

## Randall, Jones slated to speak on Monday

Phil Randall, manager of human resources for Ohio Bell, and Attorney Nathaniel R. Jones, chief general counsel for the NAACP, are featured speakers on the Black History Month agenda for Monday, Feb. 13.

Phil Randall will speak at 2 p.m. in Kilcawley, Room 236, on "The Forgotten Hero, the Black Elderly."

Randall received his B.A. degree in education from YSU and is a former football player for the University.

As the chairman of the Akron Senior Citizen Advisory Commission, Randall is a consultant and lecturer in the field of pre-retirement planning and aging. Randall has his M.A. degree in Educational Gerontology from the University of Michigan and his Specialist in Aging Certification from the Institute of Gerontology of both Wayne State University and the University of Michigan. He is currently in the doctoral program in education at the University of Akron.

At the present time, Randall is the manager of human resources for the Ohio Bell Telephone Company and Program Associate and lecturer for the Institute of Life-Span Development, University of Akron.

Jones will speak at 7 p.m. in the Chestnut Room, Kilcawley also on Monday.

Jones is a native of Youngstown and a graduate of Youngstown College. He was honored with a Doctor of Laws degree from the University in 1970.

Jones is former Deputy General Counsel to the President's Commission on Civil Disorders, an Assistant U.S. Attorney for the Northern District of Ohio and Executive Director of the Fair Employment Practice Committee of Youngstown. He has been active in the Mahoning County Ohio and Federal Bar Associations as well as the Youngstown Urban League and the Mahoning County Welfare Advisory Board.

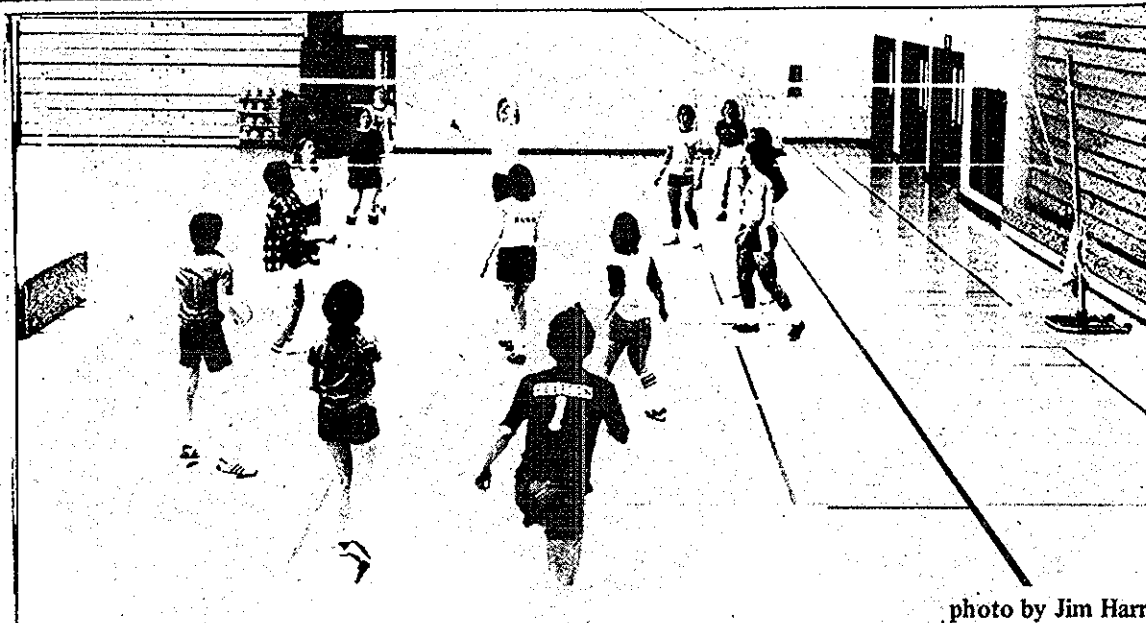


photo by Jim Harris

Intramural action - Volleyball competition is just one of the intramural programs planned for winter quarter. A new awareness in exercise and activity is around the country and YSU is caught up in the action, too. See special exercise, pages 10, 11 and 12.

## Experts argue on proximity of mine shaft to Kilcawley

by JoAnn Nader

Is there or is there not a mine shaft under the Kilcawley Men's Residence Hall? Two University experts cannot agree.

"Yes, the men's dormitory does stand over a mine shaft,"

said Dr. Ann Harris, geology, resident authority on the shafts.

"No. There is a shaft 100-plus-feet southeast of Spring and Bryson Streets, but the high-rise itself is not over a mine shaft," said Dr. John Cernica, civil engineering, whose consulting firm performed the test drillings prior to the dormitory's construction.

Harris said that, "In spite of the shaft being under the building, Kilcawley is perfectly safe." She added reassuringly, "There is no chance of collapse, because of the construction," of the building. The dormitory was built on "a floating foundation," made of a two-foot-thick bed of concrete with pilings around the outside edge, forcing the outer edges to support the dorm, explained Harris.

According to Cernica, the foundation is three-foot-thick concrete, minus the pilings. This special foundation was built, not because there is a shaft under the dorm, but because the rock formation at the southeast corner of the building drops eight to 12 feet below the sur-

face, claimed Cernica. Shale is found eight feet below the surface at every other point under the dorm, except at that particular corner. Here the soil strata is thicker; therefore, the foundation was built to prevent sinking at that corner, he explained.

The shaft, as well as most of the mines in the Youngstown area, was in operation during the 1800's and was abandoned later in that century, said Harris. It was then reopened during the depression, when individuals would mine for coal for their own private use, she added. The exhausted mine was then used as a garbage dump, she reported. While filling the mine with garbage, a dump truck sank into the mine, said Harris. "I find it interesting that a dump truck is buried under the dormitory."

Several openings lead from the mine to Crab Creek, located on the opposite side of Smokey Hollow, Harris reported. These were discovered when, during the thirties, two boys crawled into the shaft and scrambled

(Cont. on Page 9)

## OSCEA 'ready to go'

## University, employees to debate contract

by Sharyn Williams

Contract negotiations may soon begin between the administration and the classified employees of YSU, represented by the Ohio Civil Service Employees Association (OESEA).

According to Merle Linsensbiger, YSU president of the local chapter of OSCEA and Steve Lieber, OSCEA staff representative, no appeal has been filed by the Service Employees International Union (SEIU) to

the Supreme Court, requesting that another election be held at YSU to elect a collective bargaining agent that would represent the interests of all YSU classified employees.

Linsensbiger said that a letter had been sent to the administration on Wednesday, stating that the OSCEA is ready to go ahead with negotiations for a contract.

Phil Rogers, director of per-

sonnel, also reported that to his knowledge no appeal had been filed by the SEIU.

As of yesterday, Rogers said he had no word from the OSCEA requesting that negotiations begin and Rogers had no idea when they will start.

After losing their bid in the Court of Appeals on Dec. 22, the SEIU had the option of appealing to the Supreme Court. They had 30 days in which to make this appeal.

Now that they have not appealed the Dec. 22 decision, the way is set for contract negotiations.



photo by Rick Huhn

Gymnastics - Bonnie Romanko dismounts from the balance beam in competition against Kent State Wednesday night in Beeghly. The team suffered their fourth loss, but Coach Helen Mines is confident the team will still qualify for regionals.

## Student groups may lose funding for not meeting budget deadline

by Sandy Kachurek

SEVEN student organizations may have their funds rescinded because they failed to make the quarterly report deadline. Every student organization that is budgeted by Student Government was required to fill out and submit a quarterly report form. Those failing to do so were to have their present funds frozen.

The deadline for this form was the end of the fourth week

of school. The form's information related how much money remained in a student organization's budget and how much more the organization planned to spend.

Student Government warned that any student organization who did not submit their report on time would have their funds frozen. Feb. 3 was the due date for late quarterly reports. Stu-

dent organizations failing to meet that deadline were refused funds for next year. "We [Student Government] are not being mean. It is a policy that the student organizations have to abide by," said Tony Koury, student council representative.

George Giaros, president of Student Government; Jimmy Jiminez, secretary of finance of

(Cont. on page 3)

## Dorm residents' active minority YSU's status generates apathy

by Larry Detwiler

What is the difference between campus life at YSU and activities on live-in campuses?

The majority of students agreed that the main problem, if one could be singled out, was apathy. Not only did they insist that apathy was strong within the student body, but also within the faculty-staff members as well. Many blame the correlation of the apathy of the student enrollment and faculty members to the overall poor attendance in nearly any event sponsored on campus. The students also felt this lack of involvement would not be so if YSU was not a commuter college.

Greg Kiddon and Mickey Brooks, both senior chemistry majors, stated that most campus life is off campus. They cited Pogo's Pub, Tony's Hideaway and Inner Circle as being primary sources of entertainment. They also stated that the Thursday evening movies are a good idea, but that a lot of other campuses show first-rate movies for free.

Terry Stokes, sophomore nursing candidate and transfer student from Kent State University, said YSU did not offer nearly as much as Kent in the form of entertainment and movies. She then compared YSU's Pub to Kent's Rathskellar and was unable to avoid using the word closet, referring to the size of YSU's Pub.

Tim Lane, English major and transfer student from Capitol University, said that Capitol was a dead university for social life, but had a higher intellectual

atmosphere. The social life was easily made-up for at nearby Ohio State University.

Jeff Covington, physical education major and dormitory resident, offered his philosophy on the situation by stating "It stands to reason that there will be more activity on a live-in campus than on a commuter school."

Along with Covington, however, most of the dormitory residents are creative about keeping an entertaining campus life. The Residence Hall Association sponsors a variety of activities that not only offer entertainment, but participation as well.

Rick Eplawy, in charge of Kilcawley Men's Residence Hall, said that the Residence Hall Association sponsors mixers; has an entertainment and magazine committee, and organizes various committees to provide on-campus events. For instance, such activities as this year's Gong

Show are sponsored by the Residence Hall Association. The magazine committee also sees that leisure-time reading material be available, centering in on sports and typical "girlie" type literature.

Most dormitory members also participate in some type of sport. Many are on varsity teams and an equal number are in intramural events.

Of the 206 dormitory members, there are very few who do not get involved. This is in contrast to the large percentage of commuter students who either cannot, or choose not to, participate in on-campus affairs. But off-campus students do

find time to participate in intramural sports activities. Denny Stoneman, senior history major, said that the intramurals are "a good way to exercise and relieve tension and still have a good time."

Ted Harding, junior physical education major, supported this by saying, "My volleyball team keeps losing, but we'll win eventually." He also indicated that he made good use of YSU's Pub.

Obviously, many students do find YSU adequate for their needs, even though it is a commuter campus. Another obvious fact is that since YSU is a commuter campus, many students simply are unable to get involved, due to proximity. But for whatever reasons there may be, YSU does seem to remain a rather quiet college campus.

## CAMPUS SHORTS

### Lecture on Blood

Dr. F. Merlin Bumpus, Chairman of the Cleveland Clinic, Division of Research, will be presenting a seminar on Friday, Feb. 10, 1978 at 3:15 p.m. in Ward-Beecher, room 213. The title of this seminar is "Angiotensin Polypeptides and Their Role in Blood Pressure Control."

### Fusion Energy Movies

The American Nuclear Society presents 3 movies on fusion, at 10 a.m. to 12 noon, Friday, Feb. 10, in room 4, Engineering Science Building.

### Children's Group

Mahoning County Children Service Board is requesting volunteers to work with a group of children one morning a week for 2 hours while their parents participate in a group. This is more than a babysitting job, as you will be setting up your own program. The program is for 20 weeks, beginning next week. For more information, please contact the Volunteer I & R Service immediately, Room 269 Kilcawley Center, ext. 500.

## Firestone offers 20 percent discount on car items to YSU students

by Sandy Kachurek

All YSU faculty, staff and students can receive a discount of up to 20 per cent on the purchase of car items and home appliances at Firestone stores, announced Student Government in Tuesday's *Jambar*.

The discount program offers 20 per cent off on regularly-priced tires and 10 per cent off sale-priced tires. Repairs, including parts and labor and auto accessories, are discounted 15 per cent off the regular price and 10 per cent off those sale priced. Home appliances, such as tele-

visions and bicycles, are 15 per cent off, but include the cost of the freight. Home appliances are available at designated stores only.

Nine area stores will honor this discount program to any University associated person presenting a valid YSU ID card. The discount is good through March 31, 1979.

A Firestone representative contacted student government and offered their discount program. "The University is a big market," explained George Glaros, president of Student Government. A program of this kind tends to increase the company's sales. It encourages students, faculty and staff to buy items from their store.


Students are taking advantage

of Firestones' offer. Commented one student driver, "This discount came at the right time for me. Yesterday, my father told me that my car needed a new battery." Another car owner said, "I was going to price new tires. Now, I'll just buy them with my discount."

Glaros said that student government is looking into the prospects of expanding this type of discount program to include other area businesses. "We have to wait and see how successful the Firestone program is before we expand," said Glaros. If successful, Student Council will seek permission from Student Affairs to form a committee to solicit participation from other businesses.

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**YSU Bookstore**  
**Kilcawley Center**

*Speech team places sixth*

**O'Rourke takes top honors**

by Carole Colburn

The YSU Speech team placed sixth overall at the Toledo "Class City" Forensics Tournament held Feb. 3-4 at Toledo College.

Two members of the team placed in two events each and other members of the team participated and placed in the state's experimental event, Reader's Theatre.

Dan O'Rourke, senior, speech, took top honors in extemporaneous speaking and fifth place in impromptu. O'Rourke spoke on the FBI in the final round of extemporaneous to take first place and beat the 1977 national champion, Butch Maltby.

Extemporaneous speaking involves receiving a topic on a current affair, preparing for 30 minutes, and then delivering the speech. Information for the speech is obtained from current news magazines, usually kept in a file by respective teams.

O'Rourke also placed fifth in impromptu speaking, which involves delivering a speech just minutes after receiving the topic. These topics are generally very broad-based and the speaker needs no "real preparation" to deliver the talk.

George Cheney, junior, psychology also participated in extemporaneous speaking, taking fifth place honors in the event. Cheney spoke on the Federal Reserve Board.

Cheney also received a sixth place trophy in informative speaking. He delivered an eight-minute oration from memory on "The Creative Thinking Process." This tournament marks the fifth in a row that Cheney has placed in at least one event.

Five members of the team took fifth place in Reader's Theatre. Their selections included James Thurber's "The Little Girl and the Wolf," Allan Sherman's "Camp Granada," and Saturday Night Live's "The Coneheads at Home." The members who participated were O'Rourke, Lateefa Duke, Josanna Parenti, Ed Carson and Matt Sobnosky.

Thus far, the team has qualified 12 positions for national competition, which will take place in Monmouth, New Jersey, this April. The assistant coach, Kai Sorensen, feels that the team is doing well and expects to have more qualifications before then.

**English major to be chosen as recipient of Hare Award**

The Robert R. Hare Writing Award will once again provide \$500 to an English major at YSU who has demonstrated distinction in writing ability. The award, established in 1974 in memory of Robert R. Hare, former faculty member of the English department, will be presented this spring.

Candidates may apply for the award by submitting his or her dossier to Dr. Virginia Hare, chairman of the Writing Award Committee, English department. Deadline for entries is March 7, 1978.

The dossier must include a sample or samples of the candidate's work. There is no limitation as to the length of the sample, but the maximum number is limited to three complete works. Dossier's may also include publication records (limited to the last three years), awards won for writing, faculty recommendations or recommendations from experts in the writing field. The grade on papers submitted for a course in an accredited educational institution and evaluations by specialists (such as editors of a publication or a teacher of a writing course) may be included.

The requirements for entry are:

(1) Demonstrated distinction in writing. Writing is defined as including poetry, fiction, drama,

exposition, and journalism.

(2) The candidate must be a full-time undergraduate English major at YSU

(3) The candidate may not have won this award the preceding year.

The 1978 committee for the Robert R. Hare Writing Award is composed of four members of the YSU English Department faculty. They are Thomas Gay, Carolyn Matindale, Stephen Sniderman and Hare.

Although it is expected that this award will be given each spring, if the committee finds no applicant worthy of the award, no award will be given.

**Fund lost**

(Cont. from page 1)

Student Government and Linda Hayes, secretary of finance for Student Council will make the decision to rescind the seven student organizations' funds.

The seven student organizations in question are the African Student Union, the History Club, the Israeli Student Organization, the Italian Club, the Math and Computer Science Club, the Student Nurses Association, and the Student Social Workers Organization.

**PENGUIN REVIEW**

**104 RAYEN**

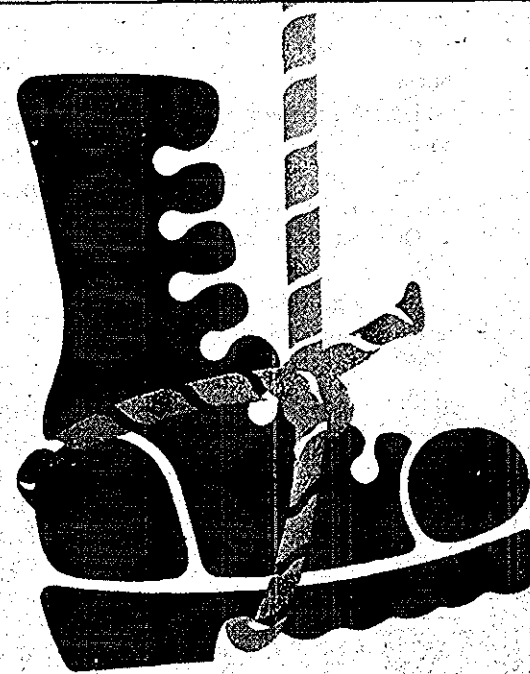
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**do it on a rope**

Military Science 999, Leadership Lab., offers the student the chance to learn Mountaineering skills such as rappelling.

Military Science 503, the Military and National Security, is a one (1) quarter-hour course which looks at foreign policy decisions and their military implications.

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**ARMY ROTC**

# opinions

## Energy conservation

To many at YSU the coal strike may be an item of little interest or concern, yet the effects of the strike are having a direct impact on the smooth operation of this University.

The coal supplies of the University are dwindling and even if the strike ends immediately it will take time before coal supplies can be replenished.

Edmund Salata, dean of administrative affairs, and his staff have been working on ways to help the University conserve energy.

Their objective was to have the University's consumption of energy reduced by 25 percent last Tuesday. The figures are not yet known as to whether this goal has been achieved but Salata expressed optimism.

Cutting back the heat in buildings at 10:00 instead of 11:00; having custodians work from 3 p.m. to midnight, instead of midnight till dawn, and reducing the level of lighting in buildings where it is possible, are some of the methods being used to conserve energy.

Changing a University's energy consumption habits is not an easy job and Salata and those who have worked with him on the project are to be commended.

Salata said, "The objective is to do everything humanly possible short of affecting the academic program."

Hopefully the coal strike will be concluded soon and the present efforts will have been successful enough that more drastic steps will not be needed.

### Letters:

"Keep it up Guz"

To the editor of the *Jambar*:  
(From the faithful of "Guz")

In reply to the nasty letter to the editor I read last week concerning the value of space wasted in the "Guz Says" column, I am here to say "keep up the good work Guz!" I read the *Jambar* every week (2 times - more than I read Mendoza) and I think Guz follows the style of Art Buchwald. (Of course, Guz is a little different,

but ...) I think it is nice to know that someone else thinks like I do so I won't get depressed and feel I'm the only bright guy around.

One last thing, pertaining to an earlier letter I read concerning Guz's wages for writing. The letter stated Guz should earn \$60,000 annually. I'd like to know if he really made that much with the *New York Times*.

Jerome Crowe  
Freshman  
Business

by Guz Scullin

The bars on campus seem to be a favorite place for students to "hang out," or have a "groovy" time. It is in these bars that the student does not have to worry about his point average, or about that teacher who "is flunking me" because he don't like my name. At the bars, students can relax, and forget about everything - except how they are going to swing the money for the next round.

I decided last Friday to see what bar life was like, so I strolled into one of the more popular bars on campus - strictly to do research. Honest, hic, hic, excuse me while I go to the bathroom...

I'm back, I feel much better. Jay Blue is an average YSU student. He is a regular in the saloon on Fridays, and I talked to Jay about bar life.

"First, you have to understand," Jay said as he lit a Winston cigarette, "people come here to have fun. That fun might be kicking the jukebox when a disco song comes on, or getting loaded, or picking up chicks. Me, I do all three. About chicks, believe-you-me, a lot of chicks come here to pick up guys. I know."

Just as Jay was saying this, a buxom blonde walked past our seats. Jay tapped her on the

Mapes fantastic

To the editor of the *Jambar*:

I would like to take a minute to thank the Kilcawley Center Program Board for bringing in Jim Mapes, the hypnotist, last Tuesday. I'm sure that I speak for the hundreds of people

shoulder and said, "Hey toots, wanna get lucky?"

The girl turned to him and said, "Drop dead jerk!" She then walked away.

Jay turned to me, "She loved it - she just wants to play hard to get. See, when a chick says 'drop dead,' what they are really saying is 'lets go to your car and make out.' Watch me try again."

Jay walked up to the blonde and said, "Wanna go to my car and see my new set of sponge dice? I've got them hanging with my high school tassel on the rear view mirror - it's really neat!"

The girl looked at Jay and raised her beer glass over his head. She then dumped the beer on Jay. He turned, and walked coyly back to his bar stool.

"Well, maybe she wasn't my type after all," he said as he combed his hair.

Another person I talked to was Sam Stud, the playboy of the bar. Sam was dressed in a lavender leisure suit, and had love beads dangling from his neck. He wore a ring on each finger, and a bracelet that read "Hello, my name is Sam I'm easy."

"Sure, I know how to pick up chicks," he said as he nursed his beer. "First you put your

present in saying that Mapes' "act" was mind-boggling and fantastic. I surely hope that KCPB can bring Mr. Mapes back very soon.

Robert J. Durick  
Freshman  
CAST



## GUZ SAYS

arms around their waists, then you lift them! Yuk, yuk, ha yuk-get it! Pick up chicks!" He began to slap his knees, then fell to the floor laughing. I could see why this man was so irresistible to girls - he had class. After rolling on the floor for five minutes, he got up and excused himself for his "insane sense of humor."

"Seriously though, picking up chicks is easy. Just walk up to them and say something like, 'don't I know you from some-

where,' or 'weren't you in a dream of mine?' Those are two of my favorites."

I asked Sam if he would teach me how to pick up girls. He gave me this advice: Just be cool." I asked him how. He said he would give me a quick lesson. He walked up to the blonde who had jilted Jay. He said, "Pour a beer over my head, baby." The girl then said, "Lets go to your car and make out." The two left. I was amazed.

I walked up to a brunette, and asked her to dump a beer on my head. She did. I guess true cool can't be taught.

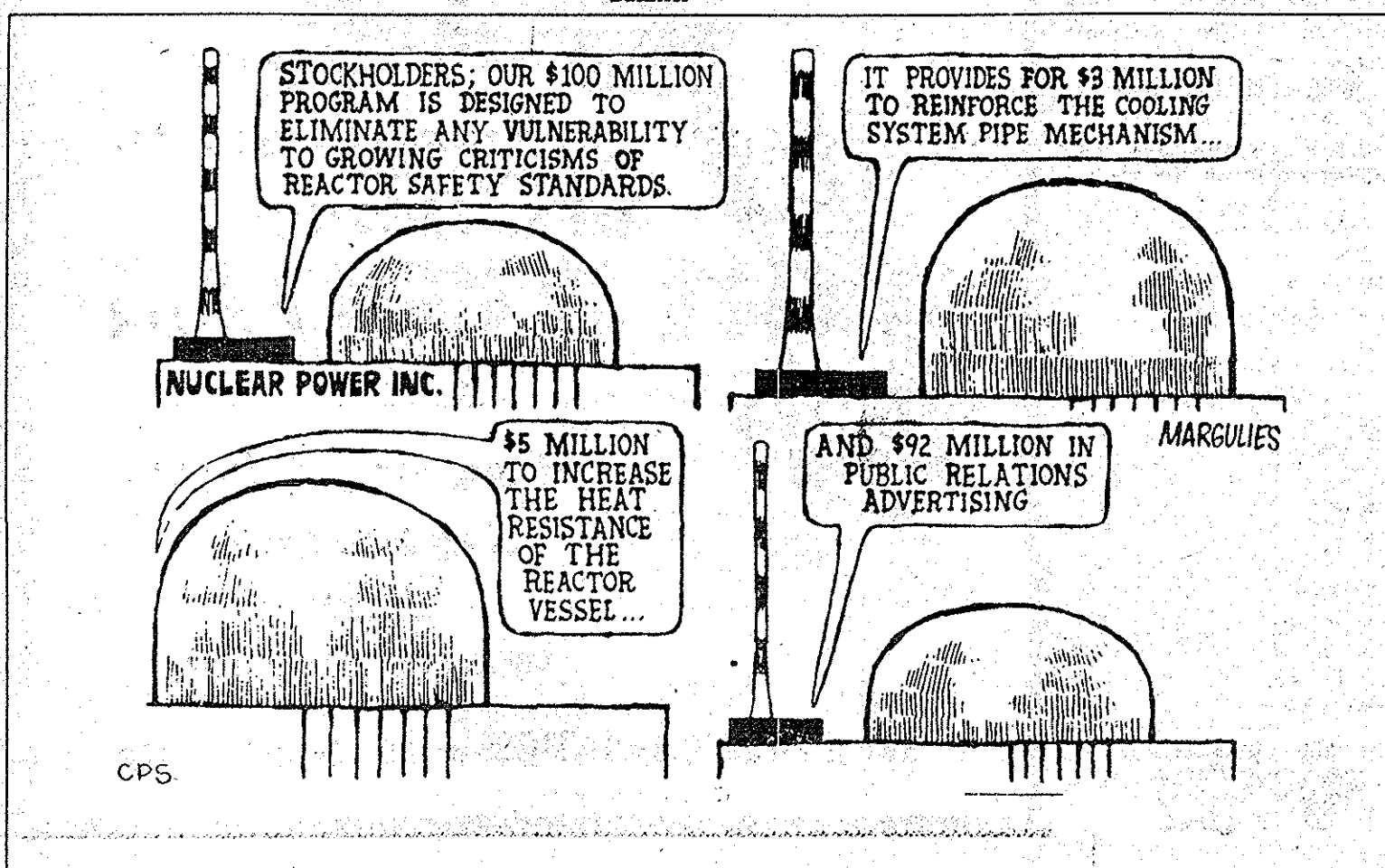
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## CONSUMER REPORT

by Jeff Gallant

Students having trouble with numbers may find help in the form of a calculator. There are calculators available to help with courses in business, economics, statistics, engineering, math and science, as well as with balancing the budget. The calculator best suited for a person depends on his needs.

When buying a calculator, do not buy one that performs more functions (operations) than is needed. An economics major probably does not need a calculator that performs trigonometric functions. If a buyer is not familiar with the functions on the calculator, he should not buy it. Those impressive-looking functions will just add to the cost of the calculator, and will not return anything to the buyer except a bigger bill.

When buying a calculator, the buyer should expect to get what he pays for. Almost all calculators that I have seen come with a warranty, usually good for a year. I strongly recommend not buying any calculator that comes without a warranty. Generally, the more that is paid for a calculator, the better quality it will be and the more functions it will perform. One way to test the accuracy of a calculator (an indirect measurement of quality) is to enter an eight digit number, such as 12345678. Then press the logarithm key and then the exponent key. The closer the number comes to 12345678, the better the accuracy of the calculator.

The most notable feature of a calculator is its display. There are three types of display: light emitting diode (LED), fluorescent and liquid crystal. The differences between the types does not affect the performance of a

calculator, although the way in which they are positioned and their brightness does.

Make sure that the display on the calculator can be read at an angle, as when lying on a desk top. Some models come with stands that makes using them on a desk top easier. The display also should be bright enough to be read in the sunlight. I have found that the red LED display is easier on my eyes than the green fluorescent or the black on yellow liquid crystal. However, this is an entirely personal preference.

Two other important features to look for in a calculator are the keyboard and the power supply. Calculators have an enormous drain on batteries, so one with an adapter and rechargeable power pack would be the best buy. The keyboard, like the display, should be easily read when placed flat on top of a table. Symbols on the keys should also be engraved, rather than printed, on. If the symbols are just printed on, they could wear off. Also, there should be some "feel" to the keys so the user can tell when something is entered by touch, rather than having to look at the display. This sense of "feel" becomes important when entering long equations.

Finally, not all calculators work on the logic system. Most calculators use standard algebraic systems, although some use Reverse Polish Notation (RPN). RPN was developed to make more efficient use of the keys by using fewer steps than algebra. The RPN system requires some getting use to, and it is usually found on some scientific calculators. I like it if for no other reason than it stops people from borrowing my calculator when I am trying to use it.

### Phone calls to be limited after Centrex conversion

Out-going University telephone calls are now being limited due to the new "measured rate" business billing service.

YSU changed to this new measured rate billing service on Jan. 28, 1978, as part of the rate increase granted to the Ohio Bell Telephone Company in 1976.

Edmund J. Salata, dean of administrative affairs, requested that only those calls necessary in the performance of an office's duties be made. Only emergency personal calls may be made.

YSU has 50 trunk lines on the currently operating PBX telephone system. A flat rate is charged for the first 80 calls placed over each of these 50 lines, a total of 4,000 calls per month for the entire University.

After these 4,000 calls, YSU is charged 9 cents for each completed local call. Long distance rates will continue to be the same.

All completed local calls will be subject to the 9 cent charge when the University converts to the new Centrex Plus II system on March 28. A computer tape will keep track of the calls each department makes and they will be billed accordingly. The tape will report each local and long distance call, city and number called and the number from which the call was placed.



## 'Vehicle Persona' presents problem for some YSU commuter students

by Larry Detwiler

Parking at YSU is not as much as a problem as many would imagine. As a matter of fact, parking is not any problem at all. The real problem is that the drivers of many cars begin to act and resemble the type of auto that they purchase. The style, shape and year that a certain car in many cases, will determine the personality of the driver. Among psychologists, this is known as the Vehicle Persona, or a person's innate unconscious ability to become like his car.

Joe Crowdog, YSU parking lot attendant by Southside Hospital, agreed completely with the notion of the Vehicle Persona. He stated quite simply that "the intrinsic qualities of this trait remain astounding." He added that there are enough spaces, but there is a problem with Chevy trucks and Ford vans taking four spaces because of the macho image their owners intend to portray.

Hank Snowbank, parking lot

attendant in one of the new lots above Wick Park, also said that there is no space problem, but added that too many ordinary red Vegas try to park next to new, sexy-green Volkswagens.

One student, who wished to be known only as "Caddy Fred," insisted that everyone else's cars were inferior to his, since his car is bigger and better and naturally deserves more space than others. Fred did not go on to say, however, that he did not object to the Bill of Rights.

Brucie McFagiand says he has no problems in parking his tiny pink Pinto, but does admit to having some trouble with the entrance and exit ramps. He says that they are all "so filthy, dirty and muddy for little me."

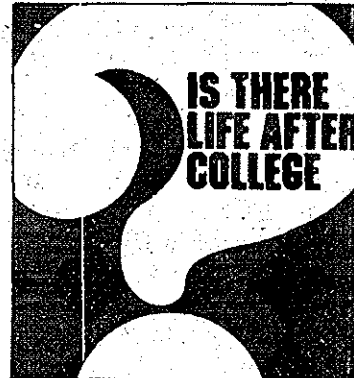
Leona Lovesatin says the only trouble she has parking is in trying to back her old De Soto into places because the rear fins are so large, and the bumper in front is so big. She says the temptation to pull it in straight is overwhelming sometimes.

William Coleslaw said that he never received any respect or parking spaces from the lot attendants because, as he put it, "I treat them very vulgar." He also directed a few choice words to another driver that was temporarily in his lane, before speeding away in his 1967 four-door Rambler stationwagon.

Actually, the parking situation is not bad, and ultimately any problems existing in this area are due to the Vehicle Persona. Besides, I've yet to hear any student complain about not finding a place to park in YSU's Pennsylvania lot.

### Top Ten Intramural Basketball

1. Windjammers
2. Kilcawley Diseases
3. U. Jama
4. Ohio Players
5. M.V.R. Cards
6. Bonzo
7. Uncle Dom's Squad
8. Theta Chi
9. Commandore's Return
10. Fishermen



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photo by Jim Harris

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Paintin' painter-Thomas Kraker, graduate student in art who also is painting foreman of YSU's physical plant department, shows several of his abstract expressionist works now decorating the Maag Library lobby.

## Student's attitude on art changes from hate to love

by Barbara Janesh

"I thought it was a cop-out. It looked so damn easy that I thought a 7-year-old could do it," explained Thomas Kraker, YSU painting foreman and graduate student in art about his beginnings as an abstract expressionistic artist.

Abstract expressionism, a modern form of art, is primarily concerned with color, design, rhythm, and manner of applying paint, rather than with actual reproduction of specific or recognizable objects. It is now Kraker's specialty.

"I started reluctantly, fighting it all the way," continued Kraker, who, as an undergraduate art student at YSU, was required to paint abstract expressionism. "After about a year, I began to get a feel for

this type of art. Then it became a love affair."

Kraker expressed different aspects of that love affair in eight of his paintings, which now decorate the lobby of Maag Library.

Kraker's "romance" had its beginnings nearly seven years ago, shortly after he came to Youngstown from his home in Midland, Pa. He had worked in graphics and advertising, and Kraker believed that he had artistic talent. "But," he said, "I wanted some direction, someone to put an edge on that talent."

So, Kraker enrolled in YSU's art program in 1971 at the age of 36, looking for that direction. Six years later, he graduated with a BFA, with a major in painting and a minor in printmaking. During that time, under the influence of Professors Bright and Jon Naberezny, Kraker switched from his original field of landscape art to abstract expressionism, which he now describes as a "fantastic way of painting."

Kraker enjoys the freedom he has as an abstract expressionist. "In realism if you're doing a picture of a nude, it better look like a nude. Here, there are no restrictions on your ability or on your want to create. It (abstract expressionism) is a free extension of oneself," Kraker continued, "It gives me a chance to express myself in such a way that it can and does give pleasure to the viewer. The paintings can be very bold, profound, even religious."

Kraker, who described himself as a "prolific painter," completes three paintings per month and boasts of 90% sales record. But, for him, the fact that others like his work and are buying it is "a bonus, icing on the cake."

What is more important to Kraker is that he pleases himself. As an artist, he takes pride in his work. "I like it. I did it. I paint for myself. I paint for Tom Kraker."

Kraker does more than just paint for himself. He is also a printmaker and photographer and enjoys all of his work. Although he learned both of these skills at YSU, Kraker believed that experience is the best teacher, and has provided himself with many "educational opportunities" in the variety of jobs he has undertaken in the past. Kraker's employment has ranged from car sales and mill and packing house work, to management of the Southern Park Mall.

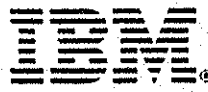
Currently, Kraker is employed at YSU as painting foreman. The "paintin' painter," as his friends call him, is responsible for supervising all painting at the University.

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# sports

## Penguins lose by 2; tourney bids look slim

by John Creer

YSU's basketball squad has six games left on their schedule... but for all intents and purposes their season ended Monday night.

Barring a miracle from divine Providence, the Penguin's post-season tournament aspirations will not be realized after the 87-85 upset in overtime to the University of Buffalo in an away game.

The Penguins, consistently inconsistent all season, now stand at 13-7; which includes a woeful road mark of 3-6. And considering that half of their remaining games are away, the chances of Dom Rosselli's proteges receiving a tourney bid are about as slim as, well, the chance that the sun will rise in the west tomorrow morning.

A perplexed but confident Rosselli feels that his team still has a shot at the Great Lakes Regional to be held March 2-4. "We're still hanging in," states Rosselli, who points out that "many of the other teams currently in contention for the tourney are having troubles too. The right combination of our winning and certain teams losing will provide a spot for us."

Rosselli, like the vast, vast majority of coaches, players and fans alike, simply cannot explain that strange phenomenon that seems to hinder every team on the road: Professional, college and high school teams have always been afflicted with the "Away from Home Blues." The knowledgeable Rosselli feels that the fans of respective clubs play a much larger role than many people are aware of.

"The environment is important; the fans and the court," remarks Rosselli, "a home crowd can be a catalyst of inspiration... fans can lift any player just a little more than he or his coaches can."

An excellent example would be the recent Akron victory. Despite being an away contest, the Penguins, provided with support from a large contingent of fans who made the trek, staged a fine rally to upend the Zips.

Monday's debacle came against a team with, now, a deceiving 3-15 record. Two of Buffalo States' wins have come against YSU and the Bulls have faced a myriad of Division I schools, which is reflected in their anemic ledger.

A clash of two outstanding centers highlighted the fray. YSU's All-American Jeff Covington, adding on to his all-time scoring mark, came through 34 points and 17 rebounds. Sam Pellom, of Buffalo State, coun-

tered with 30 points and 17 rebounds and saved his best for last. In the overtime period, Pellom went for the jugular of the Penguins by scoring seven of the Bulls' final eight points, including two crucial free throws with seconds remaining.

The Penguins had started out in fine fashion, accumulating a comfortable 44-37 halftime margin and maintaining that seven-point spread through most of the final half. However, the Bulls regrouped and staged a frenzied charge to nod the score at 79. From there on, it was "all" Pellom.

YSU was hampered the most because the usually steady Gerald Parks suffered an off night. The Penguin's "spark" was not able to generate much of anything and converted only 4 of 15 field attempts before fouling with only minutes remaining. In addition to Covington's fine output, forward Frank Andrews, "Mr. Anonymity," scored a career-high 25 points and corralled 13 errant shots. Andrews, who has never received deserved recognition, pumped in 12 of 18 floor tries.

Guard Joe Votino, in one of his better performances, had 10 points and served out 16 assists to cap a fine floor game. Forward Steve Miodrag, hampered by a pesky cold, played admirable considering the circumstances scoring 6 and grabbing 7 rebounds.

Team-wise, YSU meshed half of their 76 field attempts and converted 9 of 12 foul shots. Pellom's teammates provided a strong supporting cast as Larry Jones and Ed Johnson each netted 22.

The Bulls cashed in on 36 of 79 floor attempts, 46 per cent and 15 of 21, 72 per cent, at the charity stripe.

An unbelievably small turnout of 125, yes 125, watched the contest.

The Penguins will return to "Home, Sweet Home," tomorrow night for an 8 p.m. tip-off against a formidable Mankota (Minn.) College aggregation. The Mavericks are 11-9 on the season but lost by only ten, 65-55, Wednesday night to Green-Bay Wisconsin; the top-ranked, undefeated, Division II power.

**YSU Baseball Program**  
All pitchers and catchers interested in participating in YSU's baseball program, veterans and newcomers, are asked to report to coach Dom Rosselli, at their convenience in the near future.

Rosselli's office is located downstairs in Beeghley Center's Athletic Dept., Room 102.

## Intramural bowlers finish second week; Volleyball activity enters fourth night

by Linda Jo Smith

Intramural bowling rolled into its second week of competition, with Hana's Bananas defeating Valley Crew 4-0 for their second straight win. Kilcawley Diseases took a 3-1 win from Herpes Simplex Virus III. Bo's Pros out bowled the Niles All Stars to win 3-1. The YSU Bowling Club kept their record unblemished, rolling over Kilcawley II 4-0.

Women's action saw the Rothetts take four from Lil' Sig Taus. Pure Disgust picked up a 3-1 win over the Women of Valley Crew. Delta Zeta captured their first win, de-

feating Alpha Omicron Pi 4-0. Phi Mu held on to beat Sigma Sigma 3-1 in a close match.


Fraternity play had Sigma Alpha Epsilon rolling over Phi Sigma Kappa 4-0. Sigma Phi Epsilon picked up another four from Tau Kappa Epsilon. Theta Chi captured a 4-0 victory over Nu Sigma Tau, while Phi Kappa Tau defeated Sigma Chi 3-1.

Intramural Volleyball swung into its fourth night of action. YSAS came from behind to defeat Red Pride 2-1. Kilcawley II took a 2-0 victory from the Assassins. The Stars rallied in the second and third games to

beat Valley Crew 2-1. The Palestine Tigers stayed in the win column, beating Red Frosh 2-0, while the Most Valuable opened their season with an easy 2-0 victory over the Fishermen.

Sigma Alpha Epsilon evened up its record, defeating Sigma Chi 2-0. Sigma Phi Epsilon remained unbeaten, as they defeated Phi Kappa Tau 2-0. Theta Chi also stayed in the win column, as they beat Phi Sigma Kappa 2-0.

In women's action: the Ram Jammers continue to win as they defeated the Stars 2-0, and the women of Valley-Crew picked up their first victory, beating Little Sisters of Minerva 2-1.



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# entertainment

## DANA REVIEW

by Roger Harned

Roman Rudnytsky dazzled his audience with displays of virtuosity and consistent musicality equal to the best professional pianists anywhere.

Rudnytsky opened the concert Monday, Feb. 6 with "French Suite No. 3 in B Minor" by Bach. His free-flowing fingers gave the impression of ease to the steady, metronomic tempos that are so necessary in the performance of Bach. Rudnytsky's ornamentation was generally very smooth and natural, especially in the sarabande.

Rudnytsky then performed four pieces by Liszt, beginning with "Etude in D-flat" ("Un Sospiro"), in which he demonstrated enviable technique. Rudnytsky then continued his demonstration of technical ability with "Ab Irato" ("In Anger").

I was impressed by Rudnytsky's sensitive performance of Liszt's "Paraphrase on Wagner's *Isoldens Liebestod*." Rudnytsky performed it with a clarity of melodic lines that I had previously not believed possible on the piano. I could not resist the critic's temptation of just sitting back and listening. Rudnytsky concluded the first half of the concert with a brisk forceful performance of the "Mephisto Waltz."

A performance of the Schubert "Sonata in B-flat" can be a lengthy test of the listener's endurance when the performer is unaware of the many stylistic nuances available to him. Such was not the case with Rudnytsky's performance. At times his crescendos and decrescendos were so gradual and even the dynamic intensity was distinguishable from note to note. He treated each melodic line with interpretive delicacy and emphasized the importance of the suspensions in the harmony.

Rudnytsky's audience would

not be satisfied until he performed two encores. He contrasted the piercing and intense with the flowing and delicate in the Rachmanioff, "Etude Tableaux in G Minor." He concluded with yet another demonstration of his marvelous technique in the Chopin, "Etude in C Major." This bravura performance of Roman Rudnytsky was indeed a rare treat for Youngstown audiences.

## Acclaimed hypnotist captivates audience through fascinating power of suggestion

by Lisa Rossman

Imagine your body feeling very, very light and carefree. Your eyes are so tired you can barely keep them open. You feel warm and relaxed and lost within your own concentration. You are so tired you cannot move. Sleep... Sleep... Sleep...

Over 1,000 people "responded" to these powerful and fascinating words and actions of James J.

Mapes. The widely acclaimed hypnotist delved into the minds of many individuals, as he made his third performance on the YSU campus.

According to Mapes, "Hypnosis does not really exist. It is not sleep, but the power of suggestion." Through this power, many unusual sights were observed in the Multi-Purpose Room on Tuesday, Feb. 7.

Through concentration and imagination, audience participants regressed into their childhood, learned how to kiss in an artificial language, sailed through space in a flying starship, engaged in tap-dancing contests, and believed they were ballerinas and rock stars.

Observers who did not indulge

(Cont. on page 9)



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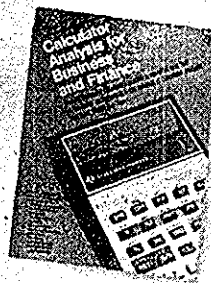
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## Boots Bell to emcee YSU Gong Show

The second annual Gong Show will be held at 8 p.m. Tuesday, Feb. 14 in the Chestnut Room of Kilcawley.

The event is sponsored by the Kilcawley Residence Hall Association and is 50 cents.

Boots Bell will emcee the show and judges will be Dr. Martin Greenman, philosophy; George Glaros, student government president; Paul Amodio, athletic director; Pat Bleight, dean of student affairs and Elaine Juhasz, art.

Rick Eplawy, business service director of auxiliary services, said 24 acts have signed up to be in the show. He said there are quite a few singing acts, some dance routines and a magic act.

Other acts will include a "Short Person" act, reminiscent of last year's second place winner, a punk rock band, an egg sucker, the Ford-Nixon debates and an appearance by the Unknown Comic.

Six prizes will be awarded to the acts, with first place prize being \$101.84 and other prizes gradually decreasing in amount.

Eplawy said last year's show went really well and he expects this year's show to be just as

good. A band will be provided by the Residence Hall Association for those acts which require music and to provide entertainment between the acts.

The Gong Show is patterned after the T.V. variety show which stars Chuck Barris as the emcee. Every day new and unusual acts from around the country are presented and a panel of celebrities selects the act they feel is most deserving to win. Those acts that are not quite up to par get "gonged," which means they must stop their performance then and there and are not deserving of a prize.

Beer will be served at the performance.

## Mapes

(Cont. from page 8)

in these self-induced states were left totally captivated and amazed by Mape's abilities. Watching your friends or the person sitting next to you fall into a trance-like sleep and possibly fall unknowing to the floor is an experience in itself.

Aside from the apparent entertaining aspect of hypnosis, this mental training can be of a positive value. Superhuman acts of strength, pain relief, increased memory and sensory changes and amnesia can be achieved through hypnosis. On Monday, Feb. 6, a clinic was held involving approximately 100 individuals in self-hypnosis instruction. Mapes sees its most important role as making people realize the limitless potential of the mind.

## Shaft?

(Cont. from page 1)  
out at Crab Creek.

The shaft was discovered during the drilling for the dormitory, said Cernica. He first learned of the shaft at a trustee's meeting prior to Kilcawley's construction in 1961. At the meeting, Trustee Pete Mauthe informed Cernica that, as a boy, he used to play around the mines. With further test drillings,

the mine was located southeast of where Kilcawley was to stand, Cernica said.

In direct contradiction with Harris' statement, Cernica denied that there are openings from the Bryson-Spring Streets mine. "The coal mine extends only 250 feet diagonally through the campus, and it's like a hallway with a series of rooms in a row, where the mining was actually done. There are no tunnels leading from that mine," Cernica said.

## WEEKEND

University Happenings		
Bill Harrison Quartet	Pub	Happy Hour Friday 1-4 p.m. Friday, 8 p.m. Saturday 10 p.m.
Film: <i>Ditte, Child of Man</i>	Bliss Hall	
Mini-concert: Alex Bevan	Kilcawley	
Basketball-YSU vs. Mankato State	State	Saturday 8 p.m.
	Beeghly	
	Movies	
Austintown Plaza Cinema	1- <i>Star Wars</i> 2- <i>Oh God</i> 3- <i>The Gauntlet</i>	
Boardman Plaza Theatre	<i>Pete's Dragon</i>	
Eastwood Cinemas	1- <i>The Goodbye Girl</i> 2- <i>Close Encounters of the Third Kind</i>	
Liberty Plaza Theatre	<i>Semi-Tough</i>	
Movie world Cinemas	<i>The Betsy</i> <i>The One and Only</i> <i>The Other Side of the Mountain (Part 2)</i> <i>Semi-Tough</i> <i>The Choirboys</i> <i>Close Encounters of the Third Kind</i>	
Lincoln Knolls	<i>The Betsy</i>	
Newport Theatre	<i>The Goodbye Girl</i>	
Southern Park Twin	<i>The Other Side of the Mountain (Part 2)</i>	
Uptown Theatre	<i>Saturday Night Fever</i>	
Wedgewood Cinemas	<i>The One and Only</i>	
	Plays	
Carousel Dinner Theatre	Ravenna, Ohio	<i>Kiss Me Kate</i>
Eldred Theatre	Case Western Reserve Univ.	<i>And Miss Reardon Drinks a Little Rhinoceros</i>
Kent State University Theatre		
Youngstown Playhouse	<i>The Cold Wind and the Warm</i>	
Orange Room	<i>Night Life</i>	Sunday
The Grist Mill	Left End	
Rip Room	Brotherhood	
Theatrical Show Lounge	You and I	
The Tomorrow Club	Ramblin' Sunshine	
	Coconut	Friday
	Coconut	Saturday
	The National Lampoon Show	Sunday

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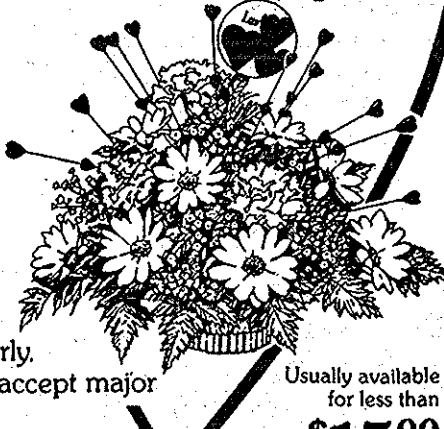
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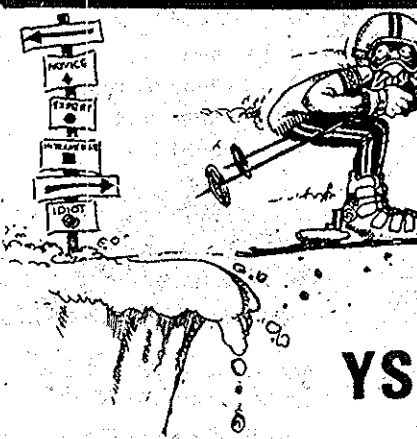


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# Exercise ... a way to enjoy better health

by Denise Lloyd

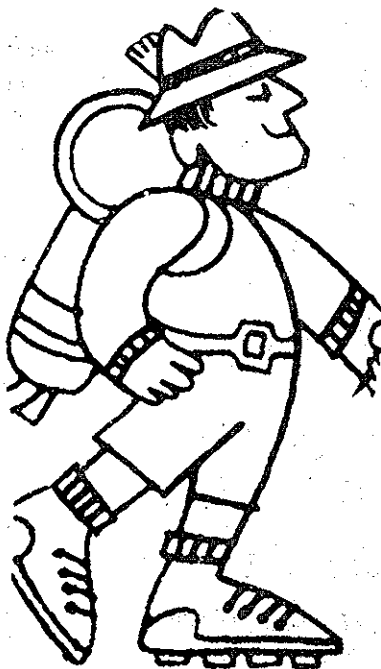
Most people are aware of the importance of exercise for keeping fit and healthy. But to many, the idea of doing sit-ups and deep-knee bends is not very appealing, no matter how beneficial.

For those who feel they are destined to a life of sagging muscles because neither jogging nor jumping-jacks fit their idea of a good time, hope does exist.

Backpacking, bicycling and canoeing are all ways to enjoy the out-of-doors, have fun and, at the same time, keep fit.

A good way to "get back to nature" and get exercise is to backpack into some remote area. This is an activity that even a novice can enjoy, with the proper planning.

First off, start easy; choose a trail that isn't too difficult. Determine your capabilities and build on them. Don't try to climb a mountain the first trip.



To find out which areas are best for backpacking and the degree of trail difficulty, contact the U.S. Forest Service, National Park Service, Sierra Club and auto clubs. These sources can also give information on what to expect in the way of water sources and weather conditions.

They will also inform you if an area requires camping or if fire permits are needed.

When deciding what to wear backpacking foot wear should be the most important consideration. Choose comfortable boots that have been broken in ahead of time. Two pairs of socks should always be worn; a thin cotton pair under a heavier pair. Using foot powder will help cut down on blister-causing friction.

The altitude and the season will dictate how heavy clothing should be. Just remember to dress in layers, no matter what the temperature, so that clothing can be easily added or taken off when desired. It is also important to protect your skin and head from the sun and from insects.

When it comes time to pack, the rule is always: Carry as little as possible. Limit the weight of your backpack to one-fifth of your own weight.

Food, water and toilet articles must be packed. There is no way to lighten water, so your food load must be lightened instead. Choose dried fruits, beef jerky, dehydrated entrees and instant milk. Don't forget a pan for cooking, matches and a flash light.

To complete the list of essentials needed for a backpacking trip, include a small first-aid kit, water purification tablets, a snake-bite kit, a map and sunglasses.

No backpacking trip should be made alone. Always take a friend and tell someone where you will be hiking and when you should return.

For those who prefer to travel at a faster pace, bicycling offers good exercise and is an excellent way to see the view.

The equipment needed for bicycling depends on how long a tour is planned. Some items to consider, however, are an extra tire or patch kit for inner tubes, an air pump and a few basic tools, such as a crescent wrench, screwdriver and pliers.



One thing to remember when canoeing is to be careful if you

The clothing needed for bicycling depends on the weather, but don't wear slacks with wide legs unless you have a bicycle clip to keep them away from the greasy gear chain. Do take extra socks, a sun hat and poncho with a hood, or rain gear.

When bicycling, it is important to travel light. But sunglasses, bug repellent, sun lotion, lip balm and a few bandages will add to your comfort.

Like bicycling, canoeing is still another way to enjoy the out-of-doors and keep fit.

Canoeing is a peaceful way to explore. Looking out on the world while floating down a river can offer new perspectives.

The best place to go canoeing is any smooth waterway or lake that prohibits motorboats or limits speed to 10 m.p.h. If you don't own a canoe, you'll find that most resort lakes rent them.

When deciding what to wear on your canoe outing, remember that you are going to get your

feet wet, so choose sneakers or rubber sandals. Wear clothing that allows good arm movement. Dress in layers so clothes can be added or taken off, because it also should be packed.

decide to take a swim. Canoes can be difficult to get back into, but if your arms are strong, you can probably manage. If not, beach the canoe and walk into and out of the water. can get chilly on the water.

Packing a canoe is easy. Save the center seat, which can hold a lot, for storing gear. This extra space enables you to plan a gourmet lunch or supper by taking an ice chest packed with food and cold drinks. Life jackets, sunglasses and insect repellent should also be packed.

Whatever activity you choose, the purpose is to have fun while exercising. Backpacking burns up 660 calories an hour, bicycling 360, and canoeing 420. All provide interesting ways to stay in shape.



## Weight room gives student lift with diverse equipment

The equipment room in Beeghly is well-outfitted for virtually any form of weightlifting and exercise. The room is open to any YSU student upon presentation of a university ID.

The room boasts two Universal gyms. Each gym has 15 stations, each station performing a specific conditioning function. In addition to this diversity, the gyms have a safety factor that is missing from the conventional barbell type of weightlifting. There are no bars involved; thus the danger of crushed by the weights is eliminated.

Some of the functions of the gym are the bench press, for biceps and chest muscles; the leg press; a shoulder press; a dipping bar, again for the biceps; and an abdominal board, for the abdominal muscles.

The lat pull strengthens the back muscles, through the use of weights attached to a cable. The arm curl, for the biceps, uses the same concept with a shorter cable and a curl bar. The gym also has a rowing set-up, complete with weights and stirrup.

Other facilities of the Universal gym include: wrist roller, a neck conditioner, a hand gripper, a hip flexor, and a chin-up bar. Stations for thigh/knee development, and back hyper-extension are other parts of the gym.

The equipment room is open Monday and Wednesday from 2:00 p.m. to 4:00 p.m., and from 6:00 p.m. to 8:00 p.m.; Tuesdays and Thursdays from 1:00 p.m. to 3:00 p.m.; and Fridays from 2:00 p.m. to 3:00 p.m.



photo by Jim Harris

Oomph, Aargh - Time to tighten up those muscles. Weight lifting is not just for men; now women realize the benefits of a good workout, too. The weight room in the basement of Beeghly, is open for all YSU students to gain the benefits of strength and firmness that comes from using the Universal Gym.

## Beginner's program offered Weight-lifting becoming popular

by John Crear

One of the most popular physical activities, gaining more followers every day, is weight-lifting.

Whether one lifts to simply tone up, for strength, or to hopefully become a "Mr. America" someday, a general basic beginners program is usually employed.

Lifting greats such as body-building king Arnold Schwarzenegger and powerlifting champ, Russian Vasily Alexiev are strong advocates of the program to be outlined here.

This program will be of interest only to those considering "Pumping Iron" for the first time. Because of space limitations, I'll assume, somewhat hazily, that some of the rudiments of training need no explanation. For instance, I am hoping that the fledging aspirant, although lacking in-depth experience, understands the difference between a barbell and a dumbbell, a bench press and a arm curl, . . .

A beginner must be fully aware that results do not come "overnight." Serious power-lifters and bodybuilders have

spent countless hours, over a period of years, to achieve their goals. But, of course, a number of trainees lift to lose a few pounds to look good on the beach next summer.

It is a universally accepted rule, that beginners start out s-l-o-w-l-y and gradually build up. Needless to say, (but I'll do so anyhow!) the human body is comprised of six general muscle categories. Those are the shoulders (deltoids), chest (pectorals), stomach (abdominals), arms (biceps and triceps—, legs (thighs and calves) and back (latissimus dorsi and lumbar).

Any program should include exercises that work each of these areas in a productive manner. It is also acknowledged that beginners should start out on a three workouts a week or every-other-day format.

Outlined here is a 3-day a week program, utilized in spas, gyms, and even in make-shift gyms, in basements across the nation.

First of all, a beginner should observe basic rules:

1) The best time to exercise is about one hour before you eat or two hours after you have

eaten.

2) Try to eat something about two hours before exercising so your energy level will be high.

3) There is no "best time" for training. Fit it in "comfortably" into your present school, work, etc. schedule. Allow for approximately one and a half hours to train.

4) Eat well, avoid "junk-foods" and get plenty of rest.

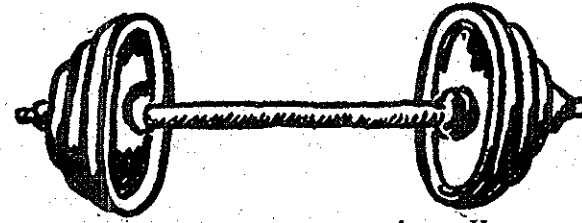
5) Give full concentration to each exercise and try to maintain a positive mental approach.

6) The amount of weight to use varies from person to person. Select an amount that will moderately tax your muscles and allow for anywhere from 6-12 repetitions to be used.

And now the program with a brief explanation of each exercise following.

This program is to be repeated three times weekly.

4 sets of Bench Press: 10 repetitions each. The Bench Press is the top upper-body exercise available, especially for increasing pectoral mass. Lie down on an exercise bench with



your feet approximately 18 inches apart for support. Next, using a fairly wide grip, lower the bar-bell, from its supports, until it touches your chest at nipple level and then press it back overhead. Add a little weight with each set.

4 sets of Wide Grip Chin-Ups This exercise widens the lats, those back muscles which give that "V" shape. Using a wide grip, pull yourself up slowly until your chin touches the bar and then, even more slowly, lower yourself down, thus stretching the back muscles adequately.

4 sets of Military Press. This works the deltoid. Either standing or sitting grasp a fairly heavy bar-bell with a grip that should be about five inches wider than your shoulders. Then simply press the weight overhead, locking your elbows and lowering it for the next rep.

4 sets of the Barbell Curl. While standing, use a medium-wide grip to hold the barbell in front of you. Then slowly curl or raise the bar until it touches

your chest. Heavy poundages can be employed here. Remember to keep your elbows stationary at your sides and move only your forearms.

4 sets of French Press. This exercise affects the triceps; the groups of three muscles that comprise the back of the arm. Grip the bar with your hands about ten inches apart and lift it over your head. Keep your upper arms stationary, then slowly let the weight behind your head. Then press the weight slowly back to its starting position.

4 sets of Squats. Squats will develop your thighs; and promote a healthy circulatory system. It is suggested to use a rack to handle heavy weights. Holding the barbell on the back of your shoulders, breathe deeply, hold your breath and slowly squat down parallel with the floor. Your toes should point slightly out and also be a little over shoulder width apart. Exhale while coming up.

4 sets of Calf Raises Support a bar across shoulders (like in squats) and simply stand on your "tip-toes" while maintaining your balance. Do as many reps as possible.

Finally, the conventional Sit Ups, that everyone should know how to perform, will sufficiently work your stomach region.

There you have it. A basic, but productive, beginners' weightlifting program. Another important aspect of training is proper diet and that will be discussed in next week's Jambor.

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## Physical fitness is more than a fad Longmuir stresses sports activities

by Naton D. Leslie

Do you play handball, racquetball or tennis, or possibly jog or participate in a weight-training program?

If so, you are part of what Dr. Gordon Longmuir of the health and physical education department described as "a new awareness of exercise."



Longmuir attributed this "new awareness" to a number of factors. He believes that physical education programs in high schools have improved to more instruction and less "roll out the ball." He also said that the media is more alert to physical fitness

Longmuir said that more Americans, especially American students, have made a physical activity part of their daily lives over the last ten years. Activities once seen as fads, such as riding ten-speed bicycles or jogging, have not declined in popularity, but continue to increase, Longmuir pointed out.

the new awareness.



Longmuir added, however, that Americans still suffer from what he terms "spectatoritis" or more watching than participation.

Longmuir continued to give reasons why Americans, especially students, should exercise. He said that physical exercise provides a much-needed release from the regular classroom routine and stress. In addition, he maintained exercise contributes to an individual's general feeling of well being and his ability to perform daily tasks without fatigue.

Longmuir outlined certain criteria that an individual should consider when designing a personal physical fitness program. First, he stressed the importance of a

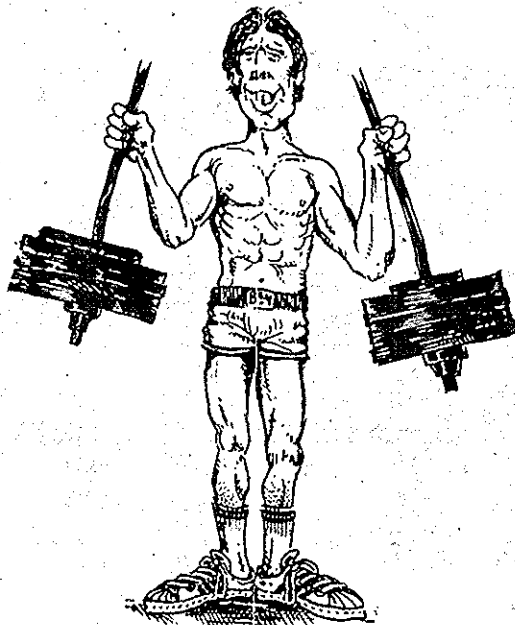
physical examination, including a stress test and an EKG (electrocardiogram) prior to beginning any physical fitness program.

The next thing to be considered, according to Longmuir, is the type of exercise to engage in. This factor, he continued, is dependent on an individual's physiological needs.

Longmuir stated four basic components of physical fitness that determine what type of exercise is needed by an individual. The first and, according to Longmuir, the most important component, is the condition of the circulatory and respiratory system. The second is muscular strength, which is closely related to the third, muscular endurance.

The fourth, which Longmuir says is the "first to go, easiest to maintain," is flexibility. Longmuir said that the type of exercise needed depends on an individual's deficiencies in any of these four areas.

Longmuir continued to say that the pace at which a person should exercise is also individual. Longmuir said that the type of exercise needed depends on an individual's deficiencies in any of these four areas.



ized. He recommended a weight-which the walking is decreased gradually as the running is increased.

In fact, Longmuir is a zealous proponent of running as a form of exercise, pointing out that it particularly benefits the circulatory and respiratory systems. He also claimed that it is an excellent release from tension and provides a clear-headed peace of mind.

Jogging is one of Longmuir's favorite activities and he said that even on the coldest of days, one can find a half-dozen



people jogging in Wick Park.

Longmuir believed that one of the reasons that running is viewed as work rather than pleasure by most Americans is the fact that traditionally, it has been used by high school physical education classes as a form of punishment, a practice he believed is very unfortunate. But, Longmuir stated, running is also increasing in popularity, using jogging and increasing popularity of the marathon race as examples.

However, Longmuir summarized by saying that whatever physical activity a person intends to engage in, the "key issue" is that "it ought to be fun."

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