

Snap, crackle, crash

Workers finished off the demolition of a 125-year-old building at the corner of Short and Mill Streets in downtown Lexington. The building collapsed without warning late Saturday morning. Two people in the structure at the time escaped uninjured after they carne was then used (above) to bring down the outer walls.

Responses to be anonymous

UK faculty members to assess deans

By VICKI POOLE
Start Writer

UK faculty members will soon have an opportunity to express their opinions on the performance of the deans of their respective college.

Full-time faculty members with less than 50 percent administrative duties (those pending the majority of their intereaching at the college or university Jevel should gate the college or university Jevel should growing to Douglas Ress, chapter president.

The questionnaire prepared by the UK chapter of the American Association of University professions in about a week, according to Douglas Ress, chapter president.

The questionnaire will eassess faculty members opinions of the performance of their oldge deans. Responses will be anot say how the evaluation reports will be used.

The survey is being conducted "by faculty members of faculty members," and is not will be used.

Currently, colleges and their deans are reviewed every five to seven years by a committee composed of faculty members, "and is not will be used.

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Currently colleges and their deans are reviewed every five to seven years by a committee composed of faculty members," when be produced the proposed of faculty members, "wise be periodically made members," when the university administration, the three-president for academic affairs, in the vice-president for each college and its dean. The committees reviewed only the college and is dean. The committees reviewed only the college and is dean. The committees reviewed only the college and is dean. The committees reviewed only the college and the for each college and is dean. The committees reviewed only the college and the for each college and is dean. The committees reviewed on with the administration, the three reviewed or explosion of reputations, appoi

Campus drinking problems to be subject of 'Alcohol Awareness Week'

By BARBARA WARD

Staff Writer

UK will officially join the Kentucky
Alcoholism Council for the first time
this year in promoting Alcohol Awareness Week.— March 23 through
March 29. Campus programs and
activities aimed at increasing knowledge of the physical and psychological
effects of alcohol have been funded
and coordinated by the Human Relations Center, a department of the Division of Student Affairs.

Local bars have joined in the effort by hosting BARD (Be A Responsible Drinker) nights. Coupons for free non-alcoholic drinks will be advertised this week in the Kernel. (See page 3 of today's Kernel.) BARD nights will be held at O'Riley's Bar tonight, UK Grills on Tuesday, Jefferson Davis Inn on Wednesday, Two Keys on Thurs-day, 803 South on Friday and Stingles on Saturday.

gram at the University of Florida, will speak on alcoholism prevention on college campuses at the Baptist Student Union Tuesday at 7:30 p.m. Gonzalez' presentation will be followed by a non-alcoholic wine and cheese parry at the Sigma Alpha Epsilon house, 410 Rose Lane.

The chairman of the Department of Behavioral Science at the College of Medicine, Dr. Robert Straus, is scheduled to speak at 4:45 p.m. in Rm 115 Student Center. Straus has researched

has written numerous books on the subject.

A highlight of the week will be "First Annual Homebrew and Anti-Firewater Taste-off Contest." Prizes will be awarded, to UK students who come up with the best (by taste-test) non-alcoholic drink. Winners in the competition, sponsored by the UK south campus coordinate government, will be announced Saturday at 11 p.m. in the Commons lounge of Kirwanin the Com

the effects of alcohol for 35 years and has written numerous books on the subject.

A highlight of the week will be "The First Annual Homebrew and Anti-Firewater Taste-off Contest." Prizes will be awarded, to UK students who come up with the best (by tast-etser) non-alcoholic drink. Winners in the competition, sponsored by the UK south campus coordinate government, will be amounced Saturday at 11 g.m., in the Commons lounge of Kirwanin the Commons lounge of Kir

Meditation helps some cope with hectic society

By MIKE KENNY

"That's not what meditation is," said Walton. "It does not involve con-"That's not what meditation is," said Walton. "It does not involve concentration or contemplation. Contemplation is a form of activity. Meditation is a retreat from activity. Meditation is a retreat from activity. Walton added, "TM is not a based upon any religious principles or beliefs. It is not a philosophy. You don't have to change your lifestyle any, change clothing, or change what you cat. TM is not based upon any kind of manipulation of the mind."
Walton drew an analogy between TM and an air bubble rissing from the floor of the ocean. Because the pressure is great toward the ocean bottom, the bubble is very small.
But as it rises, water pressure decreases and the bubble expands until it bursts onto the surface.
Likewise Walton said there is a place, a level of consciousness within each of us that contains tremendous energy, that contains tremendous energy, that contains tremendous awareness. A chehique used by the people of India thousands of years ago may help us cope with the frustrations of modern day life, said a local businessman at a public lecture at UK last week. Boughts Walton, who is a partner in Powell-Walton-Milward Insurance Agency of Lexington and who also lectures on the method of transcendental meditation (TM) said, "By allowing the system to experience a deep state of rest and throw off stress, it allows us to go back to our jobs more fresh, starting with a clean slate."

Walton described TM as a mental technique involving a sound known as the mantra. He first became interested in meditation in the late 1960s and later studied under Maharish Mahesh Yogi, who Walton said the most common misconception about TM is that a person must sit down and focus the mind on one point, without wavering.

today local

DUANE GASTON. a Lexington native, captured the 9.3-mile Cincinnati Mini-Marithon III race yester-day, covering the 15,000 meters in 46:11. Gaston, 27, won the event in 1978 and finished second to Bill Rogers last year.

The third annual race attracted 4,000 runners to the city street course.

state

THE PROPOSE REVISION of Kentucky's massive workers' compensation law is the major administration proposal whose fate is unfknown in the legislative session's final week for passing bills. Employers, who pay all the premiums to finance benefits for job-related injuries and deaths, have complained long and loud that their attaser as ekynocketing to the point where the state's economic development through additional industry will be affected.

Labor has been fairly satisfied with the current serving declaring that benefits are not high in Kentucky and reasons for the soaring premiums must be found clescubere.

MEMBERS OF THE ATHLETES ADVISORY COUNCIL. of the U.S. Olympic Committee remain optimistic that they can persuade President Carter to accept their counterproposal which would permit them to participate in the Summer Games in Moscow while simultaneously protesting the Soviet military presence in Afghanistan.

The spokesperson of the 47-member Council said

yesterday that the Council had not heard from anyone in the administration since presenting a copy of the plan to White House aide Bob Berenson.
Although Fresionet Carter has called for a boycott of the Games, the final decision on U.S. participation is to be made by the USOC. Which must decide by May 24 whether or not to accept the Soviet invitation.

SEN. EDWARD M. KENNEDY worked yester-day to overcome his underdog image in New York's delegate-rich presidential primary this week, while a relaxed, confident Ronald Reagn all but rejected his Republican rivals as possible vice presidential running

Republical rivagins a possible two productions in the matter.

The Massachusetts senator, who so far has won only two primary and caucus contests compared with President Carter's 18 election triumphs, again attacked Carter's handling of comomic, energy, and foreign issues.

When asked about the possibility of having George Bush or John Anderson serve as running mates. Reagan dodged a reply concerning Bush and rejected the possibility of having Anderson as a running mate.

KANSAS CITY FIREFIGHTERS returned to

their stations yesterday after voting almost unanimously to end a six-day vitise in exchange for the rebirgiog of 42 colleagues who had been fired for an artier job action.

Seventy-one firefighten jailed last week for defying a court order barring a walkout waited for completion of the paperwook to set them free. Missour Gov. Joseph P. Teasdale had said he would pardon them after he received word the union had ratified the

world

SHAH MOHAMMAD REZA PAHLAVI left Panama for Egypt yesterday, a move that Iran's revo-lutionary regime has previously said will delay the release of the American hostages in Iran. Iranian officials were not available yesterday to comment on how the development would affect the approximately 90 Americans who yederday began their 21st week as hostages. A Panamian air force officer said the shah left at midafternoon aboard a chartered U.S. DC-8 bound for Cairo, Egyp. The report was confirmed by Zolig-niew Brzeinski, security adviser to President Carter. Doctors have said the shah requires surgery to remove an inflamed and possibly cancerous spleen.

THE ISRAELI CABINET, in a decision likely to complicate already stalled Palestinian autonomy negotiations, voted ystereday for the first time to let Jew settle in an occupied Arab city.

The Cabinet approved a proposal to cetablish two schools in which besuis students would live full-time in the Arab city of febron on the West Bank of the Jordan River.

weather

ANY HIGH SPIRITS lingering from spring break should be dampened today. The forecast calls for breezy and mild conditions today with locally heavy rain or thunderstorms and a high in the mid 50s to near 60. Tonight should be cloudy, berezy, and colder with a few lingering showers and a low in the 30s to lower 40s. Tomorrow will be particly cloudy and cool with a high in the mid to upper 40s.

editorials & comments

John Clay Sports Edite

Brian Rickerd Ssistant Sports Editor

David Maynard

Fear in minds of voters could lead to more of the same in 1980 election

"President Carter trounced Sen Edward Kennedy in the Democratic Party caucuses held Saturday in Virginia, the only southern state Carter lost in 1976." If the two quotes above sound a bit contradictory, don't despair, you're not alone. It's a confusing time in

the political climate of this country and the upcoming presidential elections have done nothing to help the

presidential elections have done nothing to help the situation. Consequently, a lot of seemingly contradictory things are nevertheless true.

Carter's Gallup ratings may have dropped off 14 points in a month but he can still "trounce" his Democratic opponent for the presidential nomination, Sen. Kennedy. In a race in which Carter holds a nearly 3-1 delegate margin, with 478 delegates to Kennedy's 182. many observes (and voters) wonder why Kennedy hasn't withdrawn from the race. But he hasn't and probably won't until the president comes up with the "magic number 1666" (the number of delegates

"In just one month — from mid-February to mid-March — President Carter's job approval rating has declined 14 percentage points (in a Gallup poll cult job raising funds, it's much a case of throwing

cult job raising funds, it's much a case of throwing good money after bad.

"President Carter— he's a solid man in a sensitive job." So goes President Carter's latest campaign slogan, penned by Carter's advertising men, lead by Gerald Rafshoon. Apparently voters are buying it, despite the Gallup poll to the contrary. Because as New York Times columnist Tom Wicker points out "it seems likely that Americans are opting in a time of uncertainty and apprehension for the familiar and the modest— the Democrats for a president already in office and the Republicans for a candidate (Ronald Reagan) long familiar to them."

That voters are running scared is not all that sur-

That voters are running scared is not all that sur-That voters are running scared is not all that sur-prising. In a time of spiralling inflation, the Russian presence in Afghanistan and the hostage crisis in Teh-ran, Iran, It's hard to feel confident of the political future of the United States. Voters are showing (at least in the primaries and caucuses thusfar) that they are indeed turning to the tried candidates, those who



the office of president. Hence the standouts for the
November election are Carter and Reagan, despite a
strong crossover vote from liberals in both parties for cally, running toward the very thing that has us so

Republican candidate Rep. John Anderson.
In running scared and turning to the "tried" candidates though, voters are locking themselves into more

of the same kind of points which have lead to the cur-rent political climate. In running away, we are, tragi-cally, running toward the very thing that has us so frightened in the first place. And that is indeed some-thing to be afraid of; something only a long, hard look at what the various candidates represent can prevent.

Carter's re-election campaign could end waiting game over hostages

objective is to secure the safe release of esident is right in exercising tience and restraint, and that we test wait quietly now until we find out at the United Nations commission

But the father of one of the hostages takes a different view. "We've been pushed around long enough and humiliated long enough," says Robert V. Persinger, whose 22-year-old Marinessons still edu pin the Tehran embassy. "We ought to give them a date and tell them what to do. We've fiddled around long enough." Pell speaks for the hostages. Persinger speaks for the national honor. Jimmy Catter is caught in the conflict between these equally human admost equally logical points of view. If you agree with Sen. Pell, then you adopt a waiting game. Equally importage and the property of the p

If you agree with Sen. Pell, then you agree with Sen. Pell, then you adopt a waiting game. Equally important, you try to make the nation forget about the hostages. As time goes on, as protest and publicity cease, as the nation of Iran turns to its own affairs, the day will surely come when some-body in authority in that country will arise an obvious question: "Why are we still holding these American prisoners"

prisoners?"

If you follow that line, it was proba-bly a mistake even to agree to the Uni-ted Nations commission. What, after all, did it accomplish except to put the hostages back on page one, bring out the mob in Tehran and make the mil-itant captors seem important to them-

thing. Don't do anything. If what you want is the safety of the hostages it's the logical course, though you must then put aside the natural outrage which Mr. Persinger expresses.

But as Jimmy Carter will shortly

discover, the putting aside of outrage is very difficult for a nation which is slowly recovering from defeat in Viet-nam, has been made newly cognizant

braden report

of Soviet territorial ambitions and of Soviet territorial ambitions and strength and is nay event historically susceptible to jingoism. Within a day after the news of the failure in Tehran, Sen. Hayakawa (R.-Calif, Jwas calling for internment of all Iranian nationals in the United States while his Democratic colleague, Sen. Alan Cranston, was suggesting a naval blockade. Moreover, this jingoism has a certain logic. If we rounded up all the Iranian nationals and out them behind

lani nugic. If we rounded up all the Iranian nationals and put them behind barbed wire, we would have a certain bargaining position. If we cut off Iran's oil exports by naval blockade, we would also gain a bargaining position.

And either course might make is feel better, for a time at least.
But either course would stir up enormous tensions at home and the latter would stir up tensions at lower the world. Neither course would ensure the safety of the hostages.
So it really comes down to the question of how long Jimmy Carter, that patient man, can keep his country patient too. And how long before

Ronald Reagan or some other rival for his pots eizes the emotion stirring in the breasts of the American people and demands that the President prove his toughness and the country's toughness as well.

So far, Jimmy Carter has played the waiting game. He has been civilized, rational, willing to listen, slow to burn. He has occupied the high ground—just like Sen. Pell. But Sen. Pell is not the property of the pro running for reelection this year Jimmy Carter is.

Letters policy

The Kentucky Kernel welcomes all contributions from the UK community for publication on the editoria and opinion pages.

Letters, opinions and commentaries must be typed and triple-spaced, and must include the writer's signa-ture, address and phone number. UK students should include their year and major and University employees should list their position and department.

The Kernel may condense or reject contributions, and frequent writers may be limited. Editors reserve the right to edit for correct spelling, grammar and clarity, and may delete libelous statements.

Contributions should be delivered to Room 114 Jour-nalism, University of Kentucky, Lexington, Ky. 40506. For legal reasons, contributors must present a UK 1D before the Kernel will be able to accept the material.

Letters:
Should be 30 lines or less and no more than 200 words. They should concern particular issues, concerns or events relevant to the UK community.

Opinions:
Should be 90 lines or less and should give and explain
a position pertaining to topical issues of interest to the
UK community.

Commentaries
Should be 90 lines or less, with no more than 800
words. These articles are reserved for authors who, in the
editor's opinion, have special credentials, experience,
training or other qualifications to address a particular
subject.

Students get textbooks they deserve

Who needs textbooks? A strange question, indeed. Everybody needs textbooks, don't they? A textbook is an integral part of schooling, whether on the elementary, secondary, or higher level. Studying is a special activity, which requires special tools and aids. And central among them is the textbook. If this were indeed the case, then textbook smust be not only needed but very important. This seems to be the prevalent view among their authors. They hardly ever fail to supply an introduction which states eloquently their lofty ideals, altruistic motivation, and far-reaching hopes. Thus the authors of a 150-page text about mass

communication theory "hope that it makes better journalists out of those reading the text." Other authors of a text duents using the power to turn the students and the power to turn the students using the students and the power to turn the students using the students and the power to turn the students using the students and the power to turn the students and the power to turn the students and the power to turn the students using the students and the power to turn the students using the students and the power to turn the students and the students and the power that the power that the power the powe



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NDB I, II • NPB I • NLE Visit Any Center And See For Yourself Why We Make The Difference

Med center suffering scrub suit snatcharoos

By STACY PARKER

If every student wearing a sur-gical suit becomes a doctor, world health care is improving. However, some pseudo-med students may actually need a doctor—or a lawyer. In a recent attempt to carry away a large amount of surgical clothing, two UK students were arrested. According to a UK Police spokesman, Richard A. Lusardo, sophomore, and

Police spokesman, Richard A. Lusardo, sophomore, and Michael Blake, freshman, pled guilty and were fined \$100 each with 90-day sontences, pro-bated for one year. What makes these suits so desirable? Is it prestige? Com-fort? According to Dan Lucas, linen room manager at the Albert B. Chandler Medical Center, "It's just a fad."

Center, "It's just a fad."

It's a fad that is costing the hospital large amounts of money, said Lucas. Although no dollar figure was available,

The Student Health Service is sponsoring a basic training course in Cardiopulmonary Resuscitation April 1 and 2, 5 p.m.- 9 p.m. Register at the Health Service

reception desk by March 25, 1980

A \$10.00 registration fee is required. For more information call 233-6608

everywhere...

The Thesis "Deadlion" is

moist or dry. Certain viral diseases could be transmitted by
mucous contamination. Other
possibilities are enteric (intestinal) diseases, salmonella, and
shigella.

Reeves stressed that contaminated suits are not handled by
aryone in the linen services.

Suits are thrown directly into
"University Hospital" they

75 percent of the suits "come up short" before the end of the year, he said, adding that each shirt costs the hospital \$2.7.1, while pants are \$3.59. The faid may be dangerous as well as expensive, as the wearer of the suit is running a risk of contamination, according to contamination, according to contamination, according to contamination, according to make the Med Center.

Blue and green scrub suits are worn by hospital surgeons in the operating room and can transmit greens, she said. The highest risk of contamination is hepatitis, she said. Very small amounts of blood can transmit amounts of blood can transmit the patitis, whether the blood is

cruel jungle out there for GRADUATE STUDENTS

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is recovering from gunshot

UK Professor Don Soule and his wife Marion are recov-ering from gunshot wounds received at their home on March 13.

March 13.

Professor Soule, a 56-yearold economics professor, suffered wounds in the right arm
and the chest and has since
been released from the UK
Medical Center. His wife was
wounded under her right eye
and is presently listed in satisfactory condition at St. Joseph
Hossnital.

and to possenty and as st. Joseph Hospital. The shooting occurred about 9 p.m. Soule's mother and daughter were both at home when the shootings took place. Their son, 25-year-old John Soule, was arrested on March 41 in connection with the incident. He was charged with two counts of first-degree assult and one count of first-degree wanton endangerment. Metro police stated they have no motive for the shootings, but that John Soule has had "problems" in the past.

MADAMEROSE

UK professor Students steal surgical scrub suits

Continued from page 3 are sometimes taken from laundry carts in the hallways or from the operating room suite. Bill Massie, an assistant executive director at the hospital, says that getting to the suite poses few problems. He explained that doctors must have easy access to the scrub suits, so they are in unlocked cabinets, ready for use. "We do not have a security

"We do not have a security check on the clothes," Massie said. "Only if we hear some are missing do we look into it."

OPPORTUNITIES

IN MEDICAL SALES

The Dupont Company of Wilmington, Delaware will be interviewing candidates for positions in

the medical sales field on March 25, 1980. Prospective candidates must have a selling desire and hold a technical degree. Contact your

Placement Center to make an appointment.

One hospital official, who wished to remain anonymous, believes that checking the clothering should extend beyond the hospital corridors. "I wish when hospital employees see someone with these clothes they would ask where and how they got them."

Apparently there is one UK hospital employee who is taking direct action about the thefit of scrub suits. A doctor in the dental wing has been knownto stop a student wearing a scrub suit, and demand it on the spot.



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sports

It's U of L vs. UCLA in NCAA final tonight

System Rappoport

AP Sports Writer

INDIANAPOLIS — For the teams involved, the NCAA basketball championship game tonight (at 9) will be just like looking in the mirror.

"It's going to be a classic matchup of two quick teams," underscored Louisville Coach Denny Crum yesterday in the cremonial pre-game pressonference prior to the game against UCLA.

"In wouldn't be here today without then," said Crum, "I learned everything I know from UCLA," One of the crucial things that though, and are similarly studded with young players. Louisville has three sophomores and a freshmen among its top five players and UCLA.

"Along with the similar attributes of quickness, the finalists also have relatively short lineups and are similarly studded with young players. Louisville has three sophomores and a freshmen among its top five players and UCLA.

"A lot of people look at usas a run-and-gau neam," said Crum, "but our strong point is on the type of offenses the tough Cardinals through the states an all-firshman back-court.

The comparisons continue down to the type of offenses the teams run — the high-post.

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The comparisons continue down to the type of offenses the through the type of offenses the through the type of offenses the teams run — the high-post.

The comparisons continue down to the type of offenses the through the type of offenses th

opposite Griffith.

The freshmen starters on the
UCLA team include Rod Foster and Michael Holton in the
backourt. One of the starting
frontcourt players is a sophomore, center Mike Sanders,
while forwards Kiki Vandeweghe and James Wilkes both
are seniors.

I'm sure they'll press us as soon as we leave the dressing room," said Brown. "If we get into a schoolyard game with them, we'll be in deep trouble. We'll have to play team defense and try to stay away from one-and-one situations."

The Bruige have accounted by the stay are supported by the stay are sup

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to their late-season resurgence after a poor 8-6 start. They finished fourth in the Pacific-10 Conference and were among the last teams invited into the expanded 48-team field.

"I set so many negative records at UCLA this year that

records at UCLA this year that I don't even want to think about it," said Brown. "I can only thank the NCAA for enlarging the field this yearso a fourth-place (conference) team could be invited."

room," said Brown. "If we get into a schoolyard game with them, well be in deep trouble. Well have to play team defense when the to stay away from one-and-one situations."

The Bruins have assumed the unfitted the playing as well as any well and one situations."

The Bruins have assumed the unfitted the playing as well as string of five NCAA playoff victories. With unofficial title of this year's Saturday's victory, they improved their record to 22-9.

Olympian

\$11.00

Richard I. Fleischer

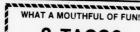
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- M-

Shorts from the finals

U of L not UK

INDIANAPOLIS (AP)

INDIANAPOLIS (AP) —
Louisville Coach Denny Crum
was asked if he felt his team was
laboring in the shadow of the
nearby University of Kentucky.
"If you check the records for
the nine years I've been at
Louisville, you'll see ours is better than theirs," said Crum.
"They may think we're in their
shadow, but we think they are
in ours."

Cards favored

RENO, Nev. (AP) — The Louisville Cardinals were made 3-point favorites over UCLA in tonight's finals of the NCAA a Louisville victory would make the Cardinals the second

INDIANAPOLIS (AP) — If

basketball tournament, according to odds listed yesterday by Harrah's Reno Race and Sports Book.

winnigest champion. They would finish with a 33-3 record, the most victories of any team except the 1948 Kentucky Wildcats, who went 36-3.

White's not right

INDIANAPOLIS (AP)—If UCLA beats Louisville tonight and wins the NCAA basketball championship, it will be the losingest titlist in the 42-year history of the tournament.

A victory would give the Bruins a 23-9 record. The Amption with the most Iosse to date has been Marquette, coached by Al McGuire, which took the title in 1977 with a 25-7 record.

A Louisville victory would make the Cardinals the second solve the second with the company of the company



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champs in one year! I'm proud of you!

TM relieves accumulated stress, rests the brain

Continued from page 1
said Walton. "And the thought
becomes more and more concrete, it becomes more and more developed until finally we
begin to appreciate it."
Walton added TM is simply
the reverse of this process, taking a thought and beginning to
experience it on quieter levels.
He said by doing this "we come
closer and closer until we come
incontact with this area, which
is that level of consciousness
within us, which is where the
thoughts arise.
Walton said the effect of this
on the mind is one of slowing
on the mind is one of slowing

waiton said the effect of this on the mind is one of slowing down. And like any part of the body that starts to slow down, he said, at that time the mind achieves a deep state of rest which throws off a lot of stress and strain that may have accumulated.

accumulated.

"Most doctors will say that about 90 percent of all illnesses or abnormalities have psychosomatic origins," said Walton.
"That doesn't necessarily mean we dream these things up, but many of the things that bother people — sleeplessness, indigestion — are simply results of stress that has built up in the body."

evidence that verifies much of what people have been saying about TM. This came about about TM. This came about when students first started practicing TM at UCLA and spoke to their physiology professors about it. The students described how their bodies were not in any type of trance were not in any type of trance and how they were totally aware of what was going on

how to relate with this experience," said Walton. "They decided it must be somethi 1973. They would hook so

mediate."

Electrodes were placed on the palm to measure a nindividual's degree of tension, breath regulators measured oxygen consumption, needles in the arm determined blood chemistry and electrodes on the scalp determined brain wave activity in those experiments.

"The evidence was that things drastically changed in the body and in the mind during meditation," said Walton. "In the mind what happened was the brain wave functions changed to such a degree it showed something quite different than waking state, yet not sleep state or dream state.

"In the body the oxygen consumption decreased almost double what it does in sleep. All the different perimeters of physics."

siology showed that there was a deep state of rest." Walton said there have been several hundred experiments carried out to date and added almost all of them have con-cluded that the effects of TM

reading, or while we're thinking, or while we're talking, our
minds are going in a million different directions and as a result
we don't have a strong focus on
what we are doing."
While there are those who
might suggest drugs as a means
of discovering a keener sense of
awareness. Walton said they
have no place in TM.
"One of the requirements
before you get into TM is that
you have not smoked marijuana for at least two weeks, or
have not taken any unprescribed drugs for at least two
weeks before you begin. The
purpose of meditation is to normalize the nervous system and
anything that you do to change
this awareness through drugs is
going to have a stressful effect
on the nervous system."
Walton added, "From that

standpoint, drugs and medita-tion are pretty much opposite.' As for when the best time for As for when the best time for meditation would be and how long to spend doing it, Walton suggested two 20-minute periods with at least five to eight hours between them.

"We recommend that you meditate before meals, because after a weak you have between them.

meditate before meals, because after a meal your body is busy digesting and the mind and body are closely connected." said Watton. "It's also best not to do it right before bed because after you meditate you feel too energetic and cannot go to sleep."

Although Watton is qualified to teach TM, he said another instructor holds classes.

nything that you do to change is awareness through drugs is oling to have a stressful effect on the nervous system."

Walton added, "From that

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Cincinnati Reds COLLEGE NITE is Friday, May 9. College students and their dates may purchase \$4.50 reserved seats for only \$3.00. So, get your group together and come on down to Riverfront for lots of fun and excitement when the Reds face the Phillies. Game time is 8.05.



Campus Calendar

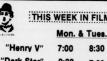
Performing Arts Committee and the Office of Minority Student Affairs presents

> Katherin Dunhan Dancers Sat., March 29, 1980 8:00 p.m. Memorial Hall Admission \$2.00

St. Clemens Mime Company will appear Manday, March 24 12 noon in the SC Great Hall

Brown Bag Forum "Alcohol Awareness Week"

12 noon Monday-Friday March 24-28 SC Room 245



THIS WEEK IN FILM

7:00 8:30 "Dark Star" 9:30 7:00

The Spy Who Loved Me Leather Boys'

9:00 6:45

6:45

Wed. & Thurs.

8:45

Fri. & Sat. 7 & 9 "Interiors"

Sun. 7 & 9 "Village of the Damned" 11:00

24 monday

-SCB Movie-"Henry V". SC, Theatre, 7 p.m. Adm. \$1.25 -SCB Movie-"Dark Star". SC, Theatre, 9:30 p.m. Adm.

SC, Theatre, 9:30 p.m. Adm. \$1.25
-UK Golf-"Furman Invitational". (Away)
-Doctoral Dissertation
Defense-"Differential Effectiveness of Two Methods of
Assertiveness Training".
Kastle Hall, rm. 106-A, 10 a.m.
-UK Theatre-Play."Belle of
Amhearst". Fine Arts Bldg.,
Lab Theatre, 5 p.m. and 10 p.m.
FREE

FREE
-School of Music ConcertTom Senff, Trombone". Center
for the Arts, Recital Hall, 8 p.m.
-Construction Cost Estimating and Bidding. Holiday Inn
North. March 24-25

-Highway Safety Confer-ence. Carnahan house

ALCOHOL AWARENESS WEEK-Alcohol Information and Resource Booth-Student Government Office, Student Center, 10:30 a.m.-1 p.m. Brown Bag Forum-"Alcohol Awareness" Student Center, m. 245, 12 noon-1 p.m. St. Clemens Mime Company-"An original presentation on an alcohol awareness theme". Student Center, Great Hall, 12 noon. Be A Responsible Drinker Night-O'Riley's Bar, 8 p.m. -Evaluating Student Performance in Experiential Learning. Hospitality Inn, 9 a.m.-4 p.m. Fee to be charged.

25 tuesday

-SCB Movie-"Dark Star". SC, Theatre, 7 p.m. Adm. \$1.25 -SCB Movie-"Henry V". SC, Theatre, 8:30 p.m. Adm. \$1.25 -UK Golf-"Furman Invita-

tional (Away)
-UK Baseball-"UK vs

-UK Baseball-"UK vs Morehead". (Home, 3 p.m.) -UCM Luncheon Forum-"Economic Forecast: Are the Prophets of Doom Correct?" Kolnonia House, 12 noon. -Lecture-"Has Consumer Regulation Gone Too Far?" Student Center, rm. 245, 7:30 nm.

Student Center, rm. 245, 7:3u p.m.
-ALCOHOL AWARENESS WEEK- "Information and Resource Booth-Student Government Office, 10:30 a.m.-1 p.m. Brown Bag Forum-"Alcohol Awareness"-Student Center, rm. 245, 12 noon. Lecture by director of Alcohol Abuse Prevention Program at the University of Florida-Baptist Student Union, 429 Columbia Ave., 7:30 p.m. Be A Responsible Drinker Night-UK Grill, 8 p.m. Responsible Grill, 8 p.m.

-Library Science Forum IV Minimum Qualifications for Librarians Workshop. Patter-son Office Tower. -Council on Aging Forum. Student Center, Theatre, 4

p.m.
-School of Music Concert"Guest Recital: Lois Burge,
Piano". Center for the Arts,
Recital Hall, 8 p.m.

26 wednesday

-SCB Movie-"The Spy Who Loved Me". SC, Theatre, 7 p.m. Adm. \$1.25

-SCB Movie-"Leather Boys" SC, Theatre, 9:15 p.m. Adm \$1.25

\$1.25
-Cell Kinetic Society
Meeting. Hyatt Regency,
March 26-29.
-UK Baseball-"UK vs
Eastern Ky." (Away)
-Intramural-"Deadline for
signing up for wrestling".
Seaton Center, rm. 135, by 4
p.m.

-Lecture-"Toward a Theory of Style". Center for the Arts, Recital Hall, 8 p.m.

-Lecture-"Two Way Com-munication". Memorial Hall,

m. 15, 12 noon.

-ALCOHOL AWARENESS
WEEK-"Information and
Resource Booth"-Student Government Office, 10:30 Government Office, 10:30 a.m.-4 p.m. Brown Bag Forum-"Alcohol Awareness"-Student Center, rm. 245, 12 noon-1 p.m. Be A Responsible Drinker Night-Jefferson Davis Inn, 8

27 thursday

-SCB Movie-"Leather Boys". SC, Theatre, 6:45 p.m. Adm.

\$1.25
-SCB Movie-"The Spy Who
Loved Me". SC, Theatre, 8:34
p.m. Adm. \$1.25
-UK Baseball-"UK vs
Marshall". (Home, 2 games,
1:30 p.m.)

Fine Arts Bidg., Guignol Theatre, 8 p.m. March 27-28. Adm. Students: \$3.00 Public: \$4.00

Adm. Students: \$3.00 Public: \$4.00

-Council on Aging Forum—
'All That Giliters is Not Gold'.
Student Center, rm. 206, 4 p.m. -School of Music ConcertSenior Recital-Jay Bitzer, Organ'. Center for the Arts, Concert Hall, 8 p.m. -Lecture—"The Changing Image of Bach: Two Decades of New Findings". Fine Arts Bidg., rm. 2, 2 p.m. -ALCOHOL AWARENESS WEEK—"Information and Resource Booth-Student Government Office. Brown Bag Forum—"Alcohol Awareness"-Student Center, rm. 245, 12 noon-1 p.m. Lecture—"Alcohol and Yow-"Student Center, rm. 115, 4:45 p.m.- 6 p.m. Be A Responsible Drinker Night-Two Keys 8 p.m. (28 friday)

28 friday

28 friday

-SCB Movie-"Interiors". SC, Theatre, 7 p.m. and 9 p.m. Adm. \$1.25 -SCB Movie-"Village of the Danned". SC, Theatre, 11 p.m. Adm. \$1.25

Adm. \$1.25

-UK Tennis "UK vs East Tenn./Cincinnati, Richmond". (Away) -Women's Golf-"UK vs

Furman Invitational". (Away)
-UK Track-"UK vs Florida".

(Away)
-UK Women's Tennis-"UK vs Clemson Invitational". (Away)
-The Gallery Series"Dickens in America". King
Library North, Gallery, 12 noon

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In concert April 20th Celebrating Little Kentucky Derby Festival Tickets on sale to U.K. students, faculty, & staff ch 10 10 a.m.-4 p.m.

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