexington. Various events will be going on during the week. Thursday the Ensemble will be in concert in the Grise Room, Combs Building at 8 p.m.

Friday, they will have an extravaganza featuring various talents at 8 p.m. This will be in the Grise Room also.

Saturday night there will be a banquet in the Powell Building cafeteria at 5:30 p.m. Guest speaker will be Helena Harrington from Florida. Sunday there will be a sunrise service at 8 a.m. in the Chapel of Meditation.

Reverend H.L. Parks will be the speaker and at noon there will be a reception in the Powell Center. Concluding the anniversary week will be a festival at 2:30 p.m. featuring choirs from Virginia State, Lexington and Bowling Green.

### Lambda Sigma plans set

Lambda Sigma, the sophomore honor society, will hold a dance Wednesday, April 25 to benefit the American Cancer Society.

The dance, which will be held at J. Sutter's Mill, will take place from 6 p.m. until midnight. Prizes for the organization with the best attendance and for the dance contest will be given out. Door prizes will also be given out.

All students are invited to attend.

There will be a Lambda Sigma meeting tonight at 8:30 p.m. in McGregor lobby in order to organize the alumni association for the sophomore honorary.

All alumni are welcome to attend this meeting.

Also, any Lambda Sigma alumni interested in applying for junior or senior adviser for 1979-80, can call Cindy Wright at 2332.

The deadline for applications is Monday, April 23.

### 'Dance Week' set

"Dance is at the heart of America" is the slogan for the second annual National Dance Week, April 23-29. Eastern Dance Theatre invites the campus to celebrate the occasion by visiting the Dance Studio in the Weaver Health Building.

Special events scheduled for National Dance Week include the following:

Monday - 6 p.m. Master class in Graham modern dance technique taught by Traci MacDonald, Artist-in-Residence.

Tuesday - 6 p.m. Modern dance technique class taught by Joan Kleparek

Wednesday - 6 p.m. Dance Film Festival, "Night Journey" with choreography by Martha Graham and based on the story of Oedipus and Jocasta. "A Time to Dance" with choreography by Jose Limon, based on a section from the book of Ecclesiastes.

"Three Promenades with the Lord" with choreography by John Butler, showing worship in New England, with Holy Rollers, and with Southern Baptists.

Thursday - 6 p.m. Disco Class and Party.

Call Ms. Virginia Jinks at 622-3504 for information on other dance classes and events available to students and faculty.

### Sign-up for rush

Fall formal rush for Eastern's sorority system will be held August 19 through the 26. This will be the first time fall rush will be held during registration week. This week has been moved up to lessen the conflict with classes and classwork.

Eastern has nine sororities on its campus. The seven National Panhellenic Conference sororities will be participating in this annual membership recruitment drive.

Those interested are to sign up anytime between April 23 to May 4 in the office of Student Activities, Powell 128. There will be a \$3 registration fee, which covers the cost of publication.

For further information, call Abbie at 4008 or Jennie at 3855.

### Insurance Club meets in barn

The EKV Insurance Society will meet on April 24th at 6:00 p.m. in the Mule Barn at Arlington.

The special guest speaker for the occasion will be the Honorable Harold B. McGuffey, Kentucky's nationally prominent Commissioner of Insurance, who will answer questions from student panelists, as well as the audience.

Following the discussion, light refreshments will be served.

All students, faculty and guests are invited to attend. For additional information, call Mrs. Horvat at 622-1149.

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# Organizations

## Home Ec. club wins award

By NANCY SPENCER  
Staff Writer

The University's chapter of the Student Section of the American Home Economics Association (SSAHEA) was selected to win the Outstanding Chapter Award. This honor was bestowed on the chapter at a state-wide convention on April 6 in Louisville.

Lisa Ford accepted the award which was being given only for the second time.

According to Nancy Quaack, president, the award is a big wooden plaque with several gold shields to inscribe the names of the various winners on.

The plaque on display in the Burrier Building, will stay with the winners for one year and then be presented to the next winners for a year.

Ava Cutichia, a sophomore Dietetics major, won the election for president elect of the Kentucky Chapter of the American Home Economics Association.

Cutichia said she will be attending all the meetings of next year's officers of the student section. According to Cutichia, she will be "like a trainee" working with the president and then automatically become president in 1980.

Cutichia competed against a girl from Murray. By being elected she will be the hostess of the 1980 state-wide fall

workshop for the student section to be held at the University.

Cutichia said that the summer before she becomes president, the Kentucky chapter might send her to a national convention in San Diego.

At the recent convention Cutichia also accepted the Scrapbook Award for the chapter. Cutichia designed the scrapbook and will work on next year's scrapbook. Quaack said that this was the first scrapbook the chapter has had in several years.

Quaack accepted the Display Award for the organization. Their display told what home economics is.

Quaack said she felt it was a "great achievement" for the organization to win so many awards. "I'm sure now everyone knows that Eastern Kentucky University's Home Economics Department and Club are very active," Quaack commented.

One of the speakers at the convention was James Gladden, professor emeritus at the University of Kentucky, who spoke on "Life Styles And How They Effect Our Self Image."

"Everyone enjoyed themselves and are looking forward to attending next year's fall workshop and spring convention," said Quaack.

The SSAHEA will host their own annual awards banquet April 23 from 5:30 until 8 p.m. in the Keen Johnson Building. Tickets are on sale in the Burrier Building.



The agony of victory, the thrill of defeat

Members of Kappa Alpha fraternity try to give sorority Members of Kappa Alpha Theta sorority came out on top in sisters a hand in relay races held during "Old South Week." these "Old South Olympics."

## Marines run to Frankfort

By ROBIN PATER  
Organizations Editor

"From the Halls of Montezuma to the shores of Tripoli" ... the song of the U.S. Marine Corps.

Eastern's Semper Fidelis Society won't be marching to "the shores of Tripoli" although they will be doing a 60-mile flag run this Saturday from campus to Frankfort.

A group of college students working for a commission as a second lieutenant in the U.S. Marine Corps, Semper Fidelis will complete this run in memory of Presley O'Bannon. O'Bannon who was a Marine Corps Lt. in 1805, was the first to plant the American flag on foreign soil.

O'Bannon, who was also a prominent Kentucky legislator, is buried in Frankfort, which accounts for the reason the group will run to his gravesite in Frankfort.

"Each man will run a mile carrying the flag and pass it on to another - kind of a relay thing," explained Dave Breen, member of Semper Fidelis. "Everybody will probably run about ten miles a piece."

The run, which will begin at 6:30 a.m. Saturday at the Daniel Boone statue, will be preceded by a small ceremony.

## Aerobic dancing performed yesterday

By STEPHANIE TEMPLE  
Staff Writer

A group of elementary children demonstrating aerobic dancing activities was among the participants of the sixth annual HPERA Student Convention held yesterday.

The children and their teacher Bill Newton came from Washington county according to health major Teresa Dixon, president of the HPERA Council.

In keeping with President Carter's International Year of the Child, the theme for the convention was "Changes and Challenges in HPERA - Emphasis on the Child."

The HPERA Council is made up of two representatives and one faculty member from each of four areas plus Dean Warren. The areas are health, physical education, recreation and athletics.

The convention was held in the Keen Johnson Building during regularly scheduled class periods.

After registration at 8:30 a.m. there was a general session with speakers Dr. Lonnie Davis, president of the Kentucky

HPERA and Humsey Yesaem from the President's Council on Physical Fitness.

According to Dixon, each department supplied its own special speaker among them Newton and Dr. Pauline Fox, who spoke on child abuse.

The departments also provided booths and displays open to the public, Dixon said.

## Hostesses wanted

Anyone interested in being an athletic football hostess may pick up an application and bring a recent photograph to Room 218, Begley Building, Monday through Friday from 8 a.m. to 4:30 p.m. Deadline for applications is 4:30 p.m., Friday, April 27.

The purpose of this organization is to help the football program in its recruiting of potential Eastern student-athletes. The girls will be used at all home games and/or other designated weekends to act as Hostess for parents and prospects while they are visiting the Eastern campus.

## AERho's roll 'em at Channel 62

By NANCY SPENCER  
Staff Writer

"Take two" and "roll'em" are expressions that members of the Alpha Epsilon Rho National Honorary Broadcasting Society (AERho) are used to hearing while working as crew extras for WTVQ-TV, Channel 62, in Lexington.

According to Mike Taylor, the members run cameras and set lights for such shows as "Happy's Hour." Mark Snowden, president of AERho, said that although members did not get paid, they gain some valuable practical experience.

Snowden said, "Channel 62 has the best cameras of the three stations" so students are probably getting the best camera experience around.

The students work an average of eight hours per week. They are under the direction of Jim Parido, production manager at Channel 62.

Snowden said that he did not know if this activity would be held next fall. Dean Cannon, a University broadcasting instructor who will become their advisor next fall, along with Jim Harris, chairman of the Department of Mass Communications, will meet with Parido and evaluate the program.

According to Snowden, one "of the

nearest things we've done" is the "Richmond Movie Review." Taylor said the movie review is broadcast on WEKY at 7 p.m. Saturday and Monday.

Members view movies at the Campus Cinemas and Towne Cinema free of charge. IGA and State Bank take turns sponsoring the program.

According to Taylor, they are doing this project "for experience." Snowden said it would appear that this program has been a success.

One night when the show was not aired, Snowden said that the station received "quite a few complaints."

Four of their members recently attended the national convention of AERho in Dallas. These members were Barbara King, Jim Kelley, Lisa Wolfe and Snowden.

According to Snowden, members got to attend conferences and hear some professional members of AERho speak. One of these was Jack Perkins of NBC News. Perkins is a reporter for the "Today Show."

Professional members of AERho include such news personalities as Walter Cronkite of CBS News and David Brinkley of NBC News; although these two were not at the convention.

At this convention, the University's chapter of AERho was nominated as

"Rookie Chapter of the Year." Snowden was nominated as "Rookie Member of the Year."

Their fund-raising activities include selling Super 8 and 16 mm film. Taylor said they bought the bookstore out and that they are selling the film at a lower price.

They are planning to sponsor a car wash on April 25 at Hamm's Gulf on the Eastern By-Pass and also plan to have a picnic with Morehead's AERho chapter.

Snowden said that this picnic will probably be at Natural Bridge but no date has been set.

Snowden said that he feels that AERho is an "active honor society." And that the University's AERho chapter is "above average." First chartered last semester, AERho has seven "original" members. There are currently 21 members.

According to Snowden, the organization's present adviser Susan Brothen "has been the force behind the chapter's formation."

New officers were elected April 11. They include Mike Taylor, president; Lisa Wolfe, vice president; Charles Bauman, secretary; Tom Mier, treasurer; Jim Barbour, activities coordinator; and Keith Rightmyer, alumni and professional coordinator.

## Gambling comes to campus

By LEEA WADDLE  
Staff Writer

The excitement of glamorous Las Vegas, Nevada is coming to the University.

The fun will begin on Las Vegas Night, which will be held Tuesday, April 24, 8-12 p.m., in the Keen Johnson Ballroom.

According to Dan Bertson, director of men's residence hall programs, the event will feature Las Vegas-type games.

However, gamblers will be sold fake money to play with, said Bertson.

The "fake" money may be used to buy prizes at an auction held toward the end of the evening, he said.

"Prizes will be donated from Richmond merchants," Bertson added.

These donations include a hairdryer, a steak dinner, submarine sandwiches and albums.

There will be no charge for admission on Las Vegas Night and proceeds will be donated to the Madison County Association for Retarded Children and the Society for Prevention of Blindness.

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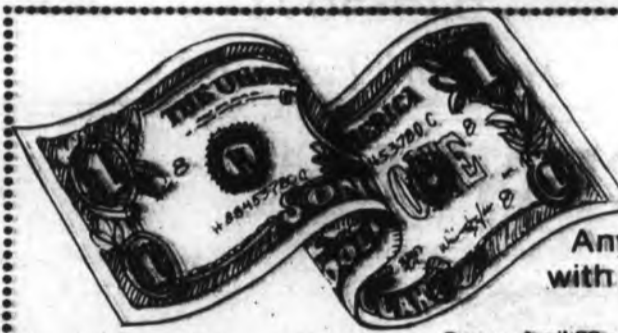


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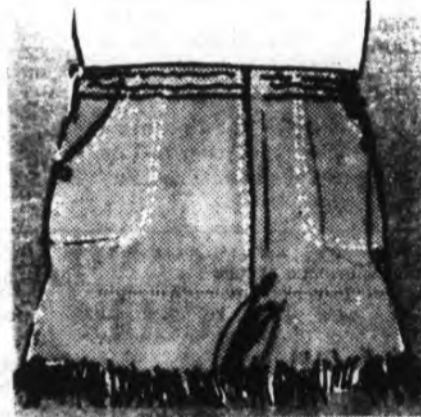


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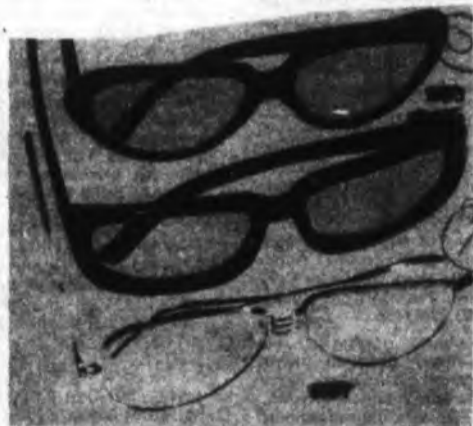
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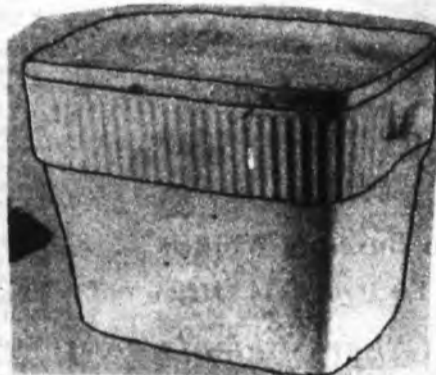
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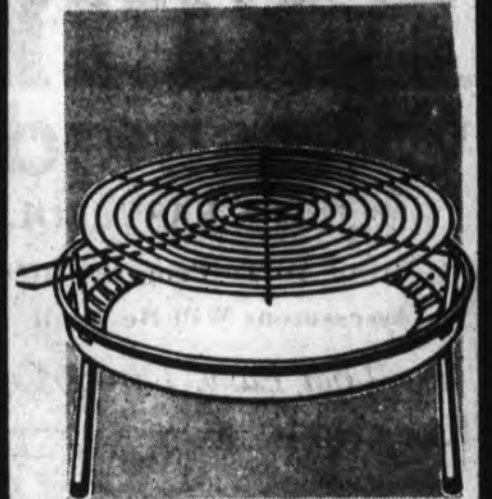


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# Arts

## Soap operas: The suds on television are too wishy-washy

Tune in any television station in America during the day and one will probably find: a doctor who is being sued for malpractice in the intentional death of a patient who happens to be his stepmother and with whom he has been in love with for years before she married his father; a young woman who attempts to kill her lover who just so happens to be her husband's best friend...

The tales of romance and passion go on and on. Each day 30 million viewers sit spellbound as they watch their favorite heroines and heroes on the soap operas.

And much to the surprise of most people, the viewers are not just housewives but construction workers, teenagers and movie stars. And the biggest surprise of all is that 15 percent of the viewers are male.

Soap operas are also very big on campus here. Each day huge crowds of students sit intently with soap suds in their eyes as they watch their favorite program in the TV lounge of the Powell Building. Many students have been known to cut classes to catch a segment of a soap opera.

My question is why? Why sit and watch the same romantic tangles and trials over and over each day. Each soap opera deals with the same subjects, and characters are essentially the same on each program — only the names are different. Why waste time watching when the drama is so unrealistic?

Most soap addicts will answer that question with the fact that soaps now reflect a new realism that is gritty and hard-hitting. But after viewing a couple of soaps (and believe me, that's all I could take), I found it extremely difficult to locate that new realism.

For instance, no member of my family has ever suffered a subdural hematoma. My brother-in-law is not conspiring with my many enemies to

and whose latest ambition is to open a disco.

The whole program was unrealistic, boring and totally dry. With the



### Larry Bernard

Arts Editor

kidnap my child which actually belongs to him anyway.

My wife's jealous ex-lover has never threatened that if I won't divorce her he will either kill her or block my promotion to chief of staff at the hospital where we all work. None of my friends have, to my knowledge, had more than one personality apiece or been tried for murders they didn't commit and can't remember.

With these improbable happenings on soap operas, how can anyone in their right minds say soaps mirror the real world? They are, in fact, very unrealistic. The citizens of Soapville, USA, unlike the rest of the world, live at a constant emotional flood tide. My life, in comparison to Mrs. Chancellor or Jill Foster or Erica, is indeed pale and shallow.

Since so many students tend to faithfully watch "All My Children," I decided to catch a couple of shows. All I caught was a bitch named Erica who had slept with everybody and everybody's brother

exception of some occasional good acting, the show had nothing to really offer. Nothing exciting at all occurred on the show I watched.

Beneath the superficiality of melodrama, however, there was an indication of human nature lurking, but soaps are so preoccupied with unrealistic events that the shows are marred with silliness and stupidity.

Yet with the slow snail-pace of soap operas, most people still sit glued to their televisions faithfully.

My mother, for one, will not miss an episode of "As the World Turns." It seems her whole life revolves around that program as she sets aside everything, including my father, to watch the show.

I think her sole ambition is to imitate and be just like Nancy Hughes, the heroine on "As the World Turns." My mother tries to dress, talk, laugh, cook and have sex just like Nancy.

My mother once got so carried away that she wrote a letter to Lisa Hughes Shea Coleman. The letter read:

Dear Lisa,

How can you possibly be in love with that man on "As the World Turns?" A girl like you deserves better, believe me. Next time try to fall in love with someone nice.

Oh, well, if students want to watch soap operas, I have an idea for one that deals directly with the University: the president of the University suddenly discovers that his wife is having a sordid love affair with a man, who, although she doesn't realize it, is actually her own son that she left on the doorstep of Western's president years before.

An English professor of national status is conspiring with one of his cronies to steal the department chairman's son that actually belongs to him; meanwhile he and his office mate are engaging in kinky, perverted sex during the day with the office door locked.



'A Little Romance'

Laurence Olivier talks with Diane Lane in the new George Roy Hill movie "A Little Romance."

## Upcoming musical concerts

The annual Concerto Concert will be presented by the University Department of Music Tuesday, April 17, at 8:30 p.m. in Hiram Brock Auditorium.

Earl Thomas, director orchestral activities, will lead the University Symphony Orchestra in accompaniments for 10 music majors who were selected by members of the music faculty to be featured soloists.

Andrea Gambino will perform "Rondo" from the Mozart Clarinet Concerto. Jan Riddel, soprano will sing "Strido no lassu" from

I'Pagliacci by Leoncavallo. Robert Moser will play Telemann's Trumpet Concerto in D. Lester Tacy

will sing the bass aria "La Vendetta" from Mozart's Marriage of Figaro and pianist Sandra Alverson will perform the "Allegro" from Bach's D Minor Piano Concerto.

Trumpeter Tammy Moores will play the first movement for Hummel's Concerto. Baritone Richard Rebilas will sing "Vien, Leonora" from Donizetti's La Favorita. Rita Whitaker will perform Faure's "Elegy" for violoncello and orchestra. Soprano Deborah Sutherland will sing "Hear ye, Israel" from Mendelssohn's The Elijah and flutist, Sandra Howard, will play for first movement from the D Major Concerto, K.314 by Mozart.

The concert is open and free to the public.

### Symphonic band

The University Symphonic Band, directed by Robert Hartwell, will present its final concert of the school year Wednesday, April 18 at 8:30 p.m. in the Hiram Brock Auditorium. The concert is free and the public is invited to attend.

A wide variety of works will be performed by the band. The opening number is new concert overture by Leonard Bernstein entitled "Slava".

Further information about either of these free concerts by the ECU Bands may be obtained from the ECU Band Office, (606) 622-3161.

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# Music Festival '79 Christians rockin' for Christ

By YVONNE L. EDMONDS  
Staff Writer

Christians from different denominations here on Eastern Kentucky University's campus have a burning desire to bring the message of salvation and the abundant life to the student population and the surrounding community.

"Our purpose it to bring the living method of Christianity to the campus and the community, to unify the body of Christ, and to pull everyone together, after all...Christianity is more like a relationship than a religion..."

Thus were the words of Doug Reynolds, a junior business management major and one of the many students who has helped in organizing Music Festival '79, a seven hour contemporary Christian music presentation.

"The emergence of Music Festival '79 arose from an idea by Christians on campus to bring contemporary Christian music to both the campus and the community," said Reynolds. "Christian students began pledging money to the Music Festival '79 idea and the Christian organizations sold carnations and tee-shirts promoting the festival," Reynolds said.

"This Concert has been organized with the non-Christian in mind," he said.

According to Reynolds, the campus Christians have chosen five Christian groups who will present a variety of music.

"Zenith" is a contemporary Christian singing group who is primarily geared toward telling young people about Jesus Christ. Their style of music is a mixture of jazz and rock.

"Forever His," a group originating in Richmond, features strong vocals on many of the old favorite

hymns along with several contemporary songs. They also blend in their own testimonies and lessons that they have learned to bring the audience the personal message of Jesus Christ.

"One Truth," a California based group, is a solid gospel rock sound created by six gentlemen whose goal is to minister to the needs of others. "One Truth" will be appearing in the annual Ichthus, an outdoor rock festival in Wilmore, Kentucky, April 27 and 28.

Daryl Daughtry, a solo composer of contemporary Christian music, plays piano and guitar projecting an "easy listening" type of music.

Tim Sheppard, a solo performer and the highlight of Music Festival '79, has had his songs performed by One Truth and the Imperials. In 1975, Sheppard won the Amateur Gospel Award of the American Song Festival, and has appeared in concert with Andrae Crouch, Chuck Girard, The Rambos, One Truth and Dallas Holm.

Music Festival '79 begins on Tuesday, April 24 from 4 until 11 p.m. in the Ravine here on EKV's campus and is free to the public.

"In attending Music Festival '79, you will get a good quality of music...after all, music, like Christianity is fun," said Reynolds.



The gospel group One Truth will be one of the bands appearing at Music Festival '79.



Crewcuts are back Bruce Springsteen joins in with rock-a-billy singer Robert Gordon during Gordon's show in New Jersey.

## 'The Champ' delivers a left hook to tear ducts

By LARRY BERNARD  
Arts Editor

The Champ is not your usual, run of the mill tear-jerker movie. With the ornate direction of Franco Zeffirelli, this lavish remake of the 1931 sentimental movie rises above the mediocrity of such heart-tuggers as Love Story.

In 1931, the main players were Jackie Cooper and Wallace Beery. This time around Jon Voight plays the down-and-out boxer, an ex-world champion who lost a title fight and now squeezes out a living by working at Hialeah racetrack.

Time has transformed the boxer into a compulsive gambler and a heavy drinker, but that doesn't stop him from being a loving dad to eight-year-old T.J. (Ricky Schroder).

The cozy comfortable lifestyle of the two is suddenly broken when the Champ's long-estranged, hated ex-wife, Annie (Faye Dunaway), who is now remarried and a wealthy fashion designer returns.

T.J. has been told by the Champ that his mother is dead but Annie

suddenly decides she wants to be a mother again. So the war begins, with each parent trying to pull T.J. over to their side.

Realizing that Annie can offer T.J. riches and wealth, the Champ decides to make a comeback in the ring. The entire movie builds up to the climatic final fight scene that is filmed superbly by Zeffirelli and well-acted by Voight and Schroder.

The Champ is admittedly a sentimental tear-jerker, but it offers audiences a glimpse from the past and how MGM used to make movies. Like the old 1930's movies, it has big production values, glittering cinematography, and top-notch stars suffering throughout.

Voight follows up his magnificent Oscar-winning performance in Coming Home with a credible portrayal as the battered, sympathetic champ. He is reminiscent of the old 30's stars as he bounces through his scenes with charm and warmth.

Dunaway, however, encounters a problem in this movie. Too many times she displays nervous, twitchy mannerisms that hinders her per-

formance greatly. Still, many times she is believable as a mother attempting to win back her son's love and respect. But on the whole her performance is superficial and plastic.

It is, however, Ricky Schroder who is the real champ of the movie. He steals virtually every scene with his tears and charm. His is a demanding role but the kid is unquestionably a natural who knows how to win over the hearts of audiences and critics alike.

Zeffirelli directs the movie in the grand old style of Hollywood. He hits every emotion with his lingering camera shots and allows the cameras to sweep fully across the glimmering Florida landscapes.

The Champ is not one of the best movies this year but it is a nice, sweet old-style movie that reaches the heart and soul. Many times Zeffirelli relies on cliché's galore but the movie works on the whole.

The Champ is a movie that one can enjoy if he is not afraid to open up the tear ducts and emotions.

## Jazz Ensemble will swing in Brock

The 19-piece University Jazz Ensemble, under the direction of Joe Hambrick, will give its spring concert on Thursday, April 19, at 8:30 p.m. in Brock Auditorium. There is no admission charge and the public is cordially invited.

The music on this concert displays a wide variation of styles.

from Maynard Ferguson's jazz-rock version of "Give It One", to Glenn Miller's "Rhapsody In Blue" as well as Miller's 1935 arrangement of Gershwin's "Oh, Lady Be Good!" Other numbers include Duke Ellington's "In A Mellow Tone", Rodgers and Hart's "Have You Met Miss Jones?", and

a boogaloo original called "Amazing Bayou Slim."

Two special numbers will highlight the concert: the jazz ballad "Here's That Rainy Day", featuring the newly organized Jazz Vocal Group, and Don Ellis' arrangement of "The Blues", featuring Music Faculty member Richard Bromley on flute.

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# SA schedules Arts and Crafts Fair

By SARAH WARREN  
News Editor

Student Association (SA) is sponsoring its third annual Arts and Crafts Fair today in the Meditation Chapel Plaza, it was announced at Tuesday's Student Senate meeting, featuring live music most of the day.

"SA's Arts and Crafts Fair is one of the most beneficial things we feel we put on," said SA vice president John Cooper, who encouraged students and senators to participate.

Referring to the number of senators campaigning for their candidates Tuesday, Sen. Mike Ditchen, chairman of the Scotia Committee, said, "I'd like to see as many senators around as were around the Powell Building today."

Proceeds from the fair go towards the Scotia Scholarship, awarded annually to a relative of someone killed in the 1976 Scotia Mining disaster.

In another campaign issue, Sen. Don McNay's bill to change the number of signatures needed to run for a Senate seat from 30 to 15 full-time students was soundly defeated.

Arguing for the proposal, McNay said, "Look at the campaign today. Last year there was no competition," he said, not even for the presidential-vice presidential positions.

If it's easier to run, more people will be interested, said McNay, and "competition in the races provided for a better Student Senate."

Former SA president Mike Duggins,

attending the meeting as a visitor, spoke out against McNay's proposal. "I don't see the relevancy of 30 signatures or 15 signatures," he said. "My suggestion is to take this thing and do with it what you want."

"What you might think about, though," said Duggins, "is having one student senator for every 200 students" instead of the present system of one senator per 150 students. "That would stir competition, and you'd probably have better representation as a result," he said.

Intervarsity members visiting the meeting announced a music festival to be held Tuesday from 4 p.m. to 11 or 12 that night. The festival will be held in the Ravine and everyone is invited.



(photo by SCOTT ADAMS)

# Hazing is hazy for pledges

(Continued from page 1)

it too far.

"This campus is so conservative -- the things they frown on -- it's ridiculous. Where do you draw the line?" he questioned.

One fraternity member said that he could give his definition of hazing but declined to comment on what initiation pledges in his fraternity go through.

"It's sacred rites and I can't tell you about it," he said.

One sorority active said that hazing does not exist in her sorority since it is "prohibited in our national sorority," she explained.

"It's totally minor," compensated a fraternity active who pledged last semester. "Nothing beyond a little bit of personal embarrassment and nothing physical," he assured.

"If it's done, it's little things that are fun," he answered. "Being polite to everybody," as well as "always being there when they want you," are things expected of his fraternity's pledges.

One other sorority member told of "blindfolding" its pledges and "driving around" as a part of the pledge

initiation activities.

"I don't think it's hazing," she said. "It was fun; nothing bad or nothing you didn't really want to do," she supported.

Daugherty held a meeting about a month ago with fraternity and sorority presidents to explain the University's stand on hazing and what can be done instead of holding hazing activities during pledging.

"I don't really think we have a problem," said Daugherty, who explained that the purpose of the meeting was to "make them aware of what hazing is and the University's position on that."

Each Greek president at the meeting was given a letter concerning hazing "that they read and understand this," Daugherty commented. "That, as president they agree."

Daugherty said that there is not a fraternity on campus that doesn't have a policy on hazing. He suggests that fraternities and sororities incorporate a "help week," instead of a "Hell week."

"The whole thing I was concerned

with was 'attitude,'" he added.

One fraternity member says that his chapter requires its pledges to pass a test that is sent to the National Chapter, memorize books about the history of the fraternity, and attend athletic events, for example.

"We tell our pledges what will be required ahead of time," he said. "Nothing that would be demeaning to them."

Pledges in this particular fraternity, must "get signatures" and "drill sessions" are held in which pledges are interviewed by the actives.

"We require they make at least a 2.5 grade average," he added. "There's a very fine line you've gotta ride."

Among Greeks, hazing is many different things to each individual fraternity and sorority. And the stories they tell about pledging are different. One thing this reporter has discovered, is that, according to members of Greek organizations, hazing does go on -- on this campus.

## Ravine Fling

With the mild spring weather comes green grass, blooming geography graduate student, Pat Mchaffie, from Winterhaven, Fla. makes the frisbee catch.

# Events Day termed significant

By ROB DOLLAR  
Staff Writer

It was "business as usual" for the University's College of Business Tuesday during the first annual "Business Events Day."

It included an "Industry Appreciation" display on the arcade of the Bert Combs Building on various products manufactured in the state, such as trash compactors, automobile paint, locks and fork lifts.

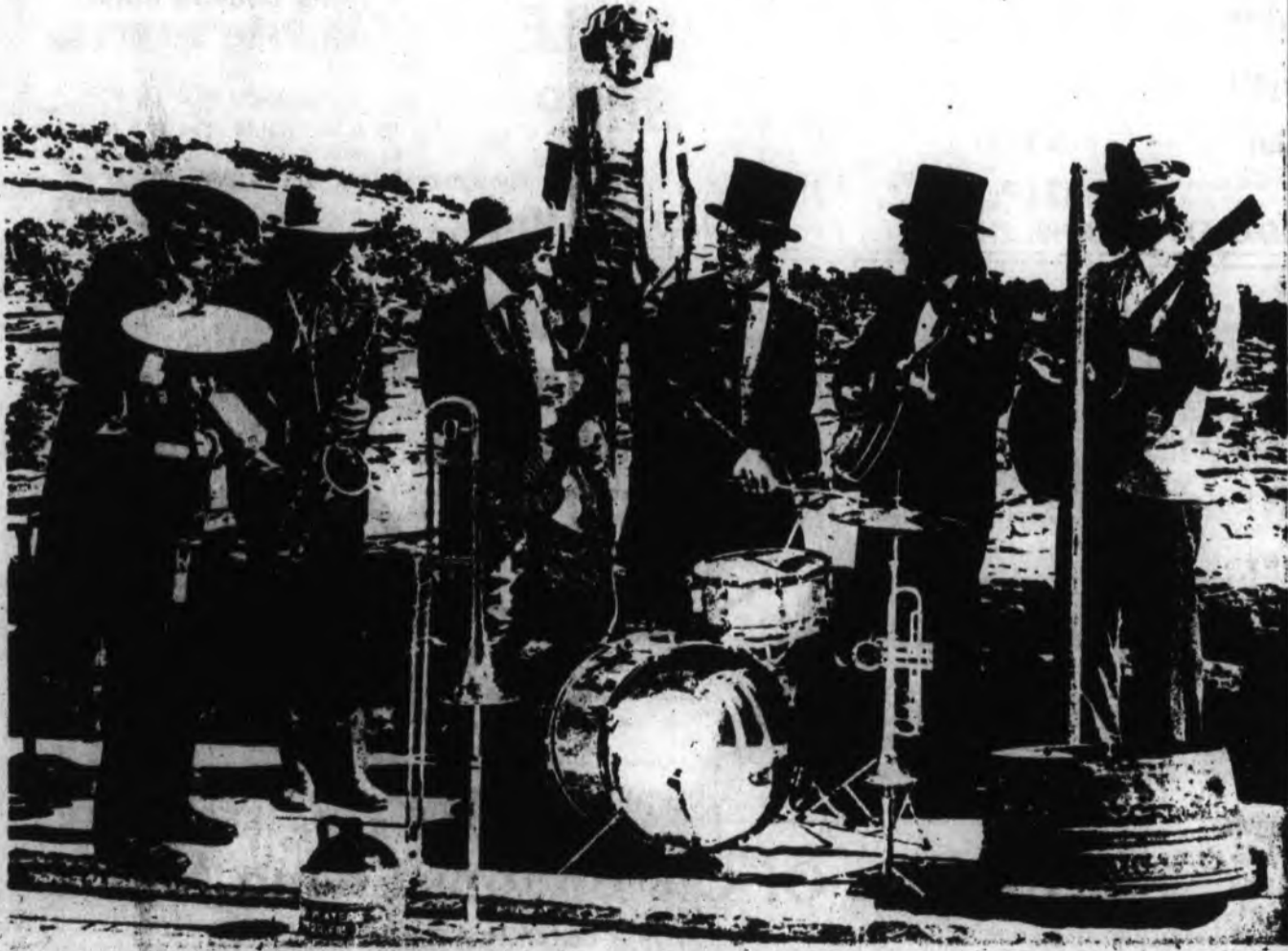
Numerous awards and scholarships from individuals, companies and various organizations were presented to Business College students during a luncheon that preceded the Hughes speech.

Dr. Howard Thompson, dean of the College of Business, termed the day "a significant event," and said that he was pleased with the support from the media and different organizations for the recognition that the Business students and program received during the day.

The day ended with a faculty-student softball game at Hood field, which was won by the student team 18-17 in a "squeaker" that lasted seven innings.

Dr. G. David Hughes, professor of business administration at the University of North Carolina, Chapel Hill, also spoke to students and faculty in the Keen Johnson Building on the topic of government regulation in marketing, as part of the "Vital Speaker" program series.

## Jug Huggers Of The World Unite and . . . Hug A Jug With The Juggernaut Jug Band



### SUNDAY IN THE RAVINE 4:00 - 6:00

Sponsored by EKV Center Board and The Eastern Progress

## EKV Center Board

presents **THE CRUSADERS**

Joe Sample Wilton Felder Stix Hooper



Wednesday, April 25  
Special Guest  
**Randy Crawford**  
Alumni Coliseum  
8:00 p.m.  
**EKV Students Free\***  
**All Non Students**  
**\$5.00**

\* Full time with a valid ID may pick up 1 free ticket Friday 20, Mon. 23rd, Thru Wed. 25th. Between the hours of 10 am - 2 pm. Students must have tickets to get in concert.

Applications are available for student at large. Positions on University Center Board - Office of Student Activities 128 Powell Building. Deadline April 27th.



# PS.

A Supplement to the Eastern Progress presented as a service to its readers.

## Dateline:

April 19, 1979

By NANCY SPENCER  
Staff Writer

The Spring Arts and Crafts Fair is being held today by the Meditation Chapel. The fair will last until 6 p.m. If it is raining today, the fair will be held on April 26.

Spring weather is notorious for dirty cars - and this is the time to clean them. Today from 1-5 p.m. Pi Beta Phi and Tau Kappa Epsilon will sponsor a car wash at the Gulf Station.

A short seminar on "How to party safely with alcohol" will be presented tonight from 6-7 p.m. This will be held in the President's Room of the Keen Johnson Ballroom.

Friday night the Newman Center will sponsor a disco dance from 8-12 p.m. The dance will be held at the Arlington Mule Barn and admission is 75 cents.

The baseball team will play Western Kentucky in a doubleheader beginning at 12 noon at the Hughes Field on April 22.

Chris Sarandon, Lee Grant, and Malachy McCourt will star in "You Can't Go Home Again." This special will be shown Wednesday, April 25, on CBS.

On the same night, Susan Winslow, played by Darleen Carr, worries about telling her new boyfriend about her baby in "Miss Winslow & Son" which will also be shown on CBS.

## 'Hit Parade' at Playhouse



Cristie Butcher, Pamela Carol, Shelly Moffett and Karen Lynne pictured here as part of the USO troupe in HIT PARADE OF '41, Diners' Playhouse's current production playing to capacity audiences and continuing nightly except Monday through April 29.

### Today

April 19

10 a.m. - 6 p.m. Student Assoc. Spring Arts and Crafts Fair, next to Meditation Chapel.

1-5 p.m. Pi Beta Phi-Tau Kappa Epsilon Car Wash, Gulf Station on By-Pass.

6-7 p.m. Panhellenic seminar "How to party safely with alcohol," President's Room, Keen Johnson Ballroom.

6:30 p.m. SCEC meeting, Room A, Powell Building.

7 p.m. Inter-Varsity Christian Fellowship, Jagers Room, Powell Building.

7 p.m. Alpha Phi Sigma banquet, faculty dining room, Powell Building.

7 p.m. Movie "Halloween," Towne Cinema.

7:30 p.m. Movie "Saturday Night Fever," Campus Cinemas.

7:35 p.m. Movie "Buck Rogers," Campus Cinemas.

8:30 p.m. Lambda Sigma meeting, McGregor Lobby.

8:30 p.m. Jazz Ensemble spring concert, Brock auditorium.

9:30 p.m. Movie "Buck Rogers," Campus Cinemas.

9:40 p.m. Movie "Saturday Night Fever," Campus Cinemas.

### Friday

April 20

8-12 p.m. Newman Center disco dance, Arlington Mule Barn.

8:30 - 10 p.m. RA training session, Kennamer Room, Powell Building.

### Saturday

April 21

12 noon Men's baseball vs. Tenn. Tech (Doubleheader), Turkey Hughes Field.

3:30 p.m. Shrine Circus, Rupp Arena.

8:15 p.m. Shrine Circus, Rupp Arena.

8:30 - 10 p.m. RA training session, Kennamer Room, Powell Building.

### Sunday

April 22

12 noon Men's baseball vs. Western Ky. (Doubleheader), Hughes Field.

3 p.m. Shrine Circus, Rupp Arena.

6:30 p.m. Newman Center's annual dinner, Powell Building.

8:30 - 10 p.m. RA training session, Kennamer Room, Powell Building.

### Monday

April 23

5:30 - 8 p.m. Home Economics Awards Banquet, President's Room, Keen Johnson Ballroom.

8:30 - 10 p.m. RA training session, Kennamer Room, Powell Building.

### Tuesday

April 24

7 - 9 p.m. Fencing Club meeting, Call Sharon Oster 3238 or Jim Poole 4605 for information on place of meeting.

### Wednesday

April 25

4:30 p.m. Baccalaureate Student Nursing Assoc. meeting, Rowlett Building, Room 251.

### Top Ten Singles

TITLE	ARTIST	Label, Number, (Distributing Label)	WKS. ON CHART
4	MUSIC BOX DANCER	FRANK MILLS Polydor 14517	12
5	KNOCK ON WOOD	AMII STEWART/Ariola 7736	11
3	2 TRAGEDY BEE	GEES/RSO 918	10
4	1 WHAT A FOOL BELIEVES	DOOBIE BROTHERS/Warner Bros. 8725	12
5	3 I WILL SURVIVE	GLORIA GAYNOR/Polydor 14508	16
12	HEART OF GLASS	BLONDIE/Chrysalis 2295	9
7	LADY LITTLE RIVER BAND	/Harvest 4667 (Capitol)	14
8	DA YA THINK I'M SEXY?	ROD STEWART/Warner Bros. 8724	18
14	1 I WANT YOUR LOVE	CHIC/Atlantic 3557	10
10	9 SHAKE YOUR GROOVE THING	PEACHES & HERB/Polydor/	

## Native Kentuckian Writes for Earplay

Marsha Norman, a native Louisvillean has written two radio dramas for NPR's Earplay series. *Third and Oak: The Laundromat*, airs Wednesday, April 25 at 8:15 PM and *Third and Oak: The Pool Hall*, airs Thursday, April 26 at 8:15 PM are two comic-dramas directed by Jon Jory in cooperation with the Actor's Theater of Louisville. These and all of Ms. Norman's plays have a Louisville setting.

The first of the two productions, starring Anne Pitoniak, Dawn Didawick and Joe Morton, depicts a deserted laundromat in the middle of the night, where two women meet and discover each other's secrets.

The second production creates the late-night life at the local pool hall, where old friends come to terms with their past and their future and stars Joe Morton, John Hancock and Dawn Didawick.

Ms. Norman's first play, *Getting Out*, premiered at Actor's Theater of Louisville in November 1977, as part of ATL's Great American Play Contest of 1977, and subsequently performed in the spring of 1978 at Los Angeles Mark Taper Forum, where it enjoyed a highly successful engagement. It opened Off-Broadway in New York City in October 1978, directed by Jon Jory, and received rave reviews from John Simon, Clive Barnes, Richard Eder, and a host of critics, eventually receiving the American Critics Association Award as the best new play presented at a regional theater, and publication in *Otis Guernesey's Best Plays of 1978*.

Ms. Norman is currently Playwright in Residence with ATL, a position which was made possible through a grant from the National Endowment for the Arts. She has also written for television, having recently completed a series of 30 fifteen-minute scripts for a new first grade language arts series for Kentucky Educational Television. For KCET-TV in



MARSHA NORMAN: Kentucky Playwright

Los Angeles, she was commissioned to write a piece about the depression in the coal mine area which was entitled *It's The Willingness*, which was aired on the *Visions* series. She has served as editor and writer of *The Jelly Bean Journal* for The Louisville Times Scene Magazine, the Book Editor for the Louisville Times, and as Educational Consultant for WAVE-TV's *The Friendship Shop*.



## Today

April 19

- 6:00 AM — JOURNAL**  
See Monday, 6:00 AM for complete program description.
- 9:00 AM — OPTIONS IN EDUCATION**  
This award-winning program from National Public Radio is a fast-paced report on numerous aspects of educational practices, innovations and issues.
- 9:30 AM — FOUNDATION OF AMERICAN NATIONALISM (New Program)**  
Eminent historian Henry Steele Commager examines the period between 1760 and 1810 when the institutional groundwork of American nationalism was being laid. With lively discussions, Commager and guests present insights and observations about the founding of American democracy.

- 10:00 AM — MORNING CONCERT**  
A well-balanced selection of serious musical works, taken from the Romantic, Baroque, Classical and other periods.

- 12:00 PM — CONVERSATIONS**  
See Monday, 12:00 noon for complete program description.

- 12:15 PM — THE MID-DAY REPORT**  
See Monday, 12:15 PM for complete program description.

- 12:30 PM — POTPOURRI OF CLASSICS**  
WEKU-FM's Loy Lee hosts this daily concert which includes historical and biographical background about the music and composers.

- 3:30 PM — JUST JAZZ**  
See Monday, 3:30 PM for complete program description.

## Saturday

April 21

- 6:00 AM — PROJECT WEEKEND**  
Wake up with us and our weekend morning presentation of light jazz, news, weather and special features.

- 9:00 AM — OPTIONS**  
See Monday, 9:00 AM for complete program description. This is not a repeat of earlier programs.

- 10:00 AM — CHICAGO SYMPHONY**  
Live-on-tape recordings of the renowned Chicago Symphony Orchestra's 1978-79 season.

- 12:00 PM — THE GREAT OPERAS**  
Loy Lee hosts this presentation of one

- 5:15 PM — AFTERNOON REPORT**  
See Monday, 5:15 PM for complete program description.

- 5:30 PM — CURTAIN TIME**  
Each weeknight *Curtain Time* presents the entire soundtrack or original cast recording of a motion picture or stage musical.

- 6:30 PM — BARRY CRAIG, PRIVATE INVESTIGATOR**  
One of the forerunners of Harry-O. Rockford and all the other television private "eyes," this series from radio's Golden Age presents the many adventures of Barry Craig.

- 7:00 PM — LUM 'N ABNER**  
See Monday, 7:00 PM for complete program description.

- 7:15 PM — CONVERSATIONS**  
A repeat of this afternoon's program. See Monday, 12:00 noon for complete program description.

- 7:30 PM — A LOOK AT ...**  
This weekly topical interview program hosted by Ron Smith does exactly what its name says. It takes A Look At any number of newsworthy topics, current events and interesting people.

- 8:00 PM — INQUIRY**  
The modern world is a complex place, morally and ethically. The ECU Campus Ministers Association takes a look at current world and local issues from a moral point of view.

- 8:30 PM — JAZZ UNLIMITED**  
See Monday, 8:30 PM for complete program description.

- of the world's great operas, including background on the storyline and production of the work.

- 4:00 PM — THE ROAR OF THE GREASEPAINT**  
A varied selection of everyone's favorite music from stage and silver screen.

- 7:30 PM — EARPLAY '79 (Return)**  
An all-new season of contemporary radio drama produced especially for public radio.

- 8:30 PM — SOUL SPOTLIGHT**  
A funky mixture of disco, R&B, and jazz music, from the latest hit singles and albums.

## Sunday

April 22

- 6:00 AM — PROJECT WEEKEND**  
Wake up with us and our weekend morning presentation of light jazz, news, weather, and special features.

- 9:00 AM — OPTIONS**  
See Monday, 9:00 AM for complete program description. This is not a repeat of earlier programs.

- 10:00 AM — NEW YORK PHILHARMONIC**  
Another rousing season of New York Philharmonic performances, recorded live-on-tape during the 1978-79 season.

- 12:00 PM — JAZZ ALIVE!**  
This excellent series from National Public Radio offers recorded-live jazz performances from all over the country.

- 1:30 PM — JAZZ FIRSTS**  
Loy Lee presents and comments on selections from new jazz recordings which are "hot off the presses."

- 2:30 PM — JAZZ REVISITED**  
This National Public Radio series, hosted by Hazel Spemacher, presents and evaluates the early years of recorded jazz, from 1917-1947.

- 3:00 PM — JAZZ IT UP!**  
A weekly presentation of big bands swing music, along with Dixieland and contemporary big bands.

- 6:30 PM — MUSIC OF THE BLACK CHURCH (New Program)**  
This new series from NPR highlights the rich heritage of music in traditional black church experience, emphasizing the elements of origin, history, style, personalities and critical analysis.

- 7:30 PM — SATURDAY'S CHILD (New Program)** In the days before radio and television brought instant entertainment into the home, people amused themselves by listening to and telling stories. These tales, some new by popular authors, some so ancient that their origins have been forgotten — traveled across countries.

- 8:30 PM — FOLK FESTIVAL, USA**  
National Public Radio's highly acclaimed weekly series of *Live on Tape* folk, blues and bluegrass festival performances from virtually all of the 50 states.

- 10:30 PM — WOMINSOUNDS (New Program)** What is women's music? The bottom line of course is that it is music performed by women.

## Friday

April 20

- 6:00 AM — JOURNAL**  
See Monday, 6:00 AM for complete program description.

- 9:00 AM — OPTIONS**  
See Monday, 9:00 AM for complete program description. (This is not a repeat of earlier programs.)

- 10:00 AM — TOSCANINI: THE MAN BEHIND THE LEGEND**  
**11:00 AM — MUSIC OF THE ITALIAN MASTERS (New Program)**  
Produced by NPR-Member Station KQED-FM in San Francisco, this series presents a collection of delightful music and informative commentary, focusing on the greatest of the Italian composers.

- 12:00 PM — CONVERSATIONS**  
See Monday, 12:00 noon for complete program description.

## Monday

April 23

- 6:00 AM — JOURNAL**  
Bringing People the news requires more than a five-minute newscast at "the top of the hour." It requires a thorough examination of international, national, regional and local events, weather and sports.

- 8:30 AM — OPTIONS**  
This series from National Public Radio presents a variety of different topics in a variety of different ways.

- 10:00 AM — INTERNATIONAL CONCERT HALL**  
This series from National Public Radio presents recorded-live concerts from all

- 12:00 PM — CONVERSATIONS**  
There is an endless variety of interesting people in and around the Central Kentucky area. *Conversations* brings these people to you with informal discussions with and about those people and what they are doing.

- 12:15 PM — THE MID-DAY REPORT**  
A 15-Minute summary of international, national, and regional/local news.

## Tuesday

April 24

- 6:00 AM — JOURNAL**  
See Monday, 6:00 AM for complete program description.

- 9:00 AM — OPTIONS IN EDUCATION**  
This award-winning program from National Public Radio is a fast-paced report on numerous aspects of educational practices and innovations.

- 9:30 AM — FOUNDATION OF AMERICAN NATIONALISM (New Program)**  
Eminent historian Henry Steele Commager examines the period between 1760 and 1810 when the institutional groundwork of American nationalism was being laid.

- 10:00 AM — GRAND PIANO (Return)**  
A new season of programs from NPR, presenting both accomplished and promising pianists in concert and competition.

- 12:00 PM — CONVERSATIONS**  
See Monday, 12:00 Noon for complete program description.

## Wednesday

April 25

- 6:00 AM — JOURNAL**  
See Monday, 6:00 AM for complete program description.

- 9:00 AM — OPTIONS**  
See Monday, 9:00 AM for complete program description. (This is not a repeat of earlier programs.)

- 10:00 AM — BOSTON SYMPHONY**  
The world-renowned Boston Symphony joins WEKU-FM's line-up of accomplished symphony orchestras, presenting live-on-tape concerts of the 1978-79 season.

- 12:00 PM — CONVERSATIONS**  
See Monday, 12:00 noon for complete program description.

- 12:15 PM — THE MID-DAY REPORT**  
See Monday, 12:15 PM for complete program description.

- 12:15 — THE MID-DAY REPORT**  
See Monday, 12:15 PM for complete program description.

- 12:30 PM — POTPOURRI OF CLASSICS**  
WEKU-FM's Loy Lee hosts this daily concert which includes historical and biographical background about the music and composers.

- 3:30 PM — JUST JAZZ**  
See Monday, 3:30 PM for complete program description.

- 5:15 PM — THE AFTERNOON REPORT**  
See Monday, 5:15 PM for complete program description.

- 5:30 PM — CURTAIN TIME**  
Each weeknight *Curtain Time* presents the entire soundtrack or original cast recording of a motion picture or stage musical.

- weather and sports, gathered by the staff of United Press International, National Public Radio and WEKU-FM's own news and public affairs team.

- 6:30 PM — POTPOURRI OF CLASSICS**  
WEKU-FM's Loy Lee hosts this daily concert which includes historical and biographical background about the music and composers.

- 3:30 PM — JUST JAZZ**  
Basie, Benson, Byrd, Ellington, Mann, Brubeck, Montgomery, Tjader, Wiesburg — the list goes on and on — and so does the jazz on this daily jazz program hosted by Loy Lee.

- 5:15 PM — THE AFTERNOON REPORT**  
A 15-minute summary of the day's international, national and regional local news, gathered by National Public Radio, United Press International and the WEKU-FM news and public affairs team.

- 5:30 PM — CURTAIN TIME**  
Each weeknight *Curtain Time* presents

- 12:15 PM — THE MID-DAY REPORT**  
See Monday, 12:15 PM for complete program description.

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- 5:30 PM — CURTAIN TIME**  
Each weeknight *Curtain Time* presents the entire soundtrack or original cast recording of a motion picture or stage musical.

- 12:30 PM — POTPOURRI OF CLASSICS**  
WEKU-FM's Loy Lee hosts this daily concert which includes historical and biographical background about the music and composers. Beginning with this new season, Loy invites listeners to write and request their favorite works. Write to: WEKU-FM, Eastern Kentucky University, Richmond, Kentucky 40475.

- 3:30 PM — JUST JAZZ**  
See Monday, 3:30 PM for complete program description.

- 5:15 PM — THE AFTERNOON REPORT**  
See Monday, 5:15 PM for complete program description.

- 5:30 PM — CURTAIN TIME**  
Each weeknight *Curtain Time* presents the entire soundtrack or original cast recording of a motion picture or stage musical. Highlights.

- 6:30 PM — YOU BET YOUR LIFE**  
The most irreverent of the zany Marx Brothers, Groucho, greets and heckles contestants on this hilarious quiz show from television's "golden age."
- 7:00 PM — LUM 'N ABNER**  
See Monday, 7:00 PM for complete program description.
- 7:15 PM — CONVERSATIONS**  
A repeat of this afternoon's program. See Monday, 12:00 noon for complete program description.

- 7:30 PM — VOICES IN THE WIND**  
Writers, painters, actors, poets, musicians, sculptors — artists of all kinds are interviewed on this weekly arts magazine from National Public Radio, hosted by Oscar Brand.

- 8:30 PM — JAZZ UNLIMITED**  
See Monday, 8:30 PM for complete program description.

- the entire soundtrack or original cast recording of a motion picture or stage musical.

- 5:30 PM — NBC UNIVERSITY THEATER**  
New Program: A series of productions of contemporary English and American fiction.

- 7:00 PM — LUM 'N ABNER**  
Recordings of one of the most remembered of all "Old Time" radio comedies, starring Chet Lauck as Lum and Norris Goff as Abner.

- 7:15 PM — CONVERSATIONS**  
A repeat of this afternoon's program. See Monday, 12:00 noon for complete program description.

- 7:30 PM — ECU BASKETBALL**  
See page one for schedule details.

- 8:30 PM — JAZZ UNLIMITED**  
Three and a half hours of the very best in jazz — traditional, contemporary, progressive and avant garde styles, plus frequent profiles of now and outstanding albums and musicians.

- 6:30 PM — SHORT STORY**  
A series of half-hour dramatizations, based on short stories by such authors as Faulkner, Hugo, Thurber, Poe.

- 7:00 PM — LUM 'N ABNER**  
See Monday, 7:00 PM for complete program description.

- 7:15 PM — CONVERSATIONS**  
A repeat of this afternoon's program. See Monday, 12:00 noon for complete program description.

- 7:30 PM — EVENING JOURNAL**  
This "spin-off" of our weekday morning program, *Journal*, presents a collection of Behind-the-News features, interviews, news and analysis.

- 8:30 — JAZZ UNLIMITED**  
See Monday, 8:30 PM for complete program description.

- 6:30 PM — THE BEST OF "OLD-TIME" RADIO**  
A presentation of one of the best of the "Old-Time" radio programs. Highlights.

- 7:00 PM — LUM 'N ABNER**  
See Monday, 7:00 PM for complete program description.

- 7:15 PM — CONVERSATIONS**  
A repeat of this afternoon's program. See Monday, 12:00 noon for complete program description.

- 7:30 PM — NBC UNIVERSITY THEATER**  
(New Program) A series of productions of contemporary English and American fiction.

- 8:30 PM — JAZZ UNLIMITED**  
See Monday, 8:30 PM for complete program description.



# TV LOG

4/19/79

## Today April 19

- EVENING**
- 6:00 (1) NEWS
  - (2) STUDIO SEE (CAPTIONED)
  - (3) ABC NEWS
  - 6:30 (4) NBC NEWS
  - (5) CBS NEWS
  - (6) G.E.D.
  - (7) OUTDOORSMAN
  - 7:00 (8) SANFORD AND SON
  - (9) DATING GAME
  - (10) MACNEIL-LEHRER REPORT
  - (11) JOKER'S WILD
  - 7:30 (12) TODAY AT KEENELAND
  - (13) FAMILY FEUD
  - (14) DICK CAVETT SHOW
  - (15) NEWLYWED GAME
  - 8:00 (16) WHODUNIT
  - (17) THE CHISHOLMS
  - (18) PREVIN AND THE PITTSBURGH
  - (19) MORK AND MINDY
  - 8:30 (20) HIGHCLIFFE MANOR
  - (21) ANGLE
  - 9:00 (22) QUINCY
  - (23) THE BOSTON MARATHON '79
  - (24) BARNEY MILLER
  - (25) CARTER COUNTRY
  - 10:00 (26) SGT. T.K. YU
  - (27) BARNABY JONES
  - (28) ONE OF THE MISSING
  - (29) DOCTORS' PRIVATE LIVES
  - 11:00 (30) NEWS
  - 11:30 (31) THE TONIGHT SHOW
  - (32) CBS LATE MOVIE
  - (33) STARKY AND HUTCH - MANNIX
  - 1:00 (34) TOMORROW
  - 2:00 (35) TAKE FIVE

## Friday April 20

- EVENING**
- 6:00 (1) NEWS
  - (2) STUDIO SEE
  - (3) ABC NEWS
  - 6:30 (4) NBC NEWS
  - (5) CBS NEWS
  - (6) GUTEN TAG EN DEUTSCHLAND
  - (7) GONG SHOW
  - 7:00 (8) SANFORD AND SON
  - (9) DATING GAME
  - (10) MACNEIL-LEHRER REPORT
  - (11) JOKER'S WILD
  - 7:30 (12) TODAY AT KEENELAND
  - (13) WOODY WOODPECKER AND FRIENDS
  - (14) COMMENT ON KENTUCKY
  - (15) NEWLYWED GAME
  - 8:00 (16) DIFF'RENT STROKES
  - (17) THE INCREDIBLE HULK
  - (18) WASHINGTON WEEK IN REVIEW
  - (19) FAMILY
  - 8:30 (20) BASEBALL
  - (21) WALL STREET WEEK
  - 9:00 (22) THE DUKES OF HAZZARD
  - (23) FARM DIGEST
  - (24) FRIDAY NIGHT MOVIE 'Drive-In' 1979 Stars: Glenn Morshwer, Lisa Lemole.
  - 9:30 (25) CONSUMER SURVIVAL KIT
  - 10:00 (26) DALLAS
  - (27) ACADEMY LEADERS
  - 11:00 (28) NEWS
  - 11:30 (29) THE TONIGHT SHOW
  - (30) NBA BASKETBALL
  - (31) JUKE BOX
  - 12:00 (32) MOVIE (DRAMA) \*\* 1/2 "The Italian Job" 1969
  - 1:00 (33) THE MIDNIGHT SPECIAL
  - 2:30 (34) TAKE FIVE

## Saturday April 21

- MORNING**
- 6:30 (1) AGRICULTURE USA
  - 7:00 (2) FARM REPORT
  - (3) MOVIE (WESTERN) \*\* "Lawless Nissies" 1936
  - 7:30 (4) HOT FUDGE
  - (5) DUSTY'S TREEHOUSE
  - 8:00 (6) ARCHIES
  - (7) ALVIN AND THE CHIPMUNKS
  - (8) POPEYE HOUR
  - (9) SCOOBY'S ALL-STARS
  - 8:30 (10) FANTASTIC FOUR
  - 9:00 (11) GODZILLA SUPER '90
  - (12) BUGS BUNNY AND ROAD RUNNER
  - 9:30 (13) CHALLENGE OF THE SUPER FRIENDS
  - 10:00 (14) TELECONFERENCE
  - 10:27 (15) METRIC MARVELS
  - 10:30 (16) DAFY DUCK
  - (17) TARZAN AND THE SUPER SEVEN
  - 10:57 (18) METRIC MARVELS
  - 11:00 (19) FRED AND BARNEY SHOW
  - (20) FANGFACE
  - 11:30 (21) JETSONS
  - (22) NEW SHAPES: EDUCATION
  - (23) PINK PANTHER SHOW
  - 11:57 (24) METRIC MARVELS

- AFTERNOON**
- 12:00 (1) WRESTLING
  - (2) SPACE ACADEMY
  - (3) OF EARTH AND MAN
  - (4) ABC WEEKEND SPECIAL
  - 12:30 (5) FAT ALBERT
  - (6) AMERICAN BANDSTAND
  - 1:00 (7) MAJOR LEAGUE BASEBALL (PRE-GAME)
  - (8) ARK II
  - (9) G.E.D.
  - 1:15 (10) MAJOR LEAGUE BASEBALL GAME OF THE WEEK
  - 1:30 (11) 30 MINUTES
  - (12) AGRICULTURE FOOD FOR THOUGHT
  - 2:00 (13) KIDSWORLD
  - (14) GUTEN TAG EN DEUTSCHLAND
  - (15) JOURNEY TO ADVENTURE
  - 2:30 (16) TOBACCO TALK
  - (17) GREAT MIDWEST HOT AIR BALLOON RALLY
  - (18) MARTY ROBBINS SPOTLIGHT
  - 3:00 (19) FORUM
  - (20) DESIGNING HOME INTERIORS
  - (21) HEE HAW HONEYEYS
  - 3:30 (22) IN SEARCH OF
  - (23) RACERS
  - 4:00 (24) TOURNAMENT OF CHAMPIONS
  - (25) SPORTS AFIELD
  - (26) WRITING FOR A REASON
  - (27) FORMBY'S ANTIQUE WORKSHOP
  - 4:30 (28) SPORTS SPECTACULAR
  - (29) BILL DANCE OUTDOORS
  - 5:00 (30) ALL-STAR SOCCER
  - (31) WIDE WORLD OF SPORTS

- EVENING**
- 6:00 (1) TODAY AT KEENELAND
  - (2) NEWS
  - (3) NOVA
  - 6:30 (4) NBC NEWS
  - (5) NEWS
  - (6) THAT'S HOLLYWOOD
  - 7:00 (7) LAWRENCE WELK SHOW
  - (8) HEE HAW
  - (9) A WALKING TOUR OF SESAME STREET
  - (10) FRIENDS
  - 7:30 (11) DICK CAVETT SHOW
  - 8:00 (12) OLYMPATHON '79
  - (13) BAD NEWS BEARS
  - (14) FIRING LINE
  - (15) WHAT'S HAPPENING!!
  - 8:30 (16) BILLY
  - (17) DELTA HOUSE
  - 9:00 (18) SATURDAY NIGHT MOVIE 'Uptown Saturday Night' 1977 Stars: Sidney Poitier, Bill Cosby.
  - (19) OWENSBORO SYMPHONY ORCHESTRA
  - (20) THE LOVE BOAT
  - 10:00 (21) ABC NEWS CLOSEUP
  - 11:00 (22) NEWS
  - (23) MONTY PYTHON'S FLYING CIRCUS
  - 11:15 (24) ABC NEWS
  - 11:30 (25) OLYMPATHON '79 CONTINUES
  - (26) MOVIE (DRAMA) \*\* "Jezebel" 1939
  - (27) T.F.J. CLUB
  - 12:30 (28) MOVIE (ADVENTURE) \* 1/2 "Pericles Voyage" 1969
  - 1:30 (29) OLYMPATHON '79 CONTINUES

## Sunday April 22

- MORNING**
- 6:00 (1) DR. NORMAN VINCENT PEALE
  - 6:30 (2) CATHOLIC MASS
  - 7:00 (3) OLD TIME GOSPEL HOUR
  - (4) TOBACCO TALK
  - 7:30 (5) LONE RANGER
  - (6) REV. GENTRY FARMER
  - 8:00 (7) VOICE OF THE MOUNTAINS
  - (8) REK HUBBARD
  - (9) SESAME STREET
  - (10) JIMMY SWAGGART
  - 8:30 (11) THE STORY
  - (12) SHOW MY PEOPLE
  - 9:00 (13) GOSPEL SINGING JUBILEE
  - (14) SUNDA MORNING
  - (15) REVIVAL TABERNACLE CHURCH SERVICES
  - 9:30 (16) WORLD TOMORROW
  - (17) ANIMALS, ANIMALS, ANIMALS
  - 10:00 (18) NEW SHAPES IN EDUCATION
  - (19) SESAME STREET
  - (20) REVIVAL IN AMERICA
  - 10:30 (21) IMMANUAL BAPTIST CHURCH SERVICE
  - (22) DAY OF DISCOVERY
  - (23) R.A. WEAT REVIVAL HOUSE
  - 11:00 (24) IT IS WRITTEN
  - (25) RAINBOW'S END
  - (26) ONE WAY
  - 11:30 (27) LEISURE
  - (28) FACE THE NATION
  - (29) STUDIO SEE
- AFTERNOON**
- 12:00 (1) YOUR GOVERNMENT
  - (2) DIRECTIONS
  - (3) ZOOM
  - (4) ROBERT SCHULLER

- 12:30 (1) MEET THE PRESS
- (2) NEWSMAKER '79
- (3) ONCE UPON A CLASSIC
- 1:00 (4) 4-H YOUTH SHOWCASE
- (5) THREE ON THREE
- (6) A WALKING TOUR OF SESAME STREET
- (7) NEW LIFE
- 1:30 (8) REDSCENE
- (9) NBA BASKETBALL PLAYOFFS
- (10) DESIGNING HOME INTERIORS
- (11) ISSUES AND ANSWERS
- 2:00 (12) NUTRITION: TO BABY WITH LOVE
- (13) INTERNATIONAL CHAMPIONSHIP BOXING
- 2:10 (14) BASEBALL
- 2:30 (15) OF EARTH AND MAN
- 3:30 (16) TIMBROMANIA
- (17) THE AMERICAN SPORTSMAN
- 4:00 (18) NBA BASKETBALL PLAYOFFS
- (19) WESTERN KENTUCKY UNIVERSITY MAGAZINE
- 4:30 (20) TOURNAMENT OF CHAMPIONS
- (21) CONVERSATION
- (22) WIDE WORLD OF SPORTS
- 5:00 (23) FOOTSTEPS
- 5:30 (24) COOKIN' CAJUN

- EVENING**
- 6:00 (1) ONE TO ONE
  - (2) BASS FISHING AMERICA
  - (3) CROCKETT'S VICTORY GARDEN
  - (4) MOVIE (ADVENTURE) \*\*\* "Three Worlds of Gulliver" 1966
  - 6:30 (5) NBC NEWS
  - (6) WILD KINGDOM
  - (7) COMMENT ON KENTUCKY
  - 7:00 (8) THE WONDERFUL WORLD OF DISNEY
  - (9) 60 MINUTES
  - (10) BILL MOYERS' JOURNAL
  - 8:00 (11) THE BIG EVENT 'Rooster Cogburn' 1975 Stars: John Wayne, Katharine Hepburn.
  - (12) ALL IN THE FAMILY
  - (13) F.Y.I.
  - (14) ABC THEATRE 'Friendly Fire' 1979 Stars: Carol Burnett, Ned Beatty.
  - 8:30 (15) ONE DAY AT A TIME
  - 9:00 (16) ALICE
  - (17) MASTERPIECE THEATRE
  - 9:30 (18) STOCKARD CHANNING IN JUST FRIENDS
  - 10:00 (19) WEEKEND
  - (20) KENTUCKY ILLUSTRATED
  - (21) CIVILIZATION
  - 10:30 (22) FRAN CURCI SHOW
  - 11:00 (23) NEWS
  - 11:15 (24) CBS NEWS
  - (25) ABC NEWS
  - 11:30 (26) NBC LATE NIGHT MOVIE 'W.C. Fields And Me' 1976 Stars: Rod Steiger, Valerie Perrine.
  - (27) MOVIE (SCIENCE FICTION) \*\* "Illustrated Man" 1969
  - (28) 700 CLUB
  - 12:30 (29) WITH THIS RING
  - 2:30 (30) WORLD CHAMPIONSHIP TENNIS

## Monday April 23

- EVENING**
- 6:00 (1) NEWS
  - (2) STUDIO SEE
  - (3) ABC NEWS
  - 6:30 (4) NBC NEWS
  - (5) CBS NEWS
  - (6) WRITING FOR A REASON
  - (7) CANDID CAMERA
  - 7:00 (8) SANFORD AND SON
  - (9) DATING GAME
  - (10) MACNEIL-LEHRER REPORT
  - (11) JOKER'S WILD
  - 7:30 (12) HOLLYWOOD SQUARES
  - (13) POP GOES THE COUNTRY
  - (14) DICK CAVETT SHOW
  - (15) NEWLYWED GAME
  - 8:00 (16) LITTLE HOUSE ON THE PRAIRIE
  - (17) THE WHITE SHADOW
  - (18) BILL MOYERS' JOURNAL
  - (19) DOROTHY HAMIL'S CORNER OF THE SKY
  - 9:00 (20) MONDAY NIGHT AT THE MOVIES 'Sanctuary Of Fear' 1979 Stars: Barnard Hughes, Kay Lenz.
  - (21) M.A.S.H.
  - (22) ADVOCATES
  - (23) HOW THE WEST WAS WON
  - 9:30 (24) WKRP IN CINCINNATI
  - 10:00 (25) LOU GRANT
  - (26) FOOTSTEPS
  - (27) ANYONE FOR TENNYSON?
  - 10:30 (28) NEWS
  - 11:00 (29) THE TONIGHT SHOW
  - (30) CBS LATE MOVIE
  - 11:30 (31) POLICE STORY
  - (32) TOMORROW
  - 1:00 (33) TAKE FIVE

## Tuesday April 24

- EVENING**
- 6:00 (1) NEWS
  - (2) STUDIO SEE
  - (3) ABC NEWS

- 6:30 (1) NBC NEWS
- (2) CBS NEWS
- (3) G.E.D.
- (4) MUPPETS SHOW
- 7:00 (5) SANFORD AND SON
- (6) DATING GAME
- (7) MACNEIL-LEHRER REPORT
- (8) JOKER'S WILD
- 7:30 (9) TODAY AT KEENELAND
- (10) \$100,000 NAME THAT TUNE
- (11) DICK CAVETT SHOW
- (12) NEWLYWED GAME
- 8:00 (13) CLIFFHANGERS
- (14) PAPER CHASE
- (15) MASTERPIECE THEATRE
- (16) HAPPY DAYS
- 8:30 (17) LAVERNE AND SHIRLEY
- 9:00 (18) WHEELS
- (19) TUESDAY NIGHT MOVIE 'The Deserter' 1977 Stars: John Huston, Richard Crenna.
- (20) 1979 ALL-STATE BAND
- (21) THREE'S COMPANY
- 9:30 (22) TAXI
- 10:00 (23) NEWS

Cont. on page 4

## movies

**SUNDAY**

(ABC) ABC THEATRE: 8:00 PM E.S.T., P.S.T. - 7:00 PM C.S.T., M.S.T.  
 "Friendly Fire" 1979 Carol Burnett, Ned Beatty. The wrenching true story of the parents of a young soldier killed in Vietnam by "friendly fire" and their search to find out what really happened to him.

(NBC) BIG EVENT: 8:00 PM E.S.T., P.S.T. - 7:00 PM C.S.T., M.S.T.  
 "Rooster Cogburn" 1975 John Wayne, Katharine Hepburn. The no-nonsense daughter of a minister helps Rooster Cogburn—the aged, one-eyed former deputy marshal from the novel 'True Grit'—win back his badge by outsmarting and outfighting a band of desperadoes and thwarting their planned bank robbery. (R)

**MONDAY**

(NBC) MONDAY NIGHT AT THE MOVIES: 9:00 PM E.S.T., P.S.T. - 8:00 PM C.S.T., M.S.T.  
 "Sanctuary of Fear" 1979 Barnard Hughes, Kay Lenz. In this adaptation of the G.K. Chesterton short stories, a New York City priest with a penchant for solving crimes, befriends an aspiring young actress whose life has suddenly become filled with terror as the result of a series of bizarre events.

**TUESDAY**

(CBS) TUESDAY NIGHT MOVIES: 9:00 PM E.S.T., P.S.T. - 8:00 PM C.S.T., M.S.T.  
 "The Deserter" 1971 John Huston, Richard Crenna. The Western drama concerns a renegade soldier's one-man war of revenge. (R)

**WEDNESDAY**

(CBS) MOVIE SPECIAL: 9:00 PM E.S.T., P.S.T. - 8:00 PM C.S.T., M.S.T.  
 "You Can't Go Home Again" 1979 Lee Grant, Chris Sarandon. Based on the Thomas Wolfe novel, the story concerns a struggling young writer romantically involved with an older, successful married woman at a time when America and the world face a collapse of values, financial ruin and impending war.

**FRIDAY**

(ABC) FRIDAY NIGHT MOVIE: 9:00 PM E.S.T., P.S.T. - 8:00 PM C.S.T., M.S.T.  
 "With This Ring" 1978 Dick Van Patten, Betty White. As wedding dates rapidly approach, engaged couples and their families are caught up in a whirlwind of emotional crises—past loves, parental pressure and social and financial obligations. (R)

**SATURDAY**

(CBS) MOVIE SPECIAL: 9:00 PM E.S.T., P.S.T. - 8:00 PM C.S.T., M.S.T.  
 "I Know Why the Caged Bird Sings" 1979 Paul Benjamin, Diahann Carroll. Based on the best-selling Maya Angelou autobiography, the drama revolves around a bright, sensitive black girl who finds poetry and much pain in the South as she is growing up during the Depression years.

**MINISERIES**

**TUESDAY—WEDNESDAY**

(NBC) WHEELS: 9:00 PM E.S.T., P.S.T. - 8:00 PM C.S.T., M.S.T.  
 1978 Rock Hudson, Lee Remick. Part IV of Arthur Hailey's best-seller. Adam Trenton's experimental car project, the Hawk, is reactivated and, with it, his affair with advertising executive Barbara Lupton. Adam's widowed sister asks him to investigate Smokey Stevenson, in whose auto dealership she has invested all of her money. (R)



# Placement Pipeline

4/19/79

## PLACEMENT INTERVIEW PROCEDURES

1. All interviews will be held in the Division of Career Development & Placement, 319 Jones Building.
2. Students who wish to schedule interviews must sign-up in person at the Division Office, 319 Jones Building, Monday - Friday from 8:00 a.m. - 4:30 p.m.
3. Interview sign-up starts after organizations are announced in the FYI or the PLACEMENT PIPELINE.
4. The minimum requirement for scheduling an interview is the completion and filing of a data sheet which is available in the Division office, 319 Jones Building.

## Interviews

Fri., April 20

DEPARTMENT OF JUSTICE - KENTUCKY

Positions: Correctional, Classification & Treatment or Probation & Parole Officers  
Qualifications: B.S. or M.S. in Police Administration, Corrections, Criminal Justice, Sociology & Social Work

Positions: Correctional Educational Specialist

Qualifications: Certification in Education with Criminal Justice Background

Tues., April 24

FOAM DESIGN, INC. - KENTUCKY

Positions: Sales Trainees  
Qualifications: BA, BS, BBA in Business Administration, Marketing, Physical Education or Recreation interested in sales career

Tues., April 24

CINCINNATI INCORPORATED

Positions: Manufacturing Engineering Trainees

Qualifications: B.S. in Industrial Tech. or BBA in Management and interest in career in manufacturing training program

Wed., April 25

CENTURY 21 (PAUL ROSE REALTY)

Positions: Real Estate Sales Trainees  
Qualifications: Bachelors or Masters in Real Estate or any other major interested in real estate career

Wed., April 25

MILFORD EXEMPTED VILLAGE SCHOOLS - OHIO

Interviewing all eligible elementary and secondary candidates for 1979-80 positions. (Special interest in English - secondary.)

Wed., April 25

MT. HEALTHY CITY SCHOOL DISTRICT - OHIO

1979-80 Teaching positions anticipated in Sciences (Biology, Chemistry, Physics, etc.), Math (middle and sr. hi.), Home Economics and Special Education (secondary interests).

Thurs., April 26

THE TAPPAN COMPANY - KENTUCKY

Positions: Industrial Engineering Trainees  
Qualifications: B.S. in Industrial Technology

Tues., May 1

BOB EVANS FARM FOODS

Positions: Food Management Trainees  
Qualifications: Bachelors Degree in any field interested in Food Management career

## Summer openings

Manufacturing plant full-time positions in general assembly, electrical assembly, refrigeration assembly and sheet metal. Must be available to work a minimum of ten (10) consecutive weeks. Positions are in Cincinnati, OH.

Direct sales of (Mini-Trunk Auto Emergency Kits) easy sales item. \$32.00 start up expense to purchase kit. No collection of money or delivery of products. Pay is direct commission and contest for U.S. Government Bonds.

Two Summer Youth Counselors for Madison County to counsel disadvantaged youth and other administrative duties. Qualifications: must have car, completed one year of college and qualify based on financial need. Pay \$542.00 month plus car allowance. Applications can be picked up and must be filed by April 27, 1979, at the Kentucky River Foothills Development Council, 242 W. Main St., Richmond, Kentucky.

(150) Summer Youth Workers: assigned to not-for-profit agencies in Madison or Clark counties for full-time employment in parks, forest service, arts and crafts, receptionists, general labor, etc. Employment is for eight weeks starting June 11th or 18th. Pay is \$2.90 per hour. All

candidates must be 21 or under, returning to school fall semester and be in financial need (comparable to Federal Work-Study Qualifications) applications can be picked up at the Powell Building on Wednesday, May 2, 1979, from 10:00 a.m. - 2:00 p.m. outside the Grill area.

Summer intern positions in Therapeutic Recreation. Qualifications: must have a minimum of two years of college in Recreation or Therapeutic Recreation and some experiences in recreational leadership, programs or planning with mental or physical handicapped. Must also be certified in first aid and personal safety. Positions available Woodward State Hospital-School, Woodward, Iowa. Applications and additional information available at the Division of Career Development and Placement, 319 Jones Building. Applications should be filed immediately.

## Attention May grads

As a May graduate, you will soon be entering the employment market. The Division of Career Development and Placement can assist you in your job campaign and we encourage you to stop by our office, 319 Jones Building, and register with us BEFORE you leave campus. Personal job referrals, duplication and mailing of credentials, and job vacancy announcements are services which can assist you in finding the job you want.

# TV LOG

Cont. from page 3

- 11:30 (16) THE TONIGHT SHOW  
(27) CBS LATE MOVIE  
(2) TUESDAY MOVIE OF THE WEEK  
'Love For Ransom' 1977 Stars: John Davidson, Susan Sullivan.  
1:00 (18) TOMORROW  
2:00 (19) TAKE FIVE

Wednesday April 25

### EVENING

- 6:00 (1) NEWS  
(4) STUDIO SEE  
(2) ABC NEWS  
6:30 (1) NBC NEWS  
(27) CBS NEWS  
(4) WRITING FOR A REASON  
(2) SHA NA NA  
7:00 (1) SANFORD AND SON  
(27) DATING GAME  
(2) MACNEIL-LEHRER REPORT  
(2) JOKER'S WILD  
7:30 (1) TODAY AT KEENELAND  
(27) PRICE IS RIGHT  
(4) DICK CAVETT SHOW  
(2) NEWLYWED GAME  
8:00 (1) REAL PEOPLE  
(27) THE JEFFERSONS  
(2) THE SHAKESPEARE PLAYS  
(2) EIGHT IS ENOUGH  
8:30 (27) MISS WINSLOW AND SON  
9:00 (1) WHEELS  
(27) YOU CAN'T GO HOME AGAIN  
(2) CHARLIE'S ANGELS  
10:00 (2) VEGAS  
11:00 (1) (27) (2) NEWS  
11:30 (1) THE TONIGHT SHOW  
(27) CBS LATE MOVIE  
(2) POLICE WOMAN-MANNIX  
1:00 (1) TOMORROW  
2:00 (1) TAKE FIVE

Monday thru Friday  
Daytime Listings

### MORNING

- 5:30 (1) ARTHUR SMITH SHOW  
(2) 700 CLUB

- 6:00 (16) PTL CLUB-TALK AND VARIETY  
7:00 (1) TODAY  
(27) MORNING  
(2) GOOD MORNING AMERICA  
8:00 (27) CAPTAIN KANGAROO  
8:15 (4) A.M. WEATHER  
8:30 (4) IN-SCHOOL PROGRAMMING  
9:00 (1) PHIL DONAHUE SHOW  
(27) FLINTSTONES  
(2) GENERAL HOSPITAL  
(27) ALL IN THE FAMILY  
9:30 (1) CARD SHARKS  
10:00 (27) KENTUCKY MORNING  
(2) IRONSIDE (EXC. TUE.)  
10:30 (1) ALL STAR SECRETS  
(27) PRICE IS RIGHT (THUR., FRI.)  
(4) IN-SCHOOL PROGRAMMING  
10:55 (27) CBS NEWS (EXC. THUR., FRI.)  
10:57 (1) NEWS BULLETIN  
11:00 (1) HIGH ROLLERS  
(27) PRICE IS RIGHT (EXC. THUR., FRI.)  
(2) LAVERNE AND SHIRLEY  
11:30 (1) DOCTORS  
(27) LOVE OF LIFE (THUR., FRI.)  
(2) FAMILY FEUD  
11:55 (27) CBS NEWS (THUR., FRI.)

### AFTERNOON

- 12:00 (1) NOON TODAY  
(27) YOUNG AND THE RESTLESS  
(2) \$20,000 PYRAMID  
12:30 (1) BOB BRAUN SHOW  
(27) SEARCH FOR TOMORROW  
(4) IN-SCHOOL PROGRAMMING  
(2) RYAN'S HOPE  
1:00 (27) MATCH GAME (THUR., FRI.)  
(2) ALL MY CHILDREN  
1:30 (1) DAYS OF OUR LIVES  
(27) AS THE WORLD TURNS  
2:00 (2) ONE LIFE TO LIVE  
2:30 (1) ANOTHER WORLD  
(27) GUIDING LIGHT  
(4) IN-SCHOOL PROGRAMMING  
3:00 (2) GILLIGAN'S ISLAND  
3:30 (27) DATING GAME (THUR., FRI.)  
(4) OVER EASY  
(2) HAPPY'S HOUR  
4:00 (1) BATMAN  
(27) M.A.S.H. (THUR., FRI.)  
(4) SESAME STREET  
(2) TOM AND JERRY  
4:30 (1) ADDAMS FAMILY  
(27) PETTICOAT JUNCTION (THUR., FRI.)  
(2) BRADY BUNCH (EXC. WED.)  
5:00 (1) BEVERLY HILLBILLIES  
(27) ANDY GRIFFITH SHOW  
(4) MISTER ROGERS  
(2) I DREAM OF JEANNIE (EXC. WED.)  
5:30 (1) (27) (2) NEWS  
(4) ELECTRIC COMPANY

## Top Ten Albums

TITLE, ARTIST, Label, Number, (Distributing Label)

APR. 14	APR. 7		WKS. ON CHART
1	1	1 SPIRITS HAVING FLOWN BEE GEES RSO RS 1 3041 (8th Week)	9 H
2	2	2 MINUTE BY MINUTE DOOBIE BROTHERS/Warner Bros. BSK 3193	17 H
3	3	3 DIRE STRAITS/Warner Bros. BSK 3266	14 G
4	5	2 HOTI PEACHES & HERB/Polydor/MVP PD 1 6172	11 G
5	4	4 BLONDES HAVE MORE FUN ROD STEWART/Warner Bros. BSK 3261	17 H
6	6	6 LIVIN' INSIDE YOUR LOVE GEORGE BENSON/Warner Bros. 2BSK 3277	5 X
7	11	DESOLATION ANGELS BAD COMPANY/Swan Song SS 8506 (Atl)	4 G
8	7	7 52ND STREET BILLY JOEL/Columbia FC 35609	25 H
9	9	9 CRUISIN' VILLAGE PEOPLE/Casablanca NBLP 7118	26 G
10	13	BREAKFAST IN AMERICA SUPERTRAMP/A&M SP 3708	3 H

RECORD SHOP  
THE

## New RELEASES

8-TRACK

5<sup>99</sup> \$7.98 List

ALBUM SPECIALS

4<sup>99</sup> \$7.98 List 5<sup>99</sup> \$8.98 List

Lowest Prices In Town

THEY SHALL HAVE MUSIC WITH  
**RECORDS**

623-0302

No. 4 South Porter St.



# FORD'S Insider

A CONTINUING SERIES OF COLLEGE NEWSPAPER SUPPLEMENTS



**WARM WEATHER WORKOUTS:**  
*A Guide to Getting in Shape*





# FORD MUSTANG '79

## THE NEW BREED

Presenting a whole New Breed of Mustang for 1979. Dramatic new sports car styling gives it a most efficient aerodynamic design. With sports car features like a modified MacPherson front suspension, four-bar link rear suspension, rack and pinion steering and front stabilizer bar, all Mustangs have precise handling to help flatten corners.

The '79 Mustang offers a choice of engines (including the sporty 2.3 litre overhead cam as standard equipment), power trains and options to satisfy a wide range of driver needs. Available in 2-door or 3-door Hatchback models.

Experience the '79 Mustang with a test drive at your local Ford Dealer. See why readers of *Car and Driver* magazine named Mustang "the most significant new domestic car of 1979."



**\$4,458** As Shown

2-door sticker price  
Excluding title, taxes and destination charges

**FORD MUSTANG**

FORD DIVISION





**All right, gang, hibernation is over. Time to put away the sticky hot chocolate mugs and oversized sweaters and get ready for fun in the sun, cavorts on the courts and larks in the parks!**

## ANATOMY 5

When Hamlet said, "What a piece of work is man," he wasn't kidding. The human body is a walking wonder of the world. If all 696 muscles of your body could pull in one direction at one time, you could move 25 tons. And that strength is only one of three amazing aspects of your body that you can—and should—develop as part of a shape-up program.

## STRETCHING 6

After a winter of limited exercise, most of us have to get in shape before we can take to the courts, pools and jogging paths around campus. Stretching is the perfect way to begin now. We've put together a program that isolates eight major sections of the body and stretches them individually. And one super-duper total body stretch that's all-purpose (and thousands of years old).

## JOGGING 10

Some people say being on a daily running regimen is like having your own psychiatrist. Find out for yourself. This section gives you tips on setting up a personal jogging program. You'll also get the scoop on running shoes, info on heat exhaustion, a spring-to-winter marathon calendar—and words to the wise from Bill Rodgers, the real marathon man.

## TENNIS 14

Can you be a winner at tennis with only average physical ability? Yes, says Dick Gould, tennis coach at Stanford University (the 1978 NCAA champs). Also in this section: Rod Laver gives you advice on how to perfect your stroke. A former pro tells you how to develop effective doubles tactics. A Harvard psychiatrist categorizes tennis players by psychological makeup. And John McEnroe admits he's tired.



Superbody/16



Inner Workings/5



Swim Tune-Up/21



Tennis Tips/14



Hurts/10

## WEIGHTS 16

Many top athletes combine weight training with regular workouts to increase stamina and muscle tone. You can, too. We'll tell you how to get started flexing your pecs and limbering your lats (and what that means in English). And lay to rest the myth that women shouldn't lift weights because they'll end up looking like the Hulk. (It's physiologically impossible.)

## BIKING 18

Bicycling is a great way to see the countryside and condition your body at the same time. But if you're a beginning rider, how can you avoid soreness? What's the connection between jumping rope and cycling? And who is Otto Wenz and why is he predicting that in five years bicycle racing will be as popular as jogging?

## SWIMMING 21

Boston University swim coach Raegh Wetmore (that's his name, honest) shares his five-step plan to get you into shape through swimming. We give you tips like how to avoid shoulder tendinitis (a common swim-related injury), what's the proper swimmer's kick, how to improve your crawl stroke, what it feels like to be a competitive swimmer—and how to flatten your stomach for swimwear.

## BODY/MIND 23

Some physicians are prescribing racquetball—not Elavil—for mildly depressed patients. Why? Aerobic exercises are believed to stimulate the production of body chemicals that have the same effect as antidepressant drugs. It's all part of a holistic approach to fitness. Its theme? Your mind affects the performance of your body, and your body has an effect on your mind. Sounds simple, but the ramifications could be mind-boggling.

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Get into the Free-Wheelin' Spirit with tough Free Wheeling Ford Trucks and Vans. Factory-customized machines direct from Ford, with special interiors, stripes, wheels, blacked-out grille, and more.

\*Based on 1978 retail deliveries of all Ford Trucks.

**Free Wheeling Bronco,** comes with styled steel wheels, RWL tires, tricolor tape striping, black bumpers and dual low-mount western mirrors.

Bronco Ranger XLT shown has optional chromatic tape stripe, 10x15 tires, swing-away spare and Privacy™ glass.



## Free Wheeling Van

offers custom interior and exterior packages... plus other available options: portholes, push bar, fog lamps and special wheels and tires.

## Free Wheeling Pickup

shown with special interior trim, blacked-out grille, black front bumper, black GT bar, styled steel wheels and required rear bumper. Chromatic tape stripe, RWL tires, black low-mount western mirrors optional.

## Free Wheeling Courier

comes with three-color accent tape stripe, cast aluminum wheels, RWL tires, black GT bar, front push bar. Sport Group, 7-ft. box and rear step bumper optional.



# FORD

FORD DIVISION





# **ANATOMY** *You're incredible.* *A walking wonder of levers, pumps, bellows, filters and electrical circuits, all working in harmony.*

**YOU'VE GOT TO EXERCISE.** And it's not enough to have just *one* exercise activity, like tennis, and think you're giving your incredible body a total workout. To keep in shape, you've got to exercise both your muscular and cardiovascular systems with activities that develop the three basic elements of fitness: flexibility, strength and endurance.

**YOU NEED FLEXIBLE MUSCLES.** Any physical activity, from the blink of an eyelid to the lifting of a piano, depends on the muscular system, which makes up 45 percent of your total body weight. You've got 696 muscles supporting the 206 bones of your skeletal system, which are also surrounded and interlaced by another system of tendons and ligaments. These connective tissues bind, link and anchor organs, muscles, bones and the spaces in between. When a bone, muscle or joint is injured, it's usually partly because it didn't receive enough support from connective tissues that had become short and tight from nonuse. A flexible body generally absorbs more stress with less injury, so the importance of flexibility in a physical fitness program that includes vigorous activity cannot be understated.

**YOU SHOULDN'T GIVE UP.** When that familiar soreness and stiffness sets in after your first exercise sessions, don't throw in the towel. It's just that because you're out of shape, lactic acid has a tendency to collect in your muscles, making it more difficult for them to contract. When blood circulation increases with additional exercise, this waste product will be flushed out as your muscles begin to work more efficiently.

**YOU CAN BE REALLY STRONG.** If all the muscles in your body could pull in one direction at the same time, their combined force would come to about 25 tons. The surest and fastest way to develop this muscular potential is to work with weights, which can mean lifting hefty barbells in a gym or simply supplementing calisthenic exercises (chin-ups, half-squats) by using five- or 10-pound weights with the routines. Other exercises add strength in specific muscle groups through repetition (sit-ups for the abdomen, push-ups for the arms).

**YOU NEED OXYGEN.** The element that your body needs most isn't protein, vitamins, enzymes or minerals. It's oxygen. And the vital center that processes it is that marvelous muscle only about the size of your fist: the heart. Although flexibility and strength contribute to a well-conditioned body, the key is to saturate your 60 billion cells with a nourishing supply of oxygen through the bloodstream. This means the more circulation the better. Each day your heart pumps over 2,000 gallons of blood through your body, up to 12 gallons per minute during heavy exercise.



**YOU CAN TRAIN YOUR HEART AND LUNGS.** Aerobic exercises such as running, swimming, cycling or handball ("aerobic" means literally "with oxygen") are the foundation exercises on which every fitness program should be built. By using vigorous, perspiration-inducing activity to raise your heartbeat from 78-85 beats per minute to 120-140 per minute, you can train your heart and lungs to work more efficiently, bringing increased amounts of oxygen to the body with less effort.

**YOU MUST COOL DOWN.** Always follow this advice when getting in shape: Cool down for at least 10 minutes when you've finished exercising. If you've ever felt faint after running hard and then stopping suddenly, it's because the blood that was circulating has sidetracked from the brain and collected in the muscles. So decrease your activity gradually by continuing to walk or swinging your arms and legs to keep the blood circulating. And above all, pay attention to pain. It's nature's way of telling you something is wrong. When it hurts, ease up.

To learn more about your incredible body, look at a copy of **MAN'S BODY: AN OWNER'S MANUAL**, by the Diagram Group (Bantam Books, New York, 1976, \$2.75), or **WOMAN'S BODY: AN OWNER'S MANUAL**, by the Diagram Group (Bantam Books, New York, 1977, \$2.75).



# STRETCHING

*Before you start a program of warm weather workouts, it's a good idea to stretch out any winter kinks. The stretches shown here are designed to build flexibility in eight major sections of the body. Remember, before you play to get in shape, you have to get in shape to play.*



## NECK

With spine straight and without moving your shoulders, drop your chin to your chest and *slowly* rotate your head, first clockwise five times and then counterclockwise five times. Don't use jerky movements but try to make as large a circle with your head as you can, feeling the full range of the motion in your neck.

## LOWER BACK

Lie on your stomach and bend your legs so that your feet are over your thighs. Firmly grasp your right ankle with your right hand and your left ankle with your left hand. Then slowly raise your head, body and knees by pulling up on your ankles, lifting your head high and arching your back at the same time. Do not strain. Your weight should be resting comfortably on your abdomen. Pause, relax back into the starting position and repeat five times.



## HIPS AND WAIST

Stand erect, arms outstretched to each side.

Slowly bend sideways to the left, your right arm stretched over your head as far as possible, palm facing forward.

Hold the position for five counts, then repeat the stretch to your right side, again holding the position. Do at least 10 times to each side, keeping your legs straight. Try to reach a bit farther with each repetition.



## ARMS

Stand straight, feet about six inches apart. Extend your arms to each side so that your body forms a T.



Keeping your arms straight, rotate them clockwise 15 times, making large circles in the air.

Lower your hands to your thighs, extend your arms again and rotate them counterclockwise 15 times. To get the full benefit, concentrate on keeping your spine straight.



## UPPER LEG

Lie down on your back with arms outstretched to each side, feet together.



Lift your right leg so it's pointing upward.

Keeping both legs straight, try to lower your toes to your left hand. Pause, return the leg to its original position and then lower it to the floor. Repeat the movement with left leg to right hand. Do 10 times to each side.



## LOWER LEG

Stand erect on the edge of a thick book or a stair, with your heels lower than your toes and the balls of your feet steady on the surface. Pull downward with your heels, and hold for five counts.



Then rise as high on your toes as you can, and hold for five counts. Repeat these two movements 20 times.



## SHOULDERS

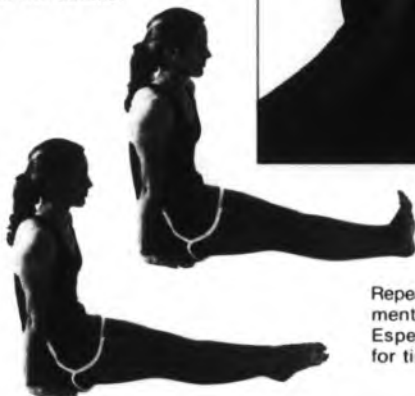
Extend your arms in front of you, backs of the hands together. Imitating a swimmer's breaststroke, sweep your arms until they are extended behind your back with palms together and fingers locked.

Keeping your hands clasped, bend forward until your head is at your knees and your hands are above your hips. Repeat five times.



## FEET AND ANKLES

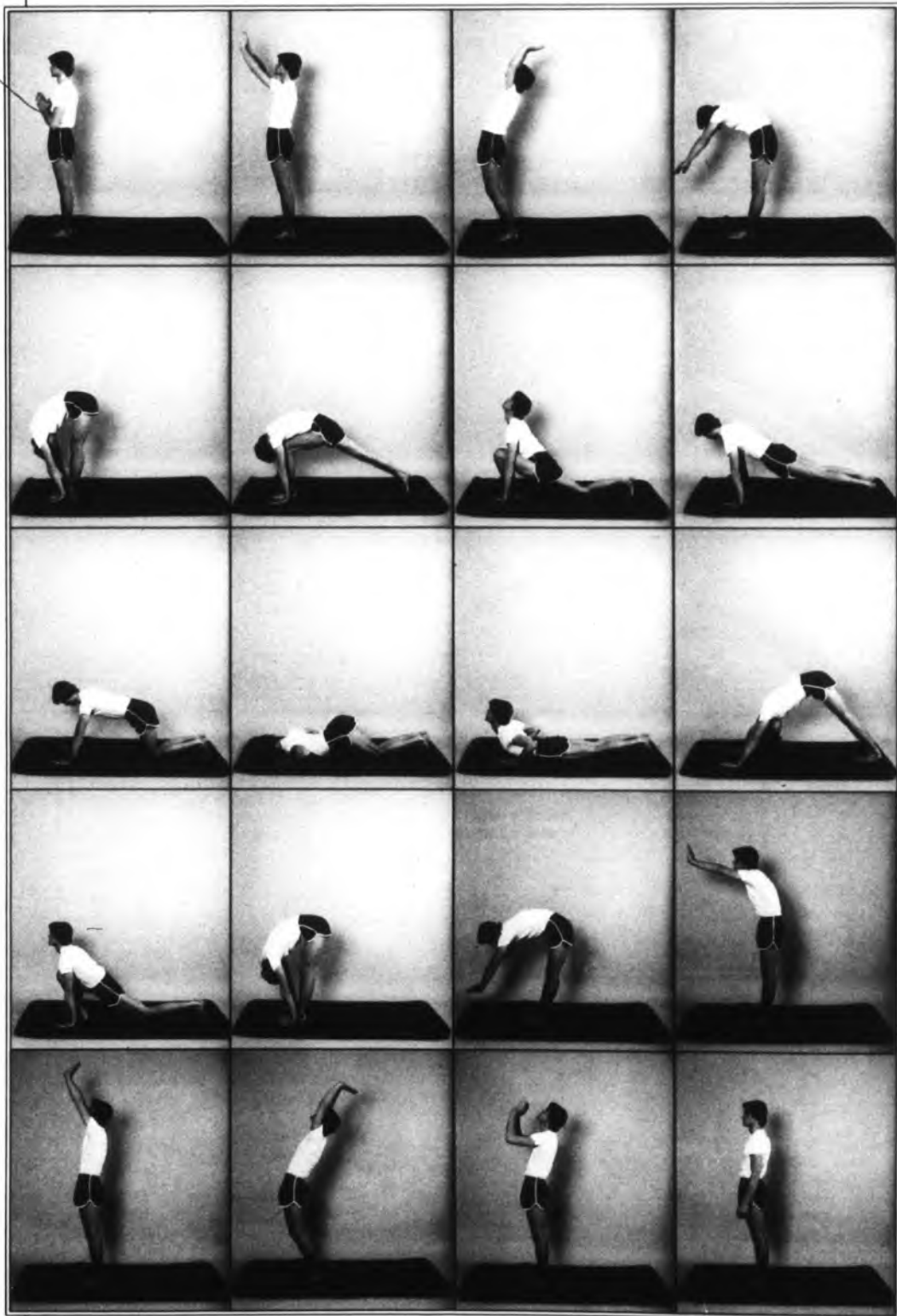
Sitting straight with legs extended and palms pressing on the floor at your hips, point your toes downward as far as you can. Hold for five counts, then flex the toes backward, spreading them apart as much as possible, and hold for another five counts.



Repeat both movements 10 times. Especially good for tired feet.



**THE TOTAL BODY STRETCH** Over 5,000 years old, the Sun Salutation is a hatha-yoga routine whose slow, easy postures will vitalize you each day.



Stand erect, hands in front of your chest. Raising your arms high above your head, bend backward as far as you can. Then, keeping your legs straight, bend forward and reach with your palms toward the floor.

Gently try to bring your forehead to your knees. Then extend your right leg backward with the right knee touching the floor and the head bent back. Stretch both legs out together so that your body forms a straight line supported by your hands and toes.

Drop to your knees, chest and forehead to the floor, keeping your abdomen raised. Then lift your chest from the floor and arch backward. Point your toes forward, press heels flat on the floor and raise your hips, keeping your legs straight.

Bring your right foot forward between your hands, your left knee touching the floor, and hold. Bring your left foot forward and try to touch your forehead to your knees. Slowly straighten up, arms extended.

Bring arms overhead and bend backward as far as you can. Finally, slowly drop your arms to your sides and relax. Complete the entire routine two to eight times. Daily practice will improve your flexibility right away, and your circulation and muscle tone as well.





# INTRODUCING THE SPORTY NEW FORD PINTO RALLYE.

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## What Do You Think of Insider?

6

We hope 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.

School \_\_\_\_\_ Year \_\_\_\_\_ Sex \_\_\_\_\_

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 1 hr  30 min  15 min  none
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\_\_\_\_\_

8 What did you like least about *Insider*?

\_\_\_\_\_

\_\_\_\_\_



# JOGGING

*Think of it as fun  
and not something that's  
good for you, like spinach or a trip to the dentist.*



FOCUS ON SPORTS

## Born To Run

Running is an exercise that helps your entire body feel better. Regular running will strengthen your heart and increase your lung capacity, thus improving cardiovascular efficiency. Running will also lower your blood pressure, tone your body and help keep off extra pounds by burning calories.

The sport is as individual and noncompetitive as you want to make it, and provides much-

touted mental benefits. No one is sure what causes "runner's high," but a general explanation may be that running creates a harmonious balance between mind and body. A Howard University study reported that students felt less anxiety and more positive feelings about their bodies, after lengthening their running distances. Some people say being on a daily running regimen is like having your own psychiatrist.

*Hot weather can wilt the hardest of joggers. When outside temperatures rise, it's harder for the body to perspire and heat gets trapped inside. That can lead to cramps and heat exhaustion. To guard against this, jog in light clothes when it's hot and drink plenty of fluids. Rest occasionally and douse yourself with water; this helps you sweat and cool off.*



## For Women Runners Only

Women derive the same benefits from running as men do. There's this difference: Since a woman's heart and lungs are smaller than a man's, she doesn't have to run as long or as hard to improve her level of fitness.

Kathryn Lance, author of a book on running for women, took up the sport when her poor physical condition led to high blood pressure. She urges the beginning runner to persevere. "Not every run is wonderful,"

she says. "If it's torture, try it three times a week. Tell yourself how great you'll look and feel after that tough first period."

Lance's book includes a guide to warm-ups and developing a running program. She gives special emphasis to questions concerning muscle development, weight loss, and running while pregnant or during menstruation.

*Kathryn Lance, RUNNING FOR HEALTH AND BEAUTY: THE COMPLETE GUIDE FOR WOMEN, Bantam Books, 1977, \$2.25.*

## Your Own Workout

Once you've decided to take up running, think of your regimen as a training session—not a straining session.

Set yourself an attainable goal. Try running for two months, at least three runs per week. A more rigid six-week program involves running four times the first week for 18 minutes each time. You can then work your way up by stages to half-hour runs. Feel free to mix walking and running at any stage in the program.

A 10-minute warm-up will help cut down the chance of injury. The warm-up should consist of stretching exercises that get your heart, blood and lungs working at more than a resting pace.

When you first start out, you'll experience an overwhelming urge to forget the whole thing and resume eating pizza. But the day will come when your normal workout is a piece of cake—and then you'll want to push even farther.

## Marathon Man

The ultimate proving ground for a runner is the marathon—a grueling, 26-mile 385-yard test of bodily strength and will power. Bill Rodgers, who holds the American marathon record with a time of 2:09:55 (set at the Boston Marathon in 1975), has been running in marathons for 27 years.

"I know what's good for me from my own experience," says Rodgers, who has no coach or personal trainer. "When I've trained well and know the competition, I'm usually confident before a race."

Rodgers recommends that beginners buy a good running book or subscribe to a runner's magazine for tips on developing a personal program. "It's also good to join a running club, or just talk to experienced runners. There are too many people going too hard and too fast. You have to be patient and work with your body," he says.



## WHAT TO DO

On the road to glowing health and inner peace, the beginning runner will doubtless stumble across a variety of injuries common to the sport. If you pull, strain or sprain something, try a hot bath, liniment, or an ice pack on the injury. As you heal, try running at a slower pace on a softer surface. If the injury worsens, knock off for a few days.

Some common runners' afflictions:

**Blisters**—Good shoes and petroleum jelly or moleskin on rubbed spots help avoid blisters. To treat, puncture with a sterilized needle, apply a disinfectant cream or ointment and cover for a few days.







## In the Beginning

Modern marathon racing has classical and heroic origins. In 490 B.C., the Greek allies fought the decisive battle of the Persian War against the army of Darius, the Persian emperor. The Athenian-led Greeks won a stunning victory on the Plain of Marathon, and a runner, Pheidippides, was dispatched to Athens with word of the victory. Legend has it that Pheidippides ran the entire 26 miles without a stop, delivered his good news, and dropped dead.

In 1896, the first of the modern Olympic Games were held in Greece. As host nation, the Greeks chose to revive the marathon. The British tagged an additional 385 yards onto the distance of the race during the 1908 Olympics, held in England. (The proper Britons wished the race to commence at Windsor Castle, and the extra yards have become part of the official distance.)

Today, many cities around the world hold annual marathon races which attract runners of every nationality. Among the most noteworthy are the Boston and Fukuoka, Japan marathons.

## A Day at the Races

Marathons, mini-marathons and races of all distances are held in every state, all year long. A sampling:

<b>BOSTON MARATHON</b>	Boston, Mass. . . . .	April 16
<b>MILE HIGH MARATHON</b>	Denver, Colo. . . . .	May 6
<b>MADISON MARATHON</b>	Madison, Wis. . . . .	June 30
<b>MAYOR DALEY MARATHON</b>	Chicago, Ill. . . . .	Sept. 23
<b>LOS ANGELES HARBOR MARATHON</b>	Los Angeles, Calif. . . . .	Sept. 30
<b>PROVIDENT MARATHON</b>	Philadelphia, Pa. . . . .	Oct. 14
<b>NEW YORK CITY MARATHON</b>	New York, N.Y. . . . .	Oct. 21
<b>WHITE ROCK MARATHON</b>	Dallas, Tex. . . . .	Dec. 1
<b>MARYLAND MARATHON</b>	Baltimore, Md. . . . .	Dec. 2

For a more complete listing, plus information on entry requirements and other details, consult **THE RUNNER'S GUIDE TO THE U.S.A.**, by Martina D'Alton, Summit Books, 1978, \$6.95.



**The Complete Book of Running**, by James F. Fixx, topped the bestseller list for 22 weeks last year. Fixx writes informally and personally about the physical and psychological aspects of running. He cites studies and medical opinions to back up his claims concerning the benefits of running, and includes guidelines for setting up a personal running program. **James F. Fixx, THE COMPLETE BOOK OF RUNNING**, Random House, 1977, \$10.

## TUNE-UP

Save yourself the torture of massaged muscles by loosening up before you take to the jogging trails. You shouldn't expect your body to function at peak efficiency without some advance notice. Stretching your legs before you run can help prevent injuries that could inhibit you from further exercising. These two easy exercises will warm up your legs to avoid muscle strain:

(At top) With your hands on the floor, bend one leg as shown. Attempt to press down with the heel of the extended leg. Do this five or six times with each leg.

To stretch the backs of your legs, try the three-step exercise shown at right. Sit on the ground with your legs bent as shown, knees to your chest and hands grasping the sides of your feet. Then "walk" your feet out as shown, continuing to hold onto them. When you've straightened your legs, pause and hold the position for a few seconds. Repeat five times.



**FOR THE RECORD**—In 1929 a transcontinental footrace was run from New York to Los Angeles. The winner, Finnish-born Johnny Salo, finished the 3,665-mile course in 79 days, an average of 46.5 miles per day. His time was 525 hours, 57 minutes and 20 seconds, and he won the race by 2 minutes and 42 seconds.

## What's a Shoe To Do?

The main job of a running shoe is to cushion shock, and to keep your foot straight and your heel steady. Your best bet is a general-purpose or training shoe. It should be flexible at the ball of the foot, and the heel should be at least a half-inch higher than the toe.

Running shoes are the only equipment you need, and it's worth it to lay out the money for a good pair. Good running shoes range in price from about \$25 up to \$40 or more. Consult *Consumer Guide*, *Runner's World* and *The Runner* magazines for price lists and comparative ratings.

"The masses have finally discovered what athletes have known all along—exercise makes you feel good."

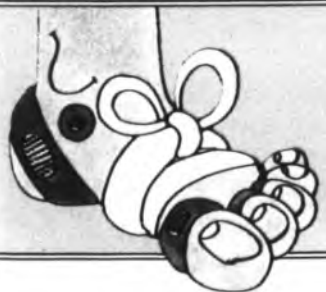
—JAMES FIXX, author and runner



## WHEN IT HURTS

**Runner's toe**—This occurs when a toenail is bruised, turns every hue of purple, and eventually falls off. Trimmed toenails and decent running shoes are the best means of prevention.

**Shin splints**—Running too high on your toes or wearing stiff shoes on a hard running surface causes this painful injury. The shin muscles pull at the surrounding shinbone membranes, which results in tearing or separation of the membranes. Doing stretches designed to limber up the back of the leg can help you avoid shin splints, as can running on a soft surface and wearing flexible shoes.





# SOUND THE CHARGE!



## '79 FORD MUSTANG TURBO.

Here's a whole new breed of Mustang. It's the exciting Turbo-charged Mustang from Ford. Dramatic sports car styling with an excellent combination of responsive performance and fuel economy.\*

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**Michelin TRX Tires:** Mustang's optional Michelin TRX 190-65R X 390 ultra-low profile tires are

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**•0-50 MPH:  
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Average of 10 Ford tests on 3 cars.

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For comparison to other cars. Your mileage may vary, depending on speed, weather and trip length. California mpg is lower.

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mounted on metric 390MM x 150MM forged aluminum alloy wheels. Included is a specially tuned suspension system. This system gives Mustang its highest level of handling, directional stability and steering response.

**Aerodynamics:** Mustang's dramatic sports car styling with a drag coefficient of .44 on the 3-door and .46 on the 2-door gives it one of the most efficient aerodynamic designs of any car



built in America. A vehicle with a low drag coefficient requires less engine power to propel it to any given speed in low ambient wind conditions.

**Full Instrumentation:** All Mustangs feature easy to read instrumentation including an engine tachometer, oil pressure, ammeter, engine temperature and fuel gauges with international symbols, a speedometer marked in both miles and kilometers per hour, and a trip odometer.

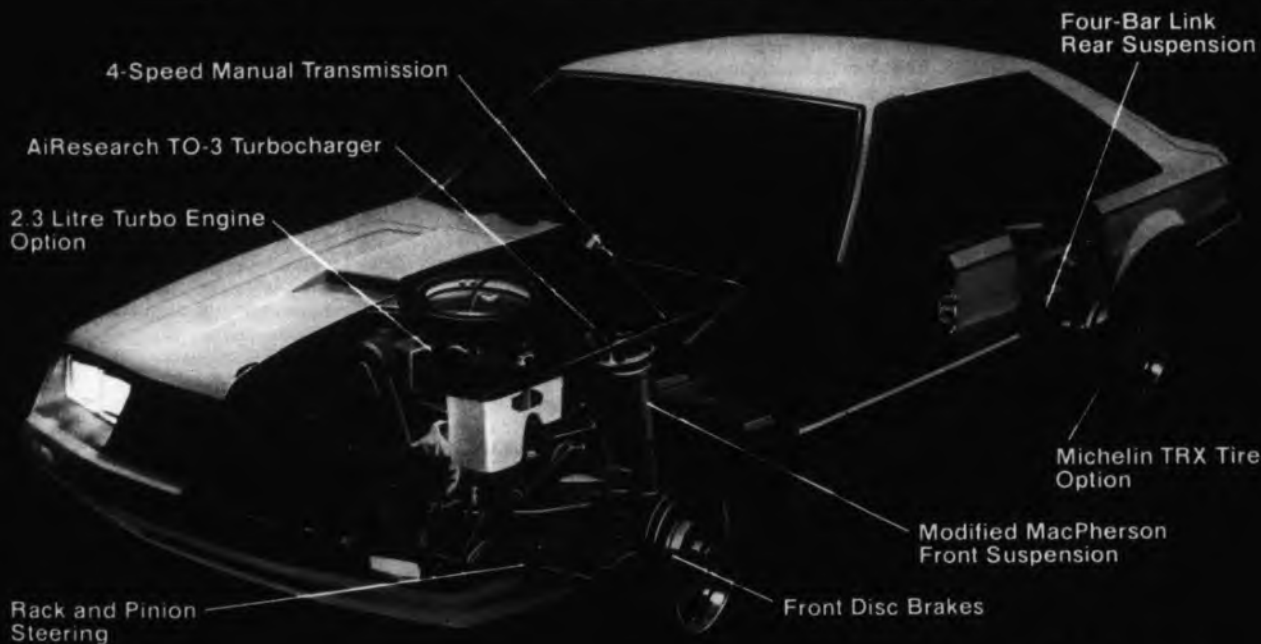


**Precise Handling:** With sports car features like a modified MacPherson front suspension, four-bar link rear suspension, rack and pinion steering and front stabilizer bar, all Mustangs have precise handling.

For even better handling, there's the optional Handling Suspension and radial ply tires. Included are radial-tuned springs and shock absorbers plus stiffer suspension bushings and a rear stabilizer bar for increased roll control.

To get the ultimate in Mustang handling order the optional Michelin TRX tires, metric forged aluminum alloy wheels and specially tuned suspension. This system provides Mustang with cornering ability comparable to high performance sports cars costing thousands more.

Experience the exciting new Mustang Turbo for yourself. Test-drive one at your local Ford Dealer.



4-Speed Manual Transmission

AiResearch TO-3 Turbocharger

2.3 Litre Turbo Engine Option

Rack and Pinion Steering

Front Disc Brakes

Modified MacPherson Front Suspension

Michelin TRX Tire Option

Four-Bar Link Rear Suspension



THE NEW BREED

FORD MUSTANG

FORD DIVISION







# TENNIS

*The tennis boom has more than 40 million Americans hitting a ball over a net with a racket.*



Four-time Wimbledon champion Rod Laver recommends that beginners follow these six steps to achieve a smooth and accurate tennis stroke:

1. Keep your eyes on the ball.
2. Get your weight forward and keep your feet apart.
3. Get your racket back quickly by pivoting.
4. Keep your wrist locked.
5. Put your body weight into the shot.
6. Follow through.

Rod Laver, *TENNIS DIGEST*, Follett Publishing, 1975, \$7.95.

## Tips from Dick Gould, Champion Tennis Coach

If you have the motivation to become a winner in tennis, but only average physical ability, you can still do it. That encouragement is from Dick Gould, and he should know all about victory in tennis. Coach of Stanford University's varsity tennis team (the 1978 NCAA champions), Gould has seen a lot of winners.

"There is a special drive inside people who strive to win, and it forces them to prepare until they reach their goal," Gould says. "If you have that kind of motivation, you can do anything you set your mind to—whether it's to be a tennis star or a business executive."

Although his business is coaching winners, Gould feels that the exercise and enjoyment tennis provides are the best things the game has to offer students.

"It's not necessary that you be a top performer," he says. "You will still feel refreshed, because tennis is such an invigorating game. You can't spend all your time at the library and feel your best. Tennis—or any other physical activity—can get your mind off your studies." To that end, Gould has one final tip to offer the tennis player:

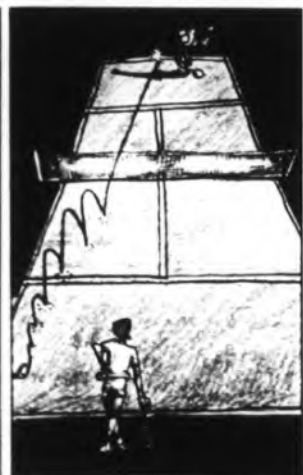
"Enjoy it. When you start getting furious about your playing, it's time to quit. Then the game is controlling you, and it's not a game anymore."

## In Praise of Wood Rackets

Although the tennis market has been bombarded with rackets made of everything from steel to fiberglass, wood is still considered the best material for a racket that will allow you control and "feel" for your shots.

The ball leaves a wood racket with only the force that the player has applied, and this control is especially helpful to the beginner who has trouble keeping the ball in the court.

Wood rackets range in price from \$20 to \$60. If you buy one, you should also invest in a press to keep the wood from warping in humidity and heat.



## Doubles Tactics & Strategies

For the weekend player who prefers social tennis over competitive or highly strenuous play, doubles tennis can provide a slower pace and a more relaxed game. Doubles, however, is a team pursuit that requires team strategy and tactics.

"Doubles is not just singles with two players on each side of the net," says Tony Trabert, former tennis pro and author of *Winning Tactics for Weekend Tennis*. According to Trabert, a major problem for novice doubles players is not knowing where to stand or where to return the ball.

When an opponent is serving to your doubles partner, says Trabert, you should stand with your heels on the service line. This puts you deep enough to cover your side of the court if your partner makes a weak return. If he or she makes a good return, you should then move forward into a volley position.

The best place to hit the ball in doubles play, according to Trabert, is up the center of your opponents' court. They will have less angle on their return and may get confused over who takes the ball.

Tony Trabert, *WINNING TACTICS FOR WEEKEND TENNIS*, Holt, Rinehart & Winston, 1972, \$5.95.

When people are practicing or warming up, they often let the ball bounce two or more times before returning it. But allowing extra bounces really defeats the purpose of practice, which is to tune you up for match play. Waiting at the baseline for the ball to arrive not only burns fewer calories, it can also hurt your game by fostering bad habits and making you less responsive.

**"I began playing tennis seriously when I was 8 years old. And while I may get tired from playing—especially in matches against Connors or Borg—I never tire of the game."**

—JOHN McENROE,  
20-year-old winner of the  
1979 Colgate Grand Prix  
Men's pro tournament



## Take a Course!

If you're fed up with chasing balls you've sent flying over the fence, some basic tennis instruction can help you iron out the kinks in your game.

"Tennis instruction is not only to train those who want to become champions, but also to help the average player enjoy tennis for fitness and fun," says Eve F. Kraft, director of the Education and Research Division of the U.S. Tennis Association.

Such instruction can take many forms. Enrolling in an introductory course at your col-

lege or university may be your best bet. Most colleges have tennis instruction in their curriculums; the classes are usually conducted as group lessons within the physical education department. Group or private lessons at a local club are another possibility. If you want total, crash-course immersion in tennis, you might consider a camp or clinic—though these can be expensive.

For information and lists of tennis camps or instructional programs in your area, write the U.S. Tennis Association, 729 Alexander Rd., Princeton, N.J. 08540.



## Harvard Prof Psychs Out Players

As the game of tennis has gained popularity, it's become possible to categorize certain types of players by psychological makeup. So says Dr. Alvin Kahn, a psychiatrist and clinical instructor in psychiatry at Harvard Medical School.

"Some colleagues and I were intrigued by how much a person's emotions and personality entered into his tennis game, so we began researching the idea," says Kahn. The result turned into a book called *Love and*

*Hate on the Tennis Court*. In one chapter, Kahn and his co-authors described 34 "tennis types." Here are a few of them:

**The Bouncer** has a compulsive and obsessive need for the regularity and control he finds in the bouncing ritual, which can work to lessen his anxieties.

**The Equipment Freak** always has the latest composite racket and the newest in Italian tennis wear. He tries to cover up his flawed self-image with his new outfits.

**The Social Climber** spends more time in the locker room, pro shop or bar than on the court.

**The Clown** giggles when he hits the ball out, trying to convince his fellow players that it really doesn't matter to him. But inside, he's crying.

*Dr. Alvin Kahn, with Stanley Cath and Nathan Cobb, LOVE AND HATE ON THE TENNIS COURT, Charles Scribner's Sons, 1977, \$7.95.*

*If you're playing tennis to shape up, you might consider trying one of the indoor court sports as well. Handball, paddleball, racquetball and squash are played at a faster pace than tennis and will give you a harder workout in the same amount of time.*

## In the Beginning

Crusaders returning from the Middle East probably brought tennis to Europe in the 12th century; the game resembled handball at that time. French monks played it inside their monasteries until 1245, when an archbishop forbade all clergy to play. French monarchs had taken up the sport in the meantime, and from them it spread to the royalty of other nations.

The monks and kings played tennis by batting the ball with their bare hands. (The French still call tennis *jeu de paume*, game of the hand.) After years of bruises and blisters, a protective glove was developed, and around

## EYES

Playing close to the net requires fast reflexes to avoid getting an eyeful of tennis ball, which can result in bruises, cuts from broken glasses, and even retinal detachments.

## SORE SPOTS & DANGER POINTS

## ELBOW

Tennis elbow is an inflammation near the elbow joint, caused by poor muscle strength and faulty strokes.

## FOOT

Blisters can result from friction or improper shoe fit. (Moleskin or Vaseline on "hot spots" can help you avoid them.) Badly worn soles can hinder your traction and cause ankle sprains.



## TUNE-UP

*Here's an exercise that utilizes your racket to help limber your back and shoulders before you hit the courts: Standing erect, stretch as high as you can, holding up your racket on your palms. While still holding the racket, slowly lean back and bend at the waist. Feel your muscles stretching as you bend. Straighten up and lower the racket behind your head. Then bend sideways and twist forward from the waist. Do this five times on each side.*



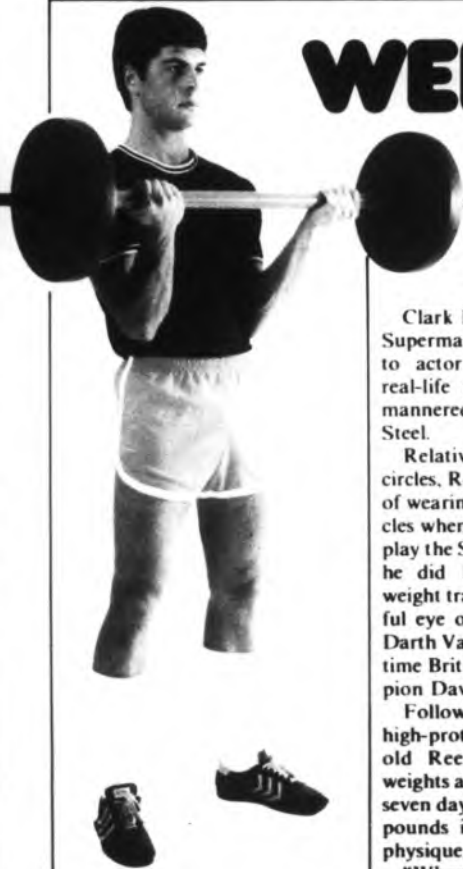
In the *Book of Tennis*, professionals show you in pictures how to play the game. The black-and-white photos and diagrams are accompanied by easy-to-understand explanations and pointers on all aspects of tennis, from serving to practicing with a backboard. *Cornel Lumiere and the WORLD TENNIS magazine editors, BOOK OF TENNIS: HOW TO PLAY THE GAME, Grosset & Dunlap, 1970, \$2.95.*





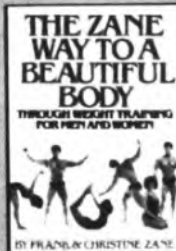
# WEIGHTS

If you train properly with weights, you can tone, shape and strengthen your entire body.



**Q:** What is the most weight ever raised off the floor by a human being?

**A:** In 1957, Paul Anderson of Toccoa, Georgia, raised 6,270 pounds in a back lift.



In their book *The Zane Way to a Beautiful Body Through Weight Training for Men and Women*, Frank Zane (a world bodybuilding champion) and his wife Christine present a progressive series of over 120 exercises that can be done with minimal equipment at home. Also included are a nutrition guide and a section on exercises for couples.

Frank and Christine Zane, *THE ZANE WAY TO A BEAUTIFUL BODY THROUGH WEIGHT TRAINING FOR MEN AND WOMEN*, Simon and Schuster, 1979, \$9.95.

## The Making of Superbody

Clark Kent's quick change to Superman is nothing compared to actor Christopher Reeve's real-life transition from mild-mannered mortal to Man of Steel.

Relatively unknown in acting circles, Reeve rejected the option of wearing false styrofoam muscles when he was approached to play the Superman role. Instead, he did 10 weeks of rigorous weight training under the watchful eye of *Star Wars* archfiend Darth Vader, who is really three-time British weight lifting champion David Prowse.

Following a four-meal-a-day high-protein diet, the 26-year-old Reeve worked out with weights at least two hours a day, seven days a week. He gained 30 pounds in building his Superphysique.

"When I signed for the part, I looked like Jimmy Stewart standing sideways," says Reeve. "I had to get to a state where I could believe I was Superman."



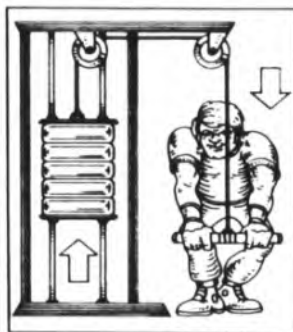
*Weight training is a system of resistance exercises that use weights to develop specific muscle groups. Many top athletes combine weight training with regular workouts to increase their stamina and muscle tone.*

*Your age, sex, body weight and experience affect the type and number of weight training exercises you should do. Heavy lifting with minimal repetitions builds muscle size and strength; lighter lifting with more repetitions tends to build endurance and muscle definition.*

## The Scoop on Hardware

In order to flex your pecs and limber your lats, you'll need some basic equipment. If you have access to a weightroom equipped with a Universal Gym, you'll find everything you need right there. The rig resembles a steel jungle gym with weights on tracks and pulleys. By pushing or pulling on handles or foot-pedals, you can adjust the weights to meet your own challenge level. For beginners in particular, this system is much safer than working with free weights, which require more control.

If you're sure you want to pursue weight training, and you prefer the privacy of working at home, a barbell set consisting of about 100 pounds of weights, bars and collars costs between \$30 and \$50. (Collars are the removable locks which allow you to add or subtract the weight



plates at the ends of the bar.)

Although it isn't needed for some weight training exercises, the added support of a bench is generally safer than the floor because you're less likely to strain your back muscles or drop a barbell on your chest. Benches range in price from \$20 for a simple flat seat with standing metal slots to \$225 for an outfit with features like leg lifts and an adjustable incline.

## Your Own Workout

Weight training exercises emphasize the six basic muscle-group areas: the neck and shoulders, chest, back, stomach, arms, and legs. The proper method for training with weights is to isolate a specific muscle group and then exercise it intensively.

A beginner's workout shouldn't take longer than half an hour. As your body becomes accustomed to the workouts, you can gradually increase the time to an hour. The amount of weight you lift will vary from exercise to exercise and depend on your own physical capabilities. A good rule of thumb is to use a weight you can comfortably handle for 10 repetitions (reps) of an exercise. When you can easily do three sets of 10 reps, add another five pounds and begin again.

Experts advise beginners to start slowly and develop a total body program—moving from station to station on a Universal Gym, for instance, to give all the muscles a workout. There are many weight training books on the market that can help guide you in designing a personal program.

The building of muscle involves first tearing it down with concentrated exercise, then allowing it to rest so that the tissue can grow back a little larger than before. That tearing down of muscles can do damage if practiced too often. It is important, therefore, to lay off the weights and rest at least every other day to allow tissues to rebuild. After a few sessions, you should see results that even a week of sports activity wouldn't provide.

*"For three days a week, lifting weights becomes part of my life style to keep all my muscles in shape."*

—SALLY WORDMAN,  
junior at the University of  
Tennessee



## No Ms. Hulk

Contrary to popular misconceptions, weight training will not turn women into incredible hulks. Developing huge Mr. Universe muscles takes years of long daily workouts in addition to the male hormone testosterone, present in only small amounts in women. But weight training will develop a woman's endurance and muscle tone, for a body that's not only better-looking but also stronger.

"Everyone should do some weight training, even if they're not training for a sport," advises Jandrena Irwin, the 19-year-old University of Nebraska freshman who is currently the national women's AAU Powerlifting Champion in her 132-pound weight class. "The first thing a lot of women think is that they're going to get big. They won't.

You can stay the same size—or even lose weight—while getting into shape."

As a high school sophomore, Irwin began weight training to improve her performance in track and volleyball. Now she works out two hours a day, six days a week, under the guidance of her father, who is also her coach.

"Sometimes it gets lonely, but after you win and know you're the best, it's all worthwhile," Irwin says. She follows a varied diet but keeps a wary eye out for sugars in order to remain in her weight class.

To win last year's title, Irwin lifted a record total of 690 pounds divided among the squat lift, bench press and dead lift. She hopes to open her own health club someday. But for the present she continues to train, and this spring she'll defend her championship.

## The Sporting Side of Weights

Two competitive sports involving weight training are weight lifting and bodybuilding.

The object of weight lifting is simply to outlift your competition. Male lifters are divided into 11 body-weight divisions ranging from flyweight (114½ lbs.) to super-heavyweight (over 242½ lbs.). Women have nine categories, from flyweight (96½ lbs.) to heavyweight (over 181

## DUMBBELLS:

The original "dumbbells" were bell-shaped pieces of solid lead that didn't ring when they were lifted. Today, these small, hand-held barbells are usually bought in pairs.

## BENCH:

While it's not necessary for all the exercises, the added support of a bench could save you strained back muscles.

## QUADS:

Most weight training jargon just consists of abbreviations for the scientific names of your muscles, like the leg's "quadriceps."

## LIFTING LINGO

### BICEPS:

She can't turn these arm muscles into incredible hulks—but look out for tone and firmness.



## TUNE-UP

Limbering up shoulders, back and legs is a must for weight trainers who don't want to strain themselves. These two exercises will help: (Top) Ease slowly into the position shown. Stretching in these hand the



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able, to allow your muscles to limber up before you start lifting.

four years. As the bull grew, so did his muscles.

ing championship was held in London in 1891.

18th-century London, the is strong man emerged. nas Topham, better known [he Strong Man," was said ive the strength of 12 men. 1741 performance, using a and tackle laid over his lders, Topham raised three heads of water, a total of i pounds, several inches from ground.

entually the carnival and leville shows gave rise to Jardized amateur competi.

i. The first world weight lift-



# BIKING

*The simple action of pedaling can strengthen your legs, arms, back and abdomen.*

## In the Beginning

Pedal-powered bicycles have existed for only about 140 years, even though Leonardo da Vinci designed one on paper in the 15th century. In the late 1790s, the Comte de Sivrac of France put a crude wooden horse on two wheels and fastened a saddle on the top. But his construction had no drive mechanism, so the rider had to push it like a child's scooter. It wasn't until 1840 that a Scotsman named Kirkpatrick Macmillan developed a two-wheeled vehicle that could be ridden with both feet off the ground. His pedal-operated machine marked the beginning of self-propelled bicycles.

During the next several decades, various improvements were made in Macmillan's machine. Around 1870 an Englishman named James Starley designed and manufactured a bicycle with an enlarged front wheel and a smaller back wheel. His bike, called the "ordinary," was the first design to allow the rider to thrust his legs downward effectively while pedaling.

The Starley ordinary is generally considered to have been the first truly practical bike. Some ordinarys were brought to the U.S. during the 1876 Centennial Exposition in Philadelphia. When the exposition ended, the bicycles were purchased by the Cunningham Company, which went on to manufacture them under the "Columbia" trade name. Although the Columbia ordinary weighed over 70 pounds and cost \$313, bicycle fever quickly spread throughout the United States.



BETTMANN ARCHIVE

*Bicycling is a great way to see the countryside and condition your body at the same time. Nearly all the large muscle groups of the body are exercised when you ride; your breathing is deepened, your circulation stimulated and your endurance increased. Cycling can help you lose weight as well. At average speed, a woman on a bike burns around 300 calories per hour, a man 450.*

## Your Own Workout

If you are a beginning rider, you will be using your muscles in a new way and from a different position. To avoid soreness, you should start out with short rides (perhaps half a mile), gradually increasing the distance as your muscles and cardiovascular system get conditioned. Use low gears to start with (pedaling is easier), and work up to higher ones as you get in shape.

One exercise that will help can be done on your dorm room or living room floor. Lie down on your back and stretch your arms over your head. Holding a 15-pound weight in each hand, lift your arms over your head and down to your stomach; then return them to the floor above your head. This exercise will strengthen your chest and diaphragm. Another good exercise is running up and down stairs or bleacher seats to develop your legs.

When you've worked up to distance riding, don't forget to "warm down" at the end of your ride. Take the last couple of miles slowly in order to relax your muscles and prevent cramping.

## Going Nowhere Fast

What if you don't like biking in a rainstorm?

Bad weather can't stop you from cycling if you have an exercise bicycle. These stationary models allow you to pedal indoors while watching television or daydreaming, since you have no gears to shift or traffic to watch for. You burn approximately the same number of calories on an exercise bike as you would on a real bicycle, but fewer muscles are worked since there is no strenuous hill-climbing involved.

There are dozens of exercisers on the market, ranging from a \$500 model with an electric motor to a couple of metal tubes (\$50) that attach to a real bike and transform it into an exerciser.



## LOOK OUT FOR BIKE RACERS!

The frequency of bicycle races and the number of bike clubs are increasing, but bike racing as a sport has not even begun to peak, according to Otto Wenz, president of the U.S. Cycling Federation.

"Cycling is really starting to pop, and I expect it will be as popular as running in five or six years," Wenz says.

On the college level, bike racing is mainly an intramural sport, although several colleges in the East (such as Yale and West Point) have given cycling varsity status. Other schools have cycling clubs which participate in local races. Cyclists of all

COURTESY OF BICYCLING ASSOCIATION

*"Biking clubs are not just for the experts. When I joined the cycling club at the University of Florida, I was only a recreational rider."*

—DAVID ISRAEL, college sophomore who recently biked 4,500 miles from Gainesville, Florida, to Seattle, Washington







## John Marino, Cross-Country Champ

"Of all sports, bicycling is the most functional. You can get a workout while doing something useful like going to the grocery store or going to work," says cross-country bicycling champion John Marino.

Short trips such as these were the extent of Marino's cycling until three years ago, when he decided on impulse to go after the transcontinental bicycling record. After two and a half years of training to build his endurance, he finally departed from Santa Monica on August 13, 1978. He arrived in New York City 13 days, one hour and 20 minutes later, breaking the old record by better than five days.

Marino was accompanied on the trek by a motor home carrying four people, among them a masseuse, a mechanic and a public relations man who arranged police escorts through towns along the way to avoid traffic tie-ups. Marino slept only three hours per night and rode the last 400 miles—28 hours' worth of cycling—without a break. This August he plans to make the ride a second time in an attempt to beat his own record.

"I know I can break last year's record," Marino says. "I've learned from my mistakes and I've improved my endurance. More important, the mental pressure is off because I know I can make it."

## Bike Hikes

Hiking across the city or the countryside on your bicycle can challenge your endurance and give you a chance to see the scenery as you never could before.

For information on nationwide bicycle tours, check out *The North American Bike Atlas*. This book lists 175 cycling routes from coast to coast, as well as in nine Canadian provinces, Mexico, Central and South America, and Europe. (Send \$3.50 to: American Youth Hostels, Delaplane, Va. 22025.)

Another national organization that provides free information to interested bikers is Bikecentennial. Box 8308, Missoula, Mont. 59807, (406) 721-1776.



A section on do-it-yourself repairs and a bicycle buying guide are two features of *Richard's Bicycle Book*, by Richard Ballantine. Illustrations provide step-by-step instruction on maintenance and repairs. The book also lists names and addresses of mail-order parts shops and touring and racing clubs. It is revised annually, so information on prices, trails and cycling innovations is kept up to date. *Richard Ballantine, RICHARD'S BICYCLE BOOK, Ballantine Books, 1978, \$4.95.*

## The Safest Routes

Bikeways—regulated safety routes for bicycle riders—are a growing national phenomenon. During the past 17 years, more than 250,000 miles of bikeways have been established in the U.S. They usually take the form of a series of city streets or country roads marked to guide the cyclist and to alert motorists.

The first bikeway, a 25-mile route, opened in Homestead, Florida in 1962. Two years later, a 300-mile bikeway in Wisconsin was opened.

Abandoned railroad tracks in scenic countryside are also being converted into bike paths. Local or state governments buy up trackage, rip out rails and smooth the surface with asphalt.

## TUNE-UP

*Leg strength is the most important element in biking. A good way to get your legs in shape is to jump rope. A daily stint will increase strength from your ankles to your thighs.*

*To start, try jumping for just a few minutes the first couple of days, increasing the time as you feel stronger. Always jump from the balls of your feet. You may feel awkward at first, but a little perseverance will have you skipping along like Muhammad Ali.*



levels can race in local events, since competitors are usually matched according to age, sex and ability. To join a bicycle club, check with your local bike shop or write the U.S. Cycling Federation, Box 669, Wall Street Station, New York, N.Y. 10005.

Track events for bicycles are held in a facility called a "velodrome," a banked oval track which resembles an auto speedway. Like a speedway's, a velodrome's turns are steeply banked and its straightaways are level. Although Europe abounds with both indoor and outdoor velodromes, there are only 13 in the U.S. (all of them outdoor concrete tracks). Among the American cities that have velodromes are New York, St. Louis, Milwaukee and Atlanta.

## A Better Breed of Bike?

A mechanical engineering professor has redesigned and built a 1930s "recumbent" that could soon be mass-produced as a better breed of bicycle. The recumbent is a variation on the conventional bike in which the cyclist is seated behind the pedals and supported by a backrest.

According to its designer, Dr. David Wilson of the Massachusetts Institute of Technology, the recumbent is safer than a 10-

speed because the rider is less likely to be thrown forward from a reclining position. In addition, all muscle pressure is directed onto the pedals, which allows the cyclist to attain speeds of up to 30 m.p.h.

The recumbent was produced experimentally by the British and French in the '30s, but failed to catch on. Wilson's new-and-improved model will be built and sold by special order. Prices will range from \$800 to \$1,500. If the recumbent sells well, mass production will soon follow.



*Cycling on city streets or other much-traveled roads requires certain safety precautions. To improve your visibility to motorists, you should wear light clothing. Equipping your bicycle with a tall bike flag will make you stand out even more. In addition to reflectors on your spokes and seat, a headlight is essential for riding at night or on dark days. Finally, be sure to use hand signals when turning corners or stopping so that motorists will know your intentions.*



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# SWIMMING

A good workout  
in the water makes  
use of almost every muscle in your body.



## Your Own Workout

Boston University swim coach Raegh Wetmore suggests this five-step plan to get you into shape:

**Step 1:** Swim one lap, then rest for 10 seconds. Repeat 10 times. (A lap is the distance from one end of the pool to the other. Standard length is 25 yards.)

**Step 2:** When you can make eight laps without tiring, double the distance to 16 (400 yards). Rest 10 seconds after every two laps.

**Step 3:** Swim eight laps consecutively, then rest for 10 seconds. Repeat.

**Step 4:** Swim 16 laps consecutively, then rest for 30 seconds. Repeat. (To minimize the risk of developing tendinitis in your shoulders, Wetmore recommends staying at step four for two weeks.)

**Step 5:** You should now be able to swim 32 laps (one-half mile) without stopping. Do this three times a week to keep your lungs, heart and muscle system in tip-top shape.

The world's largest swimming pool? The saltwater Orthlieb Pool in Casablanca, Morocco measures 480 by 75 meters. That's almost nine acres of water.



The boredom of swimming mile after mile during practice is the biggest obstacle a competitive swimmer has to overcome, according to University of Tennessee swim coach Ray Bussard. "Picture it this way," says Bussard. "Go home and put on a bathing suit. Cover your ears with earmuffs, put on gloves and dark glasses. Go into a closet with a five-watt light bulb and sit there—three and a half hours a day, six days a week."

## Improving Your Stroke

The distance from one end of the pool to the other can seem infinite, especially to the swimmer just beginning a lap program. These tips on improving your crawl stroke will make the going easier.

**Body moves:** Keep your body parallel to the surface and in a streamlined position. Don't submerge your head completely—the water should come to just below your hairline. Roll your body only slightly when you stroke; too much movement in either direction will slow you down.

**Arm forces:** Don't overexert your arms by digging straight down toward the bottom of the pool. You'll get just as far, and with less effort, if your arms just skim the water. Angle each arm into the water, with the elbow slightly bent. Reach forward, fingers together, and pull the water toward your chest. Push the water back so that you've made an S with your arm.

**Getting a kick out of it:** The kick comes from the hips and thighs, not the knees. Kick upward with straight legs, using your feet almost like flippers. Try counting six kicks for every arm cycle.

**Catching your breath:** Don't lift your head out of the water to breathe. Instead, rotate your head from the neck, to one side only. Inhale when your head is turned to the furthest point, exhale when your face is back in the water.

## In the Beginning

The first swim meet on record took place in Japan in 1603. But the British are credited with starting the growth of swimming as a popular sport. In fact, the word "swimming" derives from the Old English "swimman." After Captain Matthew Webb became the first man to swim the

English Channel in 1875, pools were built all over London and the first swimming associations were formed.

Competitive swimming emerged in the U.S. when the first AAU meet was held in 1893. Three years later, freestyle swimming events were part of the first modern Olympic games.

## TUNE-UP

Looking good in your swimsuit starts with a flat stomach. This exercise will do the trick:

Lie down on your back, arms stretched over your head, fingers and toes pointed. All in one motion, lift your legs and upper body off the floor and touch your toes. (Your buttocks should be the only part of you still on the floor.) Hold and count to five.

Stiff shoulders can cause tendinitis when you swim. Here's a simple exercise that will stretch your shoulder muscles:

Grip a towel in both hands behind your back. Lift your arms as far overhead as you can. Reverse the movement with the towel overhead, reaching backward and downward, until your shoulders feel loose.



## CRAMPS

You're more likely to develop a leg cramp—rather than stomach cramps—when you swim after a meal. Why? Because a large amount of blood goes to your stomach to aid in digestion, leaving your extremities short on circulation and prone to cramps.

**To work out a leg cramp:** Float on your back and bring the leg close to the surface. Massage the leg to relax the tissue and help the blood circulate. Knead the muscle with both hands several times, alternately rubbing up and down and pinching the flesh. Then slowly exercise the leg.



"Not only will swimming work almost every muscle in your body, but your cardiovascular system will also benefit tremendously."

—BILLY FORRESTER,  
Olympic medalist and  
Auburn University  
student



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# BODY/MIND

Could it be possible that the path to your soul is the one you're running on?

**THE INNER EXPERIENCE.** Right after an intense and exhausting football game, ex-Cincinnati Bengal Mike Reid used to spend hours at the piano producing what he felt was his best music. Golf pro Arnold Palmer believes that when his mind is calm, he can focus his attention so completely that his body performs with its own "internal sense of rightness."

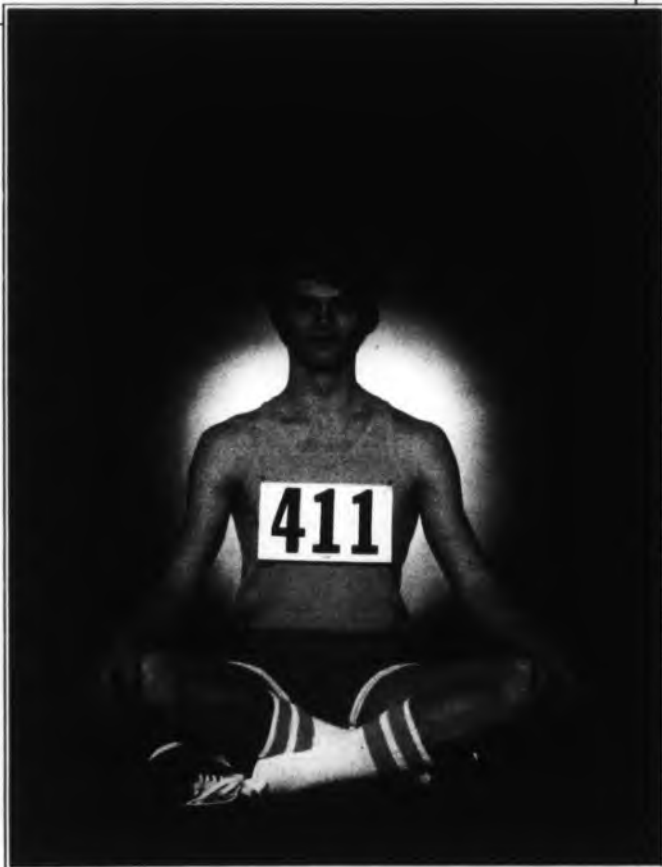
The experiences of Mike Reid and Arnold Palmer are just two examples of a growing recognition among athletes and amateurs alike that the body and the mind do not function independently of one another. "Every change in the physiological state is accompanied by a change in the mental state—and vice versa," says Edward Greenwood, M.D., a consultant to the Menger Foundation. To put it simply: Your mind affects the performance of your body, and your body has an effect on your mind.

**EAST MEETS WEST.** This holistic approach to fitness, which acknowledges that there is a dynamic relationship between body and mind, is not new. The ancient Greek, Oriental and Indian cultures knew the concept of mind-body harmony thousands of years ago. Today, everyone from the professional football player to the weekend runner is beginning to approach fitness from a less strictly physical point of view.

Tennis is a case in point. One of the best-known American proponents of the "inner" approach to sports is Tim Gallwey, author of *The Inner Game of Tennis*, Random House, 1974, \$6.95. According to Gallwey, what hinders a tennis player's performance is not faulty equipment, bad conditions or lack of expertise, but the doubt, fear and lack of self-confidence he creates in his mind. The object of the inner approach is to calm the mind and let the instincts take over.

That sudden hot streak you hit in the middle of a game, and that freedom-from-self feeling that can come with strenuous running, swimming or skiing, are examples of the state Gallwey thinks you should try for—a state in which the trained movement becomes natural and effortless because the body has taken over and the mind is out of the way.

**THE CHEMICAL CHANGE.** Not only can your mind and emotions affect your physical performance, but it also appears that exercise may enhance your mental awareness and attitude. Physicians and psychologists are currently studying physiological evidence which indicates that vigorous aerobic exercises such as running, swimming and racquetball, done regularly for sustained periods, may stimulate the production of certain body chemicals that can have the same effect as antidepressant drugs. It is already known that aerobic exercise increases the flow of oxygen to the brain and helps eliminate toxins from the body.



Other physicians believe the psychological benefits of exercise come not so much from the act itself as from the release and relaxation it affords. "I jog to keep in shape," says Marc Ross, a Kent State graduate student, "but I really look forward to my daily run because I can escape the pressures of the day. Somehow by the second mile I feel calmer, the stress subsides and I return to my studies with a clearer head."

**A NEW ATTITUDE.** Finally, it usually happens that being physically fit not only helps clear your mind and reduce tensions, but also brings a sense of control over your body and mind that can lead to a better feeling about yourself in general. In the words of body-builder Arnold Schwarzenegger:

"I think you gain a lot of self-confidence by having so much command over yourself, over your body, and that is a reflection of your mind. It carries a kind of confidence into a lot of other areas of your life."

To learn more about your incredible body, look at a copy of *MAN'S BODY: AN OWNER'S MANUAL*, by the Diagram Group, Bantam Books, New York, 1976, \$2.75, or *WOMAN'S BODY: AN OWNER'S MANUAL*, by the Diagram Group, Bantam Books, New York, 1977, \$2.75.





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ACCELERATION**



**EXCELLENT  
FUEL ECONOMY**



**BUILT IN GERMANY**



**RACK AND PINION STEERING**



# FIESTA. WUNDERCAR!

## **Imported From Germany.**

Ford Fiesta is Europe's most successful new car in history. (Based on new car nameplate sales in the first 24 months.) It's an import buyer's dream. A car that's at home on the San Diego Freeway as well as on the high-speed autobahn. Fiesta—Wundercar.

## **Excellent Performance.**

Performance is what Ford Fiesta is all about. With front wheel drive and Michelin steel-belted radials to help take you up hills, through mud and over ice and snow.

Rack and pinion steering for direct response. And acceleration that will absolutely move you. In Ford tests, 1978 Fiestas accelerated from 0 to 50 MPH in an average of about 9 seconds.

## **Excellent Fuel Economy.**

Fiesta gives you excellent fuel economy. EPA estimated mpg: **28**. Highway estimate: 39 mpg. Compare this to other cars. Your mileage may differ depending on speed, weather and trip length. California mpg is lower. Actual highway mileage will probably be lower than estimate.

## **At Over 5,000 Ford Dealers.**

Fiesta is built in Germany and a success throughout Europe, but it's sold and serviced at over 5,000 Ford Dealers and backed by Ford Motor Company, Dearborn, Mich. Test-drive a Fiesta and see why we call it Wundercar.



## FORD FIESTA

FORD DIVISION

