

Bottles thrown

Bandmembers suffer injuries at LSU

By CHARLES MAIN
Kernel Staff Writer

BATON ROUGE, La.—At least two members of the UK band were injured after their halftime performance at Saturday night's UK-LSU football game here. The students were hit by objects thrown from the LSU student section.

Featured twirler Brenda White was hit by a bottle and received a one-inch cut above her left eye. She was treated at the first aid station and released. Trumpeter Gerald Benjamin received injuries to the head and eye but received care from some of the other band members.

According to band director Harry Clark, both are "fine, but a little sore." Clark said he "didn't understand why the students chose to throw things" at the band but added, "I think it was just one of those things."

The throwing incident occurred as the band was kneeling at the student end of the field watching the LSU band perform. A similar incident occurred as the band was leaving the field.

No injuries were reported, but the band was again showered with ice cups and bottles as they passed directly in front of the student section when leaving the field.

The first incidence of violence had occurred early in the second quarter of the game, when three members of UK's Alpha Gamma Rho fraternity carrying a five-foot sign reading "Go Kats" were first showered with ice and cups and then set upon by several LSU students.

The attackers, who were not expecting the fight they got, were successfully repelled by the AGR's, Dominic Peterson, John Hardaway and Bryan McFarland. All three escaped without injury and with their sign intact.

Many LSU students who were in attendance expressed their dismay at the incidents. Sophomore Bryan Yaw was particularly concerned.

"Please tell your people that we're not all assholes down here," he said, "just because some students treated your band like shit. We're not all like that."

Vice-Chancellor of Student Affairs

James W. Reddoch was also concerned over the incidents.

"I want to apologize to the students at UK for the actions of the students in that section and for the lack of southern hospitality shown your band members," he said.

Later in the evening, a building, which housed part of the University's laboratory grade school, burned. The fire was discovered by a group of firemen who had just finished extinguishing a burning car in the parking lot of the building.

Though police and fire department officials say because of the fires is unknown, one coed who was at the scene said the car was "torched" by an apparently drunken student who was in the parking lot vandalizing cars in a fit of rage over the outcome of the football game.

The coed, who did not want to be identified, said the student had been hitting several cars with "something heavy" when an explosion occurred.

University officials confirmed that some damage had been done to other cars in the lot, apparently prior to the fire.

The incidents were part of an unusually intense homecoming weekend here, one which featured a celebration that Reddoch called "one of the most ambitious in quite a few years."

Reddoch said, "Homecoming has been declining in popularity here in recent years, but the great success enjoyed by this year's football team has given impetus to a student movement to reemphasize its importance."

The partying on Saturday afternoon was furious, and by 3:30 p.m., when the students began lining up outside Tiger Stadium for the game, they were in a frenzy. They shouted and cheered and chanted "tiger MEAT! tiger MEAT!" or "GOTIII-gers! GOTIII-gers!" almost nonstop until they were let into the stadium.

The fury of the LSU fans was fueled by the presence of a plethora of demonstrative Kentuckians. There were varying estimates of the number in attendance, ranging from Athletic Director Cliff Hagan's guess of 2,500 to the UK radio network estimate of 5,000.



Ascent of man

A backhoe does double duty as a ladder for electrician Louie Hamilton while he installs wiring on a light pole. Hamilton's efforts were between McVey and Kastle halls and were part of the continuing sidewalk project which began during the summer.

Volume LXIX, Number 43
Tuesday, October 18, 1977

KENTUCKY Kernel

University of Kentucky
Lexington, Kentucky

today

state

MOTIONS AND LEGAL ARGUMENTS WILL BE MADE BY Nov. 15 for nine members of the "Oh! Calcutta!" cast arrested here early Sunday on charges of indecent exposure.

The arrests followed two performances of the controversial sexual satire Saturday night in the Lexington Opera House. Eight police detectives in the audience during the second show went backstage and made the arrests as the audience left the building.

The defendants were released on bonds of \$100 each in Fayette Quarterly Court and left Sunday for a performance in Baltimore, said defense attorney Charles Curry.

ABOUT 80 RIOT-EQUIPPED STATE POLICE ARRESTED about 100 in a crowd of pickets blocking the road at a strikebound coal mine near Stearns in southeastern Kentucky, officials said.

State Police Commissioner Ken Brandenburg said police officers at the mine site were pelted with rocks and bottles and 10-12 police cruisers were damaged by the mob.

He said the crowd was advised that they were in violation of a court order and were under arrest. He was referring to McCrory Circuit Judge J.B. Johnson's order limiting pickets to six.

The commissioner said the basic confrontation lasted only about 10 minutes. No shots were fired and no tear gas was used, he said.

John Cox, an organizer for the United Mine Workers union, said his saw several people injured at the police line.

NEW STATE REGULATIONS THAT REQUIRE TRAINING and certification for X-ray machine operators will drive up the cost of medical care, according to the Kentucky Medical Association.

However, the Kentucky Department for Human Resources' radiation control branch, which has begun enforcing the regulations, maintains that is not true and the regulations are needed to eliminate the possibility of X-rays being improperly used by untrained individuals.

nation

THE SUPREME COURT SAID YESTERDAY THAT THE CONCORDIA supersonic jetliner may land at John F. Kennedy International airport whenever the two airlines offering Concorde service are ready to enter the lucrative New York market.

In a brief sentence the nation's highest court handed a crushing defeat to New York and New Jersey officials who had fought for nearly two years to keep the Concorde out of New York.

A FORMER CAPTAIN OF THE BOSTON FIRE DEPARTMENT'S ARSON SQUAD and a retired state police arson detective were among more than a dozen persons arrested yesterday in what officials called the most extensive arson-for-hire ring ever uncovered.

A Suffolk County grand jury returned 120 secret indictments against 33 persons last week, charging them with crimes ranging from arson, fraud, and conspiracy to manslaughter and murder.

Massachusetts state Atty. Gen. Francis Bellotti said the investigation uncovered corruption in the state fire marshal's office, the Boston Fire Department arson squad and fire departments in Boston and Chelsea.

world

WEST GERMAN COMMANDOS STORMED A HIJACKED Lufthansa jetliner in a lightning raid and are believed to have freed all 86 hostages threatened with death by four terrorists at Somalia's Mogadishu airport, West Germany announced yesterday.

First reports said three or four hijackers had been injured or killed in the attack, a government spokesman said in Bonn.

weather

VARIABLE HIGH CLOUDINESS AND COOL TODAY. Highs in the mid 50s to near 60. Mostly clear and cool tonight. Highs today and tomorrow around 60. Lows tonight around 40.

Compiled from Associated Press dispatches

Federal funds threatened

Med School seeking partial waiver

By CRAIG DANIELS
Kernel Staff Writer

Officials at UK's College of Medicine are taking a dim view of federal legislation that would require U.S. medical schools to admit American students who have completed two years of study at foreign schools.

The officials say the requirement violates the school's admissions criteria and that could cause overcrowding from the influx of new students.

Because of the possible overcrowding situation, University officials have decided to seek a "partial waiver" of the requirement. That action still depends upon continuing Congressional hearings about the legislation.

UK's medical school could lose approximately \$470,000 in federal subsidies if officials refuse to go along with the new regulation, according to Tom Bishop, director of finance for the school of Medicine.

The regulation requires U.S. medical schools to accept as third-year transfer students as many American citizens as possible who have completed two years at foreign medical schools. If they don't comply, U.S. schools will lose their eligibility for federal subsidies,

which can amount to \$1,400 per student.

He adds that the law is "unjust to the students and the American public, as well as the universities, in not allowing the usual criteria for admission to apply."

Clawson said that the establishment of quotas and the assigning of students represents "an infringement by the government on the admissions process of universities and medical schools."

Dr. Roy K. Jarecky, associate dean for academic affairs at the medical school, questions the ability of the federal government to "determine admissions requirements for medical schools or any professional schools. The philosophical issue here is terribly important," he said.

Jarecky added that "a potentially severe overcrowding problem" could result from the admission of transfer students.

Indeed, Clawson said that current enrollment of third-year students in the medical school is at a maximum. He suggested the addition of 10 students (UK's possible quota if the law remains unchanged) could significantly hamper the effectiveness of UK's program.

On that basis, Clawson said, UK will seek a "partial waiver" of the new requirements.

UK's position is supported by Kentucky education and medical officials who have spoken out against the legislation.

Clawson said there have been "ongoing discussions" between UK and University of Louisville officials concerning the law. (UK and U of L are the only state universities with medical schools.)

Clawson also said he was informed that UK President Otis Singletary and Dr. James G. Miller, president of U of L, have had "at least one discussion on the problem."

Clawson said it is hoped that an "official position supported by the faculties and administrations of both schools" about the law can be

(Continued on back page.)

AP college football poll

Team	Record	Points
1. Michigan (47)	6-0-0	1,100
2. Texas (8)	5-0-0	1,014
3. Alabama	4-1-0	811
4. Ohio State	5-1-0	700
5. Southern Cal.	5-1-0	689
6. Oklahoma	5-1-0	638
7. Colorado	5-0-1	431
8. KENTUCKY (1)	5-1-0	369
9. Arkansas	4-1-0	340
10. Penn State	5-1-0	328
11. Notre Dame	4-1-0	296
12. Texas A&M	4-1-0	220
13. Texas Tech	5-1-0	151
14. Pittsburgh	4-1-1	143
15. California	5-1-0	111
16. Iowa State	5-1-0	44
17. Brigham Young	4-1-0	40
18. Nebraska	4-2-0	38
19. Florida	2-1-1	33
20. Clemson	5-1-0	31

UK student tells of fall from cliff

By PATTY ROMERO
Kernel Reporter

"I didn't have time to think." Those words came from John Kulka, senior history major from Washington, who suffered a fall off a cliff 140-150 feet high, this weekend at the Red River Gorge.

Kulka, David Oldham and Mark Schlichman, all UK students, had planned to spend an enjoyable Friday night and Saturday morning at the gorge. They camped near the end of Tunnel Bridge Road.

"We were all sitting around the campfire," said David Oldham, senior general studies major. "We had just collected some firewood. Schlich had to work at the Student Center that night, but he got to us around 2 a.m. John had just walked

over to the sandstone ledge for a nature walk. It's real easy to slip," said Oldham.

Oldham said he heard Kulka fall about 12 feet away. "He didn't even yell, he just said, 'Oh, shit!' like it was all over. I couldn't believe it when he heard his voice. He yelled something like 'was okay, I mean it's so steep, 140 feet!' We didn't know what to say," continued Oldham.

According to Kulka, who suffered a fractured vertebra, he slipped and fell headfirst. "I remember doing two somersaults. I think I landed on my feet. I scraped a lot of trees, but it slowed down my fall which is good," said the jet-black haired patient as he reclined in the hospital bed.

According to Oldham they followed trail 201, at the end of

Tunnel Bridge Road, where they met Jere Butcher, freshman agriculture economics major.

"Schlich saw him fall," said Butcher. "There wasn't anyway to get to him. They were looking for him but they ran into my campsite instead. I had a topographical map and I showed them where they were and were John was," said Butcher. "We decided to wait until daybreak," said Oldham. "We kept oral contact with him until we had agreed to wait until dawn. When we went to bed, all we knew was that he had landed on his back, and at least we knew he could hold on for awhile," added Oldham.

As soon as the sky started to show a gleam of light, Oldham left and contacted the State Police while Schlichman stayed to keep Kulka company.

"He never lost consciousness," said Schlichman. "He didn't talk much, not that I blame him," he added.

The State police radioed for an ambulance and by 10:30 Saturday morning Kulka's rescue was under way.

Oldham said, "They couldn't lift him up on a stretcher without hurting his back. They used one of those metal stretchers and pulled him up by the ropes. They had him out by noon.

"I look at what happened to him as scratches compared to what could have happened," said Oldham.

Kulka will be in St. Joseph Hospital for a least a week. "I'm going to have to wear a brace or something, but at least it didn't do permanent damage," said Kulka.



editorials & comments

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'Calcutta' arrests disgrace Lexington

Lexington's restored Opera House may have succeeded in putting the city on the theatrical map, but not the way Lexington Civic Center hoped.

In fact, the arrests of cast members of *Oh! Calcutta* Saturday could make Lexington the biggest laughingstock since Cincinnati convicted Larry Flynt.

Lexington police, acting on advice from the county attorney's office, arrested nine cast members for violating a city ordinance that prohibits indecent, lewd or obscene behavior.

It was the first time performers in the play had ever been arrested, according to one of their attorneys, Kentucky House Speaker William Kenton.

The police and county attorney's office have cited community standards in condoning the arrests. Although the U.S. Supreme Court has been unable to define obscenity, Lexington presumably has public servants wise enough to enforce standards more prudish than the most provincial, uneducated burg in the country.

Supreme Court decisions also direct that works of art that have redeeming social and artistic value can be performed even if they contain material that, taken by itself, may be obscene. Even if moments of the production

were obscene, the satire on sexual attitudes has a broader appeal than just prurient interests.

The arrests have little chance of standing up in court. Kenton has indicated they will claim the ordinance is unconstitutional and will seek to have the charges dismissed.

The ordinance has already been determined unconstitutional. In 1975, Quarterly Court John Burrus ruled the law's wording was too vague to be enforceable.

Most officials and those involved in the case know such ordinances are ridiculous and won't hold up; the prosecution is usually out to make a grandstand play and impress constituents.

By seeking big headlines, and approval from those who don't realize they're endorsing an attack on freedom of speech, Lexington officials have disgraced the city. Also, the arrests will do little in improving prospects of getting more important plays and concerts that residents would like to see.

The charges against the *Oh! Calcutta* performers should be dropped. In a satire on contemporary life, the arrest of actors and actresses for obscenity is getting the biggest laughs of all.



charles main

Louisiana excursion exposes campus rift

Today, in a fit of welschmerz, I have realized the one thing that has impressed me the most about this university community as a whole: by and large, we've become fiercely competitive and almost frantically defensive. We're quicker than ever these days to categorize and condemn, and draw hard lines between Us and Them.

The most obvious manifestation of this posture, of course, is the growing rift between the "greeks" and the "GDI's". There is no denying that we have come to accept a person's standing as either greek or independent as a major statement about his condition as a human being.

Independents see those cyrillic letters and mutter, "there goes one of those slimy Sigma-whatevers," and the greeks read the Kernal and shout "why are they out to get us?"

So where does that leave us? Where are we when we don't give it any thought? I submit that we're nowhere at all.

Until this weekend, I admit, I was nowhere myself. I sat right there in the Student Center (and here in the office) and gnashed and wailed, and I muttered impotently at cyrillics as a matter of course.

So what happened?

This weekend, I found myself in Baton Rouge for the football game without an idea of how I was to get back home. The team plane, it seems, had lots of extra seats on the flight down, but none on the plane coming back.

So, come game time, I was wandering around Tiger Stadium with my notebook, hoping to get a few interviews for a story. My suitcase was sitting in the press box and I was starting to wonder if I could afford to miss a few days of classes. Hitchhiking 900 miles could take a while, I was thinking.

Then the cavalry showed up. They came horseless, bounding up the steps of the stadium carrying a bedsheet with "UK AGR's say: GO KATS!"

I told them who I was and that

they would soon be news, and they told me who they were and that I would soon be drunk. They had come to the game, it seems, with 12 fraternally brothers in a Winnebago.

Their ride was cramped, and we were total strangers but, after hearing my story, they offered to help. As a result I was taken into their company. We parted with them after the game, and they drove us home.

In short, we had a great time. Those 15 guys gave me some real insight into what being a "brother" is all about, and I feel good about it.

Thinking back, I can see just how silly all this "greek hate" bullshit really is. Why, I'm asking myself, should it take a situation as extreme as this to show me as basic a flaw in my own reasoning as this one? Ain't college wonderful?

Charles Main is a journalism sophomore. His column is "just about people I've met," and appears every Tuesday.

Letters to the editor

Has contempt

I have nothing but contempt for Lexington police and officials involved in the arrest of nine cast members of *Oh! Calcutta!* These arrests show no respect for American freedom of choice.

No one forced those in the audience to purchase their tickets. They bought them because they wanted to see this play.

No one forced viewers to sit through the entire performance (or any part of it). Those who stayed, did so because they wanted to. No one forced those in the cast to audition for *Oh! Calcutta!* Those who performed Saturday night did so because they wanted to.

So if this play is offensive, those offended will choose not to attend. And if the play is offensive enough, it will fail. No performance lasts long playing to an empty house.

It is disgusting that police notably violated American freedom of choice, but that they were underhanded about it. Police sat through two entire performances before declaring the production lewd. Furthermore, they waited until the audience had left before making arrests.

Why did they sit through two

performances if the production was so lewd and obscene? And why, if police were upholding a city ordinance, weren't the arrests made at once? Why wait until the audience is gone?

Why hide, unless you're really not in the right? If you're going to make an arrest at least have the dignity to do it in the open.

Carol Scholla
Graduate Student

Supports UMW

Tim Stone's diatribe against the United Mine Workers of America (UMWA) warrants little in the way of an answer to his arguments which consisted mainly of calling the UMWA a disease. However, the article has some interesting points which I would like to bring up.

Stone is certainly correct in one thing—the UMWA does bring out bias, his article being a very concrete example. Stone's article very clearly represents one side of the question, that of the mine owners and management.

Particularly interesting in his idyllic representation of Brookside before the UMWA was asked in. In describing the condition of the mine

and camps where the miners lived after Eastover (a subsidiary of Duke Power Co.) took over operation he says:

"During the first year I saw a growing mining company and many happy people. Then a disease infested Brookside which was known as the UMWA.

"These people began spreading propaganda to these innocent, happy people and soon my friends became enemies."

Stone even claimed moral degeneration was a result of the organizing drive with an increase of "foul language" and "stench of alcohol" in the camps. (Of course this couldn't be a result of working conditions and the company's attitude toward miners.)

Anybody familiar with American history will swear this came from pre-Civil War slave owners talking about the joys of plantation life and the dangers of black people being free. The parallel is just too striking!

Stone's attitude is just as paternalistic. Calling mine workers "rednecks" and suggesting they are too stupid to be able to choose their own union are other examples of what he thinks of his "friends" in the mines.

In line with this he doesn't reject

unionism out of hand, only the independent UMWA that the miners has chosen. He does support the company dominated Southern Labor Union.

So unions are okay as long as they aren't independent and give the workers some control over their life. Again the paternalism shines through.

Tim Stone and management are certainly entitled to their opinions. I think UK students and employees are entitled to theirs and this article makes it clear that a majority of us have an interest in supporting the miners against this new day plantation mentality of the mine owners. Clearly we should support the miners side of the question.

I invite those who do to join the Stearns Strike Support committee that will be forming.

Bronson Rozier
UK employee

Fans dangerous

This weekend I had the immense displeasure of attending the UK-LSU football game in Baton Rouge, La. I say displeasure not because LSU lost, but because of the totally atrocious and animalistic behavior displayed by a portion of the LSU crowd toward the UK band.

I don't mean the mild verbal abuse normal of a high-spirited audience, but actual physical injury inflicted

upon members of UK band by a few LSU supporters who are extremely poor losers.

During halftime, while the band was on the sidelines watching the homecoming show, the majority of persons sitting in a lower level student section decided to show their lack of intelligence and sophistication by pelting half the band with trash and ice.

No one was hurt in this particular incident, but the possibility was there.

During the third quarter, the band director was forced to escort a LSU fan out of the stands because he was a threat. When the game ended, two band members were injured when broken glass from a shattered bottle, thrown by a LSU fan in plain view, flew into their eyes. Sight is a very precious thing and it is extremely fortunate that these two people still have theirs.

It's always hard to imagine people treating their fellow man in this manner until you are there and it's actually happening to you. Most of all of this abuse could have been alleviated had the stadium security been more responsive to the needs of the band and the condition of the crowd.

Instead, certain security personnel chose to answer our pleas with statements like, "If you don't like it, why don't you leave," or "If I wasn't uninformed I'd be up there helping them throw things."

The purpose of police at a contest such as this is to protect and serve everyone, not just to get into a major college football game free and smile at all the pretty girls.

With this kind of protection one feels safer on a dark street in New Orleans' French Quarter.

I'm sure this type of physical abuse goes on between individual fans, but it is magnified a hundredfold when it involves a major university organization like the UK band.

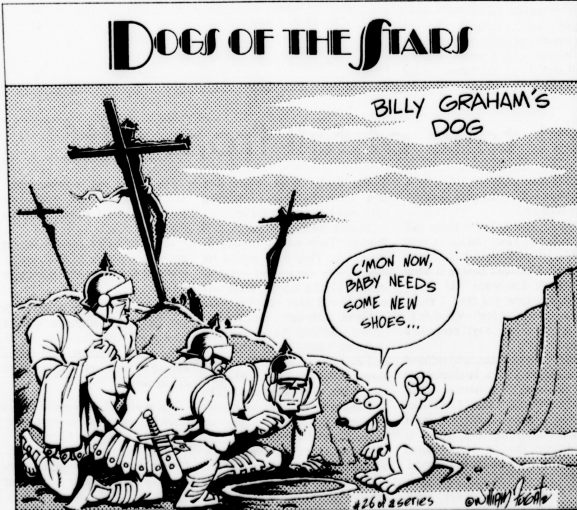
The people who would engage in such abuse are only displaying their ignorance, cowardice and absolute lack of self-respect and sophistication.

This band spent a great amount of time and money to put on a show at LSU. In return were treated in a less than human manner and are forced to leave one of the loveliest campuses of the South in fear and indignation.

Though the number of persons small, the people still managed to destroy most of all the trust and respect that this organization had for the LSU fans.

If we never return to LSU I am sure this will be the reason and it will be a great loss to those fans not involved as well as the UK band.

Jonathan Korkier
Graduate student and member of the UK band



Coverage of mayoral campaign incident was handled sloppily by the press

I, along with Kay Rubin, was disappointed by my column of Oct. 6. I was disappointed that I felt the need to write such a piece and now I feel need to respond to the commentary by Kay Rubin.

In her commentary, Ms. Rubin wrote that the Graves campaign is

Democratic machine on both a state and local level.

What does upset me was the irresponsible manner in which this particular incident was handled—the press conference which characterized WKYT's holding of the story as "suppression of news."

The Graves campaign lost some credibility by not checking on the information given it by one source, the reporter for WKYT who wrote the story. If they had checked, their determination that news was being suppressed would have been refuted by those in positions to know.

Rubin further wrote that I was "myopic" in my implication that Graves was too busy pointing out the evils of Amato, rather than stressing his own positive attributes.

A few days after my column appeared, I was supplied with a statement from Graves which offered some very positive points on

what the University community could expect from him and I wrote as much last Thursday. Maybe it was coincidence, but maybe Graves got the message. In any event, it was refreshing.

One other thing. I received an unsigned letter criticizing me for talking about faculty salaries and not mentioning the UK staff, or the "Indians," as my correspondent called them.

The writer is right about the lowly plight of the UK staff. Its salaries are inadequate, not competitive in many cases with jobs in the private sector. The only time the staff's situation is brought to light has been when it marched in protest. No, staff, you're not forgotten. Maybe we can get everyone a share.

Ken Kagan's column on the local political scene apparently will appear regularly.



ken kagan

sports

Ruggers lose 13-3 to Indy

By BRIAN RICKERD
Kernel Reporter

The Kentucky Rugby Club lost to the Indy Reds, a city club from Indianapolis, Ind., 13-3 Saturday afternoon in the semifinals of the Indiana Rugby Football Union Tournament in Louisville. Kentucky opened the tournament by defeating Indiana University 8-0 Saturday morning before running into the more experienced Indy Reds that afternoon. The Cats were down just 3-0 at the half but couldn't keep up the pace in the second half as Indy maintained almost exclusive control of the ball.

sports shorts

Women's tennis

The LadyKat tennis team improves record to 12-0 by winning three matches over the weekend in a quadrangular meet with Western Kentucky, Ohio State and Tennessee. The closest scare came against Western in a comeback 5-4 win. UK won behind 4-3 before the last two doubles matches. In the final, number one doubles match, the Kentucky team of Jackie Gibson and Susan Nolan edged the Lady Topper team 7-5, 7-6. The last two matches were relative breathers as Ohio

The Reds led 13-0 late in the game before UK was able to convert a penalty kick to make the final margin 13-3. "They were a very smart team; they knew what they were doing ALL the time," assistant coach Phil Estes said. "Comparing a city club like Indy or Louisville to us is like taking the Russian hockey team and asking a group of American college all-stars to beat them."

The UK ruggers came back Sunday and captured third place in the eight-team tournament by defeating Evansville 17-12 for their second win over Evansville in eight days. The win pushed Kentucky's record to 5-4.

Slate and Tennessee

turned back 9-0 and 8-1, respectively.

Water polo

The Kentucky water polo team also reeled off three straight wins on the Ohio State campus during the past weekend. In the first game, UK won easily over Bowling Green 23-6 with David Fraiti and Dan Ewing scoring five goals apiece. Cincinnati provided a fierce, tenacious competition before dropping a 8-7 decision. And to cap off the weekend, Kentucky knocked off the host team, Ohio State, 15-8.

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misc.

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memos

FOLK DANCING—Tuesday, 7:30 - 8:30 pm. Women's Gym. Back part of Booth Armory. All dances are taught. Come with or without partner. Beginners especially welcome. 1918

UK THEATRE AUDITIONS—The Royal Amateur House, Oct. 18, 4:45 pm and 9:30 pm. Lab Theatre, Fine Arts Building, Director Charles Dickson. 1918

SEMINAR, CHEMISTRY Department, Thursday, October 18, 4:45 pm. Dr. D. Ronald Macfarlane, Cyclotron Institute, Small AAM University, "California 2001: Plasma Description of Biomolecules." 018

AS STUDENT illness meeting Tuesday October 18, 2 pm. CP 107. Dr. Allan Bullerfield, "Biophysical Studies of Epithelial Membranes in Inherited Neurological Diseases: Muscular Dystrophy and Huntington's Chorea." 1918

HILLEL SHABBAT DINNER, Friday, October 21, 6:30 pm. In the Union Campus Main Building, 412 Rowe Street. For reservations, call 257-4575 or 285-0588. 1918

HALLOWEEN PARTY: College of Architecture Friday, Oct. 21, Kirksville College Party Room. Tickets are \$4.00. In the Architecture Library, Peace Hall. 1918

COLLEGE LIFE meeting—Tuesday, October 18, 10 pm. 111 Student Center, 9-10 pm. Sponsored by Campus Crusade for Christ. 1918

UK THEATRE—A Monday office opens Oct. 18, 12 noon-2:30 pm. Monday thru Friday 9:00-11:00 am. For season tickets and individual March tickets. 1919

MORTAR BOARD meeting, Tuesday, Oct. 18, 8:30 at the GC House. Turn in any excuses. 1918

UK AUDITIONS—"A Handful" Where of Menus, "Deviators" Run the Show, Oct. 18, 10:30 pm. Lab Theatre, Fine Arts Building. 1918

UK OUTDOORS Club. Trip to Crabtree Wilderness area, see Aggie Tandy, call hand, come to meeting Wed. for further details. 1919

UK OUTDOORS Club meeting Wed. Oct. 19, 10:30 pm. 251 Union. Topic: Map Reading & Orienteering. 1919

PHYSICS AND ASTRONOMY Colloquium "Practical Black Holes" by Dr. G. V. Binnard, Queen University, 4 pm, Wed. Oct. 19, 10:15 am. 1919

COME SEE WHAT'S Happening at the Lutheran Center, 447 Columbia Ave., meet 180 on Tues. at 7:00 p.m. and Wed. at 7:30 p.m. 1919

"A DISCUSSION on Reynolds" sponsored by Foucault, 2070 Kastle Hall at 8:00 pm. All welcome! 1918

PSI CHS business meeting, 307C, Kastle Hall at 7:30. Members please attend. 1918

PBI MEMBERS There is a meeting Tuesday, October 18 at 7:00 pm. Room 140 at Taylor Ed. Bldg. 1918

STUDENT GOVERNMENT Leadership Service every Monday 2:30-5:00. Wednesdays 11:30-2:00. Room 120 Student Center. 1919

STUDENT GOVERNMENT Legal Service every Wednesday 9:00-11:30 am. Room 120 Student Center phone 257-2881 for appointments. 1919

services

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Typing WANTED Mrs. M. E. Buchanan 925 Beth Lane 277-4954. 1918

GERMAN TUTOR AVAILABLE—German 105 through 225. Call 257-3457 after 5. 1919

FAST ACCURATE TYPING, reasonable rates on campus. Call 258-0661, 275-8118. 1918

Typing 80 pp. min. editing available. Will take Visa and Master Charge. Zerk's 42 E. High 252-9625, 255-9662. 1918

help wanted

PART-TIME HELP Monday thru Friday lunches and dinners on weekends apply after 4 pm. 1411 S. Morgantown Rd. 1919

WANTED PART-TIME warehouse stock clerk. Involvement. Must have legible handwriting. Hours 1-5 pm. Mon-Fri. Salary \$2.50 per hour. Call Mr. Bates 252-9622. 1919

PART-TIME STOCK help needed immediately. Apply in person. Consolidated Sales Co., New Circle and Richmond Bldg. 1918

OVERSEAS JOBS—Summer year round Europe, S. America, Australia, Asia, etc. All fields. \$400-\$1200 monthly. Expenses paid. Submitting free information. Write: International Job Center, Dept. 823, Box 4086, Berkeley, Ca 94704. 1919

roommate wanted

ROOMMATE SHARE large two bedroom apartment half rent electricity and phone 252-2627. 1918

FEMALE ROOMMATE wanted for House near campus. Rent \$110/week 277-4236. 1919

wanted

WANTED: BABYSITTER 11:30 to 2:15. Mrs. Wood P.O. 1. Faculty home near campus call 254-6786. 1919

WANTED: 3 OR 4 TICKETS to the Georgia R. game 10-22-77. 1918

ADOPTED PERSONS needed for inter-views. Legal research. Call 254-0687 after 5:00 pm. 1919

for rent

ROOM AVAILABLE second week November 20, Linden Walk Inquire within. 1919

FURNISHED EFF. apartment Chevy Chase 253-1017 after 5:30. 1919

ROOMS INCLUDES utilities, parking. Shared kitchen bath close in reasonable. 258-8627 evenings. 19021

lost & found

LOST: FIVE MONTH old multi-Shepard puppy, name Chelsea. Call David 231-4758. 1919

LOST: TWO low beam flashers, 1974 Ford, west of 10 E. B. 106 or CP. Name on ffls. 0165 Andrew Elliott. Call 257-1963 on sign in Kirtland Tower. 2920

CALCULUS BOOK, University Drive, October 4, 1977. Call 272-7818 and describe. 1919

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Featuring UK's Elvis the Pelvis

By DEBBIE MCDANIEL
Kernel Staff Writer

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For the past three weeks, Donovan cafeteria diners have enjoyed the sporadic dinner entertainment of Elvis-impersonator Tom Sandidge.

Sandidge has performed five Elvis concerts at the cafeteria during the evening meals. His appearance through the rear cafeteria doors is greeted with instantaneous applause and whistles from regulars in the crowd.

Students and cafeteria workers generally enjoy the act, however the cafeteria manager did become upset when Sandidge leapt upon a table in one of the earlier shows. In deference to the manager, Sandidge toned down his act—now he leaps only on chairs and does all pelvis—twisting with his feet firmly planted on the floor.

Each concert includes several Elvis hits. When Sandidge combines his incredibly similar voice and dark sunglasses with leg and torso movements, observers were heard to comment "he's pretty good—almost looks like Elvis."

Because he is serious about his impersonation, Sandidge feels he isn't showing disrespect to Elvis. "Elvis was my idol, I would never mock the king," he said.

Although Donovan is the only campus cafeteria presently featuring the entertainer, there has been no apparent change in the number of evening diners at Donovan. Sandidge's unscheduled musical performances have confused his followers and as a result some students hang around the cafeteria hoping for an appearance.

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at 13. "I got my start during ninth grade, when I heard 'Hound Dog' on the radio," he said. "I liked it, and bought the record, and then I would turn down the volume and sing along. I used records to practice his voice movements and I picked up like Elvis."

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performances, but he's kind of quiet until the guys get him going. Then everybody goes out in the hall and Tom will put on a midnight show," Kelly said.

He added that Sandidge was not rowdy. "He just likes to do his Elvis act," Sandidge said. He enjoys entertaining and hopes no one thinks he's just showing off. His reason for the Elvis impersonation and the Donovan appearances is his love of performing.

He plans to continue his act throughout college, and spoke of giving a concert at the Commons cafeteria soon.

A physical education major, Sandidge said he would gladly perform for a living.

"If I ever got the opportunity to sing as Elvis for a job, I would do it readily. I enjoy entertaining. I've even been told to talk like Elvis," he said, and ended the interview with a song. "It was 'Love Me Tender.'"

Medical School seeking partial waiver of rule

(Continued from front page reached.)

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Advertising Director: Anthony Gray 232-2372
 Ad Production Manager: Elmer Harter 232-2184
 Circulation Manager: Gary Tester 232-2372

The Kentucky Kernel, 114 Journalism Building, University of Kentucky, Lexington, Kentucky, 40506, is mailed five times weekly during the year except holidays and vacation periods, and once weekly during the summer season. Third class postage paid at Lexington, Kentucky, 40501. Subscription rates are mailed \$2.00 per semester, \$1.50 per quarter or \$2.00 per year, or one cent per year non-mailing.

Published by the Kernel Press, Inc. and founded in 1971, the Kernel began as The Cadet in 1958. The paper has been published continuously as the Kentucky Kernel since 1971.

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Oct. 17
8 & 10 p.m.
Admission Free

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Two 'A' Random
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PORTRAIT OF A
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PUBLIC DEBATE

Oxford Univ.
vs.
U. K.
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Has Failed."**

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VIOLENCE, SEX AND THE EVENING NEWS

tuesday, october 18

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8:30 NEWS	8:30 LIVE FROM LINCOLN CENTER: Martin, The New York City Opera	9:00 LOU GRANT Pursuing a story on the American Nazis, Billie enters the Brown Shirt headquarters uncovering shocking information.
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7:00 FAMILY AFFAIR	8:57 M.A.S.H. Muzo Winchell, conveying the seriousness and frustration of his new situation at the 877th hospital in a tape recording to his parents, also offers his candid assessment of some of its principal personalities.	9:00 MARY HARTMAN, MARY HARTMAN
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In high school Sandidge performed in front of classes, and at a Senior Talent Show. He made a special black leather outfit with rhinestones for his acts then, but now performs in an all-white suit. Sandidge added "I still practice. I sing out loud all the time, like when I walk or if I am bunting the ball at baseball practice. I know over 100 Elvis Presley songs."

Haggin CA Kevin Kelly said the freshman is well-known and liked among the other residents. "He's got a reputation from his Donovan

performances, but he's kind of quiet until the guys get him going. Then everybody goes on in the hall and Tom will put on a midnight show," Kelly said.

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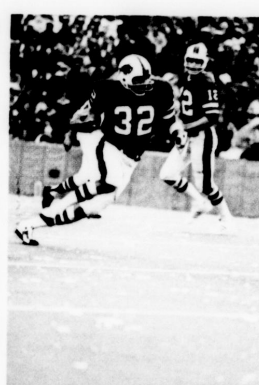
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Arnold Schwarzenegger's?



Chris Evert's?



O. J. Simpson's?

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

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

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

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

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

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

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Good reading!

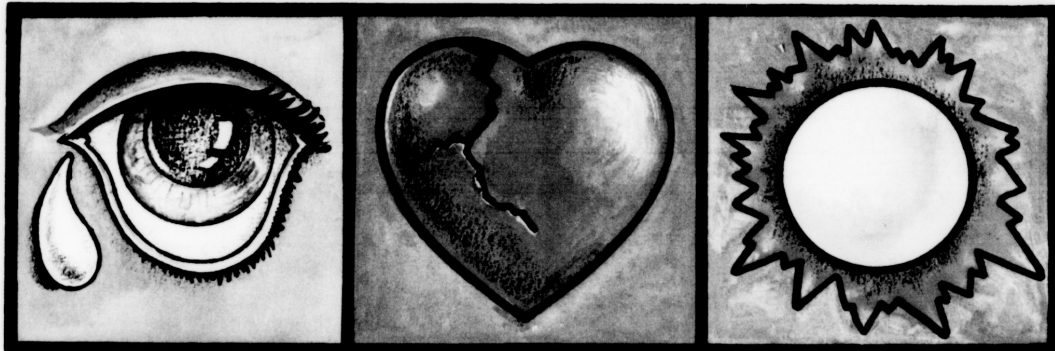
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I Was a 49-Pound Weakling

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

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

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

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

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

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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*.

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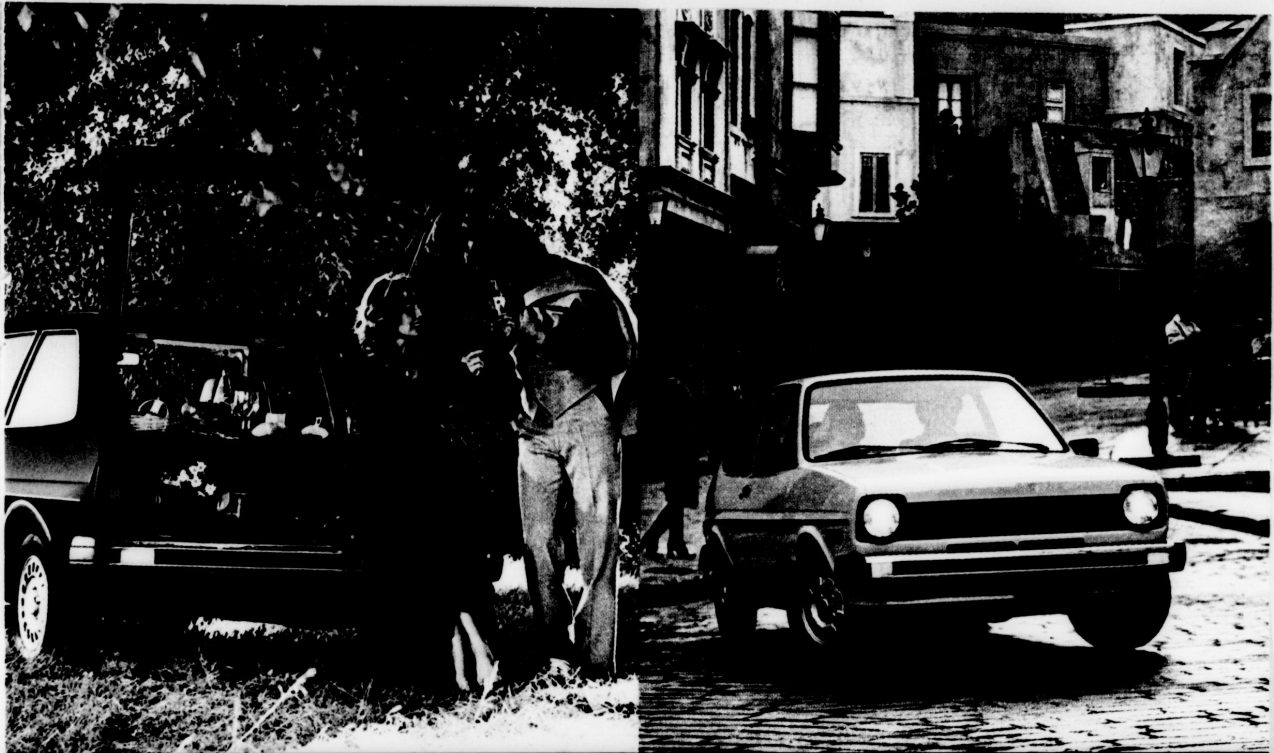
Pictured above: Standard instrumentation of the Fiesta Sport. Opposite page upper left: Versatile rear hatch gate of the Fiesta Ghia.

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

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

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.

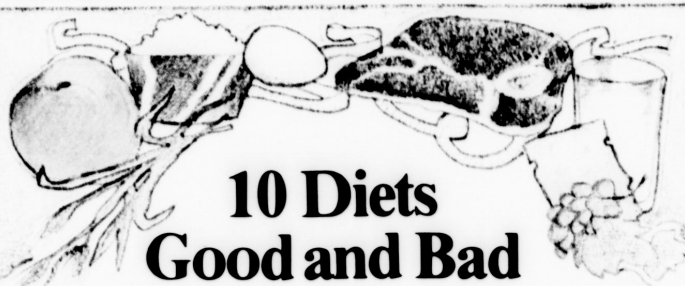
Now, if you live in a dorm or house and get your meals there, you probably can't make up the menu. But all is not lost. You can select from what is offered. That includes *not eating* dishes, such as desserts. If you can, get a copy of each week's menu plan, analyze the meals in advance and pick and 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.

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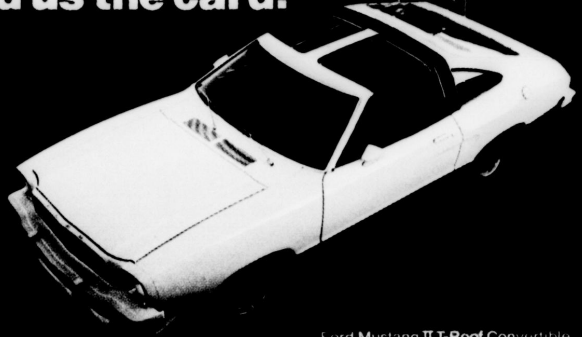
Ford Thunderbird



Ford Free Wheeling Van shown with owner-added stripes



Ford LTD II with Sports Appearance Package



Ford Mustang II T-Roof Convertible



Ford Free Wheeling Bronco



Ford Pinto Runabout With Accent Stripe Group



Ford Fiesta

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,

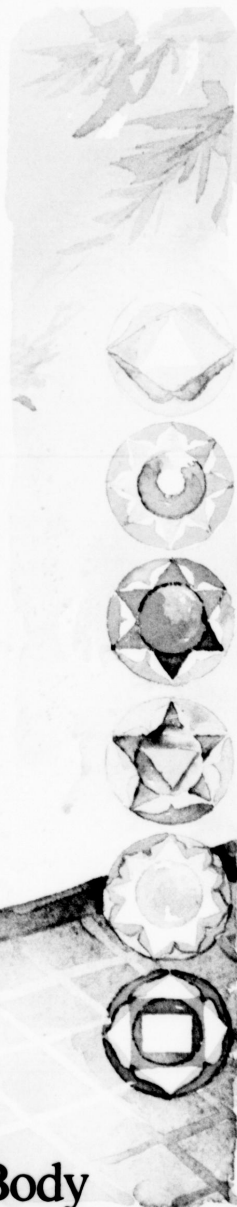
from movement by the individual to manipulation of the body by a trainer or healer. However, the major goal remains the same—to unblock tensions and patterns of behavior which interfere with the free, open use of the body.

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

Martial Arts

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

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

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



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 Afton Slade, author and chief researcher of Mindstyles / Lifestyles (Price / Stern / Sloan, 1976, \$7.95).

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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 leave your home-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



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. 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,

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 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 are doing. 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. □

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