

triton times

Volume 21, Number 41

UC San Diego

Monday, October 17, 1977

Legal counsel is here ready to give help

by Susan Reichmann
Staff Writer

Do you sometimes feel guilty until proven innocent?

Legal counsel services, under direction of attorney Raif Levens, offer free legal advising to all UCSD students. Each academic year, 12-1300 students venture to the bottom floor of Building B, located near the student center, for aid in problems ranging from on-campus discrimination to off-campus auto accidents. Funded by student reg. fee money, the office operates weekdays from 8 am to 4:30 pm.

"I can't think of any situation that we don't handle," stated Levens, listing divorce, landlord/tenant, criminal and contract conflicts in the repertoire of the most recurrent cases. He later mentioned that advising on traffic tickets has been discounted because his staff "got swamped with them, while people with serious problems were in immediate need of assistance."

Levens, Administrative Assistant Mary Virga, and two legal interns comprise the small staff which is "busy, but seems to function well", Levens commented. "We try to be accessible and to see people as quickly as possible."

Levens stressed the fact that his big interest lies in the area of preventive law, before any grave difficulty arises. He stays informed of the punitive actions taken by the campus police. "If they're going to arrest somebody, I'd like to talk to that individual right away."

Injury or Lawsuit

It is considered essential to see a student directly after he has been injured, or if he is in apprehension of an impending law suit.

In his four years serving as legal counsel, Levens has established and maintained teamwork with the ACLU on campus in order to help prevent trespassing of student rights. Similar relations are in effect with the "Page One" coordinators and are expected to begin with the "Hotline" service scheduled to open in six weeks.



The Student Body President's Council met at UCSD Friday and Saturday... and they talked.

Bakke reverberations across the nation

by Helaine Lasky

The case of Allan Bakke, the 34-year old who applied for admission to the University of California at Davis Medical School and was denied entrance, is before the Supreme Court but it is also being judged on campuses across the country.

Bakke filed suit against UC at Davis contending that minority students less qualified than he were admitted under the special admissions program solely because of their race.

Bakke claimed that he was a victim of reverse discrimination and that the program was therefore unconstitutional.

As a result of the Bakke case, a Colorado law school applicant who was denied admission told a Colorado Supreme Court last month that the University of Colorado's application of minority admissions program is similarly unconstitutional. Phillip DiLeo, an Italian-American, was denied admission to the University's law school under a special minority assistance program in 1973 and 1974. He was told that despite his social and economic disadvantage, he was not a member of an "identifiable group" and could not be considered for minority admission.

DiLeo sued the University but a 1976 ruling decided in favor of the school.

DiLeo's lawyer, David J. Ternlund, referred to the Bakke case saying it differed from the "reverse discrimination" suit. DiLeo argues for the retention of educational programs for

minorities of all kinds, not select groups. The Bakke case, Ternlund maintains, argues that all programs with quota systems for minorities are unconstitutional.

Back at UC-Davis, Rita Clancy, a 22-year old Russian immigrant who applied for admission to the medical school, charged that she was refused admission because she was a white woman. US District Court Judge Thomas J. MacBride granted Clancy a temporary restraining order allowing her to register for classes.

MacBride said that Clancy probably would have been admitted if 16 of 100 openings in the class had not been reserved for minority students who are selected from a separate pool of applicants.

The Bakke, DiLeo and Clancy cases are stirring emotions on campuses around the country where heated debates are centered around the issue of reverse discrimination.

At UCLA, the American Civil Liberties Union sponsored a meeting featuring a Beverly Hills attorney, Jack Bratter, who argued in behalf of the Bakke arguments to eliminate special minority admissions programs.

[Continued on page 2]

Reduction in fees sought by SPBC

by Reed Alpert
Associate News Editor

The total elimination of the Education Fee was again affirmed as a high priority item of the Student Body President's Council (SBPC) during their meetings at UCSD Friday and Saturday.

Dave Schontz, the SBPC undergraduate representative from UC Berkeley and chairperson of the SBPC's budget committee, has already testified before a joint Regents' committee, urging the University to "propose complete state funding of the Educational Opportunity (EOP) and Affirmative Action Programs (AAP) as a condition to reducing total tuition."

Currently, the \$100-a-quarter education fee is used for student financial aid. Schontz noted, however, that the state now funds the entire EOP program at the state and community college levels.

The SBPC is composed of two representatives, one undergraduate and one graduate, from each of the nine UC campuses and serves a dual purpose as an advisory body to UC President David Saxon and as a council representing the UC students to the statewide administration. They meet once a month in order to have committee meetings and meet as a full council.

With the 1978-79 University budget currently being reviewed by Regents, the SBPC is working in a number of areas in addition to the eventual elimination of the Education Fee.

New program

A new \$1 million program for associate-taught innovative and experimental courses was suggested to the Regents Committee on Grounds, Buildings, and Finance on September 30 by Schontz. The program "improve undergraduate education by offering more discussion sections and by providing more personal attention to undergraduates."

"A good quality day-care center can't be self supporting," Josie Fox, Child care coordinator for San Diego, told the full council meeting Saturday. Fox said the facility needs a \$40,000 subsidy. She also requested that a full-time statewide coordinator be appointed to handle problems on all the campuses.

Fox said that the results of a survey on child-care at UCSD, although not final, indicate that the support is "overwhelmingly in favor" of the University lending help to the day-care facility.

The SBPC also continued its battle against the proposed changes in undergraduate admissions requirements. The new requirements would evaluate students according to a linear combination of grade point average (GPA) and test scores.

The SBPC also passed a resolution to enlist support for a bill that would eliminate the loyalty oath provision from the California State Constitution. Currently all employees of the state of California are required to sign a loyalty oath in which they swear to support and defend the state and federal constitutions against all enemies foreign and domestic.

"Unfortunate Relief"

The recommendation for the action came from the SBPC's Social Responsibility Committee which argued that "this particular oath is an unfortunate relic from the McCarthy era" and that any person intent on destroying the United States or the state of California would sign the oath without hesitation.

The SBPC is also attempting to get all UC faculty members to disclose all sources of income in excess of \$250 a year. They are also working to have all Academic Senate committee members, department chairpersons, and deans, disqualify themselves from any decisions involving allocation of resources to programs that could benefit the faculty member.

The council is beginning to function more smoothly, "Now that the individual committee are getting in gear and becoming more familiar with the issues," said Chip Clitheroe, graduate representative from UC Irvine Co-chair of the SBPC. "What we have here is a huge collection of overcommittee people," he added.

Volunteering for experience

"Unless you've got the intuition of a bat, the only way to decide on a major is through practical experience," said one student organizer of the Volunteer Fair, to be held from 11:30 am to 1:30 pm on Wednesday at Reville Plaza.

Through a Warren College exploration program called Metamorphosis, the Volunteer Fair was conceived of as a means of "volunteering for experience," said Jenni

Murray, assistant college dean. A variety of professional groups have been asked to attend and offer volunteer positions for students who need direction in making career choices.

You give something free and get something back," Murray explained of the program. She listed Common Cause, The Humane Society, Cloister of La Jolla Convalescent Hospital and the San Diego Volunteer Division as participants in the event.



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Commentary

Student government: Time for direction

by Andy Schneider
Associate News Editor

Meeting after meeting with a long agenda. Arguing over disputed political positions late into the night. Images of student government might even conjure up a smoke filled room or two. Here at UC San Diego there has been enough intrigue, vendetta, and revolution in student government to fill a "made for TV novel" of thrilling suspense.

Now we all know that student government burns up a lot of energy and it burns out a fair quota of students, but what does all of this effort accomplish?

Student government has many facets. It is the end product of group interaction which takes on the personality of the people who participate. The type of structure is important only in so far as it establishes ground rules for the game. These guidelines will be used and broken as people win, lose, communicate, fail to talk, achieve goals, or abandon principle. Individual actions that support or detract from a common direction determine the collective product of a student government.

The product which is created by many people and commonly expressed through student government can mean many different things. It can serve as a facade for a few who give input on the behalf of others. A student government can work to advocate. It can become a play toy with which the users act out the fantasies of their own ego. It can use its resources as a vehicle for change. It can develop services which meet the needs of students.

What does a government govern?

Since my eight grade civics class, I have labored under the impression (and so does Webster) that government is "authoritative direction or control, responsible for the supervision of public affairs". But ask yourself, what does a student government govern? Not much. Sure now and then the government might set a fee and allocate it...right after the

Student Affairs administration, the Registration Fee Committee, and the Chancellor, and the Regents have given their blessing. If it doesn't govern in the accepted sense, where does student government have the power to take authoritative leadership?

Leadership implies support from a group of people. Too often a student government will use the rhetoric of representation to legitimize a role of supervision. Does student government mean meeting the needs and answering the concerns of a constituency? Or, does it mean a few students come up with a decision after consulting a few more students who have established themselves by running with the politico crowd?

As a student government the Associated Students could give the image of success by developing a smooth system with all the trappings, but the AS could also succeed in a greater sense by reaching out to students to solve the pressing problems of our community...to meet the challenge of questioning power structures and reorganizing social systems. The choice is between accepting or exceeding expectations.

Oh you say, "yes it should, sure it can"...Not until individuals are willing to consider the long range good of the whole student body over immediate individual needs. It is a value judgment and a tough responsibility. When will it happen?

Bakke...

An editorial in the Massachusetts Collegian at the University of Massachusetts at Amherst argued in favor of the Bakke position saying that the UC-Davis special admissions policy "serves to establish an obvious

quota, a practice that in almost all other circumstances has been declared most foul and incalculably discriminatory."

Protests and contests continue while the decision rests in the hands of the Supreme Court. Schools are in the midst of what will be a precedent-setting case.

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Make it a point to stop and talk to some groups and check out the opportunities.

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New Fraternity

Pre-meds to organize at UCSD

by Wesley Wada
Staff Writer

In the future, the pre-medical students of UCSD may have the prestige of their own fraternity.

"Alpha Epsilon Delta (AED) can serve a purpose. It will not be a name only organization," promised Peggy McCarthy, Coordinator of the Health Sciences Advisory Program at UCSD. McCarthy was alluding to the fact that past pre-medical clubs at UCSD have failed to materialize

tries to help," explained Nagata. "Also, it's nice to be a member of an honor society, it looks good on a person's record."

the kind that would be willing to put in time and effort."

The USC pre-med fraternity is not all business, either. The fraternity puts on an initiation banquet for new inductees, a prehealth leisure day picnic, a Christmas party and an annual "Scapel-Drill Bowl," where the pre-meds challenge the pre-dents to a football game.



into substantial programs.

Alpha Epsilon Delta, a pre-medical honor society (honors because it requires members to have a minimum 3.0 GPA), originated at the University of Alabama in 1926. Its membership has grown into a nationwide organization. If UCSD does obtain a membership, it will be the fifth school in California to do so. USC and USD are active members, with the other AED California chapters have become quiescent.

USC was the first campus in California to become a member of AED. The Trojans boast one of the most active pre-med fraternities in the country. Among the activities that the chapter handles are Medical school applications assistance, peer counseling, volunteer referral service and sponsorship of an annual Southland Premedical Conference. The conference brings together various medical school representatives and other speakers involved in the health fields. Students who attend the conference are allowed the opportunity to talk and question the representatives.

"It's a good way to get involved," said Michael Nagata, President of the AED at USC.

Always the person's record "USC recognizes that it has a large prehealth student body and it

'Insider' to be inside next issue

Look for a special insert in this Wednesday's Triton Times. It's called *Insider*, and is sponsored by the Ford Motor Company. *Insider* focuses on physical fitness in this first of a series of Ford supplements. Some of the topics covered in the issue include "I was a 49-Pound Weaking," "The Diet Connection," and "Feeling Good." These articles discuss personal exercise programs, nutrition and weight control, and mind/body awareness.

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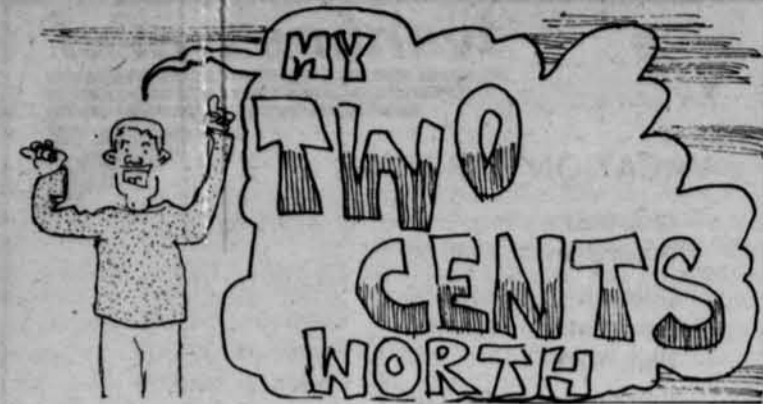
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Abortion question of political nature

Is abortion the right of a woman or a crime against the unborn? This is an impossible question to answer morally, since one side ignores the existence of the mother and the other side ignores the existence of the fetus.

Pro-life advocates believe they have the right to put their morals into our laws. This makes as much sense as making intercourse outside of marriage illegal because certain groups believe it to be immoral.

In this society neither morals or laws can hold the male involved to his responsibilities. Paternity suits are rarely won. If the male leaves town or is a minor, the courts often are reluctant or refuse to prosecute.

When making accusations one must present specific charges, so that if one feels inclined to answer them one can do so.

When the alternatives are misery, severe mental health problems, and possible death for both the mother and child during and after pregnancy.

We have no right to tell a woman what to do. As a person and a member of this society I can offer advice, but I have no right to enforce my advice.

Open Letter Student power erodes

Imagine the following: Student political groups are to be abolished; student religious groups denied funds; bike and other student co-ops on the verge of being shut down;

This week, the UC Administration handed down a ruling, effective as of the Winter Quarter, which would destroy religious affiliated organizations by denying funds to them.

But the most recent and crippling blow came this week. Under direct orders from the UC Administration's General Counsel, Assistant Vice-Chancellor of Student Affairs Tom Brown has ruled that those student organization generally viewed as "religious" would be denied funding, office space, or any other support as of next quarter.

The AS is particularly concerned that this violation of Student expression will not end here. The precedent established with this decision

JOHN R. VEREGGE

[Continued on page 12]

The core of the issue Where freedom of choice ends

The truth in the abortion issue can be seen to lie in both viewpoints, yet as in many conflicts the problems arise because of a lack of perceiving the core of the issue instead of its many facets and implications.

Free choice is rightfully applied until it begins affecting the free will of other human lifetimes, seen or unseen. By denying another's existence one is effectively denying oneself the similar right.

Life is known to begin at conception. Although a baby may lie unseen, the survival of premature babies shows they are human, with a few minutes time and a different environment the only real difference between the born and unborn baby.

Are students unaware of the goings on in the government?

When President Carter took office, one of his major emphases was that other countries give their citizens the basic human rights necessary for people to survive.

When ASUCSD President Jeff Leifer took office his major emphasis was to have a responsible government. But he also failed to make sure that the government was responsible to its constituents.

When making accusations one must present specific charges, so that if one feels inclined to answer them one can do so.

And what about the budget allotted by the ASUCSD for telephones? It totals more than the combined budgets of all the minority student organizations at UCSD.

But don't attribute such a responsible government to only our President. Let me add to the list of power hungry tyrants our dear, sweet Vice-president, Mark Sandler.

But don't attribute such a responsible government to only our President. Let me add to the list of power hungry tyrants our dear, sweet Vice-president, Mark Sandler.

The Triton Times is published by UCSD students as the official student newspaper. Publication is on Mondays, Wednesdays and Fridays during the regular school year (except on official holidays).

aborted fetus shows it human to the sympathetic eye, though those characteristics are often distorted by the inhumane, often painful death of the fetus.

For various reasons women may not want their baby, but that does not imply they need prevent its existence. Many people are lovingly awaiting the chance to adopt, as seen by the extensive waiting lists and pleas in various newspaper articles.

Many reasons are often cited for the justification of abortion: overpopulation (despite the amount of untouched land throughout the planet), child abuse, starvation, psychological problems, retardation and other birth defects, on and on.

MICHAEL McNEIL

control of the ASUCSD. So without an election or conference with the members of the student center board, Mark Sandler and the elite of the ASUCSD have adopted a new charter for the student center.

Now if one were to ask the upper echelon why this was done, one might hear: 1) there aren't too many elections; 2) an election is too time consuming; and/or 3) the students don't care anyway.

In an attempt to show the students who have shown some interest is what the AS government is doing, make mention of the fact they have had to hire one clerk and two secretaries to handle the overwhelming amount of paperwork that this AS government expects to have.

Chancellor's cocktail party for students, then there have been ASUCSD council members present to constitute a functioning quorum.

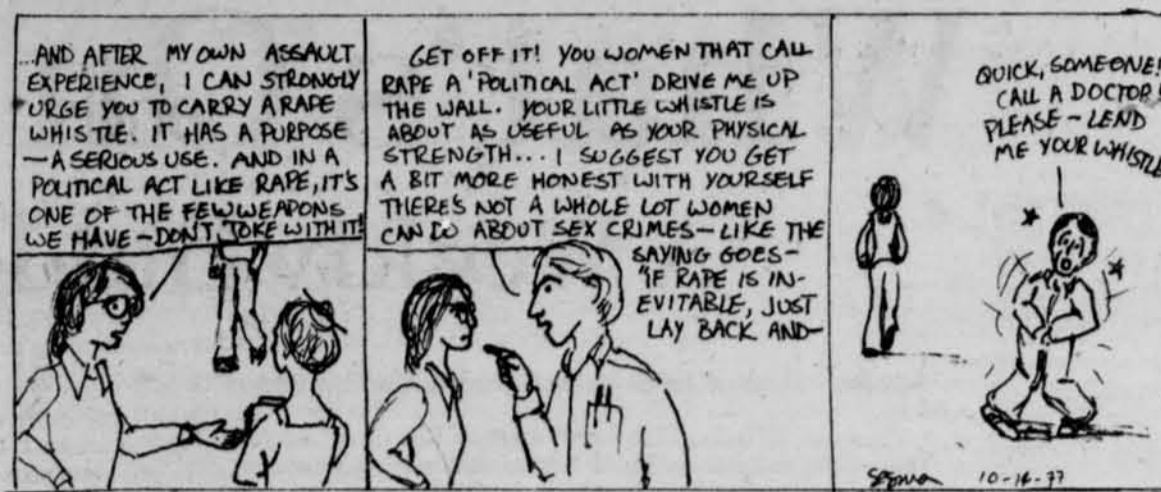
Let me not forget the nepotism and favoritism that have been illustrated within this supposed functioning government. I could discuss the girlfriend of a certain President who was hired this summer by the AS, who for some unknown reason was invited to the Chancellor's cocktail party.

My major motivation in writing this column is not to criticize the student body nor the participants withing the government has recognize. As with the United States government, the ASUCSD needs a regulatory agency, composed of students outside the clique.

SEDONIA CHARLOT

triton times

UC San Diego Volume 32, Number 11 Monday, October 17, 1977 Alan Russell Editor Ran Anbar Managing Editor Lisa Wolpe Assistant Managing Editor Kitty Robinson Copy Editor Richard Yokum Photo Editor Shauna Stokes Advertising Manager Laura Richter News Editor Andy Schneider Assistant News Editor Reed Alpert Assistant News Editor Tim MacKenzie Arts Editor Steve Gould Sports Editor



Rape isn't funny Cartoon labeled narrow-minded

To Stephen Skubinna and those who laugh at such cartoons as the "Rape Whistle" cartoon in Wednesday's (12 October) Triton Times:

I cannot believe that in a university environment where we as students are supposed to be open minded and progressive that there are people around with such archaic views to actually believe that a violent crime such as rape is something to be joked about.

You want to go to Central Library to study at 8 pm and wish to return at 10 pm. Knowing that walking there alone from the

dorms could bring on an attack by a rapist you encourage people to accompany you. (As a man, you won't have to do such things). No one wants to go, so you end up going alone. The entire way, you are sensitive to all noises, people, and dark places, as you know that a rape could occur anytime at anyplace.

This means that you cannot really enjoy the walk, the warm evenings, stars, trees and lawns as one that has nothing to fear does. I don't want my life to be restricted in such a manner and I do not think it's right to tell a person (overtly or covert) they they can or cannot go somewhere or do something.

My anger at this cartoon has turned into sadness. My sadness is not at the drawings, they are only a childish and threatened attack

upon women who have taken their lives into their own hands and are refusing to take this kind of shit any longer. My sadness is, instead, at the demeaned attitude of the society we live in that sees fit to oppress people of viewpoints differing from the "norm" be it on sexual, political, racial, religious or cultural lines. And, I feel sorry for you, as the "artist," because your narrow mind is going to strangle you one day.

J.E. BRECHA



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Unborn child is alive

Deborah Cohan and Pat Davis, TT, Oct. 10, try all the usual unrelated arguments of the pro-abortion advocates to put up a smoke screen and ignore the real issue....Is the unborn child a living human being from conception, and does anyone have the right to kill her or him?

No intellectually honest physician or scientist in full command of modern medical and scientific knowledge would dare deny that human life begins at conception is a progressive, ongoing continuum until death. I challenge the pro-abortionists to cite any authority in medicine or biology who refute this concept.

(She then justifies killing by abortion by saying it is "so wonderful to deliver just wanted babies". Why then can't we kill all "unwanted" of all ages?)

The repeated argument advanced for killing this living human being is...."It's a woman's choice". Ms. Cohan went so far as to state, "Freedom of choice, not whether abortion is right or wrong, is the main issue here."

Women's rights like all other rights, have limitations and responsibilities. The taking of an innocent human life goes beyond that limit. Unborn women have rights too! PEGGY PATTON

Advertisement for 'Lettuce Wine & Dine You!' featuring a cartoon character and a menu: 'Fish and fowl and meats and vegetables and fruits and wines and bread. You're going to like the Spice Rack, a garden restaurant!' Includes 'SPICERACK A GARDEN RESTAURANT' logo and address: 'Mission Blvd. Near Grand, Pacific Beach 8 am-2:30 pm and 5 pm-10 pm'.

Rights for handicapped

(CPS)—Last June, civil rights for handicapped Americans became more of a reality. Even though since 1973, discrimination on the basis of disability had been forbidden, two administrations have failed to draft specific regulations for implementation of the Vocational Rehabilitation Act.

Welfare (HEW) supported public and private institutions are now required to make their programs and facilities accessible to disabled people and cannot discriminate against them in employment practices. Particularly affected are schools and universities which must ensure full educational opportunities for disabled students.

College and university administrators are quick to praise the intent of the new legislation, but many are concerned and upset about the responsibilities of carrying out the intent.

Advertisement for OLYMPIC SPORTING GOODS. Text: 'Ask for Student Discount For all your soccer needs including Mitre Milan soccer boots see OLYMPIC SPORTING GOODS BIG BEAR CENTER • DEL MAR • 755-6548'.

UC San Diego Mandeville Lectures '77 - '78 JULIAN BOND "What's New for America" Tickets: UCSD Box Office 452-4559. Oct. 19, 7:30 pm Mandeville Auditorium Students: \$2.00 General Admission: \$3.00

Advertisement for Budweiser featuring a cartoon character with a thought bubble. Text: 'WHEN DO ENGLISH MAJORS SAY BUDWEISER?' The thought bubble contains a diagram: 'AM GOING TO EXAM (AM) SETTING / MUS AT TAVERN THE NEXT DAY TO BUDWEISER'.

monday

9am-5pm - WRITING CLINIC - Help with course papers. For appointment call 452-2522. Held at 1254 H-L. Free.

11am-1pm - Women's Support Group: A free-flowing group, dealing with whatever participants bring to deal with. Personal sharing about achievement, love, anger, hope, disappointment, more hope. Sharon Young, facilitator. Call ex. 3987 to sign up. Warren College Rec Center.

12-1 pm - Conditioning, Wrestling Room.

12-4 pm and 6-9 pm - OASIS Clinic Help - Math and Physics tutoring in room 4070, USB. For further information call x3760.

12-4 pm and 6-9 pm - OASIS Clinic Help - Biology and Chemistry tutoring in room 4010, USB. For further information call x3760.

3-6 pm - Table Tennis, Rec. Conf. Room.

4-5 pm - Karate, North Balcony.

4-6 pm and 6:30-8:30 pm - Gymnastics, South Balcony.

4:30-6:30 pm - Horseback Riding, La Jolla Farms.

5 pm - Handball - Racquetball, Rec. Conf. Room.

5:30-7 pm - Belly Dance, North Balcony.

7 pm - Ski Clothing Fashion Show. Tonight there will be a live show of this years flashy clothing. HSS 1330.

7 pm - Christian Science Organization testimony and business meeting. All are welcome. Student Office, Argo Hall.

7 pm - The How's and Why's of Graduate School. HL Auditorium.

7-9 pm - Aikido, Wrestling Room.

7-9 pm - Polo, APM 2313

7-10 pm - Shaolin Fu, West Balcony.

7:30-9:30 pm - Women and Careers: "Where She Leads We Will Follow" lecture series held at the International Center. Sponsoring organization/departments Warren College/Psych Services.

8 pm - Movie: The Thin Man, Student Center, Bldg. C.

8-11 pm - Israeli Folk Dance, Rec. Conf. Room.

tuesday

9am-5pm - WRITING CLINIC - Help with course papers. For appointment call 452-2522. Held at 1254 H-L. Free.

12 noon-12:45 pm - Bible Prayer Group, sponsored by UCSD Catholic Community. Coffee Hut outside. Free.

Noon-1 pm - H.E.L.P. - Dealing with Stress. North Conference Room, Student Center.

Noon - 1pm - Contraceptive Education Session: Informational discussion; all must attend to receive birth control exams. No appt. necessary, located in conference room at Student Health Center. 452-2669.

12-1pm - Conditioning, Wrestling Room.

12-4 pm and 6-9 pm - OASIS Clinic Help - Math and Physics tutoring in room 4070, USB. For further information call x3760.

12-4 pm and 6-9 pm - OASIS Clinic Help - Biology and Chemistry tutoring in room 4010, USB. For further information call x3760.

12:30-2 pm - Sex Clinic. For students desiring information or counseling about sexual concerns. Hugh Pates, Ph.D. and Beverly Battenburg, facilitators. Call ex. 3755 or ex. 3490 to sign up. Revelle Counseling Office.

1 pm, 2 pm & 3 pm - OASIS Study Skills Session # 3 - "Getting the Most Out of Lectures - Some Tips on Taking Notes and Studying Notes". Bldg. "B", 1st floor, Multipurpose Room, Student Center Complex.

2-4 pm - Job Hunting Tactics - a workshop where you'll learn the fundamental of the job hunt, including resume-writing and job interview. Vice Chancellor Conference Room, Student Center, Bldg. "B".

2-4 pm - Muir Students: "What Can Your Major Do For You?" Career advising at Muir for Physical and Engineering Sciences. Appointments made in Dean's Office HSS 2125 or call x3587. Muir Apt. Lounge. Free.

3 pm - Third College Program Board meeting. All Third College students welcome to attend. Apt. C-2, Third College Townhouse Apts.

4 pm - UCSD Amateur Radio Club - Important meeting for all members and all new members. 2nd Floor, Bldg. "A", Student Center.

4-6 pm - Gymnastics, South Balcony.

4:30 pm - Neurosciences Department Seminar. Speaker: Dr. Allen I. Seleverson, Associate Professor of Biology, UCSD. Topic: "Pattern Generation in Small Neural Networks". 2100 Basic Science Bldg.

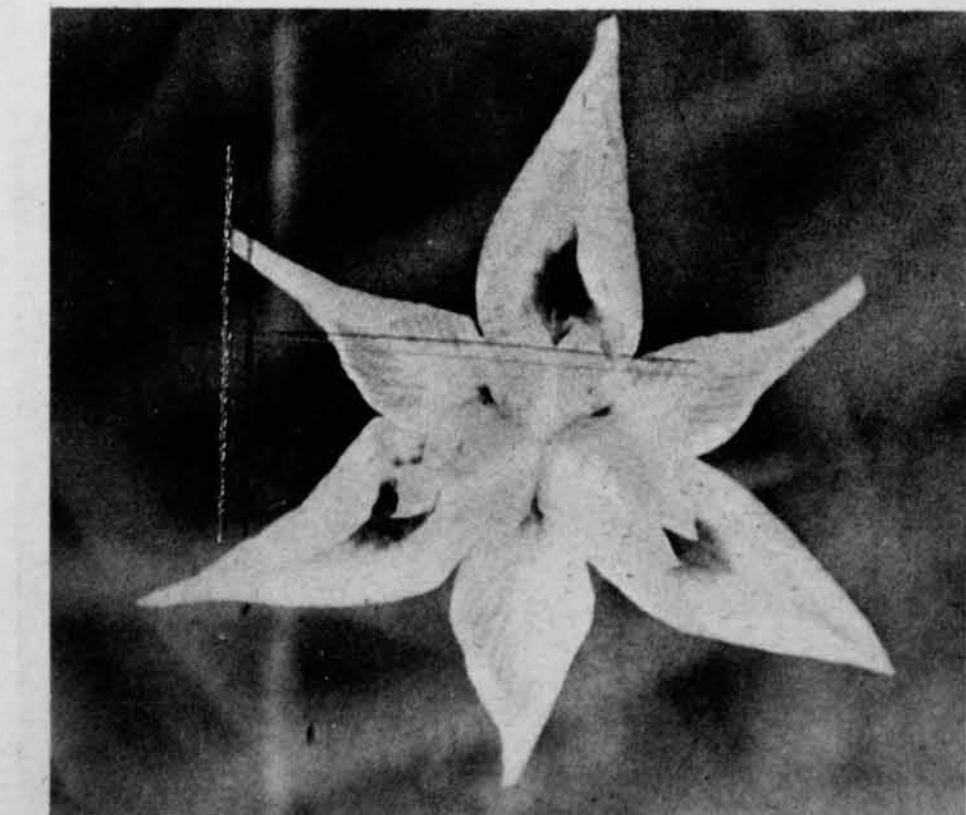
5-5:45 pm - Judo, Wrestling Room.

5-6 pm - Karate, North Balcony.

6 pm - Warren College Cabinet Meeting. Warren Campus, 405A.

6 pm - Circle K would like to present confessions of RICHARD MILLHOUSE NIXON. Yes we would, but unfortunately we have instead Fred P. Nerfelbaum III, quantum mechanics, to speak about quoks, quirks, and quacks. North Conference Building.

6-7:30 pm - Outing, Rec. Conf. Room.



The beauty...

What's On 10/17-10/23

A Weekly Guide to Campus Events

6:30 pm - Union of Jewish Students planning meeting. Student Organization Conference Room.

6:30 pm - UCSD Outing Club weekly meeting. Rec. Gym Conference Room.

7 pm - Law, Business and Public Administration HL Auditorium.

7 pm - Soaring, Argo Hall - first floor.

7-9 pm - Experiment in Community - For students, staff and faculty desiring to participate in forming a community offering continuity of relationships. Sharon Young, Ph.D. and Rob Mashman, Ph.D. facilitators. Call ex. 3987 to sign up. Warren College Rec Center.

7:30 pm - Dr. A. Ngubo, Sociology Dept. will speak on South Africa. Everyone welcome. International Center.

7:30 pm - Trident Christian Fellowship meeting. Revelle Formal Lounge.

7:30 pm - Catholic Student Union Meeting. East Conference Room, Student Center.

8pm-11pm - The Organic Theatre Company in "The Sirens of Titan". Their adaptation of Kurt Vonnegut's novel is certainly for everyone and it's not only fun, it's hilarious. Mandeville Center Auditorium. UCSD students: \$3, General: \$5.

wednesday

9am-5pm - WRITING CLINIC - Help with course papers. For appointment call 452-2522. Held at 1254 H-L. Free.

11:30 am-1:30 pm - Volunteer Fair - agencies will be on hand to provide information on ways you can test your career interests by volunteering in San Diego community. Revelle Plaza.

12 noon - AMES 205, Seminar No. 4, Film Series. Film "Flow Visualization". 7104 Urey Hall. Free.

12-1 pm - Conditioning, Wrestling Room.

Noon-1 pm - Contraceptive Education Session: Informational discussion; all must attend to receive birth control exams. No appt. necessary, located in conference room at Student Health Center - 452-2669.

Noon-1 pm - Brown Bag Lunch Series - medical social work and occupational therapy. Student Center Complex, Bldg. B, Multipurpose Room.

12-4 pm and 6-9 pm - OASIS Clinic Help - Math and Physics tutoring in room 4070, USB. For further information call x3760.

12-4 pm and 6-9 pm - OASIS Clinic Help - Biology and Chemistry tutoring in room 4010, USB. For further information call x3760.

1 pm - 2 pm - Health Sciences Field Trip - meet a Chiropractor. East Conference Room, Student Center.

2-4 pm - Social Science and Fine Arts Students: "What Can Your Major Do For You?" Career advising for Muir students. Appointments made in Dean's Office HSS 2125 or call x3587. Muir Apt. Lounge. Free.

3-6 pm - Table Tennis, Rec. Conf. Room.

3:30 pm - Physical Oceanography Seminar. Speaker: Carl Gibson, Associate Professor, AMES/SIO. Subject: Measurements of Oceanic Microprocesses by a Towed Profiling System". JGPP Conference Room. Free.

4-5 pm - Health Science Peer Counseling Orientation. Multipurpose Room, Bldg. "B", Student Center Complex.

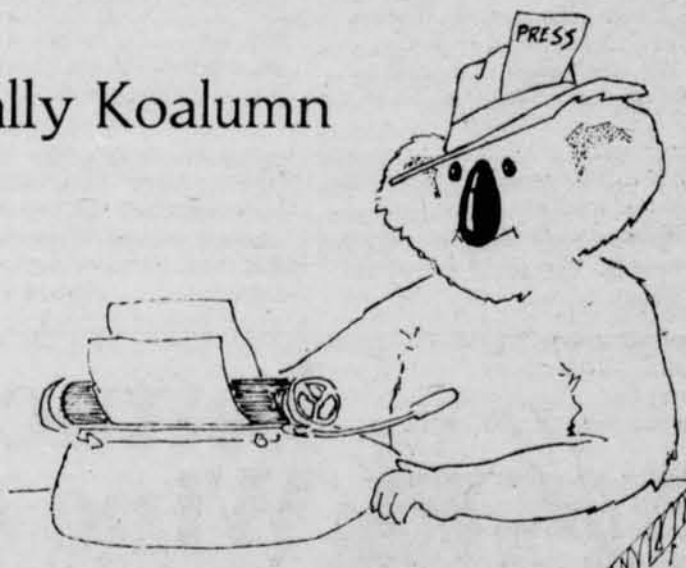
4-5 pm - Karate, North Balcony.

4-6 pm and 6:30-8:30 pm - Gymnastics, South Balcony.

5-8 pm - Jazz, North Balcony.

5 pm - Gathering.

K. Wally Koalumn



Wouldn't you know it, Black's Beach is gone. Alas, it is a far greater thing we lose than personal freedom...this koalumn salutes the demise of the overall tan at UC San Diego. My bear honor has been permanently violated. Now O.L. Matt will have to wear his clothes to dinner at Muir.

Somebody loves me, somebody loves me...It's obvious! Two questions came into the Triton Times office this week. A person named Skeptical wrote in to ask, "A recent article in the San Diego Union written by Dr. Saltman, says that he surfs six foot waves as a form of contemplation? Is it true?" Dear Skeptical, I once saw Dr. Saltman cruising, but it was in his Mercedes and not on a surf board. But, Dr. P. from Math 5A says only Euclid proves things by contradiction. Who are we to question the integrity of a Vice Chancellor should be able to surf. I'll wait with you at VG's until it gets glassy. Yo: and I can set up surveillance teams at the cliffs and swami's in search of the good doctor.

Another note from the Baja Buffs asks "Last weekend a group of my friends and I went to Baja. While visiting Ensenada we decided to see what makes Hussong's Cantina so famous. We soon discovered the answer to the question, but we left wondering what was the stuff all over the floor?" You know it could be a combination of and , but then again we can't print that. I don't want the Baja Buffs to go away without an answer. If you have one, send it in. The best printable answer which arrives in the Triton Times before closing on Friday will win a free bear T-shirt. (This contest is not open to the family or friends of the Baja Buffs.)

It's been a neat week. I just may come down out of the tree now the K.E. thinks that student government is growing with a sense of consolidation...oh, ecstasy is just around the corner... "happy days are here again, the trees are tall, my classes are dead again, who cares at all that schools' here again..." (sometimes I wonder if people think that koalas who masquerade as bears are just a little bit bizarre.)

1 pm - Meeting of AASA (Asian American Student Alliance) meeting to discuss Saturday dance and other interesting future events. Picnic? Ice skating? 4th Floor Blake Hall, Revelle Campus.

6 pm - Christian Fellowship Dinner, (50c) and discussion. University Community Church, 9595 La Jolla Shores Drive.

6 pm - EAB meeting - anyone interested (and even those who aren't) this is your chance. Bring a friend. Blake Hall, 4th floor lounge.

6:30-10 pm - H.E.L.P. CPR Training Program (sign-up required). HSS 1305.

6:30 pm - Organizational meeting of SSAS for upcoming year. Pre-meds interested in forming a mutually supportive coalition are welcome. East Conference Room, Student Center.

7 pm - Women's Rap Group - This week's tentative topic is, "Is There Love Without A Lover?" All women welcome! Women's Center, Student Center Complex.

7-9 pm - Aikido, Wrestling Room.

7-9 pm - Surf, Rec. Conf. Room Surf film & membership sign-up

7-10 pm - Shaolin Fu, West Balcony.

7 pm and 9:15 pm - UC San Diego Extension - "Bob Chatterton & the Movies," first Wednesday evening performance of four hosted by a noted film collector, historian, and filmmaker. First feature is An Evening with Laurel and Hardy. Held at Unicorn Theatre, 7456 La Jolla Blvd., La Jolla. Fee: \$8 for the series. At the Theatre: \$3 singles; \$12 for the series.

7:30 pm - "Frelimo!" The Victorious Mozambique Revolution in two powerful documentaries: "A Luta Continua" and "O Povo Organizado". TLE 107. Free.

7:30 pm-11 pm - Lecture: Julian Bond. Mandeville Center Auditorium. UCSD Students: \$2, General: \$3.

7:30 pm - Showing of Olivier's production of Shakespeare's Henry V. HSS-1330. Free.

8 pm - UCSD-ACLU. Setting up publicity of "Clockwork Orange". Discussion on Student Grievance Board. East Conference Room, Student Center.

8:30 pm - Meeting of UCSD German Club. Guest speaker will be Christoph Buch, Visiting Professor of Germany. Beagle Apt., Revelle.

thursday

9 am-5 pm - WRITING CLINIC - Help with course papers. For appointment call 452-2522. Held at 1254 H-L. Free.

10-11 am - Careers: Maxine Bailey, Humanities, 302 W.C.

12-1 pm - Conditioning, Wrestling Room.

12-4 pm and 6-9 pm - OASIS Clinic Help - Math and Physics tutoring in room 4070, USB. For further information call x3760.

12-4 pm and 6-9 pm - OASIS Clinic Help - Biology and Chemistry tutoring in room 4010, USB. For further information call x3760.

2 pm and 3 pm - Third College: What Can Your Humanities or Social Science Major Do For You? - The H&SS Career Advisor will discuss options. Call 452-4390 for an appointment.

3-5 pm - Assertion Training for Men and Women - A structured way of becoming more assertive in your scholastic and personal lives. Counseling and Psychological Services staff. Call ex. 3755 to sign up. 412 Warren Campus.

4 pm - Calping Local Board Meeting. Calping/KSDDT office.

4-5 pm - Anxiety Reduction Group - For students desiring to reduce stress or anxiety in test taking or social situations. Hugh Pates, facilitator. Revelle Counseling Office. Call ex. 3490 or 3755 to sign up.

Guess what, I even got a love note this morning and I'm planning to steal away when nobody looking. "To: K. Wally Bear, K. Wally, I'd be delighted to take you from all this. Meet me tomorrow at Big Mac's place and we'll go to Tahiti together...or would you rather make it a stralia. Both are on the itinerary! (I hope my husband thinks you're as cute (yes, CUTE!) as I!" from Pat H. in Dave's office.

Witty maybe, cuddly yes, but cute. It's just to late I'd rather go with the Velvet Monarch to Paris's...I've been bribed away with charm, who'd ever want Australia. I hate attention. Josie has assured me that kids are okay. But, I'll tell you I went over to that day care center and I'm still pulling bubble gum and oreo cookie creme out of my fur. A dandruff shampoo didn't even take it all out. Think of freeways when you fill out your day care needs assessment survey.

Somebody said the other day that new VC's at UCSD will have to come fully equipped in their riding clothes, not so says Big Mac they are going to need their cowboy hats and pistols. Next week is my 21st birthday...If not for love or a cruise to Australia, I just might come down out of the tree for a free drink...I get awfully tired of eucalyptus juice. And what I'd really like for my birthday (hint,hint), is to get Holly to name a Coffee Hut Sandwich in my honor.

Well VP Mark Sindler finally found my tree, he's been waiting down there for hours just hoping that I will let him apologize. Not me...rumor has it that now he has temporarily resigned wants to come up here into my tree to contemplate what to do next...not on your life...the best thing you know people will be arguing over which branch to sit on in my tree. They'll have send memos back and forth by chipmunk...Oh, please not me. Please AS take him back, take him back. I concede no representation for the koallege on the Student Center Board. Help.

K. WALLY BEAR



4-6 pm - Yoga, Adaptive Room.

4-6 pm - Gymnastics, South Balcony.

5 pm - Meeting of the Politjournal staff; accepting new members invited. HL 2550, Poli Sci Conference Room.

5-5:45 pm - Judo, Wrestling Room.

5-6 pm - Karate, North Balcony.

6-9 pm - Ballroom Dance, Bldg "C" - Stu Ctr.

7 pm - Meeting of Pisolitic Uranites, UCSD's Geology Field Trip Club. East Conference Room, Student Center.

7-10 pm - Fencing, West Balcony.

7:30 pm - Night at the Medical School - recommended for all students, especially freshmen, sophomores, interested in health care. Garren Auditorium, BSB.

7:30 pm - The official UCSD French Club "Les Escargots" is having a meeting. Come meet Professor Alain Cohen (Lit. Dept.) Everyone is welcome! Beagle Hall Apt.

8 pm - "Our Christian Roots" Seminar, open to all. Topic: "Our Creedal Roots: Faith of Our Fathers". University-Community Church, 9595 La Jolla Shores Drive.

friday

9am-5pm - WRITING CLINIC - Help with course papers. For appointment call 452-2522. Held at 1254 H-L. Free.

12 pm - Lecture by Charles W. Ferris, C.S.B., entitled "Reality: Matter or Mind?" Sponsored by the Christian Science Organization. All are welcome. Blake Conference Room.

12 noon - Commuter Board Meeting, 405A M.C.

12 noon - Horseback Riding, Rec. Conf. Room.

12 noon-4 pm - OASIS Clinic Help - Math and Physics tutoring in room 4070, USB. For further information call x3760.

12 noon-4 pm - OASIS Clinic Help - Biology and Chemistry tutoring in room 4010, USB. For further information call x3760.

3-5 pm - General meeting. Organization of older/out-of-sync. students. Revelle Informal Lounge.

3-6 pm - Table Tennis, Rec. Conf. Room.

4-6 pm - Gymnastics, South Balcony.

5-6 pm - Karate, North Balcony.

6:30 pm - Oneg Shabbat Potluck Dinner, Service. Eight o'clock Violin Performance by Soviet Virtuoso Vladimir Tsybin in Revelle Commons. Revelle Formal and Informal Lounge. Free.

7 and 9:30 pm - Movie: "The Exorcist". Mandeville Center. \$1.25.

8:30 pm - Midnight Dance. Bands is Pegasus Express. Muir Cafeteria. Free.

saturday

9 am - UCSD Grand Prix Bike Race. A 10.6 mile time trial open to all campus bikers with many prizes for those closest to their pre-race time prediction for our challenging 2-lap course. Sign-up in Rec Gym Office. Muir Field.

5 pm - Catholic Mass. University-Community Church, 9595 La Jolla Shores Drive.

8-12 pm - Warren College Harbor Cruise Aboard "Cabrillo" San Diego Harbor.

9pm-1am - AASA/MECHA fund raising dance. "Boogie Night" is here, party hardy with the live music of "Seventh Wonder". Revelle Cafeteria. UCSD Student with I.D. \$2.00, others \$2.50.

10 pm - Catholic Mass. University-Community Church, 9595 La Jolla Shores Drive.

sunday

8:30 am - Catholic Mass. University-Community Church, 9595 La Jolla Shores Drive.

10 am - Lutheran Worship Service, with Pastor John Huber preaching. University-Community Church, 9595 La Jolla Shores Drive.

12:03 - Episcopal Eucharist. University-Community Church, 9595 La Jolla Shores Drive.

1 pm - Center for Psychological Revolution presents audio-video accounts of interactions with individuals and groups. 1529 Hornblend St., Pacific Beach. 273-4673. Free.

2 pm - Jazz Club Session. An afternoon of traditional jazz with improvised sets and Cotton Mouth D'Arcy and his Jazz Vipers, recently returned from the Warsaw Festival. Bldg. "C", Student Center. Students: 75c, Musicians free.

2-4 pm - "Ice Cream Social" Entertainment for the Family", an opportunity for the whole family to enjoy things "the way they used to be." An afternoon of stage entertainment geared to the Halloween season, and ice cream. Presented by US San Diego Extension. Mandeville Auditorium, UCSD. Adults, \$4; children under 12, \$3.

5 pm - Catholic Mass. University-Community Church, 9595 La Jolla Shores Drive.

6-9 pm - OASIS Clinic Help - Math and Physics tutoring in room 4070, USB. For further information call x3760.

6-9 pm - OASIS Clinic Help - Biology and Chemistry tutoring in room 4010, USB. For further information call x3760.



...and the horror



Wendy Clarke's work expresses her personal thoughts and feelings

Exhibit opens at Mandeville Video space and time explored

by Debbie Schwartz
Staff Writer

"New perceptions come from shuffling sensations already familiar to us: our brains, our eyes, our muscles, our movements change to fit our new knowledge of a new space." Wendy Clarke describes the psychosomatic experience of discovering and exploring the video environments of her "Interactive Video" installation, which opened this week at Mandeville Gallery.

Before continuing with any further aesthetic ruminations, I feel obliged to relate that this exhibit is fun. But, because "fun" is something that can only be fully appreciated in its acting out, I choose to concentrate on a few of the many other less-obvious experiences and implications provided by the show.

"Interactive Video" is comprised of five closed-circuit pieces, each of which invites the participant to discover a different kind of video-environment involving

real time and live space. For many of the audience/participants, the pieces seem to become challenging athletic feats or tests of manual dexterity. For others, the experience seemed more like a theatrical production as each performer was drawn into the act.

Clarke wants each person to "experience what video space feels like and how he or she functions within it." Some of the characteristics of videospace examined in the installation are reversal of mirror images, kinetic two-dimensional representation, lens distortion and space foreshortening. "Hopscotch," for example, is played between two monitors with playing fields on them. By judging the necessary moves according to the monitors, you become aware that video space is much flatter or less three-dimensional than real space. In "Self-Portrait," each participant must draw his own profile, which is displayed on one monitor, onto a drawing pad, which hangs from his

deflected 180 degrees. As you look ahead, you would see what's behind you.

Also included as part of Clarke's installation are excerpts from her video journal, which she started keeping in 1972. "Several times a week I would record an entry and sit alone watching my image on the monitor. While looking at myself I would talk about what was happening in my life. The entries were about different subjects, (e.g.) my love life, my work projects, my feelings. I used the video journal as a process which I could go through and make myself grow and reach deeper levels."

The excerpts from the journal transcend this therapeutic aspect described by Clarke when presented to an audience. "Chapter One" is devoted to the subject of love. Many of the personal thoughts and feelings she discusses are shared by us all. Perhaps one reason we are so alienated is because we usually don't express these feelings. In



The exhibit challenges onlookers to experience new dimensions in time and space.

Photo: Richard Yokum

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TUES. 'Law, Business and Public Administration' Director of Admissions of UCLA Law School, a representative from the admissions office of USC Business School, and a Public Administrator will host an evening dealing with the admission processes, education, job opportunities in the law, business and public administration fields.

THURS. 'A Night at the Medical School' Join in an informative discussion with UCSD Medical students and staff. Learn admission and application policies and procedures.
Oct. 20
7:30 pm
Garron Aud.
at Med School

MON. 'Health Sciences' Learn about 300 health science specializations. Meet with Peggy McCarthy, a UCSD Health Science Advisor. Dr. Paul Brenner will speak on alternative health care and persons from Dentistry, Laboratory Technology, and Nurse Practitioner will cover those fields.
Oct. 24
7 pm
HL Aud

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"New wave rock" hits SD Surfer audience ready for punk?

by Mikel Toombs

"New Wave Showcase: The Zeros, The Dils, The Hitmakers." Oct. 8, 1977, Fleet Reserve Association Club Nine.

It was a curious audience. New wave rock had not yet made a significant impression on the musical wasteland of San Diego, so most of them didn't know what to expect. Others obviously did, as evidenced by their ripped t-shirts, safety pins and outrageous makeup. The sexual composition was well-balanced and reasonably normal, the age range was literally from six to sixty.

The Hitmakers were fairly easy for the crowd to accept, performing mostly covers of well-known and obscure songs by some very well-known groups (Beatles, Stones, Kinks). But the Hitmakers bear little resemblance to the corner barband-vocalist Jeffrey Scott lifted the non-originals well above the level of the usual carbon copies; notable were an excellent "Satisfaction" and an impassioned, slowed-down "Ticket to Ride." Having been together for only a couple months, the band was surprisingly tight; Josef Marc's superb drumming along with Scott's hyperkinetic "dancing" kept the set moving and the audience entertained.

The Dils seemed to entertain very few in attendance. All three of the Dils try to come off as genuine punks and San Diego apparently was not ready for that. They did

manage to elicit an enthusiastic response from a small group of people, but most of them appeared to be members of either the Hitmakers or the Zeros. San Diego rock fans are not noted for noticeable emotional outbursts and they were true to form here, even though the Dils, not noted for their audience rapport, threw water and obscenities (and at one point their bass-player) at them. The Dils also played music (some seemed to contest that point-calls for "Yardbirds" and "Led Zep" were heard) which was as uncompromising and unsubtle as their stage manner—three chords, one tune, almost unintelligible vocals. About the only lyrics that came through were the song titles and there were some good ones: "I Hate The Rich," "Got No Reason," "You're Not Blank (So Baby We're Through)," "God's A Korean."

The Zeros are a new wave group partially because of the tough attitude inherent in their songs, but more because of their rock'n'roll spirit. Like Tom Petty (of "& the Heartbreakers" fame) they are classic unpretentious rockers whose music is solid and at times almost astounding—Javier Escovedo is one fine sax-player. The band was fun to listen to and also fun to watch—bassist Hector Penalos, looking and acting very conservative in his suit and tie, contrasted nicely with guitarist Robert Lopez, who kept falling to the stage and in general acted like a total madman. The big crowd-pleaser was their heavy metal

rendition of the classic "Pipeline" which they dedicated to "all you surfers"—and there definitely were some there. The concert achieved its purpose—some of the curious liked it, some hated it, but they came (attendance was well over 300) and that was the important thing.

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UCSD center presents experimental music

The fact that two West German psychiatrists have reported that "constant exposure to contemporary music produces strange side effects on its performers" has not dampened the spirits of the UCSD Center for Music Experiment (CME).

On Oct. 26-30, the center will boldly proceed in hosting the 1977 Computer Music Conference—a week-long event featuring a wide range of performances as well as lectures by some of the most eminent researchers in the field.

One of the foremost talks will be a Studio Report on Thursday Oct. 27, at 2:30 pm, by Barry Lloyd Vercoe, assistant professor and director for experimental music at the Massachusetts Institute of Technology. Also, on Thursday noon in Mandeville Auditorium, UCSD faculty member Bert Turetzky will perform David Behrman's "Solo for Bass and Melody Driven Electronics." The composer, who will himself coordinate the electronics, has studied with some of the most important contemporary composers including Piston, Stockhausen and Pousseur. He is also co-founder of the Sonic Arts Union—a group that has appeared widely in the US and Europe, presenting individual and collaborative music which utilizes simple or sophisticated electronics, photography, film and theater.

Jon Howard Appleton, winner of Guggenheim and Fulbright Fellowships, will also appear at 2 pm on Friday Oct. 28. Appleton has been faculty member and director of the Bergman Electronic Music Studio at Dartmouth since 1968 and in 1973 won second prize in the Concours International de Musique Electroacoustique. His composition, "In Deserto", is one of the highlights of the schedule.

Another guest, David Rosenbloom, has done research in Toronto resulting in new methods of relating brain activity to investigation of aesthetics.

Each day of the five day conference features an ongoing Computer Arts Exhibition in the Mandeville Recital Hall. The events taking place on Saturday, Oct. 30 will culminate in a full concert of performances with tape, at 8 pm in the Mandeville Auditorium.

All events are free. For further details call UCSD Center for Music Experiment, 452-4383.

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Busy weekend

Tritons top UNLV, Fresno State

With very few exceptions, most coaches would object to playing five games in any sport in only four days. UC San Diego water polo coach Russ Hafferkamp happens to be one of those exceptional coaches.

Putting into action his theory that his team will improve with more games behind them, Hafferkamp's squad played well in losing three of five games in just four days.

Three In One After defeating Fresno State University in sudden death overtime, 9-8 on Saturday, Hafferkamp pointed out he had his team play three games in one day "so they can correct their mistakes right away instead of waiting a few days."

The theory is obviously working as evidence by the win against Fresno, one of the top teams in the Pacific Coast Athletic Conference.

Trailing 6-2 at halftime, UCSD outscored FSU four to one in the

third quarter to pull even. Both teams added a goal in the final eight minute stanza to send the game into overtime sudden death.

Dan Eby and Dan Crane each notched three goals while Frank Ebel added two.

The Tritons opened the three game tournament style set with a 9-4 setback at the hands of De Anza Junior College, one of the nation's top UC teams.

Tied two all at halftime, UCSD, as Hafferkamp noted, "just could not keep hold the intensity maintained in the first half." Eby and Ebel each tallied twice in a game beset by problems caused with the shallow pool at San Diego State's Aquatic Center.

UC Santa Barbara scored in the last twenty seconds to edge UCSD, 3-2 in the second game of the day. Goalie Bob Alei had ten saves, including one on a penalty throw. Ebel and Tom Jorgensen scored for the Tritons.

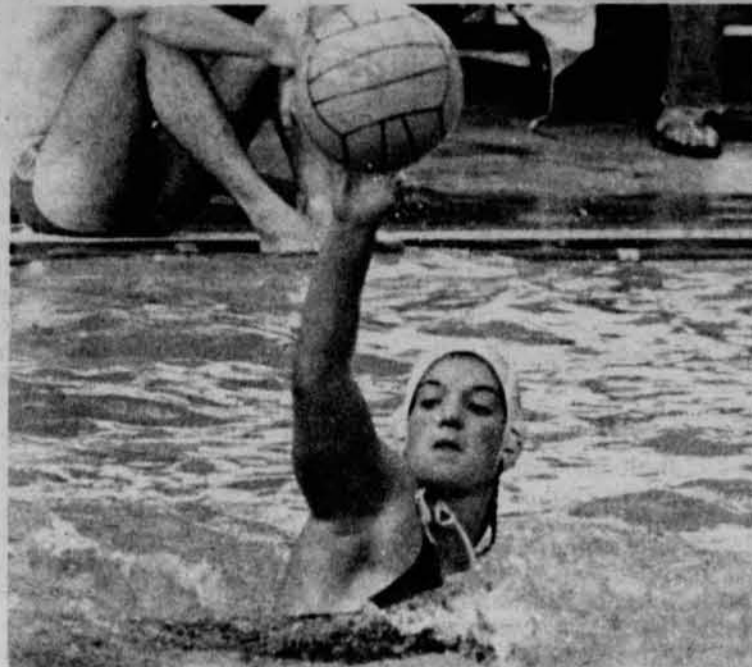
At First? UC San Diego easily defeated the

University of Nevada Las Vegas, 13-6 last Friday in the Natorium. The game was highlighted by the appearance of UNLV sophomore Von Kadlubek, believed to be the only female on a men's college water polo team in the United States. Kadlubek also scored one of the Rebels six goals off UCSD back-up goalie Keith Copenhagen.

Alei had ten saves, including another penalty throw while five Tritons, including Eby, Crane and Mark Gordon (playing for the first time since he broke his nose last weekend) had two goals each.

Tough Loss San Diego State held off a furious fourth period rally to down UCSD 9-7 last Wednesday. Despite the setback, Hafferkamp extolled his team for an outstanding game. Alei, although he allowed nine goals, was again superb in the net, making saves under constant fire.

Record With the two victories, UC San Diego's season record now stands at 7-5, with three of the losses coming on a combined total of just five goals.



TT Photo: Stan Honda

University of Nevada Las Vegas sophomore Von Kadlubek gets ready to attempt a shot on goal in her teams 13-6 loss to UCSD last Friday. Kadlubek is the only female on a men's college water polo team in the nation.

Soccer team downed by Long Beach State

by Stan Honda Staff Writer Cal State Long Beach, aided by two fluke goals, edged UC San

Diego, 3-2 in a varsity non-league soccer game Saturday afternoon. The Tritons dominated play, but were unable to capitalize on numerous advantages.

First Half Scoring Long Beach opened the scoring in the first minute of the match when Jorge Beniquez took a headed pass and lofted a shot over Triton goalie Brian Healey.

Taking a pass from Greg Lyons, Dave Youngdale tied the game by dribbling through a crowd of 49er defenders and kicking the ball into the right side of the net.

A missed offside call by headlinesman C.B. Williams led to the 49ers second goal. CSLB's Mark Childes was clearly offside when he took a long lead pass from a teammate. Childes was fouled by a UCSD defender, who assumed play had been stopped. Williams assessed a yellow card on the foul and awarded a penalty kick.

On the penalty shot Childes fired

(Continued on page 12)

This week in UCSD sports

TUESDAY-	Women's Volleyball vs. Mesa JC	4 PM
	Women's Field Hockey vs. SDSU	4 PM
WEDNESDAY-	Women's Volleyball vs. Point Loma	4 PM
	Men's Soccer at Point Loma	2:30 PM
THURSDAY-	Water Polo at Ambassador College	4 PM
FRIDAY-	Women's Volleyball vs. USIU	4 PM
SATURDAY-	Cross Country vs. Tijuana Tech	11 AM
	Surfing vs. IC Irvine at Oceanside	8 AM
	Waterpolo vs. Loyola	4 PM

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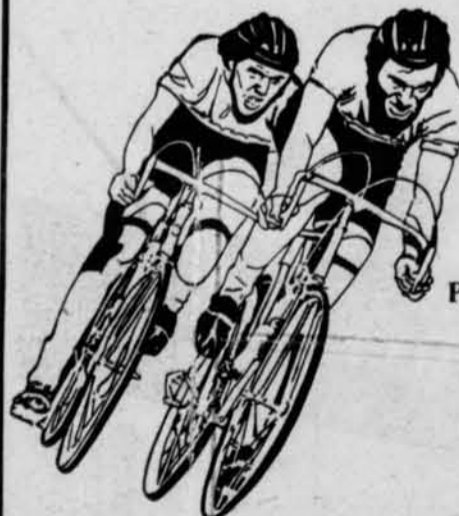
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TT classifieds

Lost and found

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Lost-urgent- 1 pair eye glasses lt. brown frames - yellow flowered case. If found call 481-0993 (10/19)

Lost, stolen, or stray-one brown plaid couch; answers the name of Rex. If found please return to Challenger 100, or call 455-5759 (10/17)

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Typing-selfcorrecting: IBM selectric term papers, theses, etc. experienced. 452-1588 evenings. (6/19)

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PERSONAL

MODEL UNITED NATIONS Interested in joining? Meeting today at 5:00 in Student Center Lounge. (10/17)

Surfside at SIO is available for party rental-\$30/night. For more info call SIO grad office. (10/17)

Premed support group meeting wed. 6:30 Student Center East Conference room students for supportive alodathic studies (10/19)

UCSD amateur radio club meeting-Oct. 18 at 4 p.m., at the club office in the student center (10/17)

Dulce, happy birthday and remember: though the hippopotamus has no sting, a wise man would rather be sat on by a bee. Russ (10/17)

Dear Jane B. Happy birthday one day early from Bill and Wibe (10/17)

To the attractive man giving tickets in the Muir/Mand lot on Mon Oct. 10 - I think I love you, from the girl who was watching! (10/17)

Typing IBM Electric term papers, theses, Ph.D. dissertations, editings, rush jobs - 453-0656, 560-6171, 452-1588, 298-4936. (6/19)

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Typing-Marilyn would like to fulfill your typing needs-expert, reasonable, has IBM. Call 270-6728. (10/31)

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Neurosciences department needs persons interested in participating in brain wave experiments. \$2.50 per hour. Sign up in Room 3208, Sverdrup Hall, S.I.O. (10/17)

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TT Photo: Stan Honda

IN YOUR FACE! An unidentified Long Beach State attacker grimaces as Triton defender Al Turken kicks the ball off his head. UCSD's Duncan Campbell looks on. The 49ers topped UCSD, 3-2.

Soccer...

[Continued from page 10] the ball past Healey into the left side of the net. Triton Coach Stewart Hayes agreed "the Long Beach player was clearly offside, but the referee missed it. Had the offside call been made properly, the foul and the penalty would never have occurred."

The entire game was marked by unusually rough play. Four CSLB players left the game due to injury, including 49er starting goalie Tony Martinez who inadvertently was kicked in the face.

The second half again saw UCSD take control of the game but another strange goal increased the Long Beach to 3-1.

Doug Youngdale closed the gap to 3-2 at the 20 minute mark but UCSD's offense sputtered.

UCSD shutout Cal Baptist 2-0 last Wednesday in their conference opener in Los Angeles.

Student power...

[Continued from page 4]

is dangerous. Should such a fundamental decision as to what is "political", "ethnic", or "cultural" be made by administrators? When will the growing list of infringements of students rights end? Only when we rediscover the channels through which we can affect change will our voices be heard. Thus far, the AS has contacted legal counsel, established a task force, contacted the UC Student Lobby, confronted the UC system-wide Administration, and has provided the initiative for a state-wide Administration, and has provided the initiative for a state-wide protest by alerting each UC campus.

This is a beginning, but now your voices must be heard. In order to continue this action, express your opinion to administrators and AS representatives at the Student Center, or 452-4550.

Jeff Leifer, AS President
Phil Isaac, Lobby Annex Director
David Eckery, Muir Representative
Ralph Grunewald, ASUCSD Bulletin

Tea taster terminated

(CPS)—For 20 years, taxpayers have been paying Robert H. Dick to taste tea. A few weeks ago, President Carter gave him the ax-part of the Carter's plan to save taxpayers \$15 million.

Dick, only one of the 479 other advisory panels terminated in the action, is in charge of the government's Tea Examiner's Office in Brooklyn, and the government member of the Board of Tea Experts, both adjuncts of the Federal Food and Drug Administration.

It all started with the Tea Act in 1897. A system was set up whereby all tea coming into the country would be checked against a set of standards. The Board of Tea Experts meets once a year to select the teas in the various categories which should be the lowest quality. Importers then are able to test their teas to make sure they are equal or better than the standard. As a tea examiner Dick makes sure importers are keeping to standard by sipping his way through up to 150 cups a day.

"I taste it and spit it out," he said.



Dr. A Nqubo, Soc. Dept.
will speak on
SOUTH AFRICA
on Tues., Oct. 18, 7:30 pm, at
The International Center
Everyone welcome

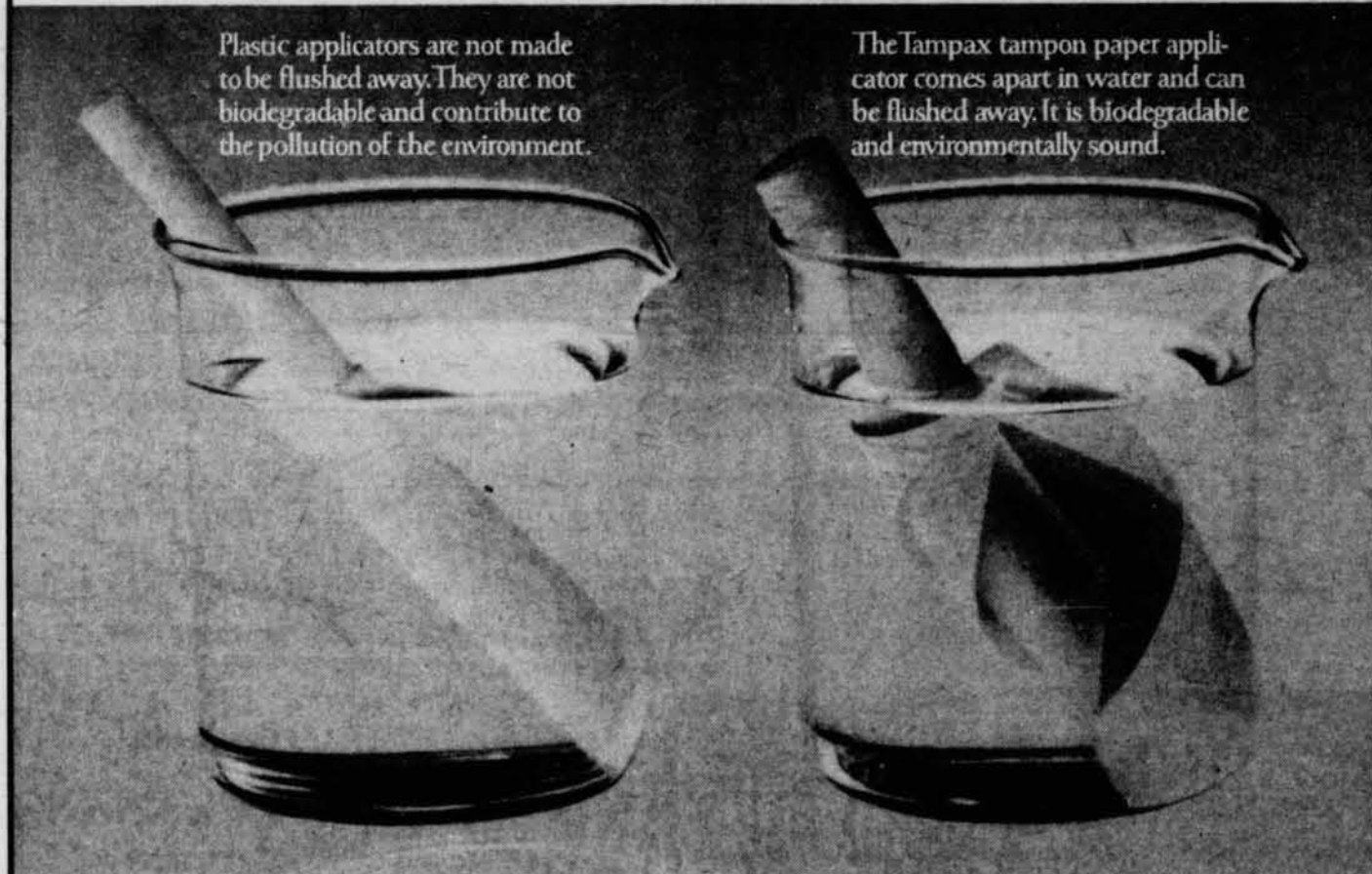
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The Tampax tampon container-applicator—like the tampon itself—is completely disposable and biodegradable. It is made of spirally wound strips of paper that quickly begin to delaminate and unwind when they come in contact with water. (See the illustration above at the right.) The paper strips are as easy to dispose of as a few sheets of bathroom or facial tissue.

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easy and comfortable. Slim, smooth and pre-lubricated, it guides the tampon into the proper position to give you reliable protection. Your fingers never have to touch the tampon. In use, the Tampax tampon expands gently in all three directions—length, breadth and width—so there is little chance of leakage or bypass.

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WOULD YOU TRADE YOUR BODY FOR...



Arnold Schwarzenegger's?



Chris Evert's?



O. J. Simpson's?

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

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

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

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

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

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Good reading!

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Inside the Insider

I Was a 49-Pound Weakling	4
Confessions of a Touch Football Dropout Who Suffers the Heartbreak of Phys. Ed. but Finds Hope at Last in the New Fitness <i>by Don Akchin</i>	
The Diet Connection	10
The Thinking Person's Guide to Losing Weight <i>by Theodore Berland</i>	
Feeling Good	17
16 Ways To Get in Touch with Your Body	
More Power to You!	22
Beat Fatigue with this High-Energy Rx	



I Was a 49-Pound Weakling

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

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

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

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

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

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

by DON AKCHIN

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

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

Old Fitness Versus New Fitness

The Old Fitness refers to physical education as I learned it (or learned of it) in public secondary schools. It was:

- **Exclusively physical.** Mind and body were treated as separate. It was assumed that most people had either brain or brawn; only rare specimens had both. One was irrelevant to the other.

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

- **Competitive.** The idea was always to beat everybody else in the class—just like in academics. This was especially true for team sports. V-I-C-T-O-R-Y! Victory! Victory! Is Our Cry!

- **Punitive.** Physical exercise was a punishment for misbehavior. "What did you say, son? Okay, son, take 45 quick laps around that backstop out yonder while the rest of us stay inside where it's cool and play some basketball. Now take off."

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

zenegger or Rod Laver or Hank Aaron, then who needed it? Big deal. Could Einstein do layups?

The Old Fitness is still irrelevant to me. For years I thought that was the only fitness there was.

Fortunately for me, and many others who have been turned off over the years by the Old Fitness, it is no longer the only system. If you read the latest literature on sports and exercise, you'll notice a distinct change. The experts are taking a turn to the East—borrowing concepts and attitudes from Oriental philosophies—and also a turn to the new branches of psychology which emphasize human potential. From my viewpoint, those are turns for the better.

This New Fitness is:

- **A body-mind integration.** The physical, mental and spiritual are all interrelated. The body is not a machine that needs maintenance to run efficiently and works independently of the mind; it is a part of the whole person. Physical well-being improves mental alertness, relieves anxiety and tension, even helps you sleep better.

- **Noncomparative.** You don't rate yourself against a "norm"; you set your own standards, based on your own needs and objectives. You also are free to set your own pace.

- **Noncompetitive.** You compete with no one, not even with yourself. There are no losers, only a winner—you. Some people are just noncompetitive by nature and by body type. One exercise physiologist says 70 percent of all body types are not represented at the Olympics because competitive sports are only appropriate for certain bodies. There are sports and activities, though, for every body.

- **Fun.** Exercise and activity are to be enjoyed, not taken like medicine. If your only motivation for doing something is that you *should* because it's good for you, you probably won't continue it for long. You're also missing the point. Sport and recreation aren't supposed to be work or punishment. The play's the thing.

After reading some literature by members of the New Fitness school, I have embarked upon a fitness program of my own. Nobody is more surprised than me. I don't expect to ever look like O. J. or Arnold (or Chris), but that isn't important.

The New Fitness recognizes that you don't have to be an athlete to be fit; and better yet, that you need not train like an athlete to be a fit nonathlete. The idea is to meet your own needs for your own body and your own life. You don't have to work at it; it's far better for you to play. And you don't *have* to do anything.

Fringe Benefits of Getting Fit

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

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

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

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

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

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

EXERCISE COMPARISONS

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

Activity	Benefits	Disadvantages	Warnings
Jogging	Excellent conditioner for endurance, lung and heart capacity. Builds leg strength. Equipment inexpensive, requires no special facilities.	Requires preliminary start-up program. Does nothing for flexibility or strength (except legs). Tightens muscles in back of leg and calf, shortens Achilles tendon.	Persons 30 and older should have a physical examination first. Wear good running shoes. Watch out for dogs.
Walking	Good beginning exercise, especially for people out of shape. When done briskly, maintains heart and lung capacity. No equipment or facilities needed.	Walking speed of 5-6 miles per hour necessary for conditioning effect on heart.	Don't expect fast results from walking alone.
Swimming	Excellent conditioner for endurance. Exercises virtually all muscles in body. Especially suitable for persons recovering from hip, knee or ankle problems. Considered best all-around exercise.	Requires a body of water.	Do not swim alone.
Tennis	Excellent for body shaping, flexibility and agility. May develop endurance if played vigorously. Strengthens arm muscles.	Requires a court and an opponent. Equipment and accessories moderately expensive. Activity is sporadic. Only improves endurance if players run for the balls; doubles play does not develop endurance.	May cause anxiety in players who worry about their game.
Cross-country skiing	Perhaps best sport for developing endurance. Develops arm and shoulder muscles. Injuries less common than in downhill skiing.	Requires preconditioning program to develop muscles. Requires snow and proper terrain. Moderate equipment costs.	Be prepared for cold and high altitude.
Calisthenics	Good for flexibility and muscle tone. Good warm-up for other activities. No equipment necessary.	Boring. Does not develop endurance unless done very vigorously.	
Bicycling	Develops endurance if done vigorously. Develops leg and back muscles. Can see scenery while exercising.	Only builds endurance if done vigorously. Moderate equipment cost. Will not give maximum benefit to muscles in legs, ankles and foot unless leg is fully extended when pedal is at bottom of circle.	Use a bicycle path if possible. Watch out for cars if not possible.
Weight training	Excellent for developing muscular strength. Can enhance performance in other athletic activities, including volleyball, basketball and golf. Can be done at home with homemade or low-cost equipment.	Does not aid flexibility or endurance. Lifting heavy weights narrows blood vessels in muscles and reduces circulation. Advanced weight lifting requires access to gymnasium.	Start light, start slowly, warm up first. May be hazardous to persons with tendency toward high blood pressure.

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Stress is the body's response to danger or challenge: the heartbeat quickens, adrenalin rushes in, the senses leap to attention. This is called the "fight or flight" response, and it's a marvelous survival instinct that has been programmed in humans for millions of years. Unfortunately, we still experience this response today, when there's no one to fight and nowhere to take flight, and the stress has nowhere to go. It stays inside the body in the form of ulcers, headaches or psychosomatic illness. Vigorous exercise, such as running, swimming or clobbering a tennis ball, is fighting and fleeing—or doing what the human body was intended to do. And out flows the tension.

- Exercise stimulates mental alertness. Tension is a real energy drain, for one thing, so releasing tension frees mental energy for other tasks. In addition, exercise stimulates the flow of blood and oxygen to all parts of the body, including the brain.

- There is a widespread belief—though scientific proof is not absolute—that regular exercise prolongs life. It has been proven, however, that performing certain exercises regularly can increase the efficiency of the heart, lungs and circulatory system. This certainly ought to prolong life, or at least protect you from heart and respiratory diseases.

- Some fitness enthusiasts claim exercise can get you high. They say that after 30 to 45 minutes of continued exertion, the body gets a "third wind," which results in a peaceful state of mind not unlike meditation in which thoughts and images float past and connect in creative ways.

- Finally, all the New Fitness experts and many of the Old Fitness

advocates insist fitness stimulates the sex life. You look sexier because your muscle tone is firmer, and you have all sorts of surplus energy and vitality.

Yessir, coach! Which backstop did you say?

**Putting
 Together Your
 Personal Fitness
 Program**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

How Many Calories Do You Burn in Different Activities?

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

Activity	Cal/min/ lb.	Cal/ min/ 150 lb.	Activity	Cal/min/ lb.	Cal/ min/ 150 lb.
Badminton:	.039	6	10 mph (6 min/mile)	.1	15
Bicycling:			12 mph (5 min/mile)	.13	20
Slow (5 mph)	.025	4	Sailing:	.02	3
Moderate (10 mph)	.05	8	Skating:		
Fast (13 mph)	.072	11	Moderate (Rec)	.036	5
Calisthenics:			Vigorous	.064	10
General	.045	7	Skiing (Snow):		
Canoeing:			Downhill	.059	9
2.5 mph	.023	3	Level (5 mph)	.078	12
4.0 mph	.047	7	Soccer	.063	10
Dancing:			Stationary Run:		
Slow	.029	4	70-80 cts/min	.078	12
Moderate	.045	7	Swimming (crawl):		
Fast	.064	10	20 yds/min	.032	5
Football (tag)	.04	6	50 yds/min	.071	11
Golf	.029	4	Tennis:		
Handball	.063	10	Moderate	.046	7
Hiking	.042	6	Vigorous	.06	9
Jogging:			Volleyball:	.036	5
4.5 mph (13:30 mile)	.063	10	Walking:		
Judo, Karate	.087	13	2.0 mph	.022	3
Mountain Climbing	.086	13	4.0 mph	.039	6
Running:			5.0 mph	.064	10
6 mph (10 min/mile)	.079	12	Water Skiing	.053	8

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

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

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

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

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

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

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



Tips for the Novice

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

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

takes a long time also may last a long time.

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

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

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

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

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

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

I hereby declare it adequate and successful.

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

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

FOR MORE INFORMATION

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

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



The Diet Connection

The Thinking Person's Guide to Losing Weight

by THEODORE BERLAND

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

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

Two women ate the least, about 500 calories a day, while another ate the

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

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

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

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

What Food Does

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

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

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

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

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

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

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

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

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

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

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

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

phorus, potassium, zinc, iodine, fluorine. But to make sure you get it all, taking a vitamin-mineral supplement every day is wise. (Vegetarians need to be sure they get Vitamin B₁₂, otherwise available only in animal foods.)

What's a 'Balanced' Diet?

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

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

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

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

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

What Do Calories Do?

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

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

continued on page 14

SAMPLE HEIGHT/WEIGHT CHART

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

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

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

FRONT-WHEEL DRIVE TRACTION

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

And more: In Ford tests, Fiesta accelerated from 0-50 MPH in an average of 8.8 seconds (9.1 for California emissions equipped models).

EASY TO SERVICE

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

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

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

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

*EPA estimates. Your mileage may vary depending on your car's condition, optional equipment, where & how you drive. California ratings are lower.

**Base Fiesta (shown right) sticker price excluding taxes, title, destination charges.



FIESTA



FORD FIESTA
FORD DIVISION



continued from page 11

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

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

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

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

How To Construct Your Personal Diet Plan

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

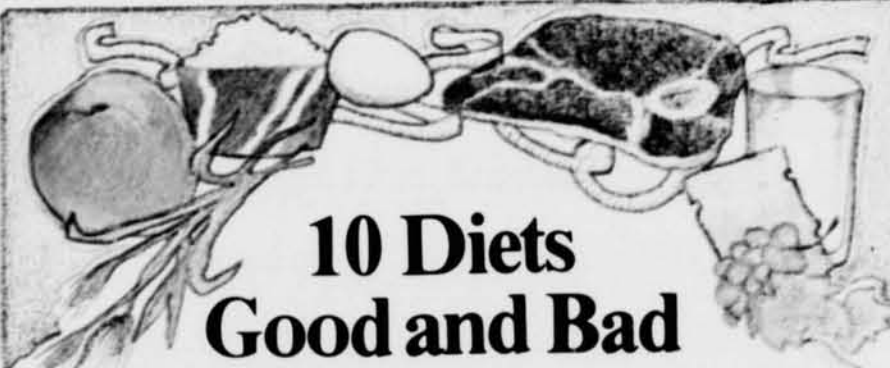
Now, if you live in a dorm or house and get your meals there, you probably can't make up the menu. But all is not lost. You can select from what is offered. That includes *not eating* dishes, such as desserts. If you can, get a copy of each week's menu plan, analyze the meals in advance and pick and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

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

Wrong.

For a svelte figure, you need something that will not only get your weight down, but keep it down. That requires a way of eating you can follow the rest of your life. Stay away from any diet that is not well-rounded. A vegetarian diet is okay, if you know how to mix the proteins. But diets that are no-carbohydrate, or only meat-and-fish, or high-fat are all dangerous. The best diet is one that limits your calories while maintaining a balanced combination of protein, carbohydrate and fat. □

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



10 Diets Good and Bad

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

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

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

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

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

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

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

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

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

Vegetarian Diet. You can lose weight and keep it off by giving up meat. But you have to know how to mix vegetable proteins (such as rice and beans, or peanut butter and bread), and be sure you get Vitamin B₁₂ to stay healthy.

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

FAST-FOOD NUTRITION: HOW IT ADDS UP

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

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Ford Fairmont 2-Door Sedan



Ford Mustang II T-Roof Convertible



F-100 Custom Flareside



Ford Thunderbird



Ford Free-Wheeling Van shown with owner-added stripes



Ford LTD II with Sports Appearance Package



Ford Free-Wheeling Bronco



Ford Pinto Runabout With Accent Stripe Group



A growing number of young people are looking for ways to feel more at home inside their bodies. This has triggered a new surge of interest in exploring both ancient Eastern disciplines and newer Western methods of working with the body. These systems are often grouped under the umbrella term of "sensory awareness"—the process of tuning in to the body's needs and sensations.

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

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

Movement

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

in forward and backward bows is used to bring new awareness of sensations, while deep breathing and body tremors release tension. Lowen also used a series of sharp, active movements such as striking a bed or couch and kicking or flailing with the arms. These actions help the person recall his childish ability to abandon himself to movement and release emotions physically instead of keeping them bottled up inside.

Since Lowen first developed his methods, the term bioenergetics has been broadened to include a variety of approaches,

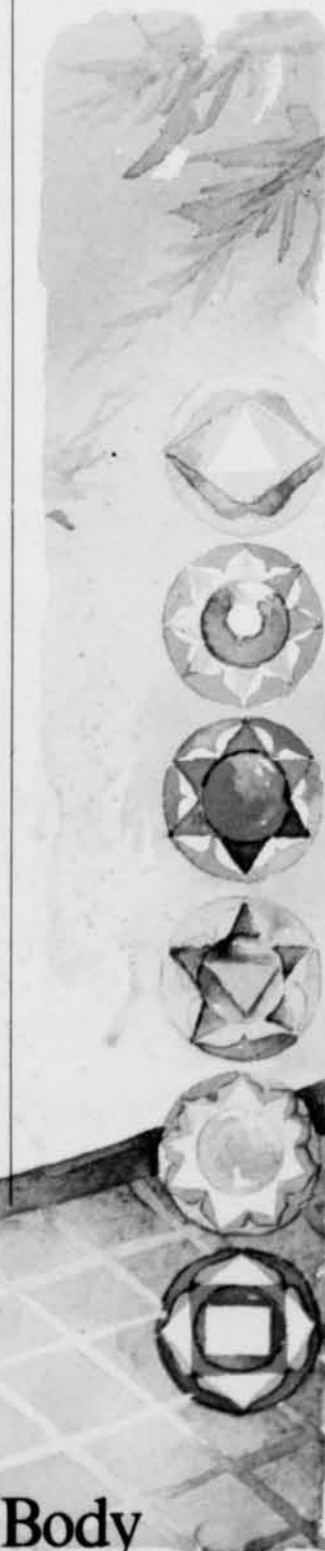
from movement by the individual to manipulation of the body by a trainer or healer. However, the major goal remains the same—to unblock tensions and patterns of behavior which interfere with the free, open use of the body.

FUNCTIONAL INTEGRATION. This movement system, invented by physicist Moshe Feldenkrais, concentrates on controlling body functions and alleviating stress. More than a thousand elaborate exercises, each with approximately 40 variations, are designed to help the student develop precise awareness of the operation of his body. He learns how to monitor the flexing of his muscles, control his breathing and feel many other body functions. The aim, according to Feldenkrais, is to organize your own body to work with minimum effort and maximum efficiency.

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

YOGA. Yoga, a Hindu discipline which dates back to prehistoric times, is probably the world's oldest system of physical and mental development.

The word yoga means "union"—the linking of mental and physical energy with *prana*, the universal life force. The unusual contortions most often associated with yoga are actually part of one branch of the discipline called Hatha yoga. Hatha yoga combines a number of postures, or *asanas*, with *pranayamas*, or



Feeling Good:

16 Ways To Get in Touch with Your Body

breathing techniques, to promote relaxed concentration and a flow of energy through the body.

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



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

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

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

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

Massage

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

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

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

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

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

behave in ways that are less stressful to the body.

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

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

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

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

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

Coordinating Mind/Body Signals

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

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

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

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

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

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

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

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

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

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

Martial Arts

T'AI CHI CH'UAN. T'ai chi ch'uan, sometimes called "Meditation in Motion," is an ancient system of health-giving exercises rooted in Chinese religious teachings. Literally translated as "the ultimate principle," it plays out the Chinese Yin-Yang concept of balance between opposing forces with the slow, continuous shift of body weight from one leg to another.

T'ai chi looks like a graceful, effortless ballet, especially if you watch a class moving through the forms in unison. Although some t'ai chi styles can be used for combat at

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



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

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



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

JUJITSU AND JUDO.

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

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

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

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

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

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

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

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

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

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

A Reading List

- Benson, Herbert, *The Relaxation Response*. (New York, Avon, 1976, \$1.95). Facts about stress and hypertension are combined with simple techniques for daily meditation.
- Brown, Barbara, *New Mind, New Body*. (New York, Bantam, 1975, \$2.50). Brown draws on her own experiments in biofeedback training to show how an individual can control a wide array of body functions, from muscle tension to brain waves.
- Feldenkrais, Moshe, *Awareness Through Movement*. (New York, Harper and Row, 1972, \$6.95). The author's Functional Integration method for improving posture and personal awareness is condensed into 12 easy-to-do exercise lessons.
- Gallwey, W. Timothy, *The Inner Game of Tennis*. (New York, Random House, 1974,

\$7.95). Gallwey explains his Zen-based theory of letting your inner self take over on the court.

- Irwin, Yukiko, and James Wagenvoort, *Shiatsu*. (New York, Lippincott, 1976, \$5.95). This fully illustrated guide to shiatsu gives detailed instructions for massaging away physical disorders.

- Lowen, Alexander, *Bioenergetics*. (New York, Penguin, 1976, \$2.50). An in-depth statement of bioenergetic techniques which also tells how the method can cure physical ailments ranging from chronic headaches to lower back pain.

- Progoff, Ira, *At a Journal Workshop*. (New York, Dialogue House Library, 1975, \$12.50). This is a basic guide to using the Intensive Journal.

- Van Lysebeth, Andre, *Yoga Self-Taught*. (New York, Barnes and Noble, 1973, \$2.95). Step-by-step instructions are given to Hatha yoga postures and breathing techniques.

Economy with kicks. The 1978 Ford Pinto.



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More Power to You!

Beat Fatigue with This High-Energy Rx

Diana Dynamo is the kind of person who leaps out of bed at 7 a.m., jumps into the shower, and positively bounces into her 8 o'clock class. Aha, you say, a morning person. Not so. Diana Dynamo is a perpetual motion machine, all day long. She is always bursting with energy, alive and animated, sparkling with wit and full of good cheer. As evening falls and other mortals are winding down, D.D. is just getting her second wind. There's so much more to do—supper, visitors to entertain, Frisbee or softball games before dark, plus homework. And in her spare time, D.D. manages to devour an average of three movies and two books every week.

Where does she get all her energy, you wonder, as you drag out of bed, barely pull yourself together and heave your bone-tired body to class?

You may find this hard to believe, but you probably have just as much energy as Diana Dynamo. The difference is that D.D. is maximizing her personal energy supplies.

You can use your own energy resources to better advantage, too. The payoff is tremendous. When you drag, life drags; a good movie bores you, lively books put you to sleep, gourmet food tastes bland and your best friends seem irrelevant. But when you feel energetic, life is fun for you and you are fun for others.

Converting low-energy drag to high-energy enjoyment is not as simple as swallowing a pill or taking a patent medicine. Your personal energy is found, or lost, in many different aspects of your life.

To understand this, visualize yourself as a whole system. Just as in an ecological life chain, every part of your system is interlocked with other parts. A change in one affects others, and not always in obvious ways. It's pretty clear, for example, that getting less than three hours of sleep will leave you less than peppy the next day. But did you ever think that there could be a connection between fatigue and concerns about your love life? Or that a change in eating habits could possibly make you feel sleepy at odd times?

The links of your system that affect your energy level fall into three broad

components: the physical, the emotional and the attitudinal. Maximizing your personal energy means bringing all three components into harmony.

1. Get Your Body in Good Working Order

It's easy to see that your physical condition affects your energy level in a multitude of ways. For instance, doctors say that the people who

are most likely to report fatigue are the very fat and the very thin—overeaters and undereaters. Overeating puts extra weight on your frame, which increases the burden on muscles and organs and tends to wear them out faster. Undernourishment short-changes the system of its basic needs for daily functioning. Crash diets or occasional fasts can be physically exhausting simply because they don't provide the system with enough energy supply to keep it going normally.

Quality counts as well as quantity. Junk food can provide quick bursts of energy. For more sustained efforts, though, such as a full day of attending classes or thinking through a term paper, your system needs protein and vitamins and minerals and all those other good nutrients.

Sleep also has a direct effect on energy. You need some, though it's impossible to say how much is enough and how much is too much. Everyone's sleep needs are different. To gauge what's proper for your system's needs, some experts suggest you keep a record of how much you sleep during a vacation period, when you're not tied down to a fixed schedule or an insistent alarm clock.

Air is a body fuel that most people take for granted. It is essential to the workings of all the internal organs, particularly the heart and brain. Obviously you're getting enough air to live on, but increasing your air intake makes the body organs work better and increases energy.

One way to enhance your air supply

is through the deep breathing routines taught in yoga. Another way is exercise. During a hard workout the body takes in more oxygen and circulates it through the bloodstream rapidly. Exercise requires you to expend energy, but it pays it back with interest. You may feel "worn out" right after a hard run or a fast set of tennis, but the extra oxygen will make you more alert and vital for hours and will build up your total energy reserves. Many experts claim, in fact, that exercising is the single most beneficial thing you can do to beat fatigue.

Some physical factors can drain off the system's energy supply. Drug use falls into this category. Even mild stimulants such as caffeine and tobacco sap away energy. After producing short-term alertness, they let you down harder than they brought you up. The highs of stronger stimulants, such as amphetamines, are always followed by a severe "crash." What stimulants do is agitate the nervous system, so that you use the same amount of energy in less time. But they do not add extra energy to the system.

Depressants, on the other hand, anesthetize the nerves and reduce the system's overall efficiency. Alcohol, sleeping pills and tranquilizers are all drains on your energy, as you'll acknowledge if you recall your last hangover.

2. Minimize the Effects of Emotional Strain

The physical component of energy

is the most obvious, but often it is the least significant. Doctors estimate that four out of five patients who complain of fatigue are in fact complaining about an emotional problem, not a physical one.

Stress is a major factor. Stress is a necessary part of our lives and an important survival mechanism, but often it is channeled destructively into distress.

Like your prehistoric ancestors, you frequently respond to personal threats or loss with the "fight or flight" response—muscles tense, breath quickens, the heart pounds and adrenalin rushes into the bloodstream to provide extra strength. Unlike the cave dweller, you often have no outlet for this response—nowhere to run, nobody to fight. So stress stays inside, wearing you down not only as fatigue but also as headaches, ulcers, asthma, low back pain and heart disease.

Anxiety is closely related to stress. Everyone experiences anxiety at some time. You worry about things in the future, about what other people think of you, about whether you will succeed or fail, about how you measure up to others in looks or abilities (or energy level), about whether you are lovable and loving. Worrying takes a lot of energy. You may also feel it in such physical forms as nervousness, insomnia, irritability, lack of concentration or sexual dysfunction.

When anxiety turns into feelings of frustration or futility, the result is another emotional energy drain, depression. Depression may stem from

Stress that has no outlet leaves behind tense muscles, high blood pressure and shortness of breath. Exercise releases the "fight or flight" mechanism as it was intended to be released—fleeing down the cinder track, beating a tennis ball's brains out, taking a punching bag to lunch, swimming, or whatever happens to be your favorite vigorous activity. Exercise drains tension from the muscles and acts as a soothing tranquilizer (in addition to restoring alertness as mentioned earlier).

It also takes care of the high blood pressure and shortness of breath, if you exercise regularly enough to build up your heart and lungs. (This is covered in more detail in the article on page 4.)

Another way to counter stress is through relaxation. Deep relaxation techniques, such as those taught in yoga and Transcendental Meditation, turn off the "fight or flight" response by quieting the nervous system that triggered the response. At the same time, relaxation allows your mind a break. By taking a few minutes to let your mind go blank, you can release the energy that you were spending dealing with worry and depression. Practitioners of all the relaxation techniques claim they gain renewed alertness as well as physical rest.

3. Get Totally Involved in What You Do

The third component of personal energy, attitude, is probably the most crucial. It falls into place, however,

your attempts to lead an independent adult life, to be a good student, to be a social success, to live up to other people's expectations. When you feel helpless and worthless and lonely and beaten, you also feel exhausted. Depression often is manifest as a loss of interest in any activity, loss of appetite, headache, sleeplessness or nausea.

The emotional component of fatigue does not lend itself to quick fixes and instant cures (though some sufferers turn to drugs with exactly that in mind). But there are a few things that you can do to help release the energy you are investing in stress, worry and feeling blue.

One is exercise.

only if the physical and emotional components are in shape. It is attitude which separates the Diana Dynamos of this world from the rest of us. They always seem to be having fun. Even when they are elbow deep in "work," they take to it with the enthusiasm of children elbow deep in a mud puddle.

What makes something fun? Psychologist Mihaly Csikszentmihalyi recently theorized that we experience joy in those moments when we are totally involved in what we do—so involved that we lose all sense of time and of things going on around us. We even lose any sense of ourselves; we become one with the activity and experience a sense that everything is "right." He calls these moments "flow." Psychologist Abraham Maslow called those moments the "peak experience" and noted that in those moments we become "spontaneous, coordinated, efficient" organisms functioning so effortlessly that we are almost playing.

Diana Dynamo is a powerhouse of energy because she is at play, not at work. That's easy enough to understand. You may be very tired from hours of studying biology, but notice how swiftly you find reserves of hidden strength when somebody suggests a spontaneous party!

More significant, perhaps, energy results from the ability to focus attention on one thing at a time. This is critical to the "flow" or "peak experience," and it's a difficult skill to master. You have plenty of energy, but most of the time it is being dissipated in several directions at once. While reading, you may be listening to the radio, waiting for a telephone call from a friend, worrying about your grades, planning your next weekend.

Boredom is an inability or unwillingness to become actively involved or totally immersed in anything. When you are bored, you feel alienated and apart. Boredom is terribly fatiguing.

Involvement and focused concentration are not fatiguing; they are vitalizing. They represent the highest use of energy—channeled full-strength without restraints.

To maximize your energy, you must either be able to commit yourself totally to the enjoyment of what you are doing or else do something that you can enjoy. But it's all interrelated to the physical and emotional components, too; you can't really concentrate all your attention on one thing if your energy is being sapped by worry or tension. And you won't have any energy to concentrate if you're not getting enough sleep, food and air.

Energy? You have lots of it. All you have to do is develop it. □

