## Arica: To Develop and Unify the Body <br> about Arica was the group energy, caring, and

We asked Revelle Associate City Editor Mark Woelber to attend a session with the Arica group, just out of curiosity. His report follows.

I couldn't resist looking. All around me, on the brick patio, beyond the fountain and on the treelined paths, people were frozen in various attitudes of balance, some graceful, some muscular, arms up, stretching, arms out, rippling. No one moved. People were squatting, people were peised on one foot. Some fixed their eyes on the ground, others gazed at the sky. There was breathing only. At a signal, a flute began to play, and a drum, and the people, myself included, began to move to the music.
It felt good, this careful dance, and that was the purpose of the exercise. Relaxation, meditation, fine-tuning of the whole body through movement. Before that we'd been practicing stillness. Supported by the cooperative mood of everyone in the group and by the peace of the garden itself, this exercise was wonderfully refreshing. We'd been learning to breath again, deeply and naturally. We were experiencing a week-end with the Arica Institute, and the whole idea was to relearn the feeling of goodness within.
Arica's professed aim is to develop and unify the body, mind and emotions. Whether the reatica system would be capable of doing that, or even getting the process started, in one weekend in Del Mar, was a question for skeptics. As it turned out, a certain degree of faith was imptreit in every activity of the Open Pat arly all who at tended, teachers and stuaenisstilike, were there with the goal of revealing hidden potential Yvonne, a San Diego potter andweek-end student, is ading entghtenment she was thee she said, out of curiosity about the Arica method. Roger, a med student doing hiselective work at a San Diego hospital, has been a reader of Gurdjief and other metaphysicians and, following a period where he studied malnutrition in Columbia, has developed sertain disenchantments with orthodox Western medicine. After describing Western psychology as $\overline{5}$ "charlatan" science, he said that what he liked
warmth of the people." Clinton, a pro football player on the injury roster, came to Arica seeking
new goals to replace old illusions. His body is his new goals to replace old illusions. His body is his greatest asset. He wants to develop and protect it, and, if he doesn't get to play again, he wants to be aware of its full resources, and be comfortable with With the
With the common emphasis toward seeking, comfort, and freeing potential, it was no surprise that good fellowship prevailed. The atmosphere was informal and open. Leotards, baggies, and bare feet (with Earth Shoes parked on the steps), gentle voices and lots of smiling prevailed. All this kind of behaviour tends to have a cumulative effect. The novice is left with the feeling that there's something good going on, even if the intellectual appeal is a little deep to absorb in two days.
Whother the Arica system can develop and unify the body' is a question for skeptics.. a certain degree of faith is implicit in every activity.

Arica is a scientific as well as mystical metho is a balanced system of interpersonal perimentation and integration. Included in the method are elements of Eastern mysticism, such as
meditation and chanting, a blending of Eastern/ meditation and chanting, a blending of Eastern/ Western physical culture and yoga, and current
Western psychological and cosmological notions
荡 Westere psychological and cosmological notions. anere is particular emphasis placed upon
knowledge of anatomy, how the body functions through movement and how the body functions fhrough movement and how nervous impulses pass communication. Steady attention is given to open place in the community ane conservation of the individual's own vital energies. Each person has the responsibility to take the best care of himself
.The-hollow bong of a meditation bell drew us from the various reaches of the garden to a circle of cushions on the ground. Jam led us in a series of
chants designed to resonate in the energy centers o the body, relaxing them and freeing their essence Everyone joined, with no evident self consciousness, in a low-pitched tone directed at the kath, or vital, center, located below the navel. Afte a while, when we all found the pitch and modulation, overtones could be heard. And afte that, all sorts of vibrations became discernible manifesting themselves for me as peculia resonations in my lower spine. The pitch was
elevated to arouse the motional center, located near the heart. The synchronous tone first demanded, then held my complete attention. M world was a sound, for a few moments. The las mantrum was directed at the center of intellect, in the head. The cooperative vibrations worked through me until I couldn't really tell where the sound was coming from.
We were often joined in our exercises by Esther It's Esther's garden, actually a communal space surrounded by the few dwellings occupied by members of Esther's broad family Esther was described by Jan as the "spiritual mother-superior described by Jan as the "spiritual mother-superio of San Diego county," and it's also clear that much of her life is given over to art. There is a vastness in what actually amounts to only a few acres o property. Numerous sculptures, paintings, constructions and meditation spots are scattered in doors and out. The architecture here reflects an Oriental sense of free space, and the many trees and verdant growth contribute to a serenity rarely found near a metropolitan area. This setting is conducive to the pursuit of art. Many of the lovely sculptures and paintings were executed there, by members of Esther's family. Esther xame to Del Mar, from Vienna and Switzerland, in 1945. She pursues self-awareness with vigor, in the belief that extended awareness is, to be terse, the key to successful death
estter flits right in torthe Arica program. 'Sh seems to be a living example of the validity and objective of the Arica method. When resistance to this style of living has broken down, both socially and personally, we may find a greater capacity for creative expression in all of us.

## Wilson to Visit Campus Wednesday

## by David Pickett

San Diego mayor Pete Wilson will visit UCSD next Wednesday in the first installment of a program designed to attempt to bridge the gap between the University and the community.

The series of visits, which will bring prominent business and media people from the community to the campus, will involve afternoons spent meeting with important administrative officials and tours.

In addition to Wilson, Gene Gregston, editor of the San Diego Union, and Roy Mines, director of the'channel 10 news department, will visit. According to Paul Lamphier in Alumni and Development, representation of the media has been stressed at the first colloquium to bolster the program for the future. He said eventually participation by a representative cross section of the community will be stressed.

## First Meeting

On Wednesday, at 12:30 lunch with McElroy will begin the aflernoon's activities. Afterwards participants will cross the campus, stopping to receive presentations from Saul Pinter head of the energy Saul Pinter Moss in PE, loserg Watson, Moss in PE, loseph Watson, Third

College Provost, and Ken Bowles in the computer center. The visitors will also talk with students from these departments.


Pete Wilson
tour of the new Mandeville Center for the Arts. Finally the conferees will board a bus which will take them through the area surrounding the University, pointing out the research and development of industry in the area. The object of all this is to inform the community of the practical applications of the work being done at the University, and to dispel the notion that the University is a place of research for its own sake, with no ad vantages for the community

Past attempts to bridge the gap with the community have included establishment of the Board of Overseers and a Speakers Bureau. The Board of Overseers was established last year and has forty-six members from the community who serve as advisors to the chancellor. They provide him with advice, and respond to programs initiated by the University The Speaker Bureau provides both clubs and Bureau provides both clubs and organizations outside the University an opportunity for exposure to what is happening on campus, and professors and project heads an opportunity to plug their activities off campus

## Copy Boy!

## Due to the reams of cony that

have recently not appeared on our Editorial Director's desk, the Triton Times again would like to remind its readers that we are planning an election issue for November 4. Certainly some of you out there have opinions you would like aired. If you disagree with a candidate or a proposition submit your opinion to the Editor, Triton Times.

Snack Bar Prices to Jump

Again; Barrett Blames Inflation

Food prices at campus snack bars, which experienced nickel and dime increases last June, are going to be raised on an item-by-item basis again in January.
So says Larry Barrett, who heads the UCSD food services operation. Inflation is the main reason for the increases, according to Barrett, The same 10 percent increase over the last vear in food costs felt by consumers is also affecting the food services' raw food purchases Another reason for the increases at the snack bars, which are used mostly by commuter students, staff members and faculty , lies in the relationship between the snack bars, and the cafeterias.
Theoretically, Barrett says, both the snack bar and cafeterias should be self-supporting, but the current reality is that the cafeterias ompensate for some of the snack bar losses.
It is hoped that the increase in some snack bar items will help the nack bars to pay for themselves.
Other factors bearing on the food prices include increases in labor and utility rates, and costs for miscellaneous supplies
Base pay for students who work in the cafeterias and snack bars rose this year to $\$ 2.59$ from last year's $\$ 2.48$. Students comprise the majority of the food services labor force.

## 3rd College Presents 'Halloween'

1 hird College [a little late, but with enthusiasm] will spunisūu Halloween activities tomorrow
Activities will include a barbecue at the Third residence halls, and a costume dance featuring the band Master Plan, with each activity beginning at $8: 00$ and wininivg tivas midnight. Costumes will be judged by Provost Joseph Watson and Dean Raymond Dye. A \$10 prize will be awarded.
One purpose of the evening's festivities is to enable students from Garfied High in Los Angeles to get a look at Third College as a part of the school's recruitment program
In addition, our Third College associate city editor has a tip that the Great Test Tube will rise from the Pacific and dump some nameless substance over Revelle College.
The report is unsubstantiated.


## Triton Booters Take Second at All-Cal



## Swimmers Start Season, Team Looks Promising



Just Another 10 -hum) Day


## The Saga of Jimmy; The Destiny of Scripps

$\qquad$







 $8-6$ Baboon lead. an
Halttime arrived.
 Sce drive began to move the ball downnield. Eventually they pulled
Sithin striking distance.
The within striking distance
Then it thappened.
Flere
 Flore faded back to pass. Spotting his very tall end, Phil, open in
the rifht flat, florer leet the pass ill. Phil went high into the air and
latched onto the ball




Friday Flicks
Dustin Hoffman in .
LITTLE BIG MAN 7:30 \& 10:00 $\quad$ 75 $\quad$ USB 2722

Saturday Night Films two films by Akira Karosawa RASHOMAN ( $7: 30 \& 11: 30$ ) SEVEN SAM (9:05)




Harry Partch's
An evening of Dance - Theater Satire with the composer's exotic instruments
San Diego State University
Nov. 7,8,9 Recital Hall Music Bldg. Nov. 13 (tentative, in Montezuma Hall)
$\$ 3.00$ advance tickets at the Recital Hall
for more information

## DON JUAN IS BACK - -

-     - AND WE'VE GOT HIm!

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## advertisements for ourselves

## for sale

 Tickets to AI-Cal Winter Carrival atStomboat Sprines, now on sale: Rm.
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oxtras $\$ 120-C a l l$
Tod $755-8151$
(51/1) GIBSON GUITAR, ESI25, full body. single pick up, beoutiful. Wil ox2504.
201-850. (11/8)

Texas Instruments SR-50's. We can bt any listed prc., dilvry. w// 4 dys. 1 yr.
guarantee. Call Bert $452-9848$ (11/1)

SR-10, like new with recharger only $\mathbf{\$ 8 0}$. Call Bert 452-9848 (11/1)

Leslie model 760; 200 watt RMS \& 110 watt pre amp pedal switch exc cond
$\$ 700 /$ best offer $281-8408$ (11/1) 700/best offer 281-6408 (11/1)
Lange ski boots! great condition ox-
cellent support. $\$ 30$ or best

KNEISSL WHITE STAR SKIS brand new, 205 cm . $\$ 125$. Call Pat $452-9789$
$(11 / 1)$
${ }^{2 \prime \prime}$ Nishiki Olympiad 10 spd. Qk. release hubs, simp lex der. $\$ 115$ Call
Brett at $452-1215 .(11 / 4)$

Must Sell-UPRIGHT PIANO-\$176-Call Pat at 452.0556 (11/1)

For Sale: Ski Boots (2)p Warm ups \& Ski
Pants. Call 488-5712 or 488-6444 (11/1).
Canon Ftb with F1-8 lens, extras included, plus case and slide copier. Best nite. (11/1)
 w/Soloman 502 bindings. Humanic ski
boots Ladies 6. Call Dana at 452-9251. boots
(11/1)

Skisl Brand new Kastie CPM Specials originally $\$ 150$, now $\$ 75$ or best offer. Still guarantsed also Atomics, Fischers, Hart. Call $45 \%$ - 9625 or see Dave R-10Muir Apts. (11/1)

Telecaster, blonde, maple nk. mint
cond., W/hard shell case $\$ 230$, cond., W/hard shell case. $\$ 230$.
negociable. Fred $756-6151$. (11/1)
WANTED: Trombone and Saxophone (Tenor, Alo and Flute preferred) players to complete Horn Section for
Working Loral Band. Material Includes Tower of Power, Stevie Wonder, Earth wind and Fre otc. Funky Jazz Rock. Please call 458.7535 for further Inof. (11/1)

CALCULATOR-Bowmar MX-100; 1 mo.
old full functions; only $\$ 90.00$. Private old full functions; only $\$ 99.00$. Private
party 282-7039. (11/1) Surfboard, 9 ft. long - \$15.00. 452-9381. (11/1)

NEED EXTRA CASH7Paying Top Dolla for vour U.S. Silver Coins Minted
before 1984. Ken $452-9335$

UCSD Oceanid Newcomers group needs occasional babysitters. Please call Arline Paa 453-6134, Alma Coles 453 8813 for information. ( $\mathbf{p} 11 / 1$ )

Need illustrator for student pamphier. Some \$, dependent upon funding. Call
Bob, 276-6095 Eves, (11/4)

RIDE to San Francisco/Berkeley area wanted, any wind in Nov. Will share
gas/food/driving. Fran X3466. Eves. 459 7026. (11/1)

## personals

Dear Deaf, Dumb and Blind-leave the teamroilior blues at home and let's go cona-The Perfect 36. (11/1)
Don't let the Parade pass you by. (11/1) Jumpin' Bananas Cap, it is going to be (11/1)
K. Star-C: Further instructions. I found my decoder. Meet by B-14 to got the new model. M. Astar (11/1)
C. Honey: I think I'm in lovel (Don't worry Mom, I can handle it.) V. (11/1)

Cindy, your incessant studying is running me up the wall. How about
studying together-Mark $452-8023$ (11/1) L\&M-Bon Anniversaire and Happy
Foreversil Cathy land, of course Dia-BECAUSE YOU DOI) (11/1)
Sandy, Randy and Marty: I'm sorry. I'II never mention your drug addictions or

J-12 I saw you tyon
nite. M.G. (11/1)
BEBE-Happy 4-year anniversary. In 4 nore we'll be married if I can get you to Las Veges. Love, L (111/1)

HELEN. Pleese come back. I promise to top fooling around with the dogHARVEY (11/1)

Cassaroul L-if had no brains would
you still love me? ChemM (11/1)
you still love me? ChemM (11/1)
Mrama- yourána
of good, speckled with those things Trich make the

Avenging Chick, Stop distracting me in 2D \& Ger. Ya want me to be dumb. woman? Brian's Pal (11/1)

BJ \& Co., Without you Arnold would put me under, effete Intellectual Snob. 11/1)
onne, The thought of you is alweys Dammit. Pete (11/1) back of my mind,

Dear Dear-HAPPY NOV 31 YEAR ANNIVERSARY. I'm STILL madly in
love with you. LOVE, LRG (11/1)

Gallant MC, Refer to the New Testament: I Thess 5: 6-8. DB PS. I will NEVER repent (11/1)

ROCKY: for sale one bitch is back
roomate contact Heyes at $425-4297$
(11/1)

Suzanne, You're cute as a coote snoot| And You aint bad to boot. Love, Vienna (11/1)

To Barb 'Wine Grape'-We called to wish you a Happy Birthdey, but we get tirec talking to ourselvesil Happy Birthday (11/1)

KAH Happy Birthday tomorrowl Now you're 21 so it's all downhill. How about celebrating? L. DSP (11/1)

## G. (11/1)

 Love Always Your DAILY (11/1)Special thanks to those girls who Floor Danglers. (11/1). Love, Fourth

Moon Child of Wyoming. The delec tation of the day, can only be tained in the fleeting glances from the orb of your pulchritudinous counprurience is well satisfled laige giggie) Happy Birthday and Hunks of Love to our ICEBERG. Chrisanove an Mel Hefner. (11/1)

My fevorite Scorpion, Happy first anniversary, Joe. PW (11/1)
J.M.Sweet-Eat your lunch alone-Your
fans R. Russel-Up Your Indifference Curve-Hawkwind (11/1)
nuodie, Mitch, Mark, Paul, Keith Darril, Mike, Bill: HI. The Bitch is back. (11/1)
T.C. Happy Birthday, skinnyl Dec. 2. I'II (11/1) you another 6-pack.-Wendora-

Stuffy-Happy 18 th birthday
L.A. for me. Scruffy (11/1)

Meatier Men of Suite 200; You fellas are lust medium rare. Signed. Your
dynamic dinner duo. (11/1)

Mike...later...Karen.(11/1)

## nousing

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Mar wkdays after 4:30. Apt. 225. (11/8)
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Highlands. $453-3693$, or $453-8336$. (11/8)

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Housemate needed for own room in Playmor Condos. $\$ 100 / \mathrm{mo}$ plus util. Prefer serious student, noismoke $r$.

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## lost \& found

OST: 1 pr. Top-sider deck shoes,

OST; Silver opal ring last week at Muir ennis courts or girl's locker room. 453 387 Barbara (11/1)
LOST: Green Astroturf carpet by noteor hall. 28" X 42"" Roward offered.
Im. 402 or call $452-9996$ (11/1)

Many unclaimed articles are at the Student Center-Please claiml For in(ormation, call X4020. (11/1)

Lost: Brown wallot/Muir on Oct. 29...C.
OUND: an amber necklace left at party, Sat Oct 28, 213 19th E., Nö Mar ass. 370 [11/3.,

LOST: gold-colored wire-rimmed glassess; repaired at hinges. Call Steve

OSt: Chula Vista Hi School class ring 73. initials JEO near Central Library ony $462-96001(11 / 1)$
LOST: Shoulder bag full of booke and papers left in van while hitch-hiking Monday. Joe 438-3370 (11/1)

LOST: Book by O. Klein-CULTURA oVALLE. Probably in Central 11 be .
Sentimental value. Reward. Call 750 -
7315 evenings. (11/1)

Lost: Lt blue coat, about 4 wks. ago, softback book, "Tonal and rhythmic
principles". Return to $\pi$. (11/1)
LOST: Blue Jacket in Hum Lib two weeks pgo. Reward-Call
8225. Thank You. (11/1)
Lost-Bruce Orloffs Lab Notebook. Chemistry 3AL"written on front cover in groen ink. Please return on Bonner

## services

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needs cash. Call Brian at 453-7705. (11/4)

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747 after 6. (11/1)

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