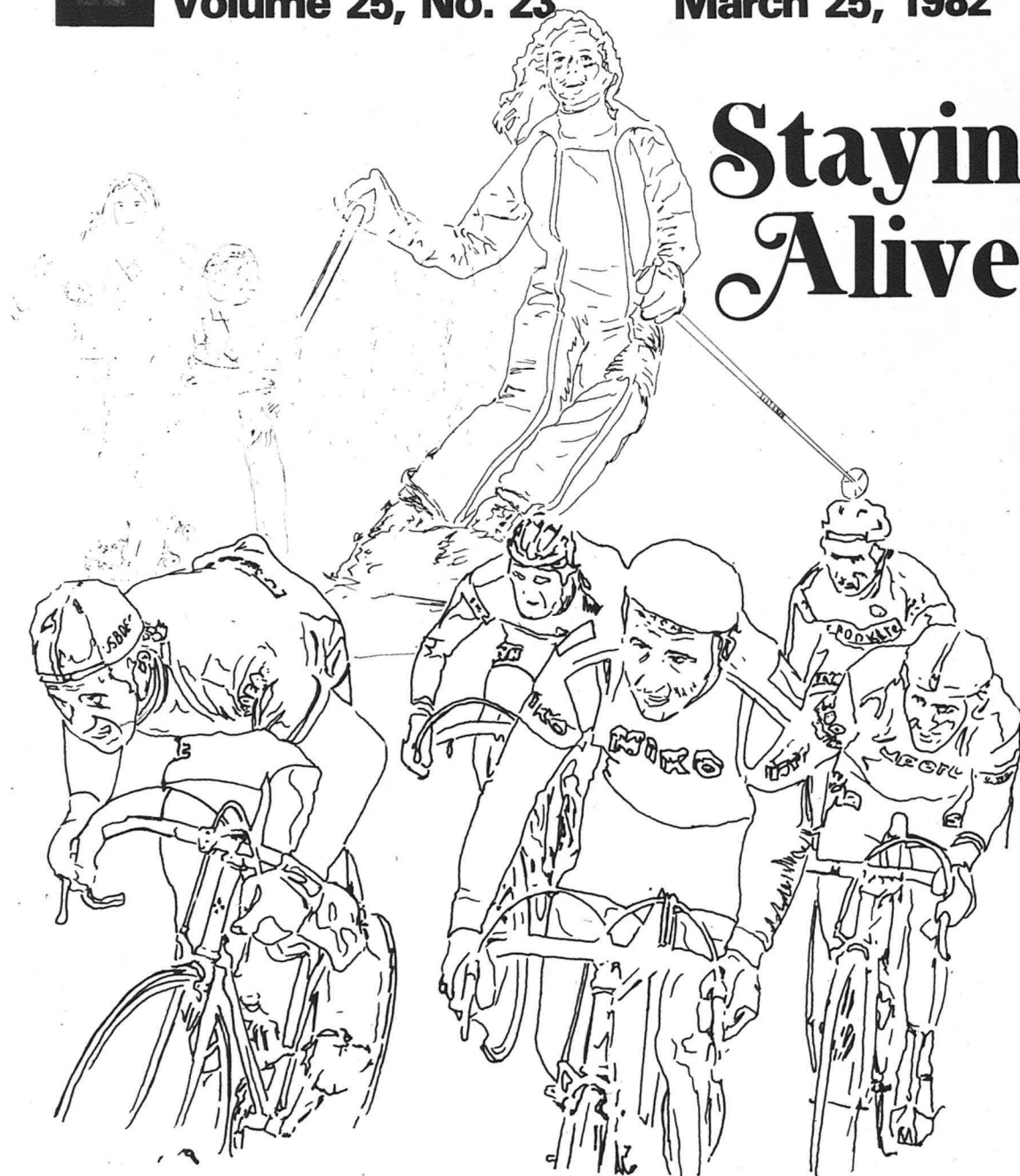


# POTTER

Volume 25, No. 23

March 25, 1982

## Stayin' Alive!



(or at least trying to stay healthy and not get killed!)

# POINTER

Vol. 25, No. 23 Mar. 25, 1982

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The Pointer is a second class publication (USPS-098240) published weekly on Thursday by the University of Wisconsin-Stevens Point and the UW-System Board of Regents, 113 Communication Arts Center, Stevens Point, WI 54481.

POSTMASTER: Send address change to Pointer, 113 Communication Arts Center, Stevens Point, WI 54481.

Pointer is written and edited by the Pointer staff, composed of UWSP students, and they are solely responsible for its editorial content and policy.

# POINTER



Letters to the editor will be accepted only if they are typewritten and signed, and should not exceed a maximum of 250 words. Names will be withheld from publication only if appropriate reason is given. Pointer reserves the right to edit letters if necessary and to refuse to print letters not suitable for publication. All correspondence should be addressed to Pointer, 113 Communication Arts Center, UWSP, Stevens Point, Wisconsin 54481.

Written permission is required for the reprint of all materials presented in Pointer.

# viewpoints



What is needed in this country is as many health food stores as there are filling stations and auto repair shops.

Dick Gregory

## Cloaks and Daggers

"The two men squat on their hams and the women and children listen. Here is the node, you who hate change and fear revolution. Keep these two squatting men apart; make them hate, fear, suspect each other. Here is the anlage of the thing you fear. This is the zygote."

John Steinbeck  
The Grapes of Wrath

Our nefarious Central Intelligence Agency (CIA) is back in the news.

Although its policy of subversion and destabilization of foreign governments askew of the U.S. global perspective never stops, the CIA's media presence is wonderfully welcome. The CIA's lifeblood is secrecy: to deal with the CIA's current urgent threat to world peace in Nicaragua and El Salvador we must throw off this cloak of historical secrecy and see what our government is up to.

The Nation of March 6, 1982 carried a cover story outlining the current CIA covert operation to destabilize the government of Nicaragua. Within two weeks the government of Nicaragua had to declare a national state of emergency because of systematic subversion of that country's operations.

Assistant Secretary of State Thomas Enders' response to questions of CIA involvement in Nicaragua is reflective of the Reagan Administration's stance. Enders, who, according to The Nation, briefed members of Congress in November and December on the CIA covert operation in Nicaragua, replied that the Administration "does not address those allegations."

As U.S. citizens we have the right to know what the CIA is doing. Our taxes are being used without our consent for dishonorable, immoral, and illegal purposes. In this time of fiscal austerity, while ketchup and relish become vegetables for hungry schoolchildren, as the air we breathe and water we drink are allowed to get filthier, and as universities are forced to raise tuition and fire professors, to site but a speck of examples, the CIA is allowed to romp and plunder in Central America.

While every budget, save the bombastic defense budget, gets eagerly cut by the Reagan Administration the CIA's budget is not even known by members of Congress. Why? Because the CIA is responsible only to the President. Our President, who asks us to accept massive budget cuts and dislocation in our lives, commands a private army on a private budget with a green light for war.

As citizens of the land of the free we must know what the CIA is doing. The history of the CIA is heinous: drug running, mind control experiments, torture, rape, murder. It is far too

extensive to even selectively list occurrences here. Former CIA operatives like Phillip Agee, John Stockwell, Frank Snepp and Miles Copeland have written invaluable books detailing CIA operations of the past. This reading is absolutely necessary to understand how our government works, yet I know of no course at this university in which students read these books. No one reads of the CIA contribution to the massacre of one million Indonesians in 1965. No one reads of LSD tests on unknowing U.S. citizens in the late 1950s and early 1960s. No one reads about former Hoosier Daniel Mitrione who perfected electric torture on wayfarers in Brazil during the 1960s. Why? Why don't we read these books?

Furthermore, why can't we know how the U.S. is going to war in Nicaragua and El Salvador? Why can't we know how the CIA is stirring up a war to take our friends away as soldiers? Why can't people name CIA agents who blow up bridges, airports and communication lines, kill innocent people and throw countries into chaos? Why can't we know how much money the CIA spends?

"National Security", that Nixonian answer of Watergate and Vietnam days, is the most common answer. This answer is not meant, however, to answer the question or cure the illness. It is meant to justify the problem. The only revitalizing nutrient for this famished concept is secrecy.

Secrecy is antithetical to freedom. The secrecy that shrouds the CIA prevents a free and open society from forming around this protection. Given the history of the CIA, and its reported current involvement in El Salvador, "free" elections just cannot take place. The people are not able to freely make up their minds as they are coerced by the U.S. government through violence to interpret their country's situation as the U.S. would like it to be. The elections, under these circumstances, are no longer free but sponsored by the U.S. government.

In this issue of The Pointer you will find a "Communique from Casa El Salvador." Sources from the North American Congress on Latin America, the Committee in Solidarity with the People of El Salvador, and the Institute for Policy Studies have all confirmed that the communique does come from El Salvador. It is not a CIA fabrication.

All sources we contacted had no way of knowing the truth of the statements made in the communique. Our purpose is to lift the cloak of secrecy as best we can so you can read the document in its entirety, and be aware of what the CIA might be up to. Otherwise we doubt you would.

Todd Hotchkiss



# MAIN STREET

## Week in Review

### This Week's Weather

Ingredients: Artificial precipitation, imitation spring havoring, nimbo-stratus poop and mono-sodium glutamate

Program may disrupt budget

## UW-SP computer major planned for fall of 1983

They eventually may be forced to sacrifice an existing program for it; nonetheless, faculty leaders have endorsed establishment of a new major in computer information systems at UW-SP.

It is one of the most expensive programs US-SP ever has planned, and that has professors worried. But they believe they must lobby for its approval from the UW-System Board of Regents in order to maintain their institution's competitiveness.

"Whether we like it or not, it (the computer) won't go away," observed Alan Lehman, an English professor who predicted that to be literate in the 21st century will require basic skills in computing.

Endorsement of the proposal, which was introduced last fall, is necessary from the senate if the university is to move into detailed planning on the major. The earliest it could be implemented would be about a year and one half from now.

Though several UW schools already have some form of major in computer science (UW-SP has a minor in it offered by the mathematics-computer science department), the new program here would be unusual internationally.

It would be cross disciplinary and draw on courses from the departments of economics-business, communication, physics-astronomy, paper science, forestry, psychology, geography and English.

It would require the addition of several new faculty members, the purchase of expensive equipment and involve other new costs totaling an estimated several hundred thousand dollars each year.

In times of shrinking budgets for public higher education, any expenses incurred by curricular expansion require giving up something elsewhere in the university—redistributing resources and staff from an existing area.

Could that be done in a "non-disruptive manner?" asked Mark Seiler of the foreign language-comparative literature faculty. No, responded Chancellor Philip Marshall, who reminded the senators that current budget cuts are disruptive.

Carol Marion Wick of the history faculty commended planners of the major for their forthrightness in revealing anticipated costs and their foresightedness.

The proposal is one the senate must approve if UW-SP is to fulfill the traditional mission of a university in reflecting on the past and preparing for the future, she added. Offerings in computer-related subjects "have to be made available," she continued, "and I wonder about even having them as general degree requirements but that would make the cost even greater."

Concerning money, she said, "We have to look not just at what it will cost and who will pay but in terms of the total university."

"Is it a Cadillac program we can't afford right now?" Thomas Overholt of the

philosophy department countered. Marshall said he didn't believe it was and representatives of the mathematics-computer science department contended they had been prudent in the scope of the proposal. Department Chairman Bruce Stall called the proposal "well thought out and reasonable."

Senators tended to concede that not only would the

program require more people to staff but salaries for the new teachers would have to be adjusted above the going rate for faculty members in most disciplines because of the high demand in all sectors of the economy for computer specialists. Mrs. Wick cautioned, however, there is some language suggesting the faculty in the program would get more preferential treatment than

may be necessary.

A nearly unanimous vote of endorsement was given by the senate, and it followed only moments after Daniel Goulet, one of the authors of the proposal, noted that in these times of high unemployment among the few fields in which jobs are available, one is computer science. And, the number of jobs in this field will increase, he predicted.



Photo by Gary LeBouton

Sneaky nurse taps a pitcher of blood from arm of unsuspecting Point student. Aorta be a law!

## Ground Zero week scheduled

Students and educators throughout the United States are being asked to join in nationwide programs on April 22 focusing on the growing threat of nuclear war and the harmful economic effects of the arms race.

The Union of Concerned Scientists (UCS) and United Campuses to Prevent Nuclear War (UCAM) are cosponsoring the April 22 Convocation in conjunction with nationwide "Ground Zero Week" observances scheduled for April 18-25. Ground Zero is a nationally coordinated campaign of local community activities to prevent nuclear war. Organizing committees at

more than 180 colleges and universities in 42 states are planning April 22 programs and UCS-UCAM is actively seeking support from additional schools.

"The nation's campuses are essential to an informed public opinion. There is an urgent need for those in our colleges and universities to direct their energies to the critical problems of preventing nuclear annihilation and mitigating the dire economic consequences of the arms race," commented UCS Chairman Henry Kendall and UCAM Chairman Peter Stein in a joint statement.

USC-UCAM will serve as

the University Day national resource center, providing campus groups with an organizing packet aimed at maximizing community-wide awareness of the April 22 Convocations. UCS-UCAM will also direct national publicity for the event and keep organizers advised of program suggestions and activities on other campuses through a weekly newsletter.

Persons interested in helping to organize University Day programs should contact Charles Monfort, UCS-UCAM, 1346 Connecticut Avenue, NW, Suite 1101, Washington, DC 20036; 202-296-5600.

## LSD's unlikely soul mate

According to Gov. Lee S. Dreyfus, Noel Richards is not just "another voice in the chorus of complainers and whiners."

In a letter to Richards, Chancellor of UW-La Crosse, the guy said, "We need hundreds of you in the public leadership positions ... as we have never needed them before."

Earlier, Richards had predicted that, somehow, UW-La Crosse would emerge from the current budget cuts with "the quality of instructional program intact and strengthened."

Dreyfus said in his letter

that he found that style of leadership so refreshing that "I simply had to write and commend you."

The governor, a one time UW-System Chancellor at Stevens Point, wrote that Richards seemed to be showing "a sense of support, direction and leadership, rather than another voice in the chorus of complainers and whiners."

Richards was also praised for saying that "services will have to be cut back, but it is my hope and prediction that the quality of instruction and programs for the students we serve will survive and even increase."



## For Women Only

### To the Editor:

Sunday evening, March 28, the Program Banquet Room will be the sight for an event that will be a first of its kind. A banquet has been planned for women only.

The program will be entitled, "An Evening for the Woman in Business." The idea is credited to Dr. Robert Taylor, Chairman of the Business and Economics Department. He feels it is time for women to get together and discuss the challenges that are unique to them in the business community. The few women faculty in the business department have always been teachers, so they cannot really serve as role models as far as actual work experience beyond the classroom.

To give women the chance to discuss the issues and challenges they may face upon graduation, the Business Department along with the Association of Business and Economics Students (ABES) will be sponsoring an evening especially for women. Karen Kennedy will be the keynote speaker. She will speak on "Assessing Your Figure." Ms. Kennedy owns her own business in Wausau, WI, Reflected Images, and is also a part-time student at UW-SP.

After the keynote address, the women will have the opportunity to divide into small groups to informally

discuss the issues and challenges of working in a "man's world." Several women from a variety of businesses have been invited to lead the small group discussions. The women include: Elaine Boyce, Mid-State Technical Institute, Economic Development Coordinator; Christine Klessig, McKelvey Law Office, Attorney; Barb Konkel, Bank of Park Ridge; Sue Olmstead; Sentry

a note to someone who works at the Pointer office?

We don't really mind when people ask these questions, it's just that too many people do not have a great deal of time to waste tracking you guys down. Maybe it would be best if the Pointer print a schedule of office hours, and/or a list of phone numbers where people could get in touch with you if necessary.

Best wishes from your friendly neighbors at Student



## Mail

Insurance, VP-Planning; Ali Ryan, Midstate Airlines, Marketing Manager; and Karen Sturm, Sentry Insurance, Sales Representative. The evening should be interesting as well as very informative for those who attend. It is an opportunity that women who plan to enter the business world shouldn't pass up.

Lisa Lensmire

### SET Steamed

### To the Editor:

When are you guys going to have regular office hours? Every day somebody will stop in at our office to ask one of three questions: 1) where is the Pointer office? 2) when will someone be at the Pointer office? or 3) do you have a piece of paper that I can borrow so that I can write

Experimental Television, open damned near twenty-four hours a day.

Sincerely,  
Brian A. Fahrner  
Production Manager, SET

(Ed. note: Maybe you should put in just twelve or fifteen hours a day like us, then you wouldn't get harassed as much. Once you're out of the office those little problems just seem to disappear, don't they?)

### From Bad to Verse

### To the Editor:

A caveat should be added to the "World of Poetry" contest announced in last week's Pointer. There are a number of so-called "publications" and "contests" that are about as reliable as a Reagan press

conference.

Such publications and contests typically publish something by almost everyone who submits. The catch, though, is that contributors must agree to purchase a copy of the publication for an outlandish price, sometimes \$50.00 or more. Such contests and publications are not reputable.

Although I do not have first-hand knowledge of the "World of Poetry" contest, it sounds too much like a Reader's Digest give-away to be legitimate.

I would not recommend that anyone get involved with the "World of Poetry" contest, nor do any of the other writers and teachers I have spoken to about the announcement.

Richard Behm,  
Assistant Professor  
of English

## Shoestring Success

### To the Editor:

It has always been the policy at UW-SP to cooperate with the community of Stevens Point. **SOME** people at the University have taken this policy to heart.

It is with this in mind that we of Children's Arts would like to thank Larry Lukasavage, Lorri Voight, Peg TeBeest and Cliff Jacobsen for the many hours that they have spent with us making Shoestring Players' production of *Sleeping Beauty* a success!

Cordially,  
Pat Zawadsky  
President-Elect  
Children's Arts Program

## COLA in Collins

The Committee on Latin America, a student organization at the University of Wisconsin-Stevens Point, will present a panel discussion on Thursday, March 25.

Entitled "The U.S. in Latin America: Focus El Salvador," the program will be held at 7 p.m. in Room 231 of the Collins Classroom Center, and will feature three persons who have recently spent time in Latin America: the Rev. David Donovan, who

served as a missionary in Bolivia from 1975-1980; Judy Strasma, who served as a delegate on the World Council of Churches fact-finding mission to Honduras; and Russell Bartley, a member of the UW-Milwaukee history department who has recently been in Nicaragua making a documentary.

A question and answer session will be held following the speakers. The public is invited to attend without charge.

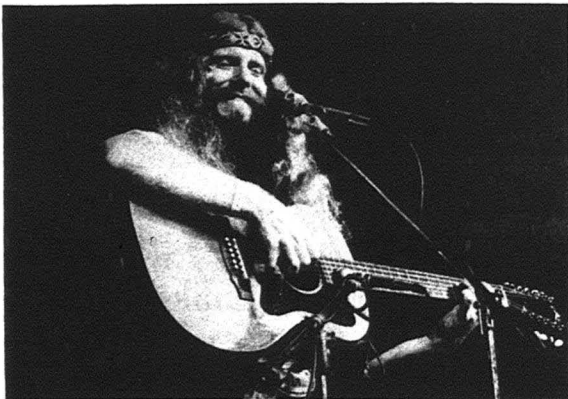
## Award season for profs

Student Government is now accepting nominations from students for the Excellence in Teaching Award. Five of these awards are given to faculty members each year. If you would like to nominate one or more of your

professors for this award. Pick up a nomination for the award in the SGA office.

SGA will select twelve of your nominations and submit them to the University Awards Committee. The deadline is April 2.

# Tonight!



**Mike Williams Concert**  
Allen Center-Upper 9:00 p.m.

**Free**

Your favorite beverages will be available.



Because it's everybody's Downtown—  
**YOU ARE INVITED**



**PUBLIC PARTY**  
"DOLLARS FOR DOWNTOWN"

All proceeds for the public information program

**FREE**  
REFRESHMENTS - MUSIC  
(Courtesy: Coppa IGA and Stevens Point Brewery)  
Doug Graham's Band  
"Stately Country"  
OPEN TO EVERYONE

Thursday, March 25  
5 to 9pm  
AMERICAN LEGION HALL

Donations: \$5 per person  
TICKETS AVAILABLE AT WOOLWORTH'S,  
SHOPKO, J.C. PENNEY'S, FIRST NATIONAL  
BANK AND CITIZEN'S NATIONAL BANK

YES, Downtown can now be revitalized—  
and without local taxes! (Come see the display)  
**WE NEED YOUR HELP**  
TO SPREAD THE GOOD WORD

Everyone in Stevens Point WINS with a revitalized Downtown  
Sponsored by PEOPLE FOR DOWNTOWN, Michael Kocurek, Treasurer



## News

# Trivia Censorship Overruled

by Michael Daehn

Remember the world's largest Trivia contest, that sleepless weekend when Pointers gather to indulge in some harmless sleuthing. Remember how relatively hassle-free the contest runs each year, a complaint or two about tying up phone lines, the only major breach of tranquility.

To date, Trivia 82 has defied such a trend, attracting more pre-festivity attention than is the norm. The first headline grabber concerned WWSP's decision to change the unlimited call feature of the competition. Although such a move was forced upon this year's Trivia organizers by the telephone company, some disgruntlement has surfaced among students toward the new policy.

Controversy number two is of a more serious nature, one which affects the entire university community indirectly. Certain practices by some resident hall directors in recent weeks, regarding the posting of Trivia posters, have given rise to accusations of censorship from the 90 FM staffers and SGA leaders.

Kari Soiney, public relations director for WWSP, has been at the heart of the

issue since its inception. She claims the current posting policy for the dorms is inconsistent, inconvenient, and censorious and that she's pushing for a review and revision of the document.

Soiney's concerns stem from difficulties she encountered when attempting to have Trivia Kickoff and Trivia 82 posters posted in the dormitories. Some resident hall directors objected to the Budweiser corporate logo which was prominently displayed on the announcements, claiming it went against the grain of their alcohol awareness program. This conviction led to some directors removing Kickoff ads from their walls and prohibiting the posting of Trivia 82 posters.

After several meetings between Ms. Soiney, Station Manager Jim Haney, Resident Life Director Mel Karg, Assistant Chancellor for Student Affairs Fred Leafgren, and eventually Chancellor Marshall, the decision was made to approve the Trivia ads for posting, but neither Soiney or SGA vice president Ed Karshna believe that is sufficient.

Both considered this conflict to be much larger

than the issue of advertising Trivia. Ms. Soiney emphasized first amendment freedoms and the lack of sound causality behind the directors' methods of promoting alcohol awareness among her criticisms. She said college students should have complete freedom to choose, with exposure to all sides of each issue. "That's why we're in this university—to learn to think for ourselves, not having someone regulate what we can or can't see," commented Soiney.

She also took exception to contentions that removing the posters will have any kind of positive effect on controlling alcoholic tendencies. The public relations director asked, "Does anyone really believe a Trivia 82 poster or any other poster advertising a non-alcoholic event with a beer logo on it is going to make a non-drinker start drinking or a moderate drinker drink more. Not telling people about birth control doesn't keep babies from being born."

Vice president Karshna argued against some directors' inconsistent handling of the current posting policy. He expressed

confusion over why some dorm walls can be painted with vibrant beer logo murals or why no one is offended by beer plugs on Pointer basketball schedules (posted in all the dorms), yet such a clamor arose in this instance.

At the weekly meeting of residence hall directors held Tuesday morning, Soiney and Karshna expressed these concerns and requested an immediate review of the current posting policy.

The overall reaction of the directors was progressive. One director responded: "The policy has been around for many years. Perhaps we are inconsistent in some ways, like the wall paintings, but we're also very concerned about censorship. Alcohol abuse is a very important issue to us so we try to confront things that encourage alcohol use, make the campus aware of it. But we might have to take another look at our policy."

But several other directors took offense at what they called Ms. Soiney's "antagonistic approach to the whole issue." One

claimed that "fighting is keeping us from working together." Still other complaints surfaced saying that posters were never even delivered to some dorms or were posted without permission which led to their subsequent removal. Perhaps the loudest disapproval was voiced by the resident hall psychologist who commented, "that we appreciate you bringing your views here but we don't really need a lecture. We have a lot of other things to resolve today."

The resident hall directors did promise to re-evaluate their policy and added that the Committee for University Affairs would also be looking into the issue at their next meeting. The committee will attempt to formulate a general posting policy covering the entire university community.

In the meantime, for five Trivia points, who was it that said, "There is nothing so absurd or ridiculous that has not at some time been said by some philosopher?"

## Missing student found

by Joe Vanden Plas

William Condon, the 19-year-old UW-SP student missing since Jan. 24, was found dead Saturday near his parents' home in Madison after he apparently committed suicide.

Dane County Coroner Clyde Chamberlain said Condon died of a self-inflicted gun shot wound to the head. A .357-magnum handgun, which Dane County authorities believe was taken from the home of Condon's parents, was found near Condon's body.

Chamberlain also said Condon's body was found partially decomposed by hikers approximately three blocks from his parents' home on Madison's east side. Chamberlain indicated no autopsy will be performed on Condon's body but an investigation into his death will continue.

Condon, who resided at UW-SP's Watson Hall, was last seen at 3:30 p.m. on Jan. 24. He ventured out into weather conditions of bitter

cold and blowing snow and had written a suicide note in which he expressed no desire to live. The note also instructed Condon's parents where he wished to be buried in the event his body was found.

At the time of Condon's disappearance, Alan Kursevski, director of UW-SP Campus Security, said it was unlikely Condon had left the Stevens Point area because he had no transportation and was wearing only a denim jacket and blue jeans.

However, local authorities speculate Condon hitchhiked to Madison via Highway 51 when they found no evidence he had obtained a ride in the vicinity of Stevens Point.

An earlier search for Condon conducted by the Headwater Search and Rescue Team at Schmeckle Reserve proved fruitless. Friends believed Condon's body would be found there because of his interest in nature and the fact that he often jogged through the Reserve.

## CUB fans sought

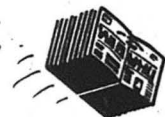
The Stevens Point area Citizen's Utility Board (CUB) will meet tonight (Thursday) at 7:30 p.m. in the Blue Room of the University Center.

A CUB spokesperson will outline procedures to be used for testifying at the upcoming Wisconsin Telephone rate request hearing in Stevens Point on April 1.

The CUB staff member will also outline the Wisconsin Telephone request as presented to the Public Service Commission, which includes a 51 percent rate hike in local service rates.

Anyone interested in attending this meeting is encouraged to attend.

## Cosmic Debris



by Michael Daehn

### Ed cuts: Reagan loses first round

From the hope springs eternal department, there's good news coming out of Washington for financially needy students. President Reagan's proposal to bar graduate students from the Guaranteed Student Loan program has suffered its first setback in Congress.

A House appropriations subcommittee recommended recently that grad students should be kept in the program and that \$1.3 billion more than the president's recommendations should be approved for this purpose.

Reagan had asked for a \$978 million appropriation for the loans, but wanted to eliminate grad students from consideration and impose new curbs on undergraduates effective April 1.

But the subcommittee proved education still has some friends on Capitol Hill by voting unanimously to approve the higher amount, keeping the \$3 billion program operating under the

same rules through Sept. 30, the final day of fiscal 1982.

### New gun law sittin' Purdy

Granny Clampett's kinfolk got their dander up over goings-on in Morton Grove last week and passed an ordinance in Kennesaw, Georgia, requiring heads of households to own and maintain guns and ammunition.

"We felt, for the safety of our residents, that it was highly beneficial to arm for their own self-defense," said Mayor Darvin Purdy.

He said he did not think the ordinance would result in an increase of gunshot wounds in the city of 7,000. But he did comment: "There might be a rise in the incidence of crime perpetrators getting injured."

Exempt from the ordinance are people with physical disabilities, preventing them from using a gun, those who oppose the use of guns for religious reasons and convicted felons.

### If they only had a brain.

If rock idol Ozzy Osbourne keeps up his current pace, "the Scarecrow's Song" should be at the top of the charts by year's end. The black-rocker's latest antic served proof to the claim that man can indeed function without the encumbrances of a brain.

After demonstrating in successive months how to bite the head off a rabid bat and the best method for urinating on the Alamo, Osbourne and his musical cronies unveiled their production of how to kill a lead guitarist.

Apparently, lead guitarist Randall Rhodes and three friends were buzzing the mansion in which they were staying from the confines of a Beechcraft Bonanza plane. Then Osbourne drove up in a van. They began buzzing him—smashed into a tree, crashed into the mansion, and were consumed by flames. Ozzy escaped injury.

### Legislator acclaim

Legislatively speaking, on the national front, two Wisconsin congressmen, Reps. Dave Obey and Robert Kastenmeier, were among 22 House members—all

Continued on page 6

# LOST & FOUND



## U.C. INFO. DESK

### SPRING BREAK CLOSING HOURS

**Allen Center** closes Friday, April 2, 1982 at 4:00 p.m.

**Allen Center** opens Monday, April 12, 1982 at 3:00 p.m.

**Debot Center** closes Friday, April 2, 1982 at 2:00 p.m.

**Debot Center** opens Monday, April 12, 1982 at 4:00 p.m.

**UC** closes Friday, April 2, 1982 at 6:00 p.m.

**UC** opens Monday, April 12, 1982 at 8:00 p.m.

## Recruiting program attacked

The Central Committee for Conscientious Objectors, the nation's largest draft and military counseling agency, has filed a complaint with the Department of Defense regarding the military's use of the Delayed Entry Program in high schools.

The Delayed Entry Program is the primary recruiting approach used by the military and accounts for more than 60 percent of all military enlistments. Under the DEP, students enlist in the military reserves while still seniors in high school and are then given up to one year of delay before being sent to basic training.

CCCO charges that DEP is fundamentally unfair to high school students in two important respects. First, the military uses DEP recruits to recruit other high school students and gives them a promotion if they recruit two students who later graduate. These amateur DEP recruiters are given no instruction in fair approaches to recruiting their classmates. Nor are they required to reveal that they will receive a bonus for convincing other students to join the military.

The result is a "plainclothes" recruiting force—composed of students who are pressured by recruiters to recruit their classmates—in virtually every high school. CCCO learns of students who recruit

their boyfriends or girlfriends and then break up soon after they are enlisted, of students who totally misrepresent conditions in the military in order to get their classmates to enlist, and, in at least one case, of students who recruit their own reluctant brothers in order to earn their bonuses.

Second, the DEP is used by recruiters to enlist students immediately when in fact there is little or no advantage in doing so. Recruiters argue that unless students sign up immediately the enlistment options they want will be filled up. However, while some enlistment options fill up as the school year progresses, others open up. The student who waits till completion of the school year before seeking entry to the military may well be able to score higher on the military enlistment tests and thus have a greater range of enlistment options.

Just as significantly, rush decisions early in the school year often leave students locked into military career plans which have little or no relation to their post-graduation plans by the end of the school term. Thus, CCCO hears from students who, for example, signed into the DEP for guaranteed nursing training and then

decided three or four months later they really wanted to go to college or to be engaged and remain with their fiancé.

In the complaint filed with the Department of Defense, CCCO calls for the military to review their current DEP policy with an eye to developing regulations that would require recruiters to warn potential DEP recruits that enlisting immediately may not always be in their best interests. CCCO also suggested that regulations should require recruiters to instruct DEP recruits in fair recruiting practices before setting them loose on their classmates. In the event the military fails to review their present DEP policy, CCCO will seek relief with a further complaint to the Federal Trade Commission.

Each year CCCO hears from hundreds of students who have entered the DEP program and realize later that they have made a mistake. Students who wish to get out of the DEP often do have a way out if they get in touch with the CCCO counselor nearest to them. They can write to CCCO at 2208 South Street, Philadelphia, PA 19146, for the name of the volunteer counselor nearest to them.

## Crisis stats available

CAP Services has released an Annual Report detailing Family Crisis Center service statistics for 1981.

The Center, which provides domestic abuse services, information and referral, crisis intervention and youth services to Portage County residents, received 3,099 contacts last year. Sixty-two percent of the total contacts were related to crisis situations. The 3,099 contacts represent an increase of 829 contacts when compared to the 1980 total.

Domestic abuse intervention counseling recipients increased 30 percent over 1980 totals. Shelter services were

provided for 165 individuals who required a total of 689 days of emergency housing.

Youth Services, the Family Crisis Center program addressing the needs of area youth in crisis, began in May of 1981. During its eight months of operation last year, the program responded to the concerns of 393 youths ages 11-18 years.

The report also indicated that the Center responded to 1,295 crisis situations related to alcohol and drug issues, family problems and mental health. More information and copies of the report may be obtained by contacting the Family Crisis Center, 1503 Water Street, Stevens Point.

## WE'LL PAY YOU TO GET INTO SHAPE THIS SUMMER.



If you have at least two years of college left, you can spend six weeks at our Army ROTC Basic Camp this summer and earn approximately \$600.

And if you qualify, you can enter the ROTC 2-Year Program this fall and receive up to \$1,000 a year.

But the big payoff happens on graduation day. That's when you receive an officer's commission.

So get your body in shape (not to mention your bank account).

Enroll in Army ROTC. For more information, contact your Professor of Military Science.

**ARMY ROTC.**  
**BE ALL YOU CAN BE.**

Jim Garvey  
Frank Johnson

204 Student Services Bldg  
348-3821

## World Religions Re-visited.

Come join us for two great learning experiences!

### March 31-Buddhism

Arthur Herman, Speaker.  
(Philosophy Department)

### April 26—Native American Religion

Thomas Overholt, Speaker  
(Philosophy Department)

U.C. Blue Room  
8 P.M. Both Nights  
Sponsored by UWSP  
Canterbury Club

## Continued from page 5

Democrats—who scored 100 percent in ratings last week by the League of Conservation Voters. The league is a national, nonpartisan political committee organized in 1970 to help elect and re-elect conservation-minded candidates to public office.

On the state front, State Rep. Mary Lou Muntz (D-Madison), one of the most vocal and effective leaders in Wisconsin politics (and the subject of a Pointer interview—Sept. 10 issue), was named Woman of the Year by the Wisconsin National Organization of Women.

# Wellness Workshop July 18-24

by Ann Reinholdt

Planning for the 7th Annual Wellness Promotion Strategies Workshop is in its final stages, and according to coordinator Julie Sina, this conference promises to be one of the most exciting.

"It's too bad the students won't be here to see it," commented Sina. She added, "Experts in the wellness field are promoting this as the best conference to attend this summer."

The workshop is slated for July 18-24. It is sponsored by the UWSP Institute for Lifestyle Improvement, in cooperation with the American Medical Association, the President's Council on Physical Fitness and Sports, the Marshfield Clinic, St. Michael's Hospital and Medical Self-Care Magazine.

Each day of the conference will focus on one or two of the six dimensions of wellness: occupational, intellectual, social, emotional, spiritual and physical. This summer the spiritual and emotional

emphasized heavily throughout the week.

Approximately 104 professionals from the U.S. and Canada will present a variety of keynote speeches, workshops and one hour sessions.

Speakers include former Surgeon General Jesse Steinfeld, career expert Howard Figler, YMCA board member Dick Keeler, former Olympian Marilyn Manning Mims and editor of Psychology Today, Sam Keen. Jessie Potter, who spoke last year on relationships, is also returning.

One of the most exciting features of this year's conference is the addition of "tracks", says Sina. Participants may elect to follow a "track" throughout the week by attending sessions geared to specific fields.

Tracks will be offered in the areas of nutrition, medical selfcare, exercise, promotion and time and

stress management, as well as in spiritual, emotional, community and career development. Tracks for physicians and businessmen will also be available.

Another addition is a daily time slot for group sharing between professionals according to their areas' for example, business, religion, education or medicine.

A children's program will be provided concurrently with the adult program.

Participants will be housed in the residence halls. SAGA will cater the event and will offer a special menu of "wellness" food. Attendance is expected to reach its maximum of 750 participants.

UWSP students may attend the conference for one credit in Health Education. (See the Summer Session timetable.) Internships are also available.

Students may volunteer to work at the conference for a reduced fee; however, those arrangements will not be made until this summer.



## Wisconsin would rank 12th in lost student aid

Wisconsin would rank 12th nationally in lost student financial aid if proposed federal cuts are passed, according to the American Council on Education (ACE).

About 53,630 fewer student awards would be made in Wisconsin next year, the council estimated, for a dollar loss of \$37.8 million.

The effect of proposed Reagan administration cuts was calculated for Pell grants, work-study programs, direct student loans and Supplemental Educational Opportunity Grants, the council said. Guaranteed student loans and incentive grants were not included in the estimates, published in ACE's newsletter, "Higher Education & National Affairs."

The program cuts are being debated now in Congress.

Because some students receive more than one kind of aid, the number of "awards lost" may be larger than the number of students affected.

Although Wisconsin is only the 16th most populous state, it ranks 14th in the number of young people enrolled in higher education, and 13th in the number of public

"An Arm and a Leg" is a regular column of current financial aid information.

higher education students. It is also hard hit, one official explained, because it has been using aid especially well. Its direct student loan program, for instance, is the largest in the country, said Wallace H. Douma, director of financial aids at University of Wisconsin-Madison.

"Our economy is not the best," Douma said in explaining the large role of federal aid here. He said the Reagan administration cuts would take about \$7.14 million from UW-Madison programs included in the ACE estimates, dropping them from \$11.88 million in 1981-82 to \$4.74 million in 1983-84.

About 8,700 awards would be eliminated, he estimated. In addition, the ACE figures do not cover drastic cuts planned in the guaranteed student loan program. The cuts would prevent loans to another 3,200 professional and graduate students.

"What you're really talking about is taking the guts out of the Middle Income Assistance Act," a bill that extended federal aid to students from middle-income families, he said.

The ACE estimates are based on present federal distribution formulas and award figures for the past two years, the council said.



Photo by Gary LeBouton

The Environmental Council will soon be "Walking for Eagles." Walking are (front row, left to right) Bob Welling, Linda Ganister, Lori Sot, Cindy Minnick, (back row, left to right) Dawn Witchell, Dan Ouimet, Dennis Weibel, Greg Beaudry, Simone Vendenhevel and Brian Kralovec.

## GLACURH distressed about stress

By Lauren Cnare

March—the month of doldrums, drooping spirits and symptoms of spring fever. To combat these end-of-winter beginning-of-spring phenomena, GLACURH devoted the week of March 22-26 to "March Over Stress."

By co-ordinating a series of discussion programs concerning the topic of stress, the members of the organization help to alleviate some of the student unrest by helping students to recognize, understand and be aware of some techniques to cope with stress.

This is the second topic of residence hall programs sponsored by GLACURH. The first was on relationships and the next one will deal with Peak Week. March was chosen to discuss stress because it is the longest stretch between breaks. Says GLACURH member Kris Eft, "GLACURH members are very involved and we know how hard it gets to cope, so if we feel the pressures, we're sure other students do, too."

The programs were held in Thomson, Roach and Steiner Halls, although they were open to all interested students. Included as topics

were Massage Stress Away, Biofeedback, Progressive Relaxation, Student Life and Stress, Exercise and Stress and Nutrition and Stress. The group speakers were from the Health Center, home ec. department, hall doctors and GLACURH members.

Student Life and Stress was one of the general over views led by Dr. Mosier of the UWSP Health Center. He discussed many of the external stresses on students, such as all the continual changes they face. In eating habits, sleeping habits, adjustment to new found

Continued on page 20



# Proxmire on the Issues

by Michael Daehn and Joe Vanden Plas

Wisconsin's senior senator, William Proxmire, made a campus visit last week to share his perspectives on the shape of things to come. Proxmire showed his characteristic flair for the fine art of answering questions, forwarded to him by various campus media reps and concerned students. A crowd of about fifty gathered in the Nicolet-Marquette room as the incumbent politician offered these views on an assortment of subjects:

## On the federal budget

**PROXMIRE:** There is considerable resistance to the president's proposals. I happen to serve on the Health and Human Services Subcommittee Appropriations committee and the chairman of that subcommittee, Senator Schmidt, who is a strong administration supporter, has recommended that we go ten billion dollars over the president's recommendations. I think that that attitude from a conservative Reagan supporter indicates the likelihood is that Congress will not cut as sharply as the president has recommended. But I think, in answer to your question, that when you cut the resources available you probably will suffer, at least temporarily, a reduction of the quality.

But the fact is that public education is paid for overwhelmingly by the taxpayers. And most of those taxpayers have never had a college education. So I think that I can sympathize with the students. But I think we also have to recognize the people who pay for the education, too, have made

sacrifices in the past and are to continue in the future because we are certainly going to continue federal assistance for higher education, and substantial state assistance.

## On military spending

**PROXMIRE:** The Department of Defense has been recommended by the administration...about 10 percent in outlays, 13 percent in authorizations in real terms that is above the nominal appropriations, and that is a very big increase when you consider that most if not all, of the other programs are going to be cut. The space program will not be cut; That will be increased about 16 percent. The public works programs will not be cut; They will be increased substantially. Nuclear programs for energy purposes will not be cut. They will be increased. Defense is not the only area that is getting an increase.

I think the overwhelming sentiment is not to go that far. Most of us will pay more for defense, but not the increase that the president recommends. He recommends a 10 percent increase in real terms and I think Congress would give him maybe 5 percent. Nevertheless that is an increase.

## On education assistance

**PROXMIRE:** I say a fundamental responsibility of higher education has consistently been, in this country, with the state and local government. The Constitution was very clear in the 10th Amendment that the responsibilities and the authorities not specifically allocated to the federal government are reserved by the

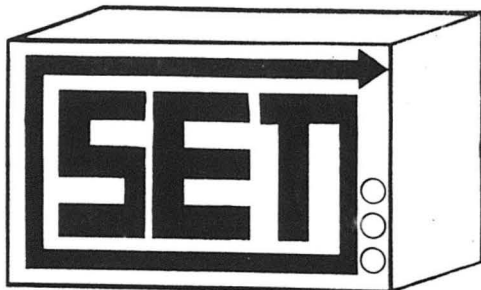
states. Nowhere in the Constitution does it mention education. It's only in recent years that there's been any significant substantial general assistance, on the federal basis for education.

There are recommendations for some cutbacks by the administration, but we'll just have to see how substantial those cutbacks are. There is very strong pressure on the administration and on the Congress to increase educational spending, and I think that there's a good chance that Congress will resist the president's recommendation.

## On education as a national investment

**PROXMIRE:** Well, certainly education is an investment. Of course, I don't think it's automatically that simply because you throw money at any problem, I don't care whether it's defense or whether it's public works programs or welfare, that you going to get results. You can waste money on that. You can spend too much money—or spend it too foolishly. There's no question that there's short-term, measurable benefits from providing assistance to technical, vocational education. There's a payoff that you can see and understand. There's much less of a clear economic benefit from the enrichment programs and the social studies area. Particularly in the humanities areas. But I think we have a better country—a country that's wiser and life is richer for all our people if we encourage those areas. But I don't think we can find an economic payoff, an investment payoff in these areas that can be highly justified.

**“Who offers alternative entertainment throughout the Trivia Weekend?”**



## Trivia On Television

Trivia Focus  
Simulcast

Classic  
Films

SET's Best  
Programs

Live Studio  
Action



Cable Channel 3

**GSLs**

**PROXMIRE:** I feel the origination fee is necessary. As far as the guaranteed student loans for graduate students, though, I think you could make a very strong case for GSLs in many areas. However there's a fine question of whether or not there should be an unlimited amount of subsidized support. The guaranteed student loan program is one that has been tremendously expensive...It has gone up very, very sharply, and we have to find a way of enforcing payback on it. Because, of course, there has been a unfortunately high rate of default.

**On the draft**

**PROXMIRE:** I oppose draft registration in times of peace. I do for a number of reasons. I served in the draft army in World War II. I didn't volunteer, but that's beside the point. I served from March of 1941 until January 1946, and I can tell you that during the peace time period morale was terrible. I am convinced you have a better army when they are there because they want to be there and people are proud of it, and when they are paid enough so that they can make it a real profession. There's no reason why we shouldn't pay people well enough for it. I am against registration, but I strongly believe that as long as we have it on the books people who are 18 years old should register when they're required to register. I think it very stupid of them not to. They can face a \$10,000 fine and 5 years in the slammer if they don't, plus the fact that it's the law and I think they should obey the law, plus the fact that I think we all owe something to our country, and, whether we like the law or not, we have to obey it.

**On Reaganomics**

**PROXMIRE:** I've been preaching sound fiscal government before Reagan even thought of it. I've had the best record experience in federal spending of anyone in the United States Senate. I had the best record in 1968, 1969, and 1970. Number one record on that. So it's not that I'm hanging on Reagan's coattails. I've voted against more of Reagan's nominees than anybody in the United States Senate. I voted against six of his cabinet nominees because they weren't qualified in my judgement. I have been very critical of his foreign policy and I continue to be. I think it's a foreign policy which is not constructively or effectively working for a peaceful world. There are very few areas where I find myself supporting Reagan. I do think that President Reagan is right trying to hold down the size and cost of the federal government. It's become too burdensome. And as I say I think we try to solve too many problems by simply saying we've appropriated enough money, that indicates our concern with the affair and that will solve it. And although I think he could be corrected in a few other areas I especially think that his environmental position and consumer protection position have been wrong. I voted against him.

**On Golden Fleece awards**

**PROXMIRE:** What we could do is close our eyes and say "whatever a research scientist wants to explore we should give him federal money to explore it". But I think if he gets federal money he should be able to stand up and defend it. That's all I ask. And I think challenging it is constructive. As a matter of fact we challenge very few in natural science appropriations and expenditures, some in the social science. I've had a strong social science background, and so have a number of my staff people. We go into this in great detail. We spend about 40 to 45 hours of staff time or more on each Golden Fleece. We

explore carefully—not only with the agency that provided the funds but with science agencies, university people, government people, business people, and others, to find out whether it's sound or not. And in every case what the newspapers have done is to go to the people who have cited programs which are unjustifiable and have gotten their viewpoints stated. I think these things should be debated. Should we spend federal governmental money and not have a challenge? I think we should have a challenge. I think it is constructive when we do. And in two thirds of the cases that we've cited with the Golden Fleece, the programs have been completely discontinued or reevaluated.

**On the environment**

**PROXMIRE:** Well, you know in the state of Wisconsin...Senator Gaylord Nelson did more to provide the legislation to clean water and to clean air than anybody—president or legislator or whoever...The new administration...has a lesser regard, in my judgement, for clean water and clean air, and the EPA budget has not had that kind of concern either. I think the Congress has it and I think the American people have it. You can go by Mr. Harris, the pollster, that the American people feel very strongly about clean water and clean air and that they are very much opposed to any program that endangers our water supply or sanitation. I think that the governmental protection agency is going to get substantially more than the administration has proposed, and I think they should.

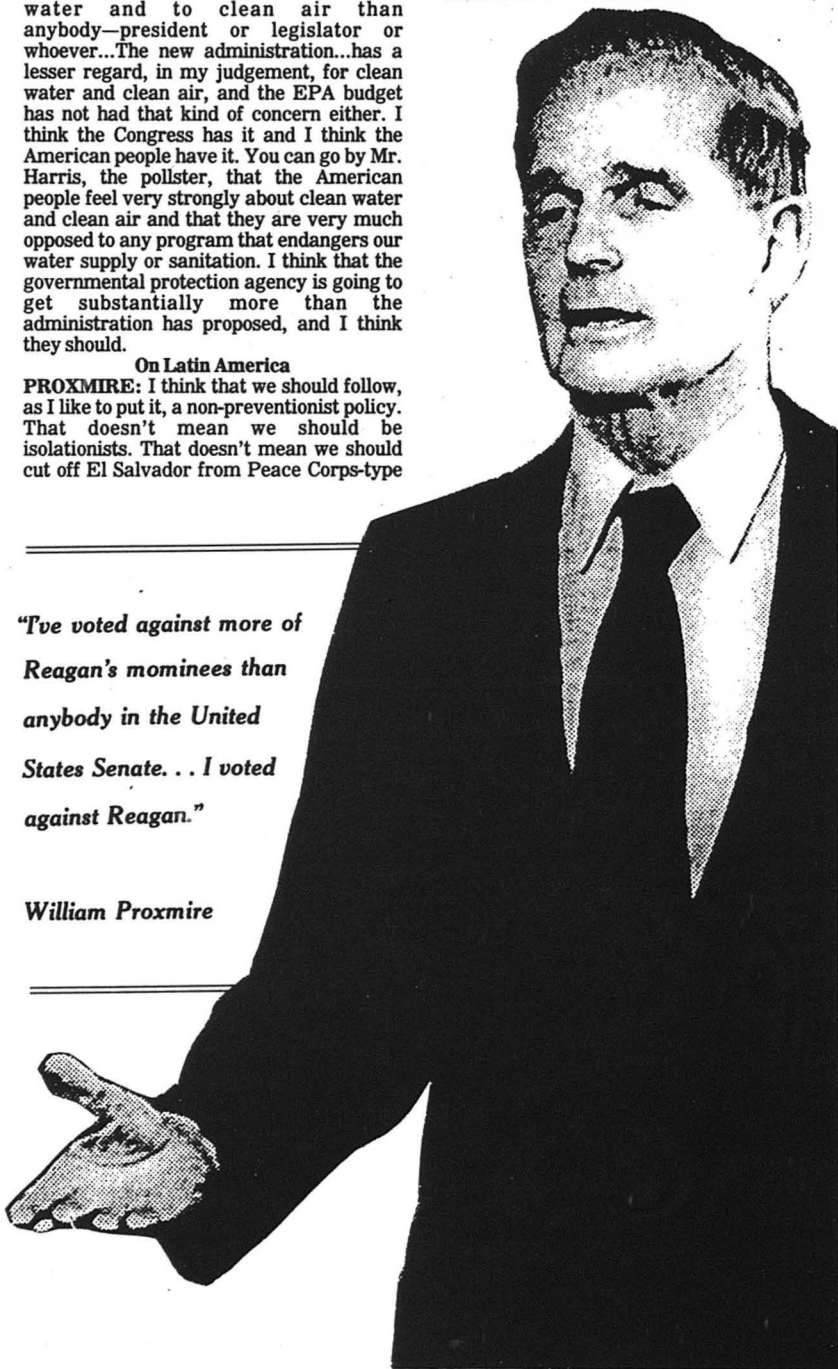
**On Latin America**

**PROXMIRE:** I think that we should follow, as I like to put it, a non-preventionist policy. That doesn't mean we should be isolationists. That doesn't mean we should cut off El Salvador from Peace Corps-type

assistance, technical assistance and so forth. We should not. We should help them in that regard. But certainly there is no excuse for El Salvador, Guatemala, Nicaragua, or virtually any other country, except NATO countries, to receive military assistance. That is so counterproductive—it hasn't worked, it's very costly, it gets us involved in embarrassing ways. We give aid to Pakistan and we give it to India and they use it to fool each other—at our expense. We should do all we can to be helpful but, after all, there's no way that El Salvador poses a military challenge to this country. Are they going to invade us? Is Guatemala going to invade us? Nicaragua? It's absurd, it's laughable, and there's no reason for us to express that concern. Now of course there are people who say we might get another Cuba down there and the Soviet Union will intervene. Well, that's a problem and I wouldn't turn my back on that. That

*"I've voted against more of Reagan's nominees than anybody in the United States Senate. . . I voted against Reagan."*

**William Proxmire**



# What's Happenin' with SGA

## by Jack Buswell and Ed Karshna

### Funding Request

WHEA—The Wisconsin Home Economics Association received funding for its annual WHEA conference entitled "Maximizing Human Potential," which is the theme of this year's conference. The SPBAC Committee recommended a funding level of \$245.00 and the SGS went along with that recommendation.

### Presidential Elections

Applications for Student Government Association President and Vice President are now closed, but there will be a write-in blank on the ballot. The candidates are:

1. President—Kevin Syvrud, the current Budget Controller of SGA. Kevin is a junior Business major from Tomahawk, Wisconsin.

Vice President—Bruce Assardo, currently the Speaker of the Senate of the SGS. Bruce is a junior Communications major from Stevens Point.

2. President—Scott West, presently the Communications Director of SGA. Scott is a sophomore Communications major from Point.

Vice President—Sarah Dunham, the Co-President of the Association for Community Tasks (ACT). Sarah is a junior Public Administration and Psychology major also from Stevens Point.

Elections will take place April 21 and 22 at:

University Center 9:00-4:00

Debot Center 4:00-5:30

Allen Center 4:45-6:30

In order for students to get to know the candidates, several events have been planned:

1. There will be a two-way radio show over WWSP-90FM at 10:00 p.m. on either April 12 or 19.

2. A SET debate will be held Tuesday, April 13, at 4:30.

"What's Happenin' " is submitted each week by the UW-SP Student Government Association.

3. On April 19, from 11:30-12:30, there will be a debate at the PBR room which will be moderated by current SGA President, Jack Buswell.

4. Residence Hall Council will also sponsor a debate, but the date is not yet known.

For more information, stop by or call the SGA office at 346-3721.

### Final Exam Week Resolution FY2-25

This resolution, which was passed overwhelmingly by the SGA, voices SGA's opposition to the elimination of final exam week. There has been some talk by both faculty and students about the possibility of removing final exam week from the academic calendar. Arguments against the exam week are that finals put too much pressure on students to perform at the end of the semester. SGA (as stated in the resolution) is in favor of final exam week for the following reasons:

1) The final exam week is a mechanism which prevents students from having too many exams in one day.

2) The final exam week gives students more time to study for exams and finish papers without the burden of attending classes.

3) The credibility and prestige of the institution is most likely enhanced by a final exam week.

**SGA**

## Job Opening

### U.C. Maintenance Student Grounds Leadworker

#### Duties:

The Grounds crew leadworker is responsible for supervising the Grounds crew during the summer, taking part in disciplinary actions, assisting Intern in training of new employees, and working directly with the Grounds crew.

#### Qualifications:

Must have at least a 2.0 GPA and carry at least six credits during Spring and Fall semesters. He/she must be able to work with limited supervision and should have general knowledge of grounds maintenance.

For more details and applications, contact U.C. Maintenance, room 206, University Center. Applications due Friday, April 2, 1982 at 3:00 p.m.

## Health group seeks members

Do you want to be involved in local health planning? Would you like a voice in which area health issues need study and action?

Would you, as a consumer, like to prevent unnecessary duplication and overlapping of services in health care?

If you answered "yes" to any of the above, join the Portage County Health Resource Committee (HRC). The HRC provides grass roots involvement in the North Central Area Health Planning Agency (NCAHPA). That agency serves twelve northern counties, including Portage County. The NCAHPA's objectives include: providing for planned improvements in the health system, preventing unnecessary duplication, eliminating gaps and developing new services where needed.

The NCAHPA's objectives are met locally with input from the county HRC. There

are no dues. You become a voting member after attending three consecutive meetings. The meetings are held on the second Monday of each month from 7 to 9 p.m., usually in the Sentry Insurance (Strongs Avenue) auditorium.

Some issues the Portage County HRC has dealt with in the past year include: action on a proposal for an 80 bed nursing home in the area, formation of an Emergency Medical Services (EMS) Task Force to study EMS in the county, and personal health promotion in the areas of alcohol abuse, smoking, pesticide use and ground water contamination.

As an HRC member, you can have a hand in local health planning. Your opinion and input are important. See consumerism at work by attending the next meeting. Contact Marti Sowka at 346-1401 for dates, places, and times.





# News

The following communique is a transcription of a March 5, 1982 radio broadcast over Radio Venceremos. Radio Venceremos is located in the rebel-controlled eastern province of Morazan in El Salvador.

The broadcast was monitored by Casa El Salvador (CES), a group of young Salvadorans in Chicago, Illinois.

As indicated in this issue's editorial, sources have confirmed the communique and that the content of the communique did come from El Salvador.

Addressing whether the content of the communique is true, a representative of CES told Pointer writer Todd Hotchkiss of two occurrences which lend credibility to Salvadoran rebel intelligence, which gathered the information in the communique:

1. Rebels successfully attacked Ilopango Air Force Base on January 27, destroying

eight Huey helicopters and six C-47 cargo planes (See Pointer of February 18). As part of the U.S. designed airport security system the positions of these aircraft were changed every night. For rebels to get inside of this airport housing the whole Air Force of the Salvadoran government, plant bombs on these aircraft, and successfully escape involved using precise information gathered by intelligence.

2. According to CES, API, a Central American press agency, carried a story of a meeting between General Jaime Abdul Gutierrez and his forces, leader of the U.S. backed coup, and General Guillermo Garcia and his forces, a target of assassination as part of the coup. The fact that this meeting took place at all, given the factionalism and disunity of the Salvadoran army and that Gutierrez and Garcia are the hunter and the hunted respectively in the coup, establishes credibility for the communique's content.

## Communique from Casa El Salvador

Complete text from the declaration  
of Joaquin Villalobos,  
commander of the FMLN

March 5, 1982:

The Farabundo Marti National Liberation Front (FMLN), considering this to be of utmost importance to our people and the international community, makes public the following information obtained by our intelligence services. In brief, plans by the U.S. government in collaboration with sectors of the Salvadoran army have been uncovered, plans which are to take place within days. The following is a synthesis of that important information.

The U.S. State Department considers the situation in El Salvador extremely delicate and difficult with respect to its own interests and plans, as characterized by the following:

A) The wear and tear and debilitation of the government armed forces to the point that they could suffer a complete loss to the FMLN.

B) Political debilitation and practically insupportable position for the Christian Democrats because of the scope of the war and the human rights situation.

C) Serious deterioration of the electoral strategy on the national and international levels to the extent that this strategy may not be useful for U.S. political and military projects in El Salvador.

D) The strengthening of the far right sectors consolidating around D'Abuissou and ARENA, these being the most likely winners in the election since they control the security forces, which will be the fundamental vehicle for the realization of electoral fraud. This puts the U.S. plan in a difficult situation since it depends upon the victory of the Christian Democrats.

E) International support for the junta and for U.S. policy in El Salvador is very weak,

especially with respect to the government of Venezuela whose Christian Democratic Party (COPE) is undergoing an internal crisis due to its El Salvador policies.

Facing this situation, the U.S. government considers the following options:

A) To sustain the elections or postpone them. This was rejected as going completely against established strategy.

B) Intervention by U.S. forces or combined forces to avoid the defeat of the army. The rejection of this by public opinion in the U.S., the opposition in Congress and the contradictions in the Pentagon regarding intervention, made this option not viable at this time unless the situation took an extreme turn for the worse.

C) To initiate negotiations with the



FMLN-FDR. This was rejected as it goes against the U.S. strategy of no negotiations with the guerrillas, since they should be destroyed militarily.

D) A political maneuver to gain time for the improvement of the government armed forces, by means of a coup d'etat. This would present a new facade and buy the necessary time for the completion of the army's military plans, thereby avoiding the necessity of more direct military intervention. This last option has been considered the most viable by the U.S. government and its execution is already underway.

The plan would be undertaken as follows:

1) A coup d'etat replacing part of the high command including those who have been publicly identified with human rights violations.

2) The retaining of Christian Democrats in the current government.

3) Postponement of elections for several months, thereby saving the electoral strategy for use at a more opportune time.

4) At all costs, the army and the security forces should not be affected by any change in the situation; this would be ensured primarily through symbolic changes in some army commands.

5) The creation of a new international image with the change of the most wasted men, and a call for supposed negotiations with the democratic forces, excluding the FMLN.

6) Sustainment of the plan to annihilate or debilitate the military forces of the FMLN, in order to create better conditions for elections.

Based on the aforementioned, our intelligence services have closely followed the situation within the army and have confirmed the following:

1) There is a U.S. government plan now in effect for a coup d'etat headed by General Jaime Abdul Gutierrez, a junta member, Colonel Rafael Flores Lima, chief of army staff, and Colonel Domingo Monterrosa, chief of the Atlacatl brigade.

2) In accordance with this plan, the following military commanders will be discharged from their duties: General Eugenio Vides Casanova, chief of the National Guard, Colonel Francisco Moran, chief of the Treasury Police, and Colonel Jose Lopez Nuila, chief of the National Police. In return for their cooperation with these measures, these individuals would be offered several million dollars as well as facilities for transfer to foreign countries.

3) Colonel Flores Lima traveled recently to Argentina to communicate the decision to execute the coup, having obtained the political and military support of the Southern Cone armies, which would join the Honduran Army under General Gustavo Alvarez, to participate directly with their forces in El Salvador.

4) The assumption by General Gustavo Alvarez of the command of the Honduran armed forces is part of the U.S. government's plan to assure the participation of that army against the FMLN forces.

5) The C.I.A., along with Duarte, Colonel Flores Lima and General Jaime Abdul Gutierrez has planned the assassinations of Major Roberto D'Abuissou and General Guillermo Garcia because these individuals stand in the way of present U.S. government plans.

6) On Saturday, February 27, the C.I.A. made a first assassination attempt on D'Abuissou in the area of the Ilopango airbase. Hours earlier in San Sebastian, province of San Vicente, FMLN forces ambushed the vehicle and bodyguards of D'Abuissou, but rather than being in his vehicle, he was traveling by helicopter. Returning from San Sebastian, at a gas station in the area of the Ilopango air base, D'Abuissou was outside of his armored vehicle and without his bullet proof vest, when he was wounded by a single shot from a weapon with a silencer. Apparently the shot was fired from another vehicle. Members of D'Abuissou's and ARENA's security guards have been and undoubtedly will in the future be implicated in C.I.A. plans.

7) The attempts against Garcia and D'Abuissou are considered to be the first steps taken in the coup.

Continued on page 18

# What you don't eat can hurt you

by Carol Weston  
and Ann Wentzel

Malnutrition—what images come to mind when you hear this word? Most people think of bony, emaciated third world children. We normally don't conjure up images of the American executive, blue collar worker, or student. Yet because of foods like Hamburger Helper, Wonder Bread, Twinkies, and Pepsi Cola, America is fast becoming a land of malnourished people.

Many may ask what's wrong with these foods? They taste good, are easy to make, and if they weren't good for us they wouldn't be produced, right? WRONG! Remember Big Business runs this country. Keep in mind Reaganomics—What's good for Big Business is good for the country. There is very little control over the type of

food produced at large food manufacturers. As long as the food is safe from contamination, the government won't interfere.

The trend these last twenty years has been to refine food as much as possible. So what's the difference between complex carbohydrates and refined, processed carbohydrates? The food energy of the carbohydrate in both the complex and refined products is the same—4 kcal per gram—but the complex form also supplies nutrients which may include vitamin C, B vitamins, protein, copper, phosphorus, and iron. The refined version has compressed calories with little else to offer. Part of the refining process involves removing fibrous portions of the carbohydrate. Then they treat the starch to obtain

simpler, sweeter sugars.

These sweet sugars are a source of pleasure for many and are easy to overconsume, resulting in extra poundage. There are a lot of artificial flavorings and colorings added to the foods to give them more appeal and to make them look "natural." (Always beware of any process foods that bear the label "natural." Chances are you are buying a food high in sugar, fat, or salt.)

Companies spend millions of dollars developing advertising campaigns that tell people they will be happy, have fun, be beautiful and be a better person if they use the product. Most advertising campaigns focus entirely on how you will feel if you use the product, such as Cheerios "Feeling Groovy" campaign. The nutritional content of the product is ignored, it is

considered irrelevant in the selling of the product.


The effects of overconsumption of refined foods are finally beginning to surface. Cardiovascular disease, obesity, diseases of the colon, diabetes, and cancer are now being linked to diet. The cost for treating these diseases each year is over a billion dollars.

The problem has reached such proportions that a U.S. Senate Select Committee developed guidelines to help control these diseases. The U.S. Dietary Goals recommend we increase consumption of complex carbohydrates to about 50 percent of our daily calories. We now consume only 22 percent of our calories from complex carbohydrates. Americans also need to lower their consumption of fat, especially saturated animal fat, to only 20 percent of their daily calories. We now get 42 percent of our daily calories from fat.


Numerous diet centers and lifestyle improvement centers are popping up all

over the country. One such institute, the Pritikin Institute, is successfully helping people re-learn how to eat and exercise daily. In many cases people who were scheduled for open heart surgery were able to correct and control their heart disease. Major reductions in weight, blood pressure, cholesterol, triglycerides, and blood glucose which are the risk factors associated with heart disease, occurred because of the diet and exercise program.

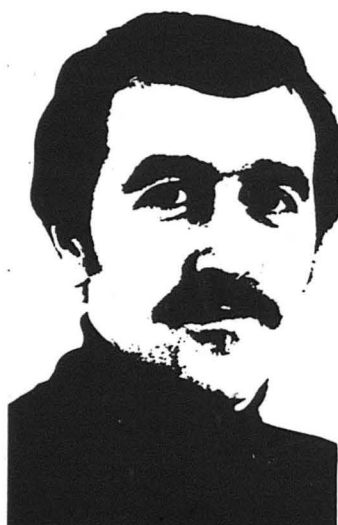
A sad irony exists in this country today. We got so wrapped up in high technology in food production that we lost track of the main purpose of food: to provide nutrients. Because of technology, substantial advancements in food sanitation and distribution have been made. When such advancements start destroying the quality of food and cause diseases themselves, perhaps we need to re-evaluate what we are doing.



Special  
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## PETER N. JAMES



# SPY

James' program entitled, "Russia's Secret Doomsday Weapons, World War II, and You," examines the other side of the issue: National Security. He will tell us his story on how he siphoned secrets from Russian scientists for the C.I.A. to blowing the whistle on questionable United States Air Force intelligence activities.

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baking using mixer	110
bartending (slow)	135
baseball outfielder	295
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bicycling 10 mph	440
classwork sitting	95
coffee klatch	95
dancing aerobic (high)	655
driving car	95
eating	90
fishing, boat	135
football touch	600
golf 1½ hrs. carrying clubs	400
handball 2 people	775
hiking 20 lb. pack, 3½ mph	380
jogging 5.5 mph	690
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# Eating out...

by Carol Weston

Walk down Division Street and you are bombarded with fast food restaurants. Hardee's, Burger Chef, Togo's, Pizza Hut, Kentucky Fried Chicken, and the list goes on and on and on...

These restaurants can be a nutritionist's nightmare, but with some thought and good judgment a well balanced, low fat, and low calorie meal can be obtained. Here are some helpful hints to keep in mind.

## The Burger Spot

When that "Big Mac" attack hits you, do yourself a favor and order a regular hamburger instead. Those "special" and "Deluxe" burgers are loaded with fat and sugar, and that means lots of calories with no redeeming nutritional value. You are better off ordering a regular hamburger or cheeseburger.

Burger Chef is nice because you can add your own toppings of lettuce, tomatoes, onions, and pickles at their "Works Bar." Also try the chicken or fish sandwiches instead of the hamburger. These

sandwiches have less fat, but avoid the tartar sauce. Take advantage of those hamburger places that have salad bars. Have a small salad with your sandwich and you'll be eating a nutritionally balanced and high fiber meal. Have milk to drink and add your own fruit.

## The Chicken Haven

Most of these restaurants have the complete dinner that consists of two pieces of chicken, cole slaw, and mashed potatoes. This is a pretty good meal for dinner, but too many calories for a lunch. Pass on the roll and have the potatoes with no gravy. Gravy is a big source of fat, so avoid gravies at all times.

## The Pizza Joint

Pizza is a well-balanced meal. One slice will provide you with enough protein, carbohydrates, and fat, plus vitamins and minerals for the meal. The trouble with pizza is that it's hard to eat just one slice! Try and load up on the salad bar. You won't be tempted to eat too much pizza and you will get more fiber. Pick pizza with the thin crust; the thick crust is too

caloric and has no redeeming nutritional value since it is made with white flour. (Jeremiah's gives students that nice option of whole wheat crusts!) If you order a vegetarian pizza you will cut down on extra calories because you will decrease the fat content of the pizza.

## At A Coffee Shop

You'll have no trouble getting a nutritionally sound lunch here. Avoid the salad type sandwiches such as tuna, egg, chicken, because they are loaded with caloric mayonnaise. (At home substitute low fat yogurt for mayonnaise and sour cream.) You'll get fewer calories and good nutritional value if you pick any lean meat such as chicken, fish, or turkey as a sandwich. Ask for it on whole wheat bread. A bowl of hearty soup, such as pea or lentil, with a small green salad would also be a good choice. Just watch out for the salad dressings. One ladle of the creamy dressing normally has over 300 calories.

## A "Real" Restaurant



Photo by Rick McNitt

No matter what the restaurant there are ways to beat the greasy spoon. Always order your food baked, broiled, or boiled. Stay away from fried foods! Diets high in fat are linked with heart disease, plus there are just too many calories in fatty foods. When you order meat choose those lower in fat like chicken, turkey or fish. Instead of emphasizing

the meat, emphasize the vegetables. Order a smaller sized piece of meat. Watch the condiments! They have a lot of sugar and fat. Help yourself to a large salad, not the kinds made from Jell-O. Jell-O is mainly sugar and it is full of artificial flavorings, colorings, and other chemicals. Make sure you drink plenty of water with your meal.

# Eating in...

by Dean Lesser  
and Joe Caliguro

We are living in a culture that is very aware of nutrition and good eating habits. How often does the subject of diets or weight loss ruin a perfectly good meal for you? Perhaps the most dramatic illustration of how hung up our culture has become is the current wave of Anorexia Nervosa, a disease in which victims literally starve themselves.

At the same time, bookstores are filled with an information overload on the subject of health and nutrition. The nutrition evangelists preach the radical "good news" that you must switch from the old stable steak to the new main dish tofu or perish. Yet there seems to be no middle ground. Our feeling is that the average student is either too confused to even try or too alienated to even listen.

This article is an attempt to make some simple sense out of all the confusion and to offer a beginning guide to better eating. Hopefully it will result in a handbook for off-campus students on how to organize healthy eating habits. For now we will start with some basic common-sense guidelines.

What you are putting in your shopping basket is more important than what you put on your dinner table.

If you don't buy it, you won't eat it! It will be much easier to make a sensible decision at the market than it will be when you are standing in front of the frig door at midnight looking for a quick

snack. So take advantage of this concept and begin to think about what you're buying and why, as you shop. There are new products coming out all the time that are good whole foods. Read the labels and find out what you're really getting for your money. Get acquainted with your neighborhood market and then you won't have to search for what you want every time you go shopping.

The more natural, whole and healthy food you put in your shopping basket the easier it will be to eat well.

Every step towards "natural" is another step towards health. Read the labels and take some time, because what you buy is what you eat. Try to imagine the food you buy in some natural state. Can you imagine a Twinkie in anything like a natural condition? Try to think of it this way: If someone said to you, close your eyes and open your mouth you would probably get a little anxious about what they were going to put in your body. That's what you are doing every time you don't check the labels.

Make sure your environment is not hazardous to your health

Take a look in the kitchen. Are you setting yourself up to be a junker? Are there sugar cookies on the table? Maybe a bowl of candy? Look in the refrigerator...are there things in there that you don't want to be eating? If so, throw them out and stock up on things you want to eat. For example, take the candy bowl and fill it with fruit. Food is

sometimes just a habit. Fruit can be a healthier habit. Stock up on foods that make sense to you.

Plan your meals...Don't let supper happen by accident

Imagine this...You come home from school or work

hungry for supper. Your hunger drives you into the kitchen to search out anything that even looks edible. You now have to spend time deciding what it is you really want to eat. The longer you delay your meal the more likely you are to eat junk. Junk food (foods high in calories and low in nutrition) seldom need preparation other than being taken out of the box and heated. If you want something fast don't rule out the idea of pre-preparation or freezing.

## Plan your snacks

Don't kid yourself into thinking you won't get the munchies! Everybody does sometime or another. The important thing is to be ready. Have an apple or orange ready or a handful of fruit and nuts. If you don't, you're at the mercy of the junk venders and the candy machines. Chances are if that's all you have, that's what you'll eat.



Photo by Gary LeBouton

Untold millions of calories could be burned by merely cleaning this garbage pit, uh, kitchen. Any takers?

When was the last time you examined your cooking and eating habits, and the tasks that are associated with these habits? How often do these tasks really need to be done? Can they be simplified or even eliminated?

Perhaps you enjoy a certain type of food. It is a healthy, delicious, filling food, but it takes hours to prepare. It is so time consuming that you rarely fix



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# Earthbound

## They just don't make air like they used to

by Thomas R. Olson

And to think that I 'paid money' to come to college so I could get myself tied up in nerve knots studying for the three exams I have tomorrow. I feel like I'm suffocating in these stuffy textbooks. What I need is a clean breath of air. Funny, I can't seem to find any clean air. I guess they just don't make air like they used to.

One of my tests tomorrow is on the industrial revolution in America and how it benefitted society. I feel that I'm clear on most of the benefits: cars, lights, lamps, electric logs, American TV in Madison with its thousands of glowing quartz-tuning stereos, with its tens of hundreds of televisions humming with still more General Hospital gossip, unbreakable plastic bottles, and the list goes on—or down—depending on your point of view.

But I'm not interested now in studying about the industrial revolution, or its acclaimed points of progress. What I want to examine are some of the many costs of industrial 'progress.' I want to see just how practical industrialization is, or rather, how impractical because of its costs.

How has industrial progress affected me and the air I breathe? Why couldn't I get a breath of fresh air before? Why is it that the air we breathe is so polluted? Why isn't anybody telling us about how ill and in danger we are because of our polluted air?

### Get the Lead Out

There did not used to be any lead in the air. But progress—beginning with the industrial revolution in 1750 and the introduction of lead smelting, followed by 190 years of more 'progress' and more industrial lead emissions—meant 'progress' of lead pollution in the air. This rate of pollution progress zoomed ever upward in 1940 when lead tetraethyl was added to gasoline so cars could perform with jackrabbit starts. Now dad and the family could join in on the polluting of the air, to the tune of some two pounds of lead tetraethyl per every person per year.

The government says that it has made progress, for now it limits how much lead tetraethyl can be included in gasoline. And just how much progress has our government made? A recent Environmental Protection Agency (EPA) study reported that oil refineries can include six times more than the prescribed lead tetraethyl level for gasoline.

Dr. Clair C. Patterson of the California Institute of Technology estimates that

Americans are carrying 100 times as much lead in their bodies as they should. So what are the human costs for jackrabbit starts and industrial progress? Although the conclusions are still without complete quantification—thanks largely to oil and lead industries' efforts at insulating themselves from negative outside investigating—the scientific indicators are still readily apparent: a tired, apathetic feeling, little energy, nervousness, frequent colds and other infections. What has been fully quantified is that the lead tetraethyl in gasoline which is still being spewed into the air causes brain damage.

### Polluters Not Spouting Off

We are suffering from lead and lead tetraethyl pollution of the air and our bodies, yet we know little or nothing about it. The industrial polluters certainly aren't spouting off about the dangers of their polluting the air, because that would hinder progress and profits. The present D.C. administration isn't about to say a word on the dangers of the pollution problem, for the federal government seems to be business' number one lobby group for unhindered progress.

What we as the public have to do is take the concerted actions ourselves in order to force the issue upon both those polluting and our unwilling government.

First, get educated on the issue. Read a book, pick up and put to use the newspaper that only your dog or cat is now using. Talk to a professor. And remember, your driving one block to Freddie's house is polluting the air with some mighty brain-damaging stuff. Whenever possible, walk or run instead of driving. I wish you would, for your sake and mine.

### Cadmium Cardiacs?

But lead is only one of many toxic pollutants now living in our air space. Please, come meet lead's friend, cadmium. Cadmium is spit into our breathing air mainly by zinc and copper smelters, coal and petroleum power plants, and some gasolines that engines burn.

Cadmium accumulates in our kidney, liver, and the blood vessels as we breathe it in with the air. Cadmium's presence means high blood pressure, which translates as a much higher susceptibility for humans to heart attacks and strokes, which kill about half of us.

Is industrial growth worth it when the human costs are so great? I don't want to die from a heart attack caused by high blood pressure,

caused by the toxic presence of cadmium and lead in my body, which resulted because I was doing something so outrageous as breathing air, air which had been polluted by industrial progress.

**My Mother,  
the Car**  
The symbol of the



Photo by Bernard Hall

industrial revolution and this "progress" in America must be the automobile. Today our society caters to those who have the cash and the car—drive-in movies,

banking and restaurants, highways scribbled in every city and countryside corner. These are only a few examples, but the point is clear that our society is controlled and guided by the car. But the car is also, or rather, should be the symbol of sulfur dioxide, for it is the

main cause for its emission into the air we breathe. Sulfur dioxide is associated with human deaths from diabetes, heart diseases, and cancer in both the digestive

system and the lungs. Cars are dangerous to our health, not just because they are powerful play toys that crash and crush, but because the fumes being coughed out the exhaust pipes are polluting the air, our life-support system. But then again, maybe we're 'progressing' to

the point where air will no longer be life-supporting, but instead, death-inducing.

Continued on page 30

## Air quality to be sampled

An air monitor designed to sample particulate matter recently began operating in Wisconsin Rapids that will provide an indication of the air quality in the area, DNR Air Pollution Engineer, Joe Ancel, said.

"Air is sampled for total suspended particulates (TSP) for 24 hours once every six days by means of this high-volume sampler (Hi-Vol) located on the roof of the Bulls Eye Credit Union," Ancel said. "The sampler draws air into a covered housing and through a filter with a high-flow-rate blower at a flow rate that allows suspended particles having diameters of less than 100 micrometers to collect on the filter surface."

The mass concentration of suspended particulates in the ambient air (micrograms of particulate matter per cubic meter of air, can then be computed by measuring the mass of collected particulates and the volume of air sampled. The results reflect the 24-hour average concentration and thus provide data for comparison with 24-hour and annual standards.

Suspended particulate matter consists of soot, dust, fly ash, and other solid and liquid particles which are emitted during space heating, industrial processes, power generation and motor vehicle use.

"Particulates can cause health effects, reduce visibility, and damage

materials and vegetation, and there are various ways in which particles can endanger human health," Ancel explained. "Some particles, such as asbestos, are dangerous in themselves. Some particles neutralize the body's natural defense mechanisms and thus increase the possibility of infection."

Particulates also may be carriers of harmful chemicals such as sulfur dioxide. Moreover, particulates act as catalysts such as when sulfur dioxide is changed to sulfuric acid with the help of catalytic iron oxides.

Samples collected in previous years at a Hi-Vol site in Biron showed that concentrations of particulates in that area were below the standards. These standards represent the levels of air quality which provide protection for public health and welfare with an adequate margin of safety.

On a statewide basis, suspended particulate levels have been about the same for the last several years, Ancel related. Since 1973, annual average suspended particulate levels have tended to vary inversely with annual precipitation.

The monitor in Wisconsin Rapids will be operated by Ancel. For information concerning air pollution questions or complaints, contact Ancel at the Wisconsin Rapids Area DNR Office by telephoning (715) 423-5670.

# Compleat Unwellness

**Wow!**

## A Message

### from the President...

The Unwellness Club was founded in the Spring of 1980, to meet the needs of a growing population of deadbeats and malcontents who were getting literally sick and tired of Wellness.

After several intense membership drives, the club was able to recruit well under a thousand persons.

Shortly after the last membership drive, the Executive Board was formed. The purpose of the board was to promote Unwellness and unwell activities in Stevens Point. The board soon discovered that Point (not to mention the world) was so well equipped with unwell activities that no promotional efforts were necessary. Several parties were held to celebrate.

Over the course of 1981, members continued to pour in at the incredible rate of about one per year. The Membership Committee was formed to deal with this underwhelming flood of new members. More parties were held.

Then, in 1982, new memberships dwindled. Though most club members were too strung out to notice, members of the Executive Board began to worry. Early in March of 1982 (this past weekend, to be exact) the board met in secret session and decided that drastic measures were required.

Knowing that the Pointer was about to publish a Wellness Issue, several board

members decided to sneak into the Point Journal copyroom (where the Pointer is laid out), tear a few Wellness articles out of the paper, and replace them with a complete Unwellness Club Membership Kit, including official tally sheets and a really boss membership card.

If this dangerous undercover operation was successful, you now hold the membership kit in your hot little hands. If not, the Secretary will disavow any knowledge of the board members' actions, and this paper will self-destruct in five seconds.

To use your membership kit, simply add up your Unwellness points on the tally sheets, and mail them to either of the addresses listed. Then cut out your official membership card and put it in your wallet. There, wasn't that easy?

If you've done everything in the preceding paragraph, you are now a member in bad standing of the Unwellness Club, and are entitled to feel pretty smug. We hope you'll enjoy being a member. Unwellness Forever!

*Bob Ham*

Bob Ham  
President and  
Founder

## Unwellness Club

\_\_\_\_\_ is a  
member in bad standing  
of THE UNWELLNESS CLUB

\_\_\_\_\_  
Member's signature

"All's unwell that ends unwell"

## Everything you need to be

## Official Unwellness Tally Sheet



Hello there, all you overfed, undernourished, chain-smoking, unclean, out of shape, slumped-over, beer-bellied, boozed-up, hach nail-biting, dope-sucking, vile, tuned out, bed-wetting, hot and strung-out wretches. (Hope we didn't leave anyone out.)

Welcome to the UNWELLNESS CLUB, the official coalition of the nauseous; the club for people who eat garbage, pound down the sauce tomorrow, sleep too late, and buy Alka-Seltzer by the case; the club who just don't feel up to anything.

As promised, here is your absolutely worthless membership card. Carry your membership card with you at all times so you can flash it to impress people. We also suggest that you show it to store clerks to demand identification before cashing your personal checks. And can use it to get into any UNWELLNESS CLUB parties and meetings. ever decide to have any.

Be sure to check out the Classifieds in the Pointer every case we announce something. If you have friends who are dying, them send a Self-Addressed Stamped Envelope and a fistful of the UNWELLNESS CLUB WORLD HEADQUARTERS, 833 CLARK STREET #F, STEVEN 54481. Any requests sent without S.A.S.E. will be put through served with clam dip at our next party. This offer is limited.

To find out what kind of godawful shape you're in, go thru tally sheet and give yourself the appropriate number of points habit category. We're on the honor system here, so no cheating through the thing as quickly as you can, and for godsake don't Remember, anything worth doing is worth doing unwell.

\*\*\*

I. JUNK FOOD. Score 5 points for every dollar you spend on c week. Include such items as pop, chips, pretzels, Slim-Jims, candy, and cookies. Score extra points as follows:

- \_\_\_\_\_ a. names of most ingredients are unpronounceable (2 points)
- \_\_\_\_\_ b. sugar is main or only ingredient (2 points per \$ worth)
- \_\_\_\_\_ c. anything pork-flavored or green (3 points per \$ worth)
- \_\_\_\_\_ d. get a Christmas card from Frito-Lay every year (5 points)

TOTAL POINTS FOR JUNK FOOD \_\_\_\_\_

II. CIGARETTES. Score 1/2 point per cigarette per day, 1/4 Score 3/4 point per cigarette if they're more than 100 mm long five colors. Cigars don't count unless you inhale. Extra points as follows:

- \_\_\_\_\_ a. can smoke entire cigarette by inhaling once (4 points)
- \_\_\_\_\_ b. eat them once in awhile for change of pace (4 points)
- \_\_\_\_\_ c. once walked a mile for a camel (6 points)
- \_\_\_\_\_ d. can quit anytime (10 points each time you've quit)

TOTAL POINTS FOR CIGARETTES \_\_\_\_\_

III. ALCOHOL. Score two points for every drink (1 oz. of beer) you consume in an average week. Light beers don't count. Tequila counts double. Score extra points as follows:

- \_\_\_\_\_ a. bar brands only (1/2 point per drink)



# Unwellness Membership Kit!

by Bob Ham

-2-

- ☐ b. Blue Bullet (1 point each, 2 if it's warm)
- ☐ c. see pink elephants (3 points)
- ☐ d. buy them all drinks (10 points)

TOTAL POINTS FOR ALCOHOL \_\_\_\_\_

IV. EXERCISE. Subtract 10 points if you get any exercise. The following things do not count as exercise: ordering pizza, slipping in shower, changing channel on TV, sex, falling down and laughing, throwing ice at bartender, stirring drink, crushing Rondo can, getting dressed or undressed, changing sleeping positions, taking bottles back for deposit, racing to bathroom to throw up, ripping open bag of chips with teeth, looking for car keys or change dropped in bar parking lot, stumbling home after closing time, cleaning waterpipe, picking little bits of Butterfingers out of teeth, putting out cigarettes, flirting.

TOTAL POINTS OFF FOR EXERCISE \_\_\_\_\_

V. OTHER BAD HABITS. Score designated points for each of the following:

- ☐ a. chew tobacco (10 points)
- ☐ b. eat lots of red meat (10 points) any other colors (20 points)
- ☐ c. dress inappropriately for weather (10 points)
- ☐ d. drive while drunk (15 points) no hands (30 points)
- ☐ e. have VD (10 points) again (15 points) got it from toilet seat (20 points) sure you did (30 points)
- ☐ f. leap in front of moving cars to test drivers' reactions (35 points)
- ☐ g. deafening volume on stereo (5 points) Punk Rock (10 points)
- ☐ h. more than 50 cups of coffee per day (10 points)
- ☐ i. pick nose (5 points) eat it (10 points) on a Ritz (15 points)
- ☐ j. swear a lot (5 points) who me? shit! (10 points)
- ☐ k. bite nails (5 points) other peoples' nails (20 points)
- ☐ l. have flown in DC-10 (25 points) window seat (30 points)
- ☐ m. disgusting job (garbage collector, cocktail waitress in silly little uniform, etc) (20 points)
- ☐ n. see doctor less than once annually (20 points)
- ☐ o. live in fast lane (10 points) no, really (20 points)
- ☐ p. play with matches (10 points) professionally (25 points)
- ☐ q. foot perpetually in mouth (15 points)
- ☐ r. born again Christian (15 points) tell everyone about it (30 points)
- ☐ s. smoke lots of dope (10 points) what was the question? (20 points)
- ☐ t. recently joined UNWELLNESS CLUB (25 points) long-time member (40 points)
- ☐ u. any bad habits too disgusting to be mentioned here (15 points each)

TOTAL POINTS FOR BAD HABITS \_\_\_\_\_

GRAND TOTAL \_\_\_\_\_

SCORING:

Less than 50--borderline, practically well  
 51-65--pretty sad shape  
 66-90--near death  
 91-130--toad-like  
 131 or more--UNWELLNESS HALL OF FAME

To officially register with the UNWELLNESS CLUB, send this completed tally sheet to UNWELLNESS, C/O POINTER, 113 COMMUNICATION ARTS CENTER, UWSP or to the UNWELLNESS HEADQUARTERS address listed on page 1 of the sheet.



## Official Unwellness Tally Sheet



## State spot removal program effective

Measles in Wisconsin dropped to an all time low of three cases in 1981 according to Wisconsin Division of Health (DOH) officials.

"The dramatic drop in measles cases from 1,381 in 1980 to three in 1981 can be attributed to a law requiring

immunizations for students through grade 12 and for children attending day care centers," said Ken Rentmeester, DOH administrator.

"Only a high level of immunization will protect against measles and the

serious complications of this disease," he said.

During the 1980-81 school year, the immunization level of students through grade 12 was 93 percent. Preliminary DOH reports indicate that the immunization level for the 1981-82 school year may reach as high as 98 percent.

"With measles vaccine that is 90 to 95 percent effective in protecting against disease, it is difficult for measles virus to circulate in a population where nearly all individuals have been immunized," Rentmeester said.

According to Herb Bostrom, DOH Immunization Program Coordinator, while state officials are gratified by the high level of immunization and the near elimination of measles disease in the state, they are also concerned that such a disease-free status may be difficult to maintain.

Bostrom fears that apathy plus a tight economy could mean reduced funding for immunization and an upswing in measles cases.

"Measles virus has not disappeared, it may be imported at any time from anywhere," said Bostrom.

"If immunization levels decline, measles cases will increase in a hurry," he said.

According to Bostrom, the impact of the immunization law on other diseases, while not as dramatic as on measles, is notable. Mumps decreased from 375 cases in 1980 to 108 in 1981; rubella dropped from 187 cases to 106; and, pertussis cases were down from 42 to 31. During 1981, one case of tetanus was reported while no cases of either diphtheria or polio were reported.

## Lung Trek

### Lung Assn. offers breath of adventure

Are you one of Wisconsin's outdoor adventurers in search of a true wilderness vacation close to home? Let the American Lung Association of Wisconsin help you discover the challenge and joy of "trekking" through a series of low-cost, planned and guided wilderness adventures.

"Trekks-for-Life-and-Breath" will not only exercise your body, but increase your knowledge of wilderness skills and ethics.

Introduced with enormous success in the summer of 1981, nine treks have been scheduled to run continuously from April through September.

The trek season opens with the adventure opportunity of a lifetime. For a very limited group, the Lung Association has secured permission to backpack through the heart of the Grand Canyon, from the waist-deep snowdrifts at the South Rim to the dry 80 degree heat of the floor. This trek takes off at the crack of dawn April 17th.

Memorial Day weekend, the Lung Association and Trek Bicycles of Waterloo, Wisconsin offer a three-day bicycle tour along the backroads and country lanes of southeastern Wisconsin. Participating bicycle enthusiasts will have the chance to receive a custom quality Trek bicycle.

Canoers can help greet Wisconsin's spring while trekking the Kickapoo: "The

crookedest river in Wisconsin." The Kickapoo trek runs June 3 through 6. Or trek a series of lakes located in the Sylvania Recreation Area at the Ottawa National Forest, canoeing June 10-13.

Of particular appeal to backpackers will be the Isle Royale trek in Lake Superior June 18-27. Or one of the four treks to the Porcupin Mountains on the shores of Lake Superior. Porkies' treks run August 7-15, August 21-29, September 3-6, and September 30-October 3.

As participants enjoy a unique vacation, trekkers feel a sense of pride and involvement contributing or raising funds that benefit the cause of the American Lung Association of Wisconsin: the prevention and control of respiratory disease.

Anyone, regardless of skills or experience, may participate in a trek. All adventures are planned and guided. An informal meeting presenting information on the entire trekking season will be held Friday, March 26, and Friday, April 30, in Room 85 of Wisconsin-Milwaukee campus, 3309 North Downer Avenue. Both meetings begin at 7 p.m.

For more information about treks, call the American Lung Association of Wisconsin at 463-3232. Out of the metro-Milwaukee area call toll-free: 1-800-242-5160.

Act now, trek group size is limited.

### Communique from Casa El Salvador

Continued from p. 11

8) We have precise information that within a short time, an attempt will be made against General Garcia, thereby bringing about the coup d'etat. We know for certain that in the interior of Garcia's offices at the army headquarters, two powerful explosives with sophisticated detonation mechanisms have been recently planted. All signs point to the pending execution of Garcia within hours. The idea behind this attempt is to take advantage of the confusion generated by Garcia's death, thereby facilitating with little difficulty the necessary changes in command, putting into effect the aforementioned maneuvers.

We call upon the international press to make the necessary investigations in order to corroborate our statements.

Finally, we alert our people to be attentive to the position of the FMLN regarding these facts, and not to let themselves be confused by this new maneuver by the U.S. government, which blocks the finding of a true path to peace for our country.

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The U.S. and the church's role in  
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Slide presentation  
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**Dr. Russell Bartley**

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## ...high on Lowe

Nick Lowe  
Nick the Knife  
Columbia



oooo

By Mark Hoff

Nick the Knife is Nick Lowe's first album since his departure from Rockpile last year.

Combining pop rock, rockabilly, reggae, soul, country rock, Nick the Knife exhibits the 360 degrees of Lowe's musical versatility. Lowe's bass guitar and vocals resound throughout the album's 12 tracks with a backup consisting of former Rockpile drummer Terry Williams, Rumour guitarist Martin Belmont, Attraction keyboardist Steve Nieve, and Lowe's wife, Carlene Carter. Catchy lyrics and twangy guitar, characteristic of Lowe's be bop style, weave through a battery of tight percussion and snappy bass line.

Lowe clearly proves that a love song can take on innumerable forms. "Burning", a vivacious rockabilly number opens up side one. Brief and abrupt,

"Burning" is an uptempo track that sets the pace for the remainder of the album.

"Heart", a number originally done by Billy Bremner, is a tight reggae song with walking bass lines and tacky farfisa organ solos.

"Heart" is heavy on vocal backgrounds and discrete guitar fills. The album picks up speed with "Stick It Where The Sun Don't Shine". Strumming electric guitar, reminiscent of early Lennon and McCartney, and harmonized vocals combine for interesting results.

You've got a tongue like a knife  
That loves to tittle-tattle  
Sometimes at night  
It sounds like a death rattle  
Your lust for life is  
Costin' you a packet

Time's runnin' out for you  
And your rotten racket.

The remainder of the album ranges from a rumba style in "One's Too Many (And A Hundred Ain't Enough)", to a slow, acoustical duet between Lowe and Carlene Carter on "Couldn't Love You (Any More Than I Do)".

"Raining, Raining", a 60's style, uptempo ballad, contains the strongest vocals of the album.

"Ba Doom", "Zulu Kiss", "Let Me Kiss Ya", and

"Queen of Sheba" carry the bulk of the uptempo weight distributed throughout the album.

Nick the Knife is a fun album. Moreover, it presents legitimate studio creativity and originality. Lowe seems to possess some innate ability to interweave various styles from track to track. As a result, Nick the Knife, is a smooth fluent effort on Lowe's behalf. Whether you're a Lowe-Loyalist or a newcomer, Nick the Knife will slash your senses with pure delight.



## reviews

## ...but Jett lags

Joan Jett & the Blackhearts  
I Love Rock 'n Roll  
Boardwalk Records



oo

by Mark Hoff

On I Love Rock 'n Roll, Joan Jett attempts to do what Suzi Quatro tried over six years ago. The guitars are heavily distorted, the drums

pound, the bass is heavy, and the vocals are shrill. Even with her Runaway experience, Jett fails to produce an impressive effort. Little intuition is required to determine the audience Jett is appealing to. Her adolescent geared lyrics convey a high school dialogue.

The guitar work on I Love Rock 'n Roll is very simple and weak. Despite the simplistic five chord progressions, the solos seem to go nowhere. Instrumental themes rely on power guitar chords that make the album even more elementary. At times the chords are so muddy it sounds as though certain dubs were recorded in a shower room.

The vocal work consists of pseudo-ferocity portrayed

through various methods of distorted singing. In some cases, the vocals resemble shouting rather than singing.

I Love Rock 'n Roll contains ten tracks with such titles as "Love is Pain," "Nag," "You're Too Possessive," "Bits and Pieces," "Victim of Circumstance" and "I'm Gonna Run Away." A

remake of Tommy James' "Crimson and Clover" fails to add character. Jett even goes as far as recording a hard rock rendition of "Little Drummer Boy." With this assortment on one album, it is difficult to determine what Jett is trying to establish.

Just who does this Joan Jett think she is anyway? The album is currently selling

well and receiving extensive air-play. Apparently she must know something about what she is doing.

This album is much too crass to be taken seriously. If more time and effort were applied in the recording and writing of this album, perhaps it would have been somewhat legitimate. It's time for Ms. Jett to grow up.

## Seventh Mole Lake Fest is "on"

Moles Lake's Great Northern Bluegrass Festival committee recently announced that this year's annual festival will be held July 29th to August 1, at the community's festival grounds seven miles south of Crandon, Wisconsin on highway 55.

Hosting their 7th festival this year, the small Sokaogon Chippewa community lets bluegrass music reign supreme for four days of activities and fun for thousands of avid fans camping around the performance arena.

"It's on," says councilman Dan Polar, who explains that the bluegrass committee was well into the process of negotiations and signing of contracts. Pending the completion of a tentative schedule, the committee

plans to release a full line up of bands this month.

Tickets will be available at outlets throughout Wisconsin and the Great Lakes region.

Each year the community plays host to some of the best entertainers in the bluegrass field. Favorites like, Milwaukee's Lost Marble Band, Piper Road Spring Band, and John Hartford and Benny Martin, who call the community at Mole Lake, "these beautiful people." The entertainers lead off a total line up of over 24 bluegrass bands, playing everything from gospel and blues to Appalachian ballads.

Besides the quality of entertainers and the beauty of the surrounding north region, the festival revenue from past years has assisted the tribe in several economic development projects.





Continued from page 9

has a reasonable possibility of happening, but I think a way to cope with that is to work with Mexico and other peace promoting countries...and work for an Organization of American States embargo on armed shipments to any of these countries, but not intervene with our own planes and tanks and ships and advisors and maybe even our military.

#### On the CIA

**PROXMIRE:** I think the CIA ought to be confined to its original purpose-laws, which is as a central intelligence agency. Their purpose is to gather information and improve our intelligence and coordinate the information of the Navy and Army and Air Force and FBI and other agencies that get intelligence and put it together, not to engage in programs of kidnapping or murder or intimidation or bribery or anything of that kind.

#### On the dairy crisis

**PROXMIRE:** I think there's a limit to what we can expect proficient productive people to invest in and take a risk to suffer. After all, in 1980 a typical and average Wisconsin farmer and his wife worked 135 hours to 150 hours a week. Together man, wife and children earned \$2.89 an hour. Skilled labor—very skilled. It takes skilled management to operate a modern dairy farm. The result is that milk prices have

gone up less than other food prices, less than the cost of living, less than half as rapidly as wages. You can earn enough to buy a quart of milk now with half the labor that it took in 1949 when this program began. The cost of the program is less than 1-2000 of the budget.

The real difference between this country and the Soviet Union is not in our factories, it's not in our military, it's not in our finance, it's in our agriculture. Only 3 percent of our people are on farms in this country; 30 percent are in the Soviet Union—ten times as many. And we produce 25 percent more food than they do. Why? Because our people own the farm, they own the equipment, they own their herd, they have that kind of estate. I think in order to preserve that, you have to have a price support system that stabilizes prices, otherwise you're going to have a situation where only corporations or others who have layoffs of some kind can afford to be in farming.

The proposal made by the milk producing federation is a wise one: The federal government would buy the first 5 billion pounds, which is less than half of what they will buy this year, and they propose that the remainder of the surplus be bought by the farmers themselves, with a checkoff against what the farmers get for what they

produce. That kind of a self help program would mean that the burden would be off the federal government's back and would maintain reasonable stable prices. But the dairy farmer himself would have to pay a penalty when production gets up and therefore there would be more discipline and pressure to reduce the production.

#### On the Department of Education

**PROXMIRE:** I favor the legislation that involves the dismantling of the Department of Education...The president has a cabinet that is much too big. I think education should be put, as it was before, in with some other functions like Health and Welfare, so that you don't have this proliferation in which the president doesn't really have a handle on it and have the opportunity to control it properly. From the administrative standpoint it makes sense. I think the fundamental responsibility for education is a state responsibility and a local responsibility, not a federal responsibility. The federal government can give supplemental kind of assistance in order to provide a greater equality of opportunity because some states approve much more than others; but I think for us to have a separate cabinet office for everything is absurd.

Continued on page 21

Continued from p. 7

independence, the schedule changes in each semester and the ever present exams.

The greatest internal stress is caused by the choice students must make between what they ought to do and what they want to do. Both of these kinds of stresses cause a physical reaction in the body, known as the "fight or flight" response. Some of the symptoms of this include muscle tightness, stomach aches, a general hyped feeling and fatigue. If this response is activated for too long a period of time or too often, the body reacts by actually getting sick. Many chronic illnesses are the result of stress.

To combat this, the body has an opposite response, known as the relaxation response. This system acts in conflict to the fight or flight response. In order to relieve the physical symptoms of stress this must be activated by such activities as running or other strenuous physical exercise.

Meditation is also excellent stress controller, but is limited to controlling mild stress and is best used when a person is in a relaxed state to become even more relaxed. Dr. Mosier discussed some of the techniques and finer points of meditation with the group.

Unfortunately, student attendance was low. Eft suggested that GLACURH will probably have to re-evaluate the residence hall programs. She also hopes to see more dorms participate in GLACURH so that more ideas can be generated for more successful residence hall activities.

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# The Lighter Scheid

Running should be a spectator sport

by Margaret Scheid

The other day, I was engaged in one of my favorite activities—reading through the *American Heritage Dictionary*. I was learning what "rufous" meant when something on the opposite page caught my eye. Some entry had a definition one and a half columns long! Over fifteen solid inches of type were devoted to explaining one little word: "run." My curiosity aroused, I turned back a few hundred pages and looked at the definition of "life"—a measly third of a column!

How incongruous! The definition of *run* is four times longer than the definition of *life*? Life? That mysterious, intangible topic which has been bandied about by famous and infamous philosophers, scientists, theologians and other smart people since time began? The perverted proportion perplexed me. Then, I remembered...A great number of people actually believe that the quality of a person's life is in some way related to something called physical fitness. Sounds incredible, I know—but they believe it.

Runners obviously adhere to this code of wellness. Theirs is a perplexing existence. For them, to run is to live, and vice versa. Often, it is difficult for us non-runners to view them as anything short of insane. For instance...

We sedentary people tend to reserve running for special occasions, like getting away from axe murderers, burning buildings, or having to eat liver and onions (i.e., emergency purposes). The very thought of running for pleasure seems somewhat strange to us. Imagine answering a knock at your door, and finding a bent-over, red-in-the-face, perspiring friend, gasping for breath. Isn't it more

logical to assume he or she was being chased by a grizzly bear, than to view his or her condition as a natural result of a self-inflicted exercise program?

Whenever we of the non-running philosophy see runners, we think of Henry Ford, and hang our heads. This guy spent his life trying to find a mode of transportation that would top human leg muscles. He worked like crazy, invented assembly lines—the whole bit—in order to give us an easier way of life. And how does modern man repay him? By running, just for the heck of it.

And what about all those ancient Greek marathoners? These poor souls ran for miles over rugged terrain, under the blistering sun, in sandals! I'm sure they would have preferred putting the Olympic torch in the trunk of a Volkswagen Rabbit and driving it to its destination. And think of all the fleet-footed couriers who ran messages between Greek and Roman armies. If Federal Express, Western Union, or AP-UPI had been around then, they would have stayed home and built rockgardens in their yards.

We have cars and teletypes and all kinds of other good stuff. There's no need to run for a living anymore. So what do people do to compensate? They run in their spare time! Instead of making the most of leisure hours by working crossword puzzles, reading cheap novels, and watching Mr. Rogers, they put on nylon shoes and trot around the neighborhood. And what's worse is that they do it REGULARLY. We're talking every day, seven days a week, 52 weeks a year, etc. etc. etc. Unlike the postal service, Sundays and holidays don't stop this breed.

Like the postal service, weather never

keeps them from carrying out their mission. What's a little flash-flooding to a true enthusiast? One simply attaches flippers to one's feet, and breathes through a snorkel. Sleet and ice? One carries salt, sand, or kitty litter and tosses it on the slippery pavement ahead. (Veteran runners have achieved ballet-like results with this toss-leap motion.) Snow? Snowshoes and/or the shovel a step, run a step method sufficiently handle the problem. What about sub-zero temperatures? Surely you have noticed—while we non-runners are inside, chopping up the furniture and throwing it in the fireplace for extra heat, there is bound to be at least one runner outside, doing laps in skimpy sweatpants and a sweatshirt—and smiling! Smiling! That's what's so exasperating—cheeriness seeps from the runner's pores. Non-runners refuse to believe that such happiness is sincere, when pain must be at the root of it.

Pain? Ha! What is pain to a true runner? No honest-to-goodness runner feels pain. Instead, he or she experiences a "runner's high." From what I understand, this state of athletic euphoria is like hitting a wall and collapsing into a blessed stupor-like state. Does this sound particularly pleasant to you? If it's euphoria they're after, what's the matter with a rousing game of mini-golf or croquet? A strenuous session of teeth-brushing and flossing puts the non-runner in a good mood for hours.

It's one thing to run amok, to run for office, to run water, to run an ad, or to run a stocking. "To move on foot at a pace faster than the walk and in such a manner that both feet leave the ground during each stride" is another grimy matter, which I'll happily leave to the runners.

Continued from page 20

## On the economy

**PROXMIRE:** I think it is a mistake to balance the budget when unemployment is about 7 percent. I think we should balance the budget on the basis of economic situations, but not have a situation where we only balance the budget if we get unemployment down to 2 percent. We never had it at 2 percent except for World War Two. But if you're going to have any kind of sane fiscal policy we ought to take the steps that are necessary either to increase taxes or to cut spending to a point, or, more likely, a combination of the two to balance the budget under those circumstances.

## On woman and the draft

**PROXMIRE:** If we have the draft, if we have registration, I think it ought to be sex blind, because men and women are alike. We now have the largest proportion of women in our military of any country in the world. 9 percent of our army is women and its increasing. You have to realize who the military is Now: 90 percent of the jobs in military are non-combat. And the combat jobs are flying a plane, driving a tank, operating a missile system, which women can handle just as well as men.

Furthermore one of the biggest employers we have in the country today is the military, much bigger than any corporation, and it's an exciting and interesting area where you can develop skills and so forth, and I think we ought to encourage women to go in.

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**GREAT DEALS, EH!!**

by Lori Holman

The ordeal of rape does not stop after the rapist leaves. Ahead lies a series of decisions and a recovery process. As with prevention, one must be equally prepared for this stage. There are medical, legal, and emotional factors that must be considered.

#### First: Medical Considerations

"Going to the hospital first," states a brochure offered by the Boston Area Rape Crisis Center, "will give you time to calm down, collect your thoughts, and seek emotional support if you feel you need it. You will then have not only secured primary legal evidence through the hospital report, but will have put yourself in a better position to cope with any emotional stress and to make decisions about reporting the rape and/or filing a complaint with the police."

It is recommended by all sources that you either contact a close, trustworthy friend or a well-trained crisis center volunteer. This will assure you a constant support system throughout the process.

In the recommendation to go to the hospital first, it is emphasized to NOT TAKE A SHOWER.

Go to the hospital as you are, keeping the clothes you were wearing at the time of the rape in their present

condition. Take along a change of clothes so that once all evidence is accurately recorded, you may change.

In the initial stages of the aftermath, it is difficult to determine your feelings concerning prosecution. Therefore, it is essential to "preserve" all evidence until it may be recorded by the hospital authorities.

Write down every single detail that you can remember as soon as possible after the

evidence of trauma, and your emotional condition and the condition of your clothing. In addition, laboratory results of all tests should be officially recorded.

#### Emotional Recovery

The procedure involved in emotional recovery will probably be the most long-term. The reactions are multiple and varied. The most assuring remedy seems to be time.

E.M. Burt, in a section of

wondering, could be maddening.

This leads to a second emotion often reported by victims—a feeling of loss of control. The woman's freedom is suddenly sullied and barred. Burt says that possibly the woman believed that she would never be raped, never be caught in such a position, or even that she could resist the attack. Post-rape, she feels defenseless, weak, incapable

about the attacker and the situation he created which led to the incident, and allowing others to share the anger.

Sharon Senner, of the UW-Stevens Point counseling center, explained her approach in helping rape victims in their recovery. In order to establish a rapport with the woman, Senner said that she expresses empathy, warmth and genuineness. She explained that she tries

## SEXUAL ASSAULT:

rape. This will help in retaining a consistent and accurate account later.

There are immediate medical concerns that must be placed foremost in your mind. Be aware of all aches and pains that may not be visible at the time of the examination and report them to the physician.

The physician must examine and test you for lacerations in all areas, venereal disease or pregnancy. If you are unfamiliar with such examinations, let them know this so that they can inform you of the procedure and make you as comfortable as possible.

The physician should objectively make note of your general physical appearance,

her book "On Rape," describes several of the typical emotions experienced by a rape victim. Possibly the most constraining of these is fear of people, suddenly feeling so overwhelmingly vulnerable that you could easily slide into an irrational paranoia. Burt describes women who have been raped jumping at certain sounds, glancing behind, or not even going outside at all. This is especially magnified if, during the rape, the offender obtained any of your identification, with name, address, etc. All too often, the rapist has committed the offense several times and knows enough to intimidate the woman with the threat of returning and doing it again. Fear of his return; waiting,

of leading her own life as she chooses. "Sometimes, even little decisions like whether to have a cigarette or whether to eat become momentous things," says Burt.

"Women are taught," says Burt, "that they are responsible for sexual contacts which go too far." This results in a guilt complex; often nightmares, uncontrollable shaking and anxious-ridden behavior.

Finally, possibly the most destructive and yet normal emotional reaction is anger. Burt states that this is the most appropriate attitude provided that the woman vents the anger constructively. Actions that can be included are pressing charges, telling other women

to begin with the woman getting it all out and then gradually sorting it all out.

Senner described her approach in abetting the victim in her attempt to overcome the rapist's power. Its base is on 'survival.'

Senner said that it is important for the victim to recognize the event. Denial only stunts the recovery process, she explained. "Allow yourself to feel the pain."

Senner also said that the victim must allow herself to believe that she is not alone. The vulnerability that the rapist triggered must not carry on in her forever. She explained that she encourages the victim to



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actively seek out support from others. This will not only give her 'power in numbers' but re-establish her self-confidence through the knowledge that people care and love her.

Another important maxim to establish with the woman, according to Senner, is to allow her (the victim) time to heal. The experience was disillusioning and horrifying...and similar to a

Callicott said that it's important to bring awareness of rape to the forefront. "We have an obligation to make people aware (of assault)," she emphatically stated. Every university must accept this responsibility, she continued. She added that studies show that most rapists are between the age of 18 and 28. This leaves campuses highly vulnerable to the incident.

The Women's Resource Center is also actively involved in aiding rape victims. They are trained in a format to deal with the situation at first contact and thereafter. (See Part I of series, February 11, 1982 issue.) They also are the foundation behind the Escort Service.

Jeanine Girard, Director of the Escort Service, explained the significance and

such, the crime is not only committed against her personally, but against the state. Therefore, it is the state's responsibility to represent you in the prosecution of the criminal. Your lawyer's title will be District Attorney. The defendant's lawyer will be known as the Defense Attorney.

This is one choice in seeking conviction, it is

apprehended, he will be "arraigned." You do not have to be present at this proceeding yet it is important to understand the steps taken. He will enter his plea (guilty or not guilty); his counsel will be appointed if he cannot afford his own; date for probable cause hearing will be set; and bail will be set.

The fourth step is the probable cause hearing. The judge will determine whether there is probable cause to believe that a crime has been committed and whether the defendant is "probably" guilty. If the judge affirms this, then the process will continue to a Grand Jury hearing. It must be noted that the judge's ruling does not assure that the defendant is guilty, merely that there is probable cause to believe that such is the case.

The Grand Jury consists of a panel of 23 jurors who hear evidence and decide whether to indict (formally charge) the offender. You will be required to testify. If an indictment is sent down, the final stage will be the trial. The offender now will probably make one of two claims: Either mistaken identity or he will say that you consented to intercourse.

The Boston Area Rape Crisis Center offers a list of do's and don'ts to remember during the course of the trial. They seem to reflect many of the "myths" that still exist in today's society:

- 1) Think over a question carefully before answering.
- 2) Whenever possible, give a yes or no answer or the briefest reply.
- 3) Do not laugh or smile in the courtroom at all.
- 4) Dress demurely.
- 5) Be aware of the Defense Attorney's possible tricks. Be polite yet cool towards him.
- 6) If you are asked about past sexual experience, look to your counsel, he might want to object since this should be inadmissible.

Responsible, well qualified people are available to assist and counsel you through this procedure.



**Nancy Callicott**  
University Relations

known as a criminal action. Another option is initiating a civil suit. This would require you to employ a private attorney. Such action would enable you to sue the "offender" for damages.

The process of a criminal action is categorized into six major steps. The first being your conversation with police while at the hospital. Be as accurate and thorough as possible.

Secondly, you may choose to file a formal complaint. If you know the offender, then you may swear out a warrant for his arrest. Otherwise, you will be asked to give a detailed description and look at pictures of possible suspects. This is where your notes taken soon after the incident will be of great help.

Once the offender is

usefulness of the organization. Its work force is based on volunteerism. Girard explained that screening of applicants is stringent. Not only do they seek out responsible, dependable people, but those whose "personality" will ensure the safety of the escorted.

The service is set up so that there are two escorts, a male and a female, on duty. Once they receive a call, the male escort picks up the female escort and they meet the person seeking protection. Girard said that the best way to use the service is to call a few hours prior to pick up time. This way, the system is organized to better ensure your safety.

"It's a dependable way to prevent any problems. It's open when you need it (seven days a week from 5 p.m. to 2 a.m.) and always staffed," said Girard encouragingly.

The Protective Services on campus is also a source of assistance. Though some reports have indicated unavailability of the staff when called, suggestions have been made to "beef up" its staff, thus forming a more effective service.

Bob Baruch, Director of Protective Services, warned against using the service as a "pick-up service." Yet he indicated that the staff will assist in getting a victim to the hospital.

"After being raped," states the Boston Area Rape Crisis Center pamphlet, "many women have experienced insensitivity, isolation, and confusion as they turn to institutions." The new movement on campus to coalesce and communicate information is seeking to eradicate just such a response to the painful experience of rape.

It is important to know that a complaint may be filed without constraining the victim to prosecute. You can call the police, inform them of the incident and yet you need not file formal charges. Obviously, though, this decreases the likelihood that the criminal will be apprehended.

#### The Rights of the Victim

A rape victim must continually remind herself that the act was a crime and that she was the unconsenting victim. As

## the aftermath

death or any other loss, time brings about healing.

Senner said that in time, once the incident has been thoroughly discussed and worked through, she begins to help the woman incorporate the experience into her life and move on. "You will survive," she tries to emphasize, "tomorrow will come and you will accept this experience."



**Sharon Senner**

#### UWSP Counseling Center

Acceptance seems to be the closing emotion to the ordeal. Senner emphasized that the woman should try to stick to her routine schedule, keeping supportive friends close at hand. "The incident will never be obliterated," said Senner, "but a woman can and will survive it."

#### Rape: It Can Happen Here

Communities, both the small towns and the large metropolis alike, often seem hesitant in addressing or even acknowledging the existence of rape in their neighborhood. Often, those spoken to concerning this issue stated that only rumors or secretive consultations brought the matter to their attention.

Nancy Callicott, of University Relations, has formed a subcommittee of the University Affairs Committee, to deal with sexual assault on this campus. In explaining its inception, Callicott said that it is the guilt associated with assault that keeps the lid on it. Even in recruitment the university pushes this as a relatively safe campus, she said. But it can no longer be denied that the problem exists everywhere, even here.

Callicott said that she is hoping not to have just another committee on campus, but to "have an action group." Short-range goals include ways of providing readily accessible information about sexual assault to students and faculty alike. The long-range goals include "investigation of victim-oriented services available, establishing procedures for expanded services if necessary, and facilitating better coordination of and communication between persons involved in sexual assault situations and those who provide services to students seeking assistance."

The initial meeting of the subcommittee organized a list of services to contact in the event of assault: 1) Protective Services 2) Emergency No. 911 3) Women's Resource Center 4) Private Physician.

The subcommittee will continue to seek alternative means of improving the situation. Areas that remain to be improved include a specific-consistent number to call on and off-campus, getting information and assistance out to off-campus students, consistent format of questions to ask the victim on first contact, keeping the flow of information to teachers on campus, and uniting in agreement and cooperation of all involved units on campus.

Cathryn Eckberg, of the campus Health Center, explained that they are not usually involved directly with assault victims. First, the center is not open 24 hours, and second they are not as well equipped as St. Michael's Hospital for such care. She said that if a victim contacts the Health Center, they are assisted to the hospital by the staff to receive the necessary care.

St. Michael's Hospital is equipped, staffed and trained in dealing with rape victims. They have a standard procedure, according to Eckberg, and work in cooperation with the Stevens Point Police Department in assisting the victim.

Sergeant Audrey Reeves, of the Stevens Point Police Department, frequently deals with the sexual assault victim at the hospital and through the legal procedure. She was unavailable for an interview.

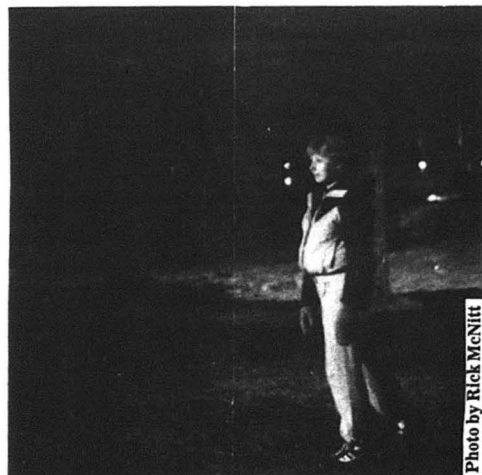


Photo by Rick McNitt

**Sexual assault is an ever present danger when walking alone.**

Continued from p. 24

## Tips for eating in..... believe it or not!!

that healthy, nutritious meal. Why not make a large quantity once a month and freeze the rest? Thick and delicious minestrone soup takes only two hours to make and another two hours to cook. By making five quarts everytime you make the soup you have created your own fast food that is healthy,

delicious and ready-to-eat right out of your own refrigerator. Add some bread and a salad and a piece of fruit for dessert and you've got a meal. You can do the same with many other foods.

### Stocking up

Many people are put off by the amount of planning and preparation it takes to eat

well. One big problem is that when they finally get the urge to cook, they don't have the ingredients they need. If you know what you like stock up on it so it will be ready when you are.

For example: beans are cheap and they don't spoil on the shelves. You can plan ahead and stock up for three

months on rice and beans and not have to worry everytime you want to fix something good. Be prepared!

**Do you have the right tools you will need?**

Do you have good containers for leftovers? If not, you'll probably end up throwing them out because

they will spoil. Do you own a salad spinner? If you don't want to fix a salad every day, this is a handy item to have around the kitchen. It keeps salad fresh by spinning, and can keep salad fresh for three days.

Do you have sharp knives, or is chopping a real task? A mechanical grater can simplify the task of grating two pounds of cheese considerably. Do you have a steamer, or do you boil the nutrients out of your veggies? A blender is a great investment. It cuts down hours of grinding, chopping, beating, and whipping. You can even make your own peanut butter.

Tools must stay in good repair or else you will be frustrated everytime you try to use them and cooking will become a drag again.

Good tools make cooking in quantities easier. Keep your tools handy so you don't have to waste important cooking time looking for things. Learn how much time it takes to cook a certain food and think about ways to save time and make it easier. Be efficient and develop good kitchen habits.

**You don't need to go to a specialty store to eat well**

Your neighborhood market probably has most of what you need. The co-ops are usually cheaper for certain staples, but it's not necessary to shop there. Get acquainted with your store and find out where things are on the shelves. Know your market well!

Changing life-long eating habits is a learning process. It is not a chore or a test. It takes time to learn something as complex as cooking and eating healthy foods. Habits change gradually. The most important thing is not how long it will take to change habits, but the goals you set. Are your goals realistic? Decide on one thing you would like to change and then master it before you go on to the next. The ultimate secret is to take it easy and enjoy the changes.

## Drawing a Blank on Things to do for Easter Break?



LET



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**THURSDAY, APRIL 1st**

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**U.C. CONCOURSE**



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Birth Defects —  
The Nation's  
Number One  
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**Support the  
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BIRTH DEFECTS  
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This space contributed  
by the publisher.

# Sports

Likes Pointer basketball program

## Soderberg to transfer to Point

Brad Soderberg, a 1980 graduate of Stevens Point Pacelli High School who is currently attending Ripon College, has decided to transfer to the UW-Stevens Point for the 1982-83 school year.

Soderberg helped lead Ripon to one of its top seasons in recent years and will be joining a Pointer team which had one of the most successful campaigns in UWSP history.

A 5-10, 155-pound guard, Soderberg averaged 15.0 points and six assists per game this past season for Ripon, while converting .600 percent of his field goals and .800 percent of his free

throws. He was named to the All-Midwest Conference honor team at the conclusion of the past season.

In addition to being a two-year starter on the Ripon basketball team, he was a two-year standout on the school's golf team.

While a prep star at Pacelli, Soderberg earned All-Central Wisconsin Catholic Conference laurels in basketball as a junior and senior and was the loop's player of the year his last season. He was also named to the All-WFHR team as a junior and senior and to the Channel 7 All-Stars as a senior.

In addition to his cage

pro prowess, Soderberg was also an All-CWCC honoree in football as a junior and senior and was a fourth team All-State selection as a defensive back the latter year. He also played baseball for the Cardinals.

Soderberg made it known that he has fond regards for Ripon and that his decision to move was precipitated by his desire to play in the Pointer basketball program.

"Ripon is a very outstanding institution and that made my decision to leave very difficult. It is hard to leave the fine atmosphere and all of the close friends I made there. I would like to thank all the people who

made my stay there enjoyable.

"My reason for leaving involves a basic disagreement with the basketball philosophy. The Ripon program is not quite as structured and disciplined as I am accustomed to. I didn't feel I could ask Ripon to change for me and thus I had to make a change. I just want my teammates at Ripon to know my best wishes are with them.

Soderberg expanded on his reasons for deciding to attend UWSP.

"Needless to say, I'm anxious to get involved with Coach (Dick) Bennett's

system, his staff, and his ball players. I'm sure many people view Stevens Point as a first class operation from top to bottom and I'm one of those people."

"I want to be a part of this program. The time I've spent with the Pointer players the last two summers has been good for me. I hope I can contribute to their success," Soderberg explained.

Bennett made it plain and simple that he is pleased that Soderberg has decided to join his program.

"We are delighted to have a player of Brad's caliber and character in our program," he said.

## Dogfish finish 29th in NCAA III

LEXINGTON VA.—(SID)—The UW-Stevens Point men's swim team concluded the 1981-82 season by finishing 29th in the NCAA Division III National Championships held here at Washington and Lee University this weekend.

Kenyon University won the 75-team meet with 299 points and was followed by Williams College with 197 points and by St. Lawrence with 147. UWSP was the top Wisconsin finisher with 19 points.

Senior Brad Thatcher scored 14 of the Pointers' 19 points as he finished seventh in both the 100- and 200-yard backstroke.

In the 100, Thatcher had a preliminary time of :54.33 which tied for the sixth and final position in the finals. However, he lost a swim-off for the spot by two-thousands

of a second and was forced into the consolation bracket.

In the 100-consolation finals, he had a time of :54.24 which was the fifth best time overall, but was forced to settle for the consolation title and seventh place.

Thatcher and Pete Samuelson both competed in the consolation finals in the 200-backstroke and came away with seventh and eighth place, respectively. Their times of 1:57.16 and 1:57.77 were the fourth and fifth best overall, but again they had to settle for their consolation finishes.

Also placing in the top 20 for UWSP but not scoring points were Samuelson, 100-backstroke, :54.75; Dave Nott, 1650-freestyle, 16:49.84; and Scott Olson, one-and three-meter diving, 16th and 18th, respectively.



Photo by Gary LeBouton

Trek bicycles were a hot topic for these three girls at the UWSP Sports and Recreation Show held at the Quandt Fieldhouse last week. For additional show pictures see page 26.

## Off-campus teams prevail in IM championships

Judging by the results of last week's UWSP Intramural Basketball Championships, living off-campus may improve basketball skills.

Paced by the one-two scoring punch of Owen Glodowski and Tim Krutza, the off-campus champion Urp Brothers knocked off First-West Hanson in the men's overall final March 18, 48-44.

Glodowski hit for 15 points while Krutza chipped in 13 in the game which was marked by 46 fouls. Chris Hovel led the losers in scoring with a game-high 18 markers.

The Urp Brothers advanced to the finale by edging The Hawks 45-41 the night before while the Hanson squad crushed Two-East Pray for the on-campus title, 48-34.

In a nip-and-tuck women's overall championship later the same night, off-campus champion Half Scrambled managed to sneak by Three-South Thompson, 26-24.

The two women's teams played close ball through the entire game, with the largest lead of the night just four points, which was held by Half Scrambled late in the contest at 26-22.

Dee Wispelaere led all scorers for the night for Three-South with 10 points while Ruth Taylor led Half Scrambled with eight.

Both teams won close matches to advance to the overall finale. Half Scrambled took the off-campus title with 34-30 decision over the Grape Crush while Three-South won it all in the on-campus tourney by nudging Two-North Hanson, 27-20.

Intramural coordinator Dan Wilcox noted that the season was again a successful one and that he would "like to thank all teams and referees that participated."





Photo by Gary LeBouton



Dad, can I have the boat tonight? — A future boater pretends to drive one of the high-powered sport boats on display at last weekend's Sport and Rec Show. Above, an eager fisherman, searching for the magic bait, watches a representative of the "Fish-Disc" company demonstrate a lure's action.

## 4TH ANNUAL TRI-STATE REGION VII AMATEUR BOXING TOURNAMENT

Illinois and Indiana State Champs

vs.

Wisconsin State Champs



Friday, March 26  
Saturday, March 27

7:30 p.m.

P.J. Jacobs Junior High School

Tickets: Ring Side \$5.00

Gen. Adm. \$3.00

(Tickets available at the door)

Sanctioned by:  
USA ABF  
Wisconsin Amateur Boxing Federation  
Winners advance to Nationals at Charlotte, N.C.

USA ABF



346-3848

OUTDOOR  
RECREATIONAL  
EQUIPMENT



## Mack honored

KANSAS CITY, Mo. (SID)—John Mack, a standout member of the 1981-82 UW-Stevens Point men's basketball team, was given honorable mention on the NAIA All-American basketball team which was released last week.

Mack, a 6-4, 185-pound junior forward from Milwaukee (Tech High School), averaged 16.9 points and 3.2 assists per game for the Pointers this season. He converted .510 percent of his field goals and .757 percent of his free throws.

Mack was a driving force behind the Pointers' 22-6 season record and Wisconsin State University Conference co-championship.

Earlier, he was accorded first team All-WSUC and NAIA District 14 laurels.

Named to the first team of the NAIA honor team was Tony Carr of UW-Eau Claire. Also gaining honorable mention were Rich DiBenedetto, UW-Eau Claire; and Craig Summers, UW-Stout.

Rental for Spring Break will cost  
only a Weekend & A Day charge  
for 10 full days!



346-3848



# Runners: your brain can get you "high"

by Chris Celichowski

Physicists estimate that the amount of pressure put on a distance runner's body during a ten mile run is measurable not in pounds or even hundreds of pounds but in tons.

With such tremendous stress placed on the skeletal-muscular system it would appear that the pain after just a few miles would become unbearable. Recent discoveries in exercise physiology begin to explain why athletes can meet and go beyond the pain threshold.

Scientists have known for years that the brain, pituitary gland, and other tissues produce a natural opiate, endorphin, in response to intense physical stress like exercise. Not until 1971, however, did they find out how "the brain's own morphine" functioned.

Their findings demonstrated that human nerve cells have docking sites to receive only endorphin and other like molecules. When an endorphin molecule plugs into one of these sites the nerve effectively shuts down and fails to relay messages of pain.

The latest results coming from French labs revealed that laboratory rats released endorphins under physical and psychological stress. The first group received shocks at seven second intervals for ten

minutes, while the control group was untouched.

Scientists discovered that the first group had significantly smaller amounts of endorphins than the control group, indicating that the former had released them at a rapid rate in an

placed in the same, non-electrified cages they showed "a similar increase in brain endorphins in response to conditioned fear," revealing endorphin release in response to psychological stress.

Physiologists have traced

touch with reality.

Unfortunately, runners experience this high infrequently, and many have yet to experience it all. Compounding the problem is the fact that scientists don't know how to consistently reach this plateau, except that one's chances increase with the length of the run.

While you may not always get high while exercising, it can help you relax. Doctors and philosophers from Hippocrates and Aristotle on down have pointed to a strong mind-body connection.

Indeed, in his *Complete Book of Running* author Jim Fixx contends "the qualities and capacities that are important in running—such factors as will power, the ability to apply effort during extreme fatigue, and the acceptance of pain—have a radiating power that subtly influences one's life."

In a highly competitive and intense world the need to momentarily withdraw and come to terms with yourself and the reality of the world around you is paramount. Many are becoming convinced that running or some other form of exercise can aid in the relaxation and confidence necessary to clearly establish and fulfill the goals in our lives.



Photo by Gary LeBouton

attempt to dull their sensitivity to pain.

Technicians expected the results of the first battery of experiments, but were surprised at the information yielded in their later psychological experiments. When the shocked rats from the first experiments were

the mellowing effect of these natural opiates to the elusive "runner's high" that endurance athletes sometimes reach. Athletes have described the feeling in various glowing terms, yet the common denominator in their explanations reveals a sense of temporarily losing

**"I WOULDN'T  
TREAT  
MY BIKE  
THE WAY YOU  
TREAT  
YOUR BODY."**

—Judy Lafferty

When Judy Lafferty prepares for a race, she checks every part of her bike.

Because she checks her body the same way, she discovered a lump in her breast a few years ago.

She discovered it early. And these days, 85% of early breast cancers can be treated successfully.

Judy has since had reconstructive surgery, too. And she feels like herself again. Alive, vibrant, ready to get on her bike and take on the world.

Judy Lafferty is living proof of the progress we're making against cancer.

The American Cancer Society takes some credit for that progress. But credit won't finance our work.

We need your money to help us win this race.

**SHARE  
THE COST OF  
LIVING.**  
GIVE TO THE  
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This space contributed as a public service

## The Miller Beach Party



**Thursday, April 1st  
ALLEN UPPER**

**Featuring: TIGHT SQUEEZE**

**Free To Everyone**

**Door Prizes, Food, and Special Prices On Miller Mugs Containing Your Favorite Beverage.**

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# The University Film Society Presents



Judy Garland's last  
MGM musical sum-  
merstock. Co-star-  
ring: Gene Kelly.

Tues., March 30,  
Wed., March 31 7 & 9:15  
In The U.C.-Wisconsin Rm.  
\$1.25



# LOOK!

## LAST CHANCE!

Signup for a bus trip down to  
Madison's Headliners to see &  
hear

**Jerry Jeff Walker**  
**Sunday, March 28**

Bus will leave in front of U.C. at 5:30. Cost is  
only \$13.00. Sign up at the SLAP window to-  
day.



## Trivia Question:

What do John Belushi & Ed Asner  
have in common with U.A.B.?

See next week's issue for answer.



*Visual Arts*

P R E S E N T S

TONIGHT & FRIDAY  
U.C.-Wisconsin  
6:30 and 9:15  
Seats \$1.50

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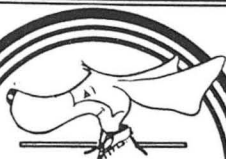
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PROGRAMMING

YOUR ENJOYMENT



# POINTER PROGRAM

## THIS WEEK'S

### Friday-Sunday, March 26-28

**TRIVIA '82**—Hey kids, tune in to 90FM and man those phones! It's time to take part in the world's largest trivia contest again. All teams must register at 90FM in advance. You can register Thursday from 3-7 p.m. or Friday between noon and 6. The contest starts at 6 p.m. Friday and continues for 54 straight hours. Eight questions will be asked every hour, from categories like sports, TV, movies, and books, and each team will have one (1) chance to answer each question. This year, Student Experimental Television will be keeping you company during much of Trivia—for details, see the TV section of the Program. Good luck.

## HIGHLIGHT



### Thursday-Sunday, March 25-28

**STUDENT EXPERIMENTAL TELEVISION**—This week your campus TV station expands its programming to cover Trivia. SET gets underway Thursday with its regular schedule, featuring a **Perspective On Point** look at Trivia, at 6 p.m. At 6:30, Mark Watson interviews Doug Henderson on sexuality on **Alternative Thought**. Take Three brings you the Boozie Brothers at 7. At 7:30, the film **Animal Farm** will be shown.

**SPECIAL TRIVIA PROGRAMMING** runs as follows: **Friday**—6 p.m. to 12, SET's individually produced hours with Trivia Focus, SET programs, and special segments. **Saturday**—The General (12 a.m.), Live in the studio (1:20 a.m.), Viditrac with Scott Alerik (1:25 a.m.), **Animal Farm** (1:53 a.m.), Live in the studio (3:07 a.m.), Tall Blond Man With One Black Shoe (3:10 a.m.), Gulliver's Travels (4:47 a.m.), The Trial (6:04 a.m.), Warner Brothers Cartoons (8:02 a.m.), Live in the studio (8:56 a.m.), Looney Tunes and Merry Melodies (9 a.m.), Life With Father (9:51 a.m.), Seven Samurai (11:45 a.m.), Live in the studio (3:08 p.m.), In The Act student talent (3:15 p.m.), Channels No. 1

(3:40 p.m.), The Private Life of Henry The 8th (4:10 p.m.), Alternative Thought with Janet Newman on Feminism (5:47 p.m.), Meet John Doe (6:16 p.m.), Live in the studio (8:19 p.m.), Star Trek's The Menagerie, Trouble With Tribbles, City on the Edge of Forever (8:25 p.m.), Channels No. 2 (11:50 p.m.), Sunday—The 39 Steps (12:20 a.m.), Sabotage (1:50 a.m.), Jules and Jim (3:06 a.m.), College (4:50 a.m.), Murder (5:50 a.m.), A Star is Born (7:22 a.m.), Trail Riders (9:15 a.m.), Live in the studio (10:10 a.m.), Occurrence at Owl Creek Bridge (10:15 a.m.), Superman series festival (11:05 a.m.), Alternative Thought (11:35 a.m.), Live in the studio (11:57 a.m.), Return to SET's individually produced hours (Noon).

**Saturday, March 27**  
**THE WIZARD OF OZ**—It's time to go tripping down the Yellow Brick Road with Dorothy and company again, as this classic flick takes its 24th bow in TV. 7 p.m. on CBS.

**Monday, March 29**  
**OSCAR AWARDS**—The king of the award shows is back, with Johnny Carson hosting and statuettes getting handed out for Best Actor, Best Actress, Best Director, Best Film, and scads more. The show will be sent out live at 8 p.m. on ABC. If Hank doesn't win Best Actor, we'll eat yellow snow.

## Music

Thursday & Friday, March 25 & 26

**RHC COFFEEHOUSES**—Mike Williams tunes up Allen Upper, Thursday from 9-11:30 p.m. Friday, Vicki Norwich and Carole Karczewski do the same for the DeBot Pizza Parlor, from 9-11 p.m.

Sunday, March 28

**UWSP ORCHESTRA CONCERT**—John Borowicz conducts, in a program that will include Schumann's Symphony No. 4 in d minor, Op. 120; the Autumn and Winter Vivaldi Season concertos, and the first performance of J. Halvor Benson's Boreal Sketch. The concert begins at 8 p.m. in Michelson Hall of Fine Arts, and is free.

Monday, March 29

**UNIVERSITY CHOIR CONCERT**—Music from the Renaissance, Baroque, and Twentieth Century will be performed by the university's 50-voice choir, starting at 8 p.m. in Michelson Hall of Fine Arts. Free.

## NIGHT LIFE

Friday & Saturday, March 26 & 27

**DAVE PETERS TRIO**—Too old to rock and roll, but too young to stay home and watch TV? Put a little jazz in your life with this talented trio, 8:30-12:30 both nights in The Restaurant lounge.

Saturday, March 27

**HMS JAZZ**—More jazz, as three Point students play up a storm in Margarita's, starting at 8:30 p.m.

farm girl who gets carried away with showbiz fever. Film Society is showing this one at 7 & 9:15 p.m. in the UC Wisconsin Room. \$1.25.

## RADIO

Friday-Sunday, March 26-28  
**TRIVIA '82**—See This Week's Highlight.

Monday, March 29

**TWO-WAY RADIO**—This week's program will feature a pre-recorded question & answer session with Senator Bill Proxmire. 10 p.m. on 90FM.

## LIVE

Wednesday, March 31

**PETER JAMES**—Ex-spy, rocket engineer, and controversial author Peter James will speak on the thrilling topic, **Russia's Secret Doomsday Weapons, World War III, and You**, at 8 p.m. in the UC Program Banquet Room. A slide-illustrated presentation will be followed by a question-and-answer period. Come in out of the cold and check this one out. Free from UAB.

## ART

Continuing

**EDNA CARLSTEN GALLERY**—Works by well-known sculptors Candace Clement, Judy Onofrio, and Carole Fisher will be on display through April 2. The pieces were created in the gallery itself, just prior to the opening of the exhibit.

Gallery hours are Monday-Friday, 10 a.m.-4 p.m.; Monday-Thursday, 7-9 p.m.; and Saturday & Sunday, 1-4 p.m.

Sunday, March 28

**FESTIVAL OF THE ARTS**—University Women and the Festival of the Arts Council throw their 10th annual bash in Fine Arts, from 10 a.m. to 4 p.m. Sixty artists and craftspersons will display and sell their work, and demonstrations, music, and dance performances will be going on throughout the day. A special room will show items of interest to children.

## Miscellaneous

Saturday & Sunday, March 27 & 28

**UWSP ANTIQUE SHOW & SALE**—The biggest event of its kind in Central Wisconsin will take place in the Quandt Fieldhouse from 10 a.m. to 6 p.m. Saturday and 11 a.m. to 4 p.m. Sunday. Items for sale will include jewelry, furniture, toys, dolls, books, and more. Admission is \$1 for students.

Sunday, March 28

**PLANETARIUM SERIES**—This week's free presentation is **Saturn: Before Voyager and After**. Doors open at 2:30 p.m. and the show takes off at 3 in the Planetarium of the Science building.

Tuesday, March 30

**WHAT, ME WORRY?**—An informal meeting for persons opposed to the draft will be held in room 204 of the Communication Arts Center, starting at 7 p.m. A representative from Legal Services will be on hand to answer questions.

## movies

Thursday & Friday, March 25 & 26

**HEAVY METAL** is a cartoon for adults. Or, more accurately, for adults with personality defects and weird sexual fantasies who spend lots of time exploring altered states of consciousness. UAB drops this one on your head at 6:30 and 9:15 p.m. in the UC Wisconsin Room. \$1.50.

Tuesday & Wednesday, March 30-31

**SUMMER STOCK**—Judy Garland, Gene Kelly, and Phil Silvers star in this breezy story of a theatrical troupe that rehearses its show in a barn. Judy plays a

## NEW WAVE EVERY MONDAY

### Live Rock & Roll Tuesday The Obsession

- No Cover Charge
- \$2.00 pitchers of beer all night long

### All Nite Ladies Nite

- Wednesdays
- 2 for 1 mixed drinks
- 8-10 p.m.

Reduced prices all night

916 Mana Dr.  
Stevens Point

## The Flame

Open Daily  
At 3:00 P.M.

Continued from page 15

## Ingredients of air found to be different from past

### No ifs, Ands or Butts

Is this information making you uptight? I hope so. Maybe some of you are thinking that it's time to just kick back and relax with a cigarette. Oh yes, that smoke feels so fine sliding down into your lungs. Why suck it out of a clumsy car exhaust pipe or an oversized coal plant

smoke stack when you can burn it out of the butt of a cigarette. How convenient, and what a perfect symbol of our acceptance of industrialization and its polluting costs. Why not? And who's afraid of the big, bad lung cancer? You'll huff and puff and blow yourself down!

Every year some 13 to 34 people out of every 100,000

are no longer afraid of smoking cigarettes, for they are dead because of it. If you smoke cigarettes you are ten times more likely than a nonsmoker to develop lung cancer. It is estimated that two out of every 10 cancer deaths are caused by cigarette smoking.

Your sucking on those mini smoke stacks and exhaust

pipes—those which producers package and then tell you that 'you'd walk a mile for'—is also the leading cause of emphysema and bronchitis. Emphysema, which simply means discomfort in and difficulty with trying to breathe, is an incurable disease. Those who become afflicted with bronchitis cough daily, and

sometimes for the rest of their lives in order to clear out the extreme excess of mucous which the body produces as a defense against the smoke which is inhaled.

Smoking stinks, but besides that, it injures and kills. And not just the smoker. A nonsmoker breathes in the equivalent of one cigarette when in a closed room with a group of smokers. So even if you've never smoked a cigarette in your life, but your friends and-or co-workers are smokers, then you are averaging smoking one pack per month.

### Reappraised of Progress

I've only examined a small portion of the costs which we must now bear as payment for industrial 'progress'—Those relating to the polluting of our air and our bodies—but I feel that the facts documented here alone mandate that we reappraise our support for continued industrial 'progress.'

Isn't it time to show greater protection and concern for the air we breathe, for our own humanly bodies? Now is the time to take action. Conserve on your energy use—think about it, be responsible, and make do with a little less. Industrialization is powered by your demand for it; by lessening your demand for energy you lessen your demand for industrialization, and thus act to slow it down.

Use less more efficiently, turn five friends on to this idea, read up on how you can better control and clean-up your life, write letters to your government representatives, complain constructively, quit smoking cigarettes, tell your smoking friends that you'd like them to quit because you care about their health and your own. When you have your health, you have it all. Cliche? Yes. True? Most definitely!

## Health fund input sought

A Wisconsin Division of Health (DOH) planning committee will develop recommendations for the distribution of reduced federal Maternal and Child Health (MCH) and the Preventive Health Services (PHHS) block grants.

The funds will be available to the state for the fiscal year October 1, 1982, through September 30, 1983.

In addition to maternal and child health services, the MCH block grant funds may be spread to other programs such as Sudden Infant Death Syndrome, adolescent pregnancy and blood lead screening.

The PHHS funds may also be used for high blood pressure, emergency medical services, rodent control, health education-risk reduction, public water fluoridation, rape prevention and public health.



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## for sale

**FOR SALE:** Craig AM-FM in dash cassette car stereo. Excellent working condition. \$40 or best offer. Phone 345-0015 and ask for Dave.

**FOR SALE:** 1979 650 Yamaha—\$1,150. Call 341-5461 and ask for Pete.

**FOR SALE:** 1965 Ford Mustang, 3-speed, 22 mpg, 84,000 miles, AM-FM 8-track stereo, \$1,000, phone 346-4116, rm 423, Lou.

**FOR SALE:** Jerry Jeff Walker tickets to Sunday, March 28, concert at Headliners in Madison. Call—Gus at 345-0833.

**FOR SALE:** 1969 Honda 450, newly rebuilt. 1974 750 Honda Road Package. Call 1-715-467-2483 anytime.

**FOR SALE:** Two nearly brand new silver full-faced Yamaha motorcycle helmets. Sizes M & S. Asking \$75 apiece or \$130 for the pair. Call 341-7432 and ask for John.

**FOR SALE:** 1975 VW Rabbit, excellent condition. Call Brian at 341-6527. Best offer.

**FOR SALE:** Sears portable manual typewriter in very good shape. Call 341-4697.

**FOR SALE:** 1974 Opel Manta, silver, AM-FM cassette, A-C, 30+ mpg, no rust, \$1,400. Call 345-0241 after 5 p.m.

**FOR SALE:** 1976 Chevy Monza 2+2 4 cyl, 5 speed. Excellent shape and runner, good gas mileage, lots of extras. Call Doug at 341-0034.

**FOR SALE:** Two full wetsuits and other assorted SCUBA equipment. Stronglight No. 93 alloy crankset (drilled outer ring) and campy bottom bracket, M.K.S. unique pedals, and remover. Call Rob at 592-3554 after 5:00.

**FOR SALE:** 20 gallon aquarium. All set up. Less than 5 months old. Call Doug at 341-0034.

**FOR SALE:** 1964 Buick Sport Wagon, good runner. Best offer. Call Doug at 341-0034.

**FOR SALE:** Jansport mountain dome tent. Browning recurve bow—\$30. Call Ken at 344-5868.

**FOR SALE:** One 35mm Cannon Ft. with Soligar semi-wide angle lens. Also Technics SA 5060 stereo receiver and Sansui SC-1100 cassette deck. Call 341-1841 and ask for Kathy.

**FOR SALE:** Women's Vasque hiking boots, size 7 1/2 A. Asking \$45, excellent condition. Call 341-0709.

**FOR SALE:** Double bed, good condition—\$30; four drawer dresser—\$15; box of dishes including silverware—\$8. All prices negotiable. Call 341-1481 and ask for Mike.

## for rent

**FOR RENT:** Three bedroom apartment; unfurnished, 2 baths and basement. Available June 1, call 341-7913.

**FOR RENT:** Single room in house with one other girl for summer and/or next year. \$125 per month. Call 345-0760.

**FOR RENT:** One bedroom apartments. From June 1 to August 23. \$550. Call 341-6095.

**FOR RENT:** Two bedroom apartments from June 1 to August 23. \$700. Call 341-6095.

**FOR RENT:** Summer Housing: 3 large single rooms to sublease to 3 females for the summer. One single room is available for fall semester also. Great location—1 1/2 blocks from campus. Price negotiable. For more info, contact Jodi or Lindsay at 345-0925.

free student  
classified

**FOR RENT:** Room sublet—summer. Single room, furnished, \$85 per month. 728 Isadore, No. 5 (across from the CCC). Call 345-0244 and ask for Ruth.

**FOR RENT:** 1-2 bedroom apartment. All utilities provided—near downtown. Phone 341-0643 or 592-3527.

**FOR RENT:** One bedroom apartment, furnished, available for the summer with fall option. Call 345-1460.

**FOR RENT:** Three bedroom mobile home, large one-car garage, on 1 1/2 acre lot, Hwy. 10—near boat landing. Available for summer. For two people: \$195-mo + utilities. Call 344-8402.

## wanted

**WANTED:** One male roommate to live with one other for fall-spring of 82-83. Rent is \$435, all utilities included. Furnished, one block from campus. Call 345-0965 or 341-2648.

**WANTED:** One black full-faced Yamaha motorcycle helmet. Size medium. Contact John at 341-7432.

**WANTED:** Would like to buy used Judo Gi (uniform). The campus Judo Club is looking for Judo Gis to be used by new students. If you have a Gi you aren't using, please call Jeff at 345-1640. Best time to call is 4:30 p.m.-6 p.m., 10-12 p.m.

**WANTED:** I need a ride to Atlanta, Georgia, on April 2nd or 3rd—Help!! 344-8402.

**WANTED:** Two riders to Pennsylvania over Easter Break. Non-smokers please. Call Maureen at 341-2626.

**WANTED:** Housing for four very mature, serious upperclass students for 82-83 school year. No parties, smoking or drinking—very quiet. Call Jim, Craig, Tom or Kev at 345-0613.

**WANTED:** Interested people who would be willing to share a ride to the west coast (Calif.—Sacramento, Santa Rosa area). I will be leaving Friday, April 2. The trip will take approximately 3 days. Note: Anyone who may need a ride to Wyoming, Utah or Nevada, I will be passing through these states and would be willing to drop you off on the way. If you have any questions or have an interest in riding along, call 345-1640.

**WANTED:** One female to share apartment with 3 others for 1st semester only, next year. Five minutes from campus. \$500-semester—including heat and water. Call 344-6430 for more information.

**WANTED:** Married couple or two females to sublet a cozy two-bedroom apartment (top half of house) for summer and to take over lease in August for at least one year. Total rent is \$240-month, includes heat and

water. Only four blocks from campus. Call 345-0499 for more information.

**WANTED:** Some adventurous person heading towards Keystone, Colorado, during Easter Break. This woman has West on her mind and skiing in her sights. Contact Elaine, room 334, 346-4918 evenings or leave message.

## employment

**EMPLOYMENT:** Information on ALASKAN and OVERSEAS employment. Excellent income potential. Call (312) 741-9780, extension 7984.

## announcements

**ANNOUNCEMENT:** Taxpayers can get free help now through April 15 with their basic income tax returns through VITA, the Volunteer Income Tax Assistance program, sponsored by the Internal Revenue Service. The local VITA program is staffed by volunteers from A.B.E.S. Assistance is available every Wednesday evening from 6:30 p.m. to 8:30 p.m. in Room 104 of the College of Professional Studies on the UWSP campus.

**ANNOUNCEMENT:** B.S. is coming.

**ANNOUNCEMENT:** Anyone who participated in the Crop Fast a few weeks ago, please collect the money from your sponsors and return to the Newman Center (across from Berg gym) as soon as possible. Thank you.

**ANNOUNCEMENT:** Hear ye! Hear ye! The Canterbury Club of UWSP invites one and all to the next gathering to be held on March 31 (Wednesday) at 8 p.m. in the Blue Room. Our guest speaker will be Authur Herman (professor of Philosophy) who will share ideas about Buddhism. Come and join us for lively discussion and a good learning experience. See you there!

**ANNOUNCEMENT:** Get in shape for Summer! Exercise to music. Six week session, 2 or 3 times a week, 75 cents per hour for students. Expect to sweat! Call 345-1639.

**ANNOUNCEMENT:** It's coming!

**ANNOUNCEMENT:** A gala fruit basket was won by: Gay Rathke, Brad Kortbein, Anthony North, Barb Valiska, Dennis Ostendorf, Dan Klemencic, Richard Seward, Kathy Venzke for being winners in the Great Nutrition Giveaway.

**ANNOUNCEMENT:** Diabetics—Learn how to control your blood sugar levels by simply changing your diet. Classes on high carbohydrate, high fiber diets (HCF) will be available at the Health Service. Contact Carol Weston at X4646 if interested.

**ANNOUNCEMENT:** Don't get stoned! Be alive and see Point's true airband, the DEAD PUPPIES at Airband '82, 3-26-82.

**ANNOUNCEMENT:** The Soil Conservation Society of America will hold a general meeting on Thursday, March 25, at 6:30 p.m. in room 312 CNR. Joe Nagel will discuss his job experience after graduation.

**ANNOUNCEMENT:** An informal meeting for those opposed to the draft in today's society will be held in room 204 of the Communication Arts Center on Tuesday, March 30, at 7:00 p.m. A representative of the Legal Services Office will be on hand to answer questions. All attendance is held in strict confidentiality.

**ANNOUNCEMENT:** The models selected for the Jhirrmack Show will be posted at the Student Activities Complex window on Friday, March 26.

**ANNOUNCEMENT:** Hate to type? Don't have time? Beat the rush. Call 341-4782 for quick, professional papers, resumes, thesis.

## personals

**PERSONAL:** To my best friend Bill, by the time you read this, you'll be hung like a mule from your birthday on Wednesday, so I hope you had a good time. I'm sorry for being a bitch on Sunday, and I sure didn't mean to hurt you—don't be mad, OK? Just want you to know that I'll always love you, even though you're getting to be an old man! Loves & squishy hugs, Tater.

**PERSONAL:** Happy 19th Pvt. D.C. Gilligan: I love you—Sally.

**PERSONAL:** Happy Birthday Eddie—Mon! Have a great one buddy. HIPS.

**PERSONAL:** Kathy, Fri was one hell of a way to start the next 6 months. Love, your punkin.

**PERSONAL:** Dar, I hope 19 is the best yet, you're my favorite daughter. Love, Dad.

**PERSONAL:** Jonathan, I really do!!!

**PERSONAL:** Honey Bun—I sorry I so silly! I na do it. Love, me.

**PERSONAL:** Olga, is it Miller time? If it is I'm sure you'll do it with style! Drinking Buddies forever.

**PERSONAL:** To our fans; thanks for the mail. We love you too. Don't miss our performance tomorrow because we're so hot for you and do remember, a rolling stone gathers no moss. Signed, Charlie Watts in care of the Rolling Stones.

**PERSONAL:** To Lashes, all the smiles are proof that spring is in the "aire." Let's enjoy this blossoming and let the rest go. It will never, ever be too late for flying. Stashes.

**PERSONAL:** To the four flaming fiddle-players; let's have lasagna sometime soon! With love, A Burn Victim.

**PERSONAL:** Jim (alias CB)—Happy Birthday—Now we have a new old man in our group. From the whole gang.

**PERSONAL:** Shane: Oh, the shark bites, with her teeth dear and her teeth are pearly white...Beware! Some say she seeks revenge!

**PERSONAL:** Happy Birthday you hoser!!! We have to get together some Wednesday night real soon!!! Love, the Classified Typist.

**PERSONAL:** Have a great run Gracie!!!

**PERSONAL:** For a good time attend a Duo-Recital of Brass Music tonight (March 25, 1982) in the Michelsen Concert Hall in the Fine Arts Building. The recital will begin at 8:00 p.m. and admission is free! The featured musicians are Brenda Berray on trombone and Sandra Madden on trumpet. Don't miss the chance of a lifetime to hear the "Dynamic Duo" in concert!

**PERSONAL:** Coral and Slut, 168 more hours and counting! Point won't miss us, but ain't it great that Colorado does? Here's to packing up our dishes and having a great week. B.



D.M. MOORE, O.D.  
JOHN M. LAURENT, O.D.  
DOCTORS OF OPTOMETRY

1052 MAIN STREET  
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