

Alcoholism education needed to cure illness

By MARK GREEN
Staff writer

last of a series

A friend, mate or relative has a drinking problem. His life is a shambles or is heading that way and it is causing difficulties for you, too. What can you do to help? You may even be a part of the problem.

In order to help, you must first understand the facts about alcoholism and the alcoholic.

Cathy Murphy, program director of the Kentucky Alcoholism Council, says, "In order to help an alcoholic, one of the best things you can do is to learn more about the disease, how someone affected by the disease behaves and how you should go about helping them to help themselves."

According to an Alcoholics Anonymous pamphlet, "Alcoholism is

a disease for which there is no cure; it is a physical compulsion combined with a mental obsession to drink. The alcoholic must learn to stay away from alcohol in order to lead a normal life." Some alcoholics drink uncontrollably from the first drink, some build up to uncontrollable drinking over decades, and there are "periodics" who abstain for long periods of time, then cut loose on binges.

Murphy said that alcoholism is progressive physically, emotionally and mentally — and the result is spiritual bankruptcy.

There are a number of things to remember when dealing with an alcoholic, according to Roque Fajardo, founder of the Samaritan Center for Alcoholics in Nashville, Tenn. You should remember:

An alcoholic will deny his problem.

In a pressure situation, you might get the alcoholic to admit his problem and promise to seek help, but he may change his mind when the pressure is relieved.

The alcoholic may stop drinking for a period to prove to himself that he isn't alcoholic.

A person in treatment may "slip," return to drink. This is not a personal failure, but is part of the nature of the disease.

Alcoholism is an addiction not to be underestimated. It is progressive and can be fatal.

Denial is itself a part of the disease and is the biggest obstacle to overcome according to AA.

Murphy said that to help, an alcoholic's family should not nag or fuss. Neither should they ignore the

problem. There is a "game" of the alcoholic's action and your reaction. You break the chain when you don't react.

But, your "help" must take the right form. Often the alcoholic becomes dependent upon those around him, according to AA. They smooth over his problem and help him continue to get along without facing up to his problem. This is definitely not the proper approach.

The problem must be confronted. Fajardo says in dealing with the alcoholic and his attitude, remember that alcoholism is the predominant condition, not depression or anxiety. Your tone of confrontation should show concern, it should not be judgemental. Treat him as an adult, you will get nowhere otherwise. You must get the alcoholic to face reality. It may be depressing, but it is better than

ignoring the facts.

The idea of intervention is that you get the alcoholic to do something positive.

There are four stages of recovery according to Fajardo.

— **Admission of the problem** is half of the recovery process.

— **Anger**; the alcoholic will defend himself by making excuses for becoming his behavior.

— **Acceptance of the fact** that he is alcoholic.

— **Surrender** to those trying to help him and entry into a recovery program.

If you cannot get the alcoholic in your life to enter treatment it can still be beneficial if you go to an AA meeting alone. Many spouses attend meetings alone.

Alcoholics (members of AA) have been shown to be very good at helping other alcoholics. Over 1 million people have stopped drinking through the help of AA.

There are many pamphlets available (most are free) which supply information on alcoholism and how to help an alcoholic. To find out what is available, you can write to:

The National Clearinghouse for Alcohol Information
Box 2345, Dept. 10
Rockville, Maryland 20852

Alcoholics Anonymous
P.O. Box 459
Grand Central Station
New York, N.Y. 10017

Veterans Administration
Alcohol and Drug Dependent Service
810 Vermont Avenue, N.W.
Washington, D.C. 20420

KENTUCKY Kerhel

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University of Kentucky
Lexington, Kentucky



Frolicking campus fauna
More pictures on page 3.

Photo by DAVID COYLE/Kerhel Staff

SC's 'golden arches' fading as UK seeks bigger cut of profits

By DALE G. MORTON
Staff Writer

Even though UK students may deserve a break today, and McDonald's restaurants would like to give it to them, it appears unlikely the company or any other fast-food hamburger chain — will replace the Student Center's Wildcat Grille.

The University is blaming the proposed financial arrangements. McDonald's said UK would get 7 percent of a campus operation's profits. However, this cut "is not enough to make it go," Jack Blanton, business affairs vice president, said. UK would need a greater percentage to come out even.

Opening fast-food franchises as part of campus food services is becoming a popular idea around the country. UK first began looking into the possibility of replacing the money-losing Student Center Grille with a fast-food franchise last year. At that time, three chains — McDonald's, Hardee's and Wendy's — showed interest in developing the space.

Hardee's and Wendys dropped out of competition, though, leaving the hamburger giant. UK is now considering a McDonald's proposal that would allow the company to occupy the Student Center Grille for five years. The University would receive a 7 percent share of the profits, Blanton said.

Under this proposal, the grill would be completely outfitted with McDonald's equipment, furniture and would use the company's cooking materials, McDonald's Real Estate Manager Greg Marsh said.

When McDonald's submitted the proposal, Blanton said the decision on accepting a fast-food chain at the University "may be contingent upon the building of the Student Center

expansion.

"If the income from (the new restaurant) is lower than the current grille income, it could affect students adversely; they might have to pay higher housing and dining fees," Blanton said.

Blanton noted that the proposed 7 percent share of the profits "is in keeping with what they (McDonald's) are paying Ohio State University and the University of Cincinnati." Both universities have McDonald's restaurants operating on their campuses.

Because of this, Blanton said he doesn't think McDonald's will offer the University a much larger share of any franchise's profits. He added UK would need at least a 10 percent cut to make a franchise more attractive than the current UK Food Services operation.

Blanton said he would contact Marsh this week and explain the University's position in detail.

Marsh said McDonald's will continue to negotiate, and the company's first proposal may not be the last. However, Blanton asserted he believes no fast-food chain will be willing to give UK the profit share it wants.

Blanton said the University is considering other ways to alleviate the money woes of the Student Center Grille and cafeteria.

Closing the cafeteria for dinner would allow the elimination of one shift of workers, UK Food Services Director Allen Riemann said.

Blanton and Riemann said many of the people who would use the Student Center facility eat in the Blazer Hall cafeteria instead. By closing the Student Center cafeteria during the dinner hours, costs could be cut considerably, while providing the same level of service, they said.

Landlocked Lexingtonians becoming scuba fans

By JEANNE WEHNS
Associate Editor

The eerie quietness, the distorted colors and feeling of weightlessness fill his senses. The gently lulling underwater world of unusual sights and peaceful sounds is as different from land as the outer space of *Star Trek*.

But the oxygen tank is running low and the diver must surface. He'll get another tank and return to the bottom to examine all the unexplored nooks and crannies.

But instead of sun-parched skin and the biting taste of sea water, this diver suffers from chlorine-bleached hair and the worries of next period's history test.

He is a UK student. Lexington is a two-hour drive from the Ohio River and about four hours from a suitable fresh water lake. The Atlantic Ocean is a day and a night of constant driving away.

In a word, Lexington is landlocked. Yet a relatively new and almost exclusively salt water sport, scuba diving, has hooked Lexingtonians of all ages. The sport has created enough demand for its equipment that a shop devoted exclusively to scuba

equipment — called, naturally, Lexington Dive Shop — has prospered in this town of 200,000 people.

And at least three local organizations with 15 certified instructors between them offer scuba diving lessons for those wanting to get their "C-card."

Scuba diving began only in the 1950s, with heavy tanks, ill-fitting equipment and no regulation. Bill Forbess, a Lexington dentist and scuba instructor at the YMCA, started diving in 1965. He said he bought a book on diving and a tank of oxygen and practiced in his bathtub. "It scares me to think how easily I could have killed myself," he said.

Now, in order to buy oxygen, a diver must present a certification (or "C") card. The red credit card-like ID signifies that the diver has made open-water dives (as opposed to in a swimming pool, where most lessons are taught) with an instructor.

Forbess said that since coming to Lexington in 1971, he has instructed more than 2,000 people. Wynn Paul, UK's scuba instructor, said he already has a waiting list for next fall and spring semesters. This semester, while only 15 students are legally allowed in

UK's class, Paul has allowed 16 to participate.

The initial outlay for scuba diving is steep. Forbess said. Lessons at the YMCA and at Lexington Dive Shop are \$75-85 for 26 hours of instruction.

Mark Davis, an instructor and manager of the Dive Shop, said the lessons price is "a misleading figure. With equipment and travel costs, \$300 is a more realistic figure."

Continued on page 5

today

local

DAVID BAILEY OF LEXINGTON yesterday became the first motorist to purchase gasoline — a gasoline and alcohol mixture — in Fayette County.

"I'm willing to pay more for gasoline if I can get better mileage," said Bailey, who paid \$7.9 cents per gallon and had eight gallons pumped into his Cadillac at the CSC gas station here.

Gasohol's price was higher than the station's unleaded at 81.9 cents and 74.9 cents regular.

Gasohol advocates say the alternative fuel gives better gas mileage, burns more cleanly and stops engine knocking better than gasoline.

state

STATE FINANCE SECRETARY Roy Stevens has asked Attorney General Robert Stevens to investigate a lease by his department with King-Woodall Motors, Inc. of Paducah for land in downtown Frankfort apparently owned by another state agency.

Tuesday's edition of *The Louisville Times* reported that the Finance Department had paid King-Woodall Motors \$1,000 a month to rent 1.3 acres for an auto storage lot for 11 months after the land had been purchased by the state Department of Transportation.

The purchase allegedly occurred in September, 1977, although the lease continued until Aug. 31, 1978. It had first been negotiated in 1976.

nation

THE STRONGEST EARTHQUAKE in northern New England in six years rattled residents of Maine, New Hampshire and eastern Massachusetts, but caused no injuries or major damage.

The quake was centered a few miles west of the Maine Yankee nuclear plant. The plant was one of five East Coast nuclear plants shut down last month because of questions about their ability to withstand an earthquake.

AT LEAST THREE PERSONS WERE KILLED and 10 others injured when a New York Airways commuter helicopter plunged 1,000 feet after taking

off at Newark International Airport last night.

The Federal Aviation Administration said 38 people, including a crew of three, were aboard the 30-passenger aircraft, which was down on its side.

world

VIETNAM'S PEACE NEGOTIATIONS with China opened in Hanoi yesterday with a Vietnamese proposal that a demilitarized zone be established on its border with China, according to Asian News Agency reports received in Bangkok.

It was the first day of talks between the two Communist neighbors, who fought a border war in February.

weather

SUMMER IS IN THE AIR as the mercury continues its residency in the upper-60s and blesses visitors to Blanding Beach with clear skies. Nighttime will bring fair weather with temperatures in the mid-40s. Weekend eve will be a little less festive as thunderstorms are threatening in the afternoon hours, although the daytime temperature is expected to reach into the mid-70s.

KENTUCKY Kernel

editorials & comments

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Criminal activity in local government

Canan investigation has to avoid cover-up

Metro police officer Bill Canan recently charged, without giving names or details, that government officials were involved in criminal activity. He has said that Urban County Government officials are not involved, although local employees and an elected state official are involved.

In order to determine the seriousness of charges made by Canan, local government officials should make every effort to insure that any investigation has no possible hint of a cover-up.

And to accomplish that, it would be wise to assign the grand jury probe to someone besides

Commonwealth Attorney Larry Roberts, whom Canan says may have known about one instance of criminal actions, and did not take action until last week.

Roberts was handed the job of conducting the investigation, and has scheduled the case for a grand jury hearing May 8. He has subpoenaed Canan and his attorney, three police officials and U.S. Attorney Patrick Molloy.

But Roberts delayed action, claims Canan, because of "people close to him who actually committed the crimes and others close to him who

participated in the cover-up." Canan has also charged that the chief investigating police officer is involved in the criminal activity.

Canan's secrecy is not the best way to go about winning support, but it is evidence that he is laying a lot on the line. If there is a major scandal underlying his charges, it would be best for Mayor James Amato to delegate the investigation elsewhere, or for the Urban County Council to go ahead and choose a special prosecutor.

The Council has not taken such action because

Roberts has been away from Lexington, unable to answer Canan's allegations. Meanwhile, a special investigative committee — after listening to Canan in closed session — appointed a special investigative committee to look into incidents other than the one being heard by the grand jury.

For an investigation that could have serious repercussions, there must be no chance that the wrong people lead it. When the position involved is that of Commonwealth Attorney — which has great influence over a grand jury — it becomes vitally important that there be no conflicts of interest.

Letters to the Editor

I feel I must protest the treatment I and my fellow Oswald winners received on Awards Night on April 17. While other winners were allowed to walk on stage to receive plaques or trophies for their achievements, we had to remain seated while our names were read. We were to pick up our checks "in the foyer, after the ceremony." Paper certificates would be mailed to us later.

It is a shame and a disgrace to be treated so shabbily and unfairly after earning one of the highest awards the University has to offer. The relatives of one recipient came from New York for the occasion. A long way to come to see their daughter badly slighted. If the purpose of the Oswald Award is to recognize and promote creative achievement as is claimed, then someone has failed miserably.

Robert H. Williams
Computer Science senior

I can no longer stand by quietly! After years of reading the *Kernel* without a peep, I have finally been

prompted to comment. My topic — the proposed mandatory health fee, I feel that I must relate my past experience with the Student Health Service (SHS) in an effort to influence some of those with the power to vote against the proposal.

Slightly over two years ago, my boyfriend (now my husband) and I contracted a miserable variety of the flu. We made a trip to the SHS where we were examined. Throat cultures were taken, and we were given the usual variety of free pills and cough syrups (the same Sudafed and Robitussin they seem to prescribe for everything from a cold to mono). After a few days of rest, I felt much better, but my boyfriend felt much worse. Without going into all the gory details, he began to vomit uncontrollably and lost 25 pounds over a three-day period.

Then came the real nightmare! During the following three days, I took him to the SHS three times and the UK Med Center once. They injected him with various drugs and fluids in an effort to stop his vomiting. They stopped it all right — so completely that his stomach had to be pumped to relieve the pressure.

On that fourth visit, x-rays were taken and a gastrointestinal "expert"

was called to the SHS to interpret them. He announced that my boyfriend had an intestinal blockage, probably an ulcer, and proceeded to arrange for his admittance to the UK Med Center for an immediate operation to remove the blockage.

By this time, his mother had arrived. She refused to admit him to the Med Center and took him to St. Anthony's Hospital in Louisville instead. After an exam at St. Anthony's, it was discovered that the cause of his illness was a badly infected strep throat that had gone untreated during 5 visits to the SHS and UK Med Center (even though a throat culture had been taken). If his mother hadn't taken him to Louisville for treatment, my boyfriend would have been cut open for removal of a non-existent ulcer! He was at St. Anthony's six days to repair the damage that had been done.

Mine is not the only horror story. I have heard similar tales from various sources. I am writing to relate my story, however, and to firmly state that I absolutely refuse to pay for inadequacy. I refuse!

Cheryl Cooke-Morris
Civil Engineering senior

Letters policy

The *Kentucky Kernel* welcomes and encourages contributions from the UK community for publication on the editorial and opinion pages.

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

The *Kernel* reserves the right to edit all submissions for spelling, grammar

clarity and libelous statements. The paper may also choose to condense or reject contributions as well as limit the number of submissions by frequent writers.

Letters to the Editor, opinions and commentaries may be delivered personally to the *Kernel* newsroom, 114 Journalism Building. Some form of identification is required. Submissions may also be mailed to Editorial Editor, *Kentucky Kernel*, 114 Journalism Building, University of Kentucky, Lexington, Kentucky 40506. For contributions being mailed on campus, our Speed Sort number is 04221.

Letters: Should be 30 lines or less, 60 characters per line

Concern particular issues, concerns or events relevant to the UK community, or remarks concerning the operation of this newspaper.

Opinions: Should be 90 lines or less, 60 characters per line. Give and explain a position pertaining to topical issues of interest to the UK community.

Commentaries: Should be 90 lines or less, 60 characters per line. Are reserved for articles whose authors, the editors feel, have special credentials, experience, training or other qualifications to address a particular subject.



How many words in scapegoat?

Wordy Scapegoat. The word scapegoat, writes Leo G. Staley of Columbus, Ohio, is most unusual: It has within itself 10 words that appear without a change of order (and not counting the article a). He then lists the words as follows: scape, cap, cape, ape, peg, ego, go, goat, oat and at. Whether scapegoat is unique in that respect I know not, but it is certainly unusual.

He Pundit: She Punned It. Anthony Lewis, syndicated columnist, in a piece entitled "The Dooms of Justice," wrote, "The facts in the Iowa case were grizzly." Which caused Frances A. Koester of New York to send this way the comment: "The bear facts, no doubt."

In the Public Realm. It happens sometimes that a trademark word becomes so widely used that it is no longer regarded as the exclusive property of a manufacturer or a business. What then is the word called? asks Barbara Stelzer of Ambler, Pennsylvania. Answer: a generic term or generic name. A couple of examples are aspirin and nylon. Although the owners of the trademark word are usually pleased that their term has become so well known to the public, they are at the same time irritated by

the fact that the term has become available to competitors.

Surroundings. Two words that are frequently confused these days are environment and ecology. That is probably because environment has been in common use for centuries, whereas ecology, though not a new word, has swum into the awareness of

on words by theodore m. bernstein

the common man only in recent times and is not as well understood. Environment refers to the surroundings and conditions in which an organism, including man, lives. Ecology refers to the relationships between organisms and their environment.

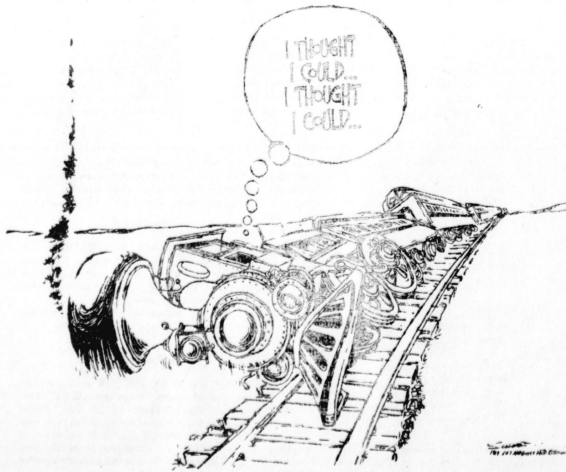
Let's Try it in Language Too. A news article said that Jimmy Carter was trying to strip the "imperial presidency" of some of its pomp and circumstance, and quoted his press secretary as saying that the president was demoting the White House. Not a bad word change, eh?

Word Oddities. A friend writes to ask where the American slang word haywire comes from. The word, which

means disorganized, jumbled, confused or crazy, dates back to about 1915. It was used by loggers to refer to a camp with poor equipment that had to be mended in a makeshift way with wire normally used to tie up bales of hay. That's understandable, hay?

Dangler. A clipping sent in by an Iowan from Mason City contains one of the most surprising dangling participles I have ever seen — surprising because of its clumsiness and surprising because it must have been written by an editor of the paper in which it appeared. The passage begins by saying that the paper welcomes letters stating the opinions of its readers, then goes on: "Only signed letters are printed, knowing that responsible opinions come from responsible people willing to be identified." What is the subject of the participle knowing? The grammatical problem could be solved by beginning the sentence, "We print only signed letters . . ." but how would the editor know the opinions or the people were "responsible" merely because the letter was signed? Try again, Mr. Editor.

Theodore M. Bernstein, a former editor of the *New York Times* is a recognized authority on the English language. His column will appear periodically, as space permits.





By GARY LANDERS/Kernel Staff



Photo by LINDA CAMPBELL/Kernel Staff

Warm weather and blue skies returned to Lexington again yesterday and UK students took advantage of the sunshine to watch the ODK Spring Arts Festival. The lawn in front of Whitehall Classroom Building was surrounded by students stopping to watch talent from the UK Theatre Department, UK Dance Company, UK Tuba Ensemble, and other groups which performed through the middle of the day.



Photo by LINDA CAMPBELL/Kernel Staff



By GARY LANDERS/Kernel Staff

Crowd springs for arts festival

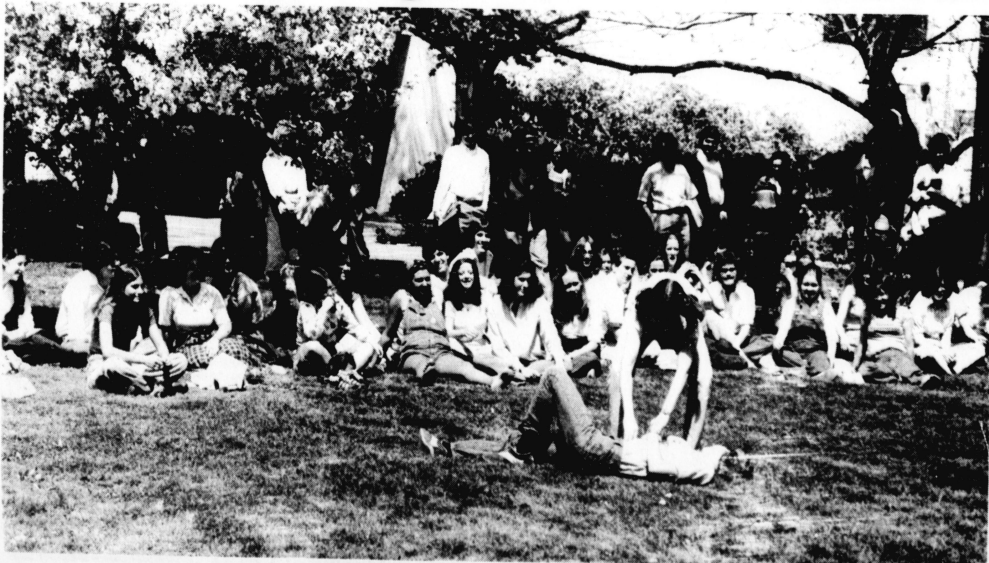


Photo by DAVID COYLE/Kernel Staff

Iranians file suit over alleged illegal mail opening at jail

(AP) Eight Iranian students and Assistant English Professor George Potratz have filed a \$10,210 lawsuit against officials of the Fayette County Detention Center, charging the jailers acted illegally in opening personal mail.

The plaintiffs were convicted of disrupting a speech by CIA

Director Stanfield Turner in April, 1978 in the Student Center Ballroom.

They received fines and jail

sentences ranging from 45 to 90 days.

The lawsuit, filed Tuesday in Fayette Circuit Court, also seeks a temporary injunction

that would stop jailers from allegedly reading mail sent to the plaintiffs by their attorneys.

Sutherland to visit the plaintiffs during attorney visiting hours.

"If we gave law clerks the same visitation rights as attorneys we'd have to limit the access of legal people," Sabbatine said. "We don't have

enough room to give everybody the same visitation rights."

Four of the plaintiffs, including Potratz, were released on bail March 24 to return to classes. Five others remain in jail. The convictions of all nine are under appeal.

Named as defendants were Fayette County Jailor Harold J. Buchignani, the jail's assistant director, Ray Sabbatine, and two other unidentified jail employees.

Sabbatine said all inmate mail is opened and read as a matter of policy, except for mail between inmates and their attorneys. Legal mail is opened, but not read, he said.

"When a person is booked, they've given a censorship waiver card to sign that permits the opening of their mail so it can be censored," Sabbatine said. "If it isn't signed, the mail is held until they're released."

Partner's Place

Cervical cap is an old contraceptive not used in U.S.

Dear P.P.,

What is a cervical cap?
Interested

Dear Interested,

A cervical cap is a birth control device used in much the

same way as a diaphragm. It fits snugly over the cervix instead of resting against the walls of the vagina. It may be left on for several days and spermicidal jelly may be added to the vagina for extra protection.

However, it is a difficult method to learn to use and it can slip off during intercourse. Though the cervical cap is still used in Europe, it has not been used in this country since about 1950.

Dear P.P.,

Please settle a disagreement. My girlfriend insists that pregnancy is a possibility even when we don't go all the way. I think that's impossible.

Who's Right?

Dear Who,

If, during a heavy petting session, semen is deposited near the outer lips of the vagina, it is possible for the sperm to swim into the vagina and up into the fallopian tubes where a ripe egg may be waiting.

Those sperm are sneaky little devils; she's right!

For answers to your questions about birth control and related topics, write PARTNERS' PLACE, 508 W. Second St.; Lexington, Ky. 40508; or call 252-8949.

A short course in Bonded Bourbon.

First lesson: Bonded Bourbon is so unique that it took an act of Congress (in 1897) to establish the standards for Old Grand-Dad and other Bonded whiskeys.



100 is perfect. Bonded Bourbon must be 100 proof. No more. No less.

Final exam: You need only one sip to recognize the clearly superior quality and taste of Old Grand-Dad. Cheers!

Old Grand-Dad Bonded is authentic Kentucky sour-mash Bourbon, made with pure limestone water, the finest grains, and aged in new charred-oak barrels.

Only Bonded whiskeys have a green tax stamp. It's your guarantee that the whiskey is at least four years old. Old Grand-Dad Bonded is always aged longer.

Kentucky's Straight Bourbon Whiskey, 100 proof. Bottled in Bond. Old Grand-Dad Distillers Co., Frankfort, Ky. 40601.

THE CROSSGATE GALLERY
207 High St., Lexington, Ky.

GRAPHICS

DALE MIKO CHAGALL CALDER VASARELY APPEL
Prints of Unique Inclusions: Potential
Monday April 23rd 12-6pm
Tuesday April 24th 10am-6pm

MAY GRADUATES

Please note the calendar of commencement activities and general information regarding participation in the Commencement exercises which is listed below:

GENERAL INFORMATION

The Commencement Ceremony will begin at 4:00 p.m., Saturday May 12, and will be held in Memorial Coliseum.

The Academic Procession will form on the Avenue of Champions, directly in front of the Coliseum at 3:30 p.m. Graduates are to form under signs designating the colleges and additional signs for doctoral, master and professional degree candidates.

In case of rain, the procession will form in the corridors and concourses of the Coliseum. Instructions will be posted at the main entrance.

Academic Apparel is required of participants and may be obtained from the University Book Store. Caps and gowns will be available beginning April 16 until graduation day in Room 109 of the Student Center. All hoods must be rented no later than April 20. Those desiring to purchase hoods must place orders by April 6. Rental fees are as follows: Cap and gown rental-\$7.00; Master's hood-\$6.25; Doctoral hood-\$7.00. There will be a \$10.00 returnable deposit on cap and gown. All rented caps, gowns, and hoods must be returned to the Book Store no later than May 18, 5:00 p.m., or an additional rental charge will be made. Persons not returning caps, gowns and hoods by May 18 will be declared delinquent in the Registrar's Office. The Book Store will be open to receive academic apparel on May 12 from 8:00 a.m. to 7:00 p.m. and on May 13 from 9:00 a.m. to 3:00 p.m. Academic apparel may also be returned in the Ballroom of the Student Center on May 13, from 3:00 p.m. to 6:00 p.m.

Announcements for mailing to families and friends will be available at the University Book Store beginning April 3. There will be no tickets.

Food Service for Commencement day will consist of the following: Saturday, May 12, Student Center Cafeteria will be open 11:30 a.m. to 1:30 p.m., and 5:00 to 6:30 p.m. Wildcat Grille will be open 11:00 a.m. to 5:00 p.m.

Questions regarding Commencement may be directed to the Commencement Coordinator (Telephone 258-4747).

1979 COMMENCEMENT CALENDAR

THURSDAY MAY 3 11:30 p.m. to 1:30 p.m.	College of Agriculture, Senior Brunch, E.S. Good Barn
FRIDAY, MAY 11 1:00 p.m.	Department of Accounting, Commencement Program, Memorial Hall
SATURDAY, MAY 12 9:00 a.m.	College of Allied Health Professions, Ceremony, Memorial Hall; Reception at 10:30 a.m. to 12 Noon, President's Room, Student Center
10:30 a.m.	College of Nursing, Ceremony, Memorial Hall, followed by reception in Student Center Ballroom
12:00 Noon	College of Law, Ceremony, Memorial Hall
1:00 p.m.	College of Architecture, Reception, Library, Room 207, Pence Hall
1:00 p.m.	Air Force-Army ROTC Commissioning Exercises, Student Center Theatre, followed by reception at 1:45 p.m., President's Room, Student Center
1:00 to 3:00 p.m.	College of Education, Reception, Faculty Lounge, Dickey Hall
1:00 to 3:00 p.m.	College of Social Professions, Reception, Room 645, Patterson Office Tower
1:00 to 3:00 p.m.	Honors Program, Reception, Room 502 (Honors Lounge), M.I. King Library
1:20 p.m.	College of Engineering, Ceremony, Memorial Hall, followed by reception in Engineering Library, Room 335, Anderson Hall
1:30 to 3:00 p.m.	College of Fine Arts, Reception, Room 204, Fine Arts Building
1:30 to 3:00 p.m.	College of Communications, Reception, McLaughlin Room, Journalism Building
1:30 to 3:30 p.m.	College of Arts and Sciences, Reception, Helen G. King Alumni House
1:30 to 3:30 p.m.	Graduate School, Reception, 18th Floor, Patterson Office Tower
2:00 p.m.	College of Dentistry, Convocation and Reception, William A. Seay Auditorium, Agricultural Science Building
2:00 to 3:30 p.m.	Department of Business Administration, Reception, Room 206, Student Center
2:00 to 3:30 p.m.	Department of Economics, Reception, Room 206, Student Center
3:30 p.m.	Academic Procession forms on the Avenue of Champions
4:00 p.m.	112th Annual Commencement Ceremony, Memorial Coliseum
6:00 to 7:30 p.m.	Department of Accounting, Reception, Campbell House
6:30 p.m.	College of Pharmacy, Banquet, Student Center Ballroom
SUNDAY, MAY 13 2:00 p.m.	College of Medicine, Commencement, Memorial Coliseum; reception at 4:00 p.m., Student Center Ballroom

Delivering the word

Gubernatorial candidates criss-cross the state in search of votes on May 29

By **BILL BERGSTROM**
Associated Press Writer

Tax breaks for the elderly, reduction of government waste and a new road were among the pledges yesterday as candidates for governor traveled the state in search of votes in the May 29 primary.

Lt. Gov. Thelma Stovall, seeking the Democratic nomination, said in Northern Kentucky that the elderly should get help with their taxes and utility bills. See the story on page 6.

Democratic Carroll Hubbard talked about government waste and roads as he traveled from

Somerset to Paducah.

Among other Democrats, John Y. Brown spent the day in organizational meetings in Louisville; George Atkins returned to his Frankfort office from a Democratic meeting in Somerset; Terry McBrayer took his campaign bus tour to Lebanon, Campbellsville, Greensburg, Edmonton and Glasgow, and Harvey Sloane campaigned in Christian County.

Republican Ray White was on the road in Green and Cumberland counties, while former GOP Gov. Louie Nunn had no campaigning scheduled and roads as he traveled from

Hubbard

Hubbard traveled from Somerset to Paducah with stops along the way. At Somerset he pledged to "end the waste of our tax dollars which is so obvious during the Julian Carroll administration."

At Campbellsville, he called the stretch of Kentucky 210 between Hodgenville and Campbellsville "one of the worst roads in Kentucky" and promised that if he were elected a new road would be built to replace it.

The U.S. representative from Mayfield named Clemont Bolton and Imogene Waddle, both of Somerset, as his Pulaski County campaign co-chairmen, and J.B. Crawley and Mrs. Ollie Montgomery, both of Campbellsville, as Taylor County co-chairmen.

Brown

Brown spent the day in his Louisville office in organiza-

tional meetings and planned more such meetings for today, his campaign headquarters said.

He named Bobby Watson, Owensboro High School basketball coach and former UK basketball player, as his Daviess County campaign chairman.

Atkins

The state auditor returned to his Frankfort office from Somerset where he told area Democrats he should be nominated because he offers independence and experience.

Atkins said candidates are crowding the Democratic primary because they believe voters want change. "King-makers and power-brokers are being turned out ... all over ... You're seeing the people of America electing something different."

Sloane

Sloane said in Hopkinsville that workmen's compensation

coverage employers pay for injured on the job is "a major concern, the rates are too high ... We need to focus on the problem of partially disabled workers who are returning to gainful employment and (at the same time) receiving large (workmen's compensation) benefits."

The former Louisville mayor said inflation and rising utility costs were major concerns of people he has talked to around the state. "I do not support the fuel adjustment clause (through which utilities pass rising fuel costs on to customers)," he said. "There ought to be a limit on state spending," he added, "and I think it should be done through a constitutional amendment."

Nunn

Nunn did not campaign, but did say in response to a news story that he received only a legal fee from the sale of an

apartment complex to the Lexington Housing Authority.

WTVQ-TV (channel 62) said Nunn may have shared in the profit realized by Moore Properties Inc., his client. The station said there appeared nothing illegal about the sale. Moore Properties bought the 280-unit Pimlico Park Apartments for \$4.7 million on Nov. 28, 1978 and sold 240 units to the housing authority later in the day for \$4.8 million.

WTVQ said the price difference and the value of the 40 units retained by Moore Properties amounted to a \$900,000 profit.

Nunn, reached by telephone, said, "It (the sale) was approved by the U.S. government. It was approved by the local housing authority ... I got a good legal fee out of it. You bet your life. I've made a good living out of practicing law."

McBrayer

McBrayer shook hands on

the Glasgow town square and attended a reception at the home of state House Majority leader Bobby Richardson. He said his election would benefit rural areas because he would emphasize secondary road improvement over work on Interstate highways. He also said if he were elected he would introduce legislation to eliminate the fuel adjustment clause.

The former state commerce commissioner said that because of safety questions and the need to use coal resources, he opposed licensing of the Marble Hill nuclear plant being built in the Indiana shore of the Ohio River about 30 miles upstream from Louisville.

McBrayer said that as governor, he would be a strong Kentucky tobacco advocate because he owns a Greenup County farm on which tobacco is raised and knows the problems involved.

Cooperation needed among state officials, Collins says at UK

By **H.B. FIELDS**
Staff Writer

"This is a very complex world. People need to get involved. Men and women, rural and urban, government and governor and lieutenant governor need to work together as a team."

For most Kentuckians these words are far from reality. Martha Layne Collins, Democratic candidate for lieutenant governor, believes they can become real.

Collins, told an audience of about 50 students last night that she believes in team work. Speaking in the Student Center, she emphasized the need to restore people's faith in politics.

After her 20-minute speech, she answered questions from the audience, one of which challenged her ability to relate to people.

One student asked how she could "relate to rural people when her husband was a dentist, and obviously (you and your husband) are in the middle to upper socio-economic class?"

"I grew up in Baghdad, Ky. where you had to pump the water out of a well," she responded. "I worked ever

since I was in the eighth grade and that is a pretty down-to-earth picture."

Collins' father was a funeral director, a job which she said was "a service to the people." She said she was attempting to serve the people.

"This is not an ego trip for me to run," she said. "I am not running for Martha Layne Collins. I could go home right now, but there are a lot of people who have faith in me, and I wouldn't want to disappoint them."

A graduate of UK with a Home Economics degree, Collins cited her time in Frankfort as the experience needed to be lieutenant governor. "I've been in Frankfort long enough to know what is happening," she said, "but not long enough to compromise."

Since the start of the campaign, Collins said, she has been asked who she is supporting for governor, since she is not part of the current administration. Last night, the question arose again. Her reply has become one of her more effective campaign slogans: "I'm not running on a ticket. Vote for whomever you want for governor. Just vote for Martha Layne Collins for lieutenant governor."

More local residents head for scuba dives

Continued from page 1

Davis said the equipment students are required to provide — mask, snorkel, fins and compensator (a safety vest) — cost at least \$100. Forbes said that while the same equipment without fins which is required for YMCA classes — can be as cheap as \$40, most opt to purchase better models.

A weekend trip to either Florida or Dale Hollow Lake on the Kentucky-Tennessee border to meet the C-card required open water dive takes the balance of that money.

"I guarantee it's cheaper than skiing," Forbes said. "Diving isn't cheap but it's cheaper."

"And I tell you, Lexington is rich," Davis said.

Dale Kiefer, a UK student who took the school's class, had vacationed on the Atlantic coast a number of times. Diving piqued his interest.

"It's eerie — exciting. You're in a totally different world — yeah, there's also the element of fear," he said.

But the sport has a clean safety record, unlike hang gliding, said UK instructor Paul. He said many try diving just because of its novelty and the unnatural environment.

None of the divers are surprised at scuba diving's success in Lexington. Davis said the dive shop, open for eight years and with a 1,000-name mailing list in the Bluegrass area, often teaches whole families. But, it was

noted, it is no different than skiing's popularity in relatively flat Central Kentucky.

Some universities, such as Indiana and Tennessee, have expanded programs despite their relative isolation from large bodies of water. (Davis said many of his customers are from Indiana and Ohio, shopping on their way to Dale Hollow or Cumberland lakes.)

IU employs five instructors exclusively for scuba diving and one administrator who does nothing but coordinate equipment, schedules and class trips. Indiana State University, with an enrollment of 15,000, has 75 enrolled in scuba classes each semester.

Davis said most of these students dive in fresh water. Costs are higher for these because wet suits costing \$150-\$300 are needed to insulate divers from the cold water. Many divers soon invest in a regulator, the piece that joins the oxygen tank to the diver's mouth, which starts at \$150 and goes up.

But everyone interviewed agreed the epitome in diving is in the ocean. The colors, plants and wildlife of the sea are far more exotic than what is seen in lakes or the Ohio River where some divers venture.

A former salvage diver who paid his way through dental school by teaching and scuba diving, Forbes said "no one does — or no one should — dive in that river. Well, unless they get paid to."



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Remember, no method of birth control of any kind can absolutely guarantee against pregnancy. For maximum protection, Conceptrol Cream must be used according to directions.



Legal deliberations

By JON FELDE

Kentucky's controversial new court system was the topic of debate last night at the College of Law. Here, Bill Moore, left, and Pike County Judge/Executive Wayne Rutherford listen to

Administrative Officer of the Courts Bill Davis present an argument supporting the new system. Last night's debate was part of college's month-long observation of Law Month.

Stovall says the elderly deserve more benefits

By MARIA BRADEN
Associated Press Writer

NEWPORT, Ky. 11. Gov. Thelma Stovall promised Wednesday to help older Kentuckians if elected governor.

She said Kentucky's senior citizens especially need help paying for utilities.

Stovall, visiting an Covington apartment complex for the elderly, told a group of women that a third of the people in Kentucky at 55 years old or older, including herself.

The lieutenant governor said the recent special legislative session, which she called, helped older people by removing the 5-cent sales tax

from water, sewer and electric bills, but she said, "Some other things need to be done."

She said an additional standard deduction on state income tax, now available to persons 65 or older, should be made available at age 62.

"Most of us are on fixed incomes, and we don't have a whole lot of deductions," said Stovall, who recently turned 60.

Asked to elaborate on what she would do for the elderly, Stovall said she was not ready to be more specific.

However, she said advisers were working on detailed proposals and she hoped they would be ready by the end of next week.

Stovall acknowledged that her campaign has been short on discussion of issues and that she should have had position statements ready earlier "because otherwise people say you don't know anything."

The lieutenant governor discounted criticisms by Gov. Julian Carroll, particularly his "saying I was a tragedy, and if I got it the Democrats would lose to Nunn."

"That's the biggest joke in the world. I'm not a bit scared of Louie Nunn," she said. Nunn is favored to win the Republican nomination.

She said that when Nunn was governor, he promised new roads for northern Kentucky but did not carry through on the promises.

She said the only way Republicans could win the November election would be if Democrats whose candidates failed in the primary deserted the party.

She pledged that even if she lost the primary she would work for the Democratic nominee.

She also toured an apartment complex and a brewery in Newport.

UK archeologists digging in Logan Co. work at burial site

ADAIRVILLE, Ky. (AP)—UK archeologists worked yesterday excavating Indian burial sites estimated at 2,000 to 3,000 years old at a Logan County farm.

Kenneth Witlock, owner of the farm three miles north of Adairville on Kentucky 431 in south-western Kentucky, found the bones exposed after floodwaters of the Red River receded from the field, carrying off a layer of the topsoil.

The find included bones, arrowheads, knife blades, grinding stones and other tools.

Dr. David Wolf, a UK forensic anthropologist, arrived at the farm Tuesday from Lexington, and he and a team of students began gathering the artifacts.

Wolf said they would be taking back to UK for closer study.

He said initial indications from a "diagnostic surface collection" were that the items came "from a continuous occupation of about 3,000 years."

He said a series of civilizations apparently had lived on the land.

It's not that unusual to find a site of this type or age," he said. "But it is a little unusual to find different cultures mixed together."

Wolf said that because of erosive activity and agricultural tilling of the land, different layers of soil had been mixed together.

Consequently, 3,000-year-old artifacts were found mixed in with pieces of pipes and other goods traded between Indians and settlers in the more recent centuries, he said.

Wolf said the area evidently had been a burial ground.

"I suspect that many more bones have been washed away," he said, adding, "They could be from any number of kinds of Indians."

He said as much as possible will be collected from the site for study and an attempt will be made to reassemble skeletons and learn the age, sex and even blood types of those buried at the site.

18 students honored Oswald award winners were named Tuesday

The winners of the Oswald Awards were announced at Tuesday night's Annual Awards ceremony. The Oswald Awards recognize excellence in research and creative efforts by undergraduates.

This year's winners and their projects, by category, are:

Fine Arts

First Place — John R. Hedger, Fine Arts sophomore, composing and recording four Shakespearean songs for guitar and soprano.

Second Place — Eric T. Johnson, Arts and Sciences junior, authorship of a two-act musical *The Singer*.

Third Place — (TIE) Marshall G. Crow, Architecture junior, photographic essay and architectural analysis of the housing patterns in Guatemala City, Guatemala after an earthquake forced people to live in railroad boxcars, and Patricia A. Tokki, Fine Arts senior, painting a group of boats at sea.

Humanities: Creative

First Place — (TIE) Jeffrey Wagner, Fine Arts senior, designing and editing *Honors Program* creative magazine entitled *Jar*, and Catherine Burden, Arts and Sciences freshman, authorship of short story "Little Crystal's Ride to the Promised Land."

There were no second or third place awards.

Physical Sciences

First Place — Jack L. Webb and Rob Williams, both Arts and Sciences seniors, developing a special language to assist computer-users in instructing computers on what functions to perform and in writing programs for computers.

There were no second or third place awards.

Biological Sciences

First Place — Scott Gorman, Biology senior, identifying an enzyme that eliminates harmful substances which cause cell deterioration and slowing how

it changes with age.

Second Place — Edward J. Williams, Zoology senior, using a cobalt process to ascertain the location of olfactory fields in the forebrain of a goldfish and determining which brain centers control feeding behavior.

Third Place — Sandra Lynn Wegener, Agriculture junior, examining four compounds to test their ability to inhibit mold growth in cheddar cheese.

Humanities: Critical/Research

There was no first place award.

Second Place — Mark Hunter, Fine Arts junior, examining a 16th century manuscript of instrumental music from Faenza, Italy and determining how it should be performed.

Third Place — Paul L. Corio II, Arts and Sciences junior, presenting a critical analysis of the arguments and conclusions of 18th century philosopher Gergo Berkeley concerning the nature of our sensory world.

Social Sciences

First Place — Eileen Andrews, Nancy Barrucio and Darwin Singleton, Telecommunications juniors, a videotaped documentary of reported UFO sightings in Central and Eastern Kentucky called *Light in the Dark*.

Second Place — Lynda Lovitz, Agriculture senior, a research paper analyzing combat training as a modern rite of passage.

Carly Atkins, sociology junior, presenting a study on voluntary childlessness to the Southwest Sociological Association spring meeting in Fort Worth in March.



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It's gone

Dana Emberton, a Wildcat cheerleader, follows through on a swing that sent a home run out of Haggin Field where the Kentucky

Lady Kat softball team defeated Campbellsville 6-3 yesterday afternoon. The Kats have a record of 3-2

By RICK PARKER/Kernel Staff

Ron Lyle wants another chance

By MARV SCHNEIDER
AP Sports Writer

NEW YORK (AP) — Former heavyweight contender Ron Lyle, at 37, and after personal problems which included being tried for murder last year, said Wednesday he has not given up his dream of becoming champion.

"I want to be world champion not because of what I can reap, but because of my dream. Every man has a dream, and if he works hard, if he sweats and toils in the fields, he can realize that dream. I have slaved in the fields and if I want my dream to be fulfilled."

Lyle waxed philosophically and quoted the Bible as he alluded to his troubled past, and talked about his future at a news conference to publicize his scheduled 10-round bout with Scott LeDoux in Las Vegas May 12.

Saying "I, Ron Lyle, want to be heavyweight champion of the world," the fighter recalled he had made the same declaration 10 years ago.

"But now, I am a better fighter," he said. "I know how to fight better in the clinches. I know how to slide a punch. I know to press an opponent."

Some boxing people feel that had Lyle been more adept at those qualities when he fought Muhammad Ali in a championship fight in May, 1975, he could have taken the title. Lyle had the edge in the early rounds, but after being stunned by a couple of Ali punches, "he suddenly lost heart" as someone then close to him recalled. Ali won when the bout was stopped in the 11th round.

Lyle was ranked among the contenders until a stretch of inactivity forced by his trial last year on second degree murder charges stemming from the shooting death of Vernon Clark, a former road work aide in Lyle's suburban Denver home on New Year's Eve, 1977.

Lyle, acquitted last December, began a comeback attempt with an eight-round knockout over Fili Moali in San Diego April 6. He sees the LeDoux fight as another way-station en route to a title shot at World Boxing Council heavyweight champ Larry Holmes, who sat next to Lyle during the news conference.

"I'll be ready after seven or eight months and a couple of major fights," Lyle said.

"I'm ready now," said LeDoux, who expects a victory on May 12 to put him in the ring with Holmes.

Boxing promoter Don King, overseer of the proceedings and the man who lines up Holmes' fights, indicated that the winner would be considered for a title fight.

King said, though, his tentative schedule for Holmes included a fight with Mike Weaver in June and one with Ernie Shavers in September.

Cast comes off this weekend

Dwight Anderson's arm nearly healed

By MIKE KENNY
Staff Writer

While the Kentucky football team celebrates the end of Spring Training this weekend with the annual Blue-White football game, freshman basketball sensation Dwight Anderson will celebrate the end of a frustrating injury experience with the removal of his cast.

Anderson was hurt in the first 23 seconds of the LSU game on March 2. It was the semifinals game of the Southeastern Conference Tournament and Anderson had just made one of his characteristic drives to the basket when he fell and landed on his left arm.

Reflecting back on the accident, Anderson said, "I was hoping I had just sprung it or something and they could tape it up to where I could play. But when I rolled over and got up and grabbed it, I knew it was broke."

Anderson, who was second only to Kyle Macy in scoring on the year, broke the ulna bone and chipped the radius. These are the two bones that go from the wrist to the elbow, with the ulna being the larger of the two.

The 6-3 guard from Dayton said that while the injury itself was bad enough, it also hurt to have to watch the SEC Championship game from the bench. "I felt so bad, because they were all tired and I knew that with my speed I could have helped a whole lot more."

Looking back on the season Anderson said "We had a lot of chances to do a lot of things, but we didn't have the big man and we didn't have the backup."

He added that the Wildcats putting a lot of people by surprised it all together at the end and finishing second in the conference tournament. As for now, it's time to look

to the future and Anderson is working hard to get his shooting touch back to normal. He began working out on his own about two weeks ago and said he is already shooting from 30 feet out.

The weight of the cast has caused the ball to drift to one side, but Anderson is confident that his shooting will be back to normal once the plaster is removed this weekend.

With the incoming talent at Kentucky, Anderson feels there will be some movement on the bench next season. "We're getting all these good young people coming in and it's going to be hard to keep everybody happy with playing time, so I guess he (Coach Hall) will have to run them in and out to keep everyone happy."

While Anderson was careful not to predict any great feats for the Wildcats in the upcoming year, he did say that he is excited about next season and that if the players listen to Coach Hall, "We'll be there."



By TOM MORAN/Kernel Staff

Dwight Anderson

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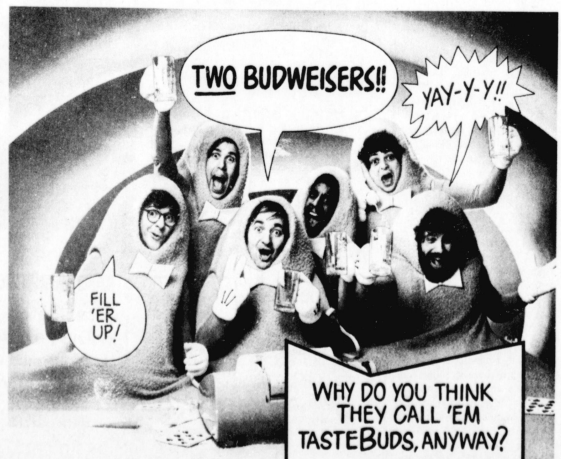
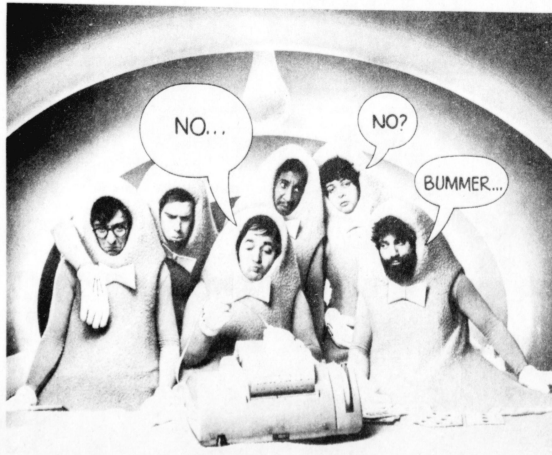
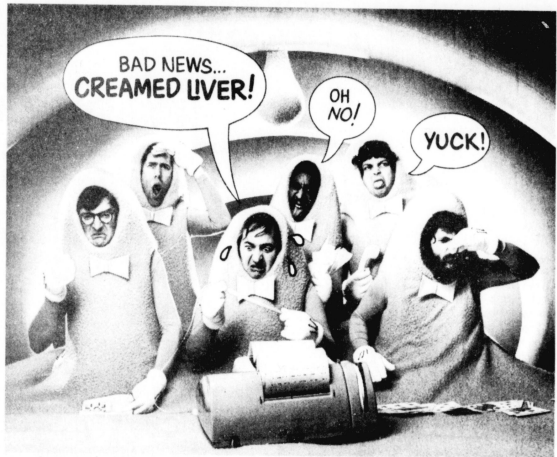
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UK baseball team sweeps two from Northern Kentucky Tennis team

By SCOTT WILSON
Staff Writer

The Kentucky Wildcats continued playing good baseball yesterday when the Cats swept a doubleheader from the Northern Kentucky Norsemen 3-2 and 16-8 at the Shively Sports Center.

Pitcher Joe Georger captained the Wildcats to their 18th win of the season and topped his victory mark to the record breaking 9-1.

"I could tell I was going good today," Georger said,

referring to his feelings before the game.

"He did real well today," said UK Coach Keith Madison of Georger's performance. "Everyone on the team was playing their heart out for him."

But it was not one of Georger's easiest wins.

Northern threatened first in the second inning when the Norsemen loaded the bases with hit-back-to-back singles from Dave Conrad and Tim Grogan. After a strikeout, Georger walked Rod Remley

on four pitches to load the bases. The hard-throwing right-hander then reached back for his fastball and whiffed the final Norseman to end the inning.

UK tallied a run in the third when Mark Hredzak sent a towering shot over the rightfield fence. "I knew it was gone as soon as I hit it," Hredzak said with a smile after the game.

Northern tied things up in the top of the fourth. Conrad reached on a throwing error and was knocked in by Mike

Rabston.

Not to be outdone, the Wildcats got a little help from a Norseman error in its half of the fourth. After Dave Polhill singled, Mike Botkin bounced the third baseman. He threw to first base to get the out on Botkin, but the first baseman overthrew third base in an attempt to throw out Polhill who headed for third on the throw to first. The error allowed Polhill to score easily.

Tom Hatfield gave the Cats some breathing room when he

sacrificed Steve Vogel home after Vogel doubled and went to third on a wild pitch.

Northern made a final charge in the sixth inning when Conrad came home on a sacrifice by Steve Grogan. But it wasn't enough against Georger.

The Wildcats took the second game 18-8.

"It was a terrible game if you were for Northern," said UK's starting pitcher in that game, Kerry Jolly. "It was more like a circus."

In ring (inning) one, the Cats sent twelve players to the plate and came away with seven tallies on the board.

That included a two-run homer by Jeff Scharizer and a three-run shot by Polhill.

In ring two, Steve Roberts sent his sixth homer of the year out of the park, a three-run blast.

In ring three, the Wildcats hammered in the final nail on a three-run triple by reserve catcher Kirk Swigert.

Kentucky men's tennis squad defeated Ohio University 8-1 Tuesday afternoon at the Complex Courts.

Jack Webb, UK's top seed, beat Jim Oppenlander 6-2, 6-1, while brother Scotty defeated Mike Reidmeyer. The Webbs then teamed up to defeat Tony Torlina and Reidmeyer 6-0, 6-4 in the No. 1 doubles match.

The Wildcats are now 10-11 while Ohio University fell to 11-9.

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1963 GALAXIE—fixed running condition. Best or best offer. 213-3061 after 5pm. 19A20. 19A20.

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ATTENTION STUDENTS—Near UK, new room, three shifts, full. 11:00am-1:00am. 1233 & 4th. 4-bedroom apartments. Also single rooms. Lease and deposit required. 275-2341. 2A20.

HEAVY WORK—laborer needed to help rebuild two old buildings. Fulltime—\$4-6 per hour. Experience in scaffolding, masonry, electrical. 252-9011. Leave message. 19A23.

DO YOU LIKE to work with children? Most colleges are needed for summer day camp. June 15-Aug. 15. National position. College credit earned for your field. Applications: 2014 Fairway Dr. 18M4.

W&L NEEDED for summer day camp. National position. Phone 277-6613. 19M4.

Clearview Apts.
208 Lakeshore Dr.
Unfurnished
One & Two Bedrooms
from \$210 to \$275

* * * * *

137 Woodland Ave.
One bedroom \$245

All bills paid
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HAVE 2 BEDROOM apartment to sublet for summer. 2553 Nicholasville Rd. Call 275-8396 anytime. 17A20.

NEEDED—near UK for next year. House apt. large enough for 4-6 people, prefer furnished. If you know such a place, please call Jean, 253-1728. Julie, 233-3022 or Nancy, 256-5322. Case of beer if we decide to rent your place. 19A20.

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JEWELRY UP FRONT IN
The Kennedy Bookstore
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Chain Bracelets..... from 3.71
Anklets..... from 4.65
5¢ 75 Gold Chain..... from 6.67
Gold filled Chain..... from 6.67
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Rings..... from .90 and up
Over 1000 rings.

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Boggle your Eyes!
Prices that will
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QUALITY RUNNING SHOES
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PHIDIPPIDES
321 S. Ashland 269-8313
Across from the Chevy Store

SMALL SHARE—two bedroom apt. near campus. May 15-Aug. 15. Call 253-2123. 19A20.

SKYDIVER SPRING SPECIAL—Apr. 21-25. 1000 jump course. \$40 per person. Info. Dick Stoops, 254-3075 days, 873-4140 nights. 19A20.

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Anthony Green, Senior Lecturer in the Department of Education, University of London addresses the question of what should be the stance of educators toward Marxism in his public lecture, "Marxism and 21st Century's President's Role." Student Center.

TYPING—Wanted: fast, accurate, reliable. Reasonable rates. Work guaranteed. Days 1230-1240. 2A30.

TYPING—SERVICES: 10 years typing experience, low professional service. Waikiki House, 299-4822. 2A30.

STENOGRAPHER—fast, accurate, reliable. All work guaranteed. Call 269-5909. 10pm-2A30.

PROFESSIONAL WEDDING PHOTOGRAPHER—High quality, artistic, & creative effects. Reasonable rates. 263-1508. 2A30.

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PERSONALS

520 REWARD—for return of purse lost Thursday 4-30 on campus. Reward in front of Student Center. NO questions. Call 273-3297. 19A20.

JOHN Y. BROWN, JR.—for governor campaign. Students interested call 278-8488 or stop by 101 S. Line. 19A20.

FARMHOUSE—FEDGES—your little Sisters are behind you all the way! Good luck during homecoming on Aylesford Place. Call 233-7638, 8-5. Monday, 19A25.

KAREN!—didn't mean to make enemies, only friends, sorry I bothered you. Room 1115. 19A19.

REG PARTY—Don't forget the Lady L. Beer Boat Friday April 20 at 2PM. 19A20.

COLE CREEK—progressive bluegrass coming to Panchos. Fri-Sat. April 20, 21. 9:00-10:00pm. 19A20.

CASINO PARTY—Thursday April 19th, Harrodsburg Square, 7:30 pm. Sponsored by Fayette County Young Democrats. 19A19.

STUDENT RENTAL—Rooming house with furnished single and doubles, summer only. At very low rate and deposit. 266-0143. 19A23.

ROOM FOR RENT—house with other students. North Harrods, 208-8108. 19A24.

SUBLET FOR SUMMER—large furnished bedroom. Summer \$85 mo. Close to campus. 268-5848. 19A27.

SUMMER FLATS—furnished one bedroom near campus. \$155 utilities included. 253-3097. 19A23.

SUBLET FOR SUMMER—furnished 1 bedroom apartment, Malabu Drive, off Lake Creek. 266-9225. 19A23.

SUBLET FOR SUMMER—furnished one or two bedrooms apartment, private parking, half block from campus, will help with bus. 255-8338. 19A23.

misc.

HILLE RED RIVER—large outing. This Sunday. Meet in lot behind Student Center. Bring a lunch. 19A20.

PHI KAPPA TAU—1st Sister car wash. Friday, April 20, 2-6. Faculty Center. 19A20.

roommate wanted

MALE SHARE—2 bedroom, \$90/month, utilities included. Terrace. Call 254-3579. 19A20.

FEMALE ROOMMATE—to share large apt. rent \$82.50 plus full utilities. Call 269-9168. 19A23.

FEMALE ROOMMATE—needed for summer. \$100 per month, includes utilities. Call 252-7600. 19A20.

HOUSEMATES—to share large home in country 25 miles from Lexington. Rent and Utilities. Call 269-3091 between 2:00pm & 7pm. 17A23.

SUMMER—Two responsible males to share three bedroom apartment off Alexandria Drive. \$75/month plus electric. 253-1483. 17A19.

VIOLENCE, SEX AND THE EVENING NEWS

18 WLEX NBC	27 WKYT CBS	46 KET PBS	62 WTVO ABC
6:00 Eyewitness News CBS News	News CBS News	Studio See GED	ABC News Outdoorman
7:00 Sanford & Son Keeneland	Dating Game Family Feud	MacNeil/Lehrer Dick Cavett	Joker's Wild Newlywed Game
8:00 Wheelabout HighLife Manor	The Chisholms	Brestin & The Pittsburgh	Mork & Mindy Angie
9:00 Quincy	...	Proton Marathon	Barney Miller Carter Country
10:00 Sgt. T. K. Yu	Barnaby Jones	One Of The Missing	Doctors Private Lives
11:00 Eyewitness News Tonight Show	News M*A*S*H	...	News Stark's & Hutch Mannix
12:30	...	McCloud	...

8:00 MORK AND MINDY
Mork, troubled by the fact that he never had a real mom, uses his Orkan age machine to revert to a three-year-old and takes Mindy as his adopted mother.

THE CHISHOLMS
The Chisholms are attacked by a small band of Sioux braves. Wounded, they push on, desperately trying to reach Fort Laramie, a fur-trading post. Stars: Robert Preston, Roemer Harré.

HIGHCLIFFE MANOR
Bizarre plots by foundation board members to unseat the founder's widow, Helen Straight Blackie, come to nothing, especially after she hears some of the villagers' stories about her late husband.

BARNEY MILLER
Barney Miller and his men discover that a loan shark, who's been using bone-crushing tactics on his clientele, is a 14-year-old boy.

QUINCY
While Quincy lies near death from a gunman's bullet, his co-workers frantically attempt to locate a robbery-homage by applying techniques taught to them by the medical examiner in previous cases.

SGT. T. K. YU
Korean comedian Johnny Yune stars as a plainclothes police detective who employs logic and his acting ability to solve the slaying of a famous rock singer, originally thought to be a suicide.

CBS LATE MOVIE
"M.A.S.H." The 407th becomes an impromptu orphanage when heavy shelling forces Korean children to take cover at camp. MCCLLOUD, Encounter With Airte: Stars: Dennis Weaver, Peter Haskell.

rent

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BIG BLUE DELI

NOW OPEN SERVING
7:30 am - 3:30 pm

VARIOUS MEAT AND CHEESE DELI SUBS & SANDWICHES, CHILI, SOUP, CONEY DOGS, SALAD BAR, DANNON YOGURT, DESERTS, HOT AND COLD DRINKS, PLUS COLD BREAKFAST ITEMS.

FREE 16 oz Cold Drink
With This Ad and Deli Type Sandwich
LOCATED IN NEW NURSING COMPLEX

TODAY'S CROSSWORD PUZZLE

ACROSS

1 Rhodes, in 59 Fly
3 Gratuitous
5 Love: It 84 Decorative
10 Little 86 Laugh loudly
14 Russian name 87 Lit up
15 Plate 88 Seed
18 Reverbstrate 70 Leap
17 Sweating 71 Drunkards
19 Encumber DOWN
20 Wholo 1 Picketable
21 Maids 2 Klin
23 Mince 3 Missile
25 Stay 4 Clique member
26 Plotters 5 Each
30 Served 5 Impair
34 Task 7 American inventor
37 "Mable" 28 Aspirin
38 "Alley" 1 8 Revere 29 "A" 53 Caravansary
39 Dogs 9 Etcher
42 Bad Prefix 31 Pad again 56 Trampled
43 Employs 11 Picture 32 Rub out 57 Chief
45 Space 12 Gab 33 Takes out 58 Pzy
46 Taunt 13 Coal scout- 38 Resign 40 Polyresian
48 Abide 40 Builders god
50 Fertilizers 18 Prepares 41 Struggle 61 Sour
52 G.P.S. 22 Contented 44 Furtive 62 Treck
54 Pronoun 24 Lyric music 65 Peer Gynt's
55 Dent and 26 Scrub 47 Alleviations mother

DOWN

27 Selected 49 Deer
28 Aspirin 51 English river
29 "A" 53 Caravansary
30 Dogs 9 Etcher
31 Pad again 56 Trampled
32 Rub out 57 Chief
33 Takes out 58 Pzy
38 Resign 40 Polyresian
40 Builders god
41 Struggle 61 Sour
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65 Peer Gynt's
67 mother

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38 Resign 40 Polyresian
40 Builders god
41 Struggle 61 Sour
44 Furtive 62 Treck
65 Peer Gynt's
67 mother

Thursday

Mork (Robin Williams, kneeling) is fascinated by Mindy's friend Sally, in "A Mommy for Morky," an episode of **MORK AND MINDY**, to be rebroadcast Thursday, April 19 on ABC-TV.

Sally is about to give birth at any moment. Mork's fascination about babies and Mindy's curiosity about motherhood lead them to use his Orkan age machine to revert him to the age of three.

Co-starring as Mindy is Pam Dawber (standing). Susan Lawrence (right) guest stars as Sally.

A&E

arts & entertainment

a supplement to the kentucky kernel

thursday, april 19, 1979



Photo by DAVID COYLE/Kerne! Staff

OUTDOOR ARTS

The spring weather yesterday helped the success of a day long arts festival held on the library lawn. Several musical, theatrical, and dance events highlighted the event. At right are Mary Holmes, Michael Quinn, and Sait Tarhan, who performed scenes from James Thurber's "Further Fables For Our Time." Below, are UK dancers Teresa Turner, Holly Schumaker, Mary Beth Wilding, and Cindy Shai, who performed excerpts from their upcoming concert (to be performed next weekend in the Guignol Theatre). Inside is information on other arts festivals, including this weekend's Little Kentucky Derby.



By GARY LANDERS/Kerne! Staff

The pen is still mightier than the sword



The KENTUCKY KERNEL needs your pen

Rm. 114
Journalism
building

on the cover



'Gold Dust'

William McNulty and Patrick Tovatt are featured in *Gold Dust*, a presentation by Actor's Theatre of Louisville, which plays tonight and tomorrow at the Guignol Theatre of the Fine Arts Building. Curtain time both nights is 8, with a 1:30 matinee tomorrow. For ticket information, call the Guignol Box Office.

Concerts and Balloons

Annual LKD begins tomorrow

Tomorrow at 2 p.m. the field between Commonwealth Stadium and Nicholasville Road will be transformed into a fairgrounds for the Third Annual Outdoor Bluegrass Festival, held in conjunction with UK's Little Kentucky Derby.

Besides the bluegrass concert, a hot air balloon race and arts-and-crafts fair will be featured.

The UK Concert Committee is responsible for bringing five bands to the stage, starting at 2 p.m. with the Black Walnut Boys, who are returning for this year's show. At 3 p.m., Louisville's Juggernaut Jug Band will play their style of jazz, boogie, country and old-fashioned jug music.

Mike Williams, who appeared last year, will return

tomorrow at 4 p.m. According to Robert Hemmer of the concert committee, Williams performs a "rowdy, footstomping kind of music" which is supposed to "get everyone up on their feet."

Sometime between 5 and 5:30, 15-20 hot air balloons will lift off from the adjoining rugby field. As the balloons drift off, a country-rock band from Cincinnati, Highwind, will appear onstage.

The finale will be provided by Lexington's own Tinhorn Express, some of whose members are UK students. The band has just finished their first album for Lemco Records, and will play a mixture of bluegrass and folk music.

In case of rain, the Bluegrass Festival will move to Memorial Coliseum.

Hal Holbrook shines in 'Mark Twain'

By JAMES CAGEY
Staff Writer

Donned in a white suit, with a smoke-billowing cigar, Mark Twain arrived in Lexington Tuesday, and for two nights lighted the stage like another passing of Halley's Comet.

Opening Tuesday for two consecutive evenings at the Lexington Opera House, popular actor Hal Holbrook brought his widely-acclaimed monodrama *Mark Twain Tonight* to Lexington.

Tuesday's performance was enthusiastically received by the sellout audience. Holbrook,

relaxing comfortably in his portrayal of a retrospective, 71-year-old Mark Twain, will soon complete his 26th year of the Tony Award-winning performance.

Strolling and pacing onstage between an easy-chair and podium, puffing smoke like a prairie locomotive, Mark Twain has returned to mortality, not to drown us all, as he once promised, but to remind us of that introspective and natural need to laugh at our own shortcomings and to remember our humanity.

Asked backstage after the Tuesday performance, explained the long-standing popularity of *Mark Twain Tonight* in that "he tells the truth."

When asked to rank this role among the many others he has successfully played, Holbrook asked, "It's very hard to say, since this role has occupied so much of my time."

Before wishing his audience good night, Mark Twain stood onstage to tell us that he and Halley's Comet first came into the world on the same night as two "unaccountable freaks," who, since they had come together, "must go out together."

Halley's Comet passed again here in the form of Holbrook's performance, and its brightness richly deserves notice.

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In the Chevy Chase Village

Kentucky's most complete collection—paintings, prints, pottery, woodwork, toys, dulcimers, quilts, candles, jewelry, iron, & much more.

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13TH ANNUAL SPRING FAIR May 17-20

FALL FAIR FIVE Oct. 5-7

Over 100 artists & craftsmen. Kentucky music, puppetry, exhibits, demonstrations and sales.

Free parking, concessions, hiking trails, only 40 miles South of Lexington.

Admission: \$2.00 for adults, 50¢ for children. Good all day.

NOW! IS THE TIME

for all good students to seek the aid of an advisor
**ADVANCE REGISTRATION
FOR 1979 SUMMER &
FALL TERM ENDS WEDNESDAY, APRIL 25**
See your academic dean for instructions

Contemporary Dancers presenting concert

By SUE TEETER
Staff Writer

Leave any preconceived notions about dance at home when the Contemporary Dancers of Kentucky present their spring concert. Modern dance is movement for its own sake, without the trappings and dramatic stories of classical ballet and with added insight into the variety of movement available to dancers.

The concert at the Opera House on April 21 will include works by CDK Artistic Director Janice Cronin and others by company members Ann Dils, Steve Mancinelli and Rosa Rodriguez.

Mary Beth Miller returns to CDK to perform "Nebula" with the group, a piece that was choreographed for her. Rosa Rodriguez said "the feeling changed without her" when the company rehearsed so Miller was asked to perform.

"Nebula" will be danced by the company. "Passage" is a new piece set to music by Zoltan Kodaly and will be performed by Cronin, Mancinelli and David Kirtley. Cronin, Dils, Kirtley, Mancinelli and Rodriguez dance "Skating in Central Park" to popular music of the 1930s. The sections of "Skating" are: Down and Out, Wound Up, Uptight, Move 'em Out, Shortstop, and Sideways In. The sections feature different combinations of dancers.

"Portal" is danced in silence by Dils, Mancinelli and Rodriguez. The set was designed by Gvozden Kopani.

Solos by Dils and Rodriguez, and a duet by Mancinelli and Kirtley complete the program.

Dils' "Porch" plays with rebound and throwing

movement, containing what she calls "all sorts of tossing and throwing images," set to a violin and clarinet duet by Paul Hindemith.

"I usually work with very soft and fluid movement. This music almost forced me to do big and strong and slashing movement," Dils said.

"Katadance" by Rodriguez was meant to be performed in silence but for the Opera House performance Karen Mohammed, a member of the UK faculty, will sing original music during the dance.

Rodriguez said the piece was choreographed as a graduate school audition solo.

"The piece itself deals mostly with drawing attention — compressed attention that could sort of release at any time," the dancer said. She said the image was based on a Tai Chi movement she saw a friend do.

The duet "Night Day" by Mancinelli was also an audition piece, set to Erik Satie's "Trois Gnossienne." He said "The music is interesting because it was so moody" and he created a dance featuring "contrast in quality of movement rather than technique."

"Modern dancers have different movement quality. We're at opposite ends of the spectrum. I like to move with a lot of strength. David tends to move with a lot of lightness." Mancinelli will perform in most of the dances during the concert.

The Contemporary Dancers have gained artistic recognition in the two years the company has existed, touring the state presenting lecture-demonstrations and giving concerts.

Smiling, Janice Cronin attributed the success of the groups to the "insane

dedication" of the members who overcame early financial problems and other hardships.

"The need to do it was so strong we really did not think much about the hardships involved," she said, adding there was an audience for modern dance in Kentucky.

"The most important thing that's kept us going is that everyone sees themselves first as dancers. They've kept their priorities straight."

Cronin came from New York with her husband who is completing medical studies here. She said everyone "wrote her off" when she got married and moved to Kentucky, but welcomed the chance to work on her own.

"I've had time to pay attention to what I thought about dance. It's been a time of real isolation," she said.

Cronin will return to New York late this summer and Dils, Rodriguez and Mancinelli are hoping to attend graduate dance programs. Kirtley, formerly of Bardtown, came to Lexington three weeks ago from New York University School of the Arts to perform in the concert.

Music for the concert will be performed by the Vince DiMartino jazz Ensemble, John Lindsey, Rodney Farrar and Michael Toy.

Tickets are available from



By SUE TEETER

The Contemporary Dancers of Kentucky include, from left, David Kirtley, Ann Dils, Rosa Rodriguez, Steve Mancinelli.

3:00 to 7:00 p.m. at the Contemporary Dancers Studio, 146 N. Limestone, until the day of the performance when they will be sold at the Opera House. The price is \$4.75 for adults and \$3.50 for students and children.

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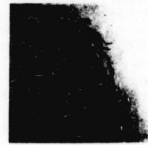
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reviews



POCO

Poco changes gear with electric 'Legend'



LEGEND
Poco
(MCA)

What *Legend*, the newest album from a new line-up of Poco, amounts to is a sort of time capsule: one of the very first country-rock bands trying to weather current musical styles and fads.

Poco has seen a number of good performers come and go. Jim Messina played on their first album, Richie Furay helped compose stunning songs like "Crazy Eyes" and "A Good Feelin' to Know," and the latest departure was bassist-singer Tim Schmitt, who has become the newest member of the Eagles.

So where does this leave Poco? Original members Paul Cotton and Rusty Young have pulled up their socks, added two new members (another even since *Legend* was made), and hardened their sound. The result is their best-selling album to date, as well

Continued on page 8

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RICHARD PRYOR R 2:15-4:00-5:45-7:30-9:15 Fri & Sat 11:00	FASTBREAK PG 1:45-3:50-5:50-7:45-9:45- Fri & Sat 11:40

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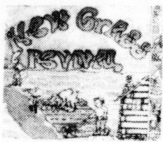


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Barren County' continues string

New Grass Revival offers progressive bluegrass



BARREN COUNTY
New Grass Revival
(Flying Fish Records)

On its latest album, the New Grass Revival continues to perform some of the most interesting material on the

modern music scene. Their music is often labeled "progressive bluegrass," incorporating old-fashioned bluegrass with rock, jazz and folk influences.

The group has been misunderstood by bluegrass

purists; Bill Monroe claims he will never perform on the same stage with the Revival. The traditionalists say New Grass Revival are too long-haired and too liberal with such a standardized form of music.

But no one in the band proclaims to be "traditional" bluegrass performers. They want a style of their own. So, possibly to hold down negative response, they choose to play with other progressive artists, such as John Hartford, John

Prine and even Leon Russell. Indeed, they do have a style of their own. *Barren County*, their fourth album for bluegrass-oriented Flying Fish Records, again ventures out into foreign territory, making use of electric mandolin, electric guitar and bass, and

even (gasp!) drums.

The results are satisfying. The group's uncompromisingly well-crafted harmonies and Sam Bush's inimitable fiddle and mandolin licks are two of the highlights.

The only truly traditional piece on the latest record is the opener, "Dancin' with the Angels," a gospel-flavored number in which Bush introduces us to his rich, pleasing voice.

Bush shares lead vocal duties with the other band members throughout the album, and he isn't the only one capable of entrancing listeners. John Cowan has a strong, moving style that sounds like a mixture of Gregg Allman, the Atlanta Rhythm Section's Ronnie

Continued on page 8

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Vietnam portraits differ in 'Deer Hunter' and 'Coming Home'

By RICHARD McDONALD
Managing Editor

The Vietnam War has been something of a blister on the collective conscience of the United States. Tender and painful, we are reluctant to touch it.

Hollywood, however, has decided it's time we examine our Vietnam experience. In the past year, two superior films dealing with the war have been released: *Coming Home* and *The Deer Hunter*.

Since both are of such high quality (witness the Academy Awards — Jane Fonda and John Voight won the Best Actor and Actress awards for their *Coming Home* performances and *Deer Hunter* garnered the Best Picture and Best Director honors), they deserve close examination and comparison.

On the surface, the two films have little in common: the characters and settings are dissimilar, the scriptwriting is

different and the scope and style of the productions are worlds apart. However, both seem to share an underlying theme — the resiliency of the American spirit.

And accompanying that theme is the optimistic message, "we will bounce back."

Coming Home is the more conventional of the two movies. At its simplest level, the film concerns a woman (Jane Fonda) whose husband is away at war and a crippled veteran (John Voight) with whom she starts an affair.

But it is so much more than that. *Coming Home* is the story of the transformation of an obedient housewife into a mature woman capable of independence; the metamorphosis of a bitter, callous "gimp" into a sensitive, caring man; the struggle of a dedicated military man to come to grips with the effect a meaningless war is having on him, his ideals and his country.

Intermingled throughout are snatches of the stories of other people and other lives touched in some way by the war.

All of this could have been a loud, overdone melodrama. A good script and acting of the highest order avoided that, though.

In *Coming Home*, Fonda plays Sally Bender, the wife of a Marine lieutenant (Bruce Dern) who takes his unit to Vietnam. Bored and lonely while he's away, she does volunteer work in a Veterans Administration hospital. While there, she literally runs into Luke Martin (Voight), a high school classmate. In school, Voight had been the captain of the football team. Now he is a mean, cynical paraplegic.

They find themselves attracted to one another, and they help each other develop. Sally finds she does have a life and interests outside her husband. And Luke discovers he can be a whole man without the use of his legs.

A pivotal point is the lovemaking scene between Luke and Sally. In that scene, Luke finds he is able to make love while paralyzed and Sally is moved to orgasm for the first time in her life.

In an interview, Fonda is quoted as saying, "It was very important to show that their relationship could be consummated in spite of his handicap, and that it could have more meaning, sexually, to her than any other relationship."

This new-found feeling and maturity is put to a test, though, when Sally's husband returns and she and Luke must make a choice.

Coming Home is a very personal film. It focuses almost totally on the lives of a handful of individuals and how the war affected them. It really doesn't attempt to make any statements about what Vietnam did to our entire society, except what can be extrapolated from the story

presented.

The Deer Hunter is different. It, too, is centered on a few individuals, but the scale of the product indicates that director Michael Cimino and screenwriters Deric Washburn, Louis Garfinkle and Quinn Redeker are trying to say something larger.

On the surface, the movie concerns three friends from a Pennsylvania steelmill town (Robert DeNiro, John Savage and Christopher Walken) who volunteer for service in Vietnam. Their war experience is harrowing. They are captured and tortured by the Viet Cong.

The torture, part of which is their Vietnamese captors forcing the three to play Russian Roulette, was the central metaphor of the film. Their reactions to the "game" provided the foundation of the film's resolution. All three reacted in different ways — one became a hero, another

Continued on page 7

Barlow Creek, Joshua Cooley, others featured in concert

By CARY WILLIS
Assistant Arts Editor

Rock 'n roll will be preceded by bluegrass music this Sunday afternoon as Haggin Hall presents its Spring Fest Concert '79.

Barlow Creek, a bluegrass band composed of UK

students, will start things at 1 p.m. As they did in last spring's annual concert, they will perform basically "traditional mountain music," and reportedly may try a few tunes of their own composition.

The second act scheduled is Doug Breeding and the Breeding Bunch. According to

Greg Sommerkamp, head resident of Haggin, their brand of music is country-rock. "Oh, they'll play Pure Prairie League, some J. Geils... occasionally, they'll even dive into a little bluegrass of their own," he said.

Next on the bill is Joshua Cooley, a rock band from

Renfro Valley, Ky. Sommerkamp said the group does a variety of popular styles, especially what he termed "Southern-fried rock 'n roll."

"Their music is an assortment of country hard rock," Sommerkamp said, "People like, uh, Outlaws, Lynyrd Skynyrd and such. Sometimes they will do some (Rolling) Stones, too."

Barlow Creek will perform for about an hour, the Breeding band will play from 2 until 4 p.m., and Cooley will take over until about 6. Only one sound system will be used. "Well, Joshua Cooley's in Daytona Beach (Fla.) right now," Sommerkamp said. "They've got just a dynamite sound

system, and to minimize stage switchover time (between acts), we'll just use one system."

Funds for the program were collected from only the freshman dormitories, but the concert will be open to everybody, according to Sommerkamp. "Taped music will begin sometime in the morning for those who are setting up. Maybe it'll get a crowd gathered for that bluegrass band, too," he said.

Last year's Spring Fest was postponed because of rain, and the various bands performed at different times later in the spring. If it should rain this year, the concert will be rescheduled for April 29. Admission is free.

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Redknobs and Broomsticks (1970) -G- Walt Disney's classic children's story that blends action and animation. At Northpark (2, 3:50, 5:40, 7:30, 9:20)

Buck Rogers in the 25th Century (1979) -PG- Originally intended for a television movie, but (lucky us), it's now on the big screen. An amusing, non-offensive bit of escapism. At Northpark and Southpark (1:50, 3:45, 5:40, 7:35, 9:30)

The Champ (1979) -PG- Re-camp Rocky with name actors like Jon Voight and Faye Dunaway, add a cute, talented kid like Ricky Schroder and what have you got? You should have something better than this. At Northpark and Southpark (1:05, 3:15, 5:30, 7:45, 9:55)

The China Syndrome (1979) -PG- History recreates art. This is the now-famous story of a nuclear accident and a newsteam that tries to report it. With Jane Fonda, Jack Lemmon, and Michael Douglas. At Lexington Mall (1, 3:10, 5:20, 7:30, 9:40) and Turfland Mall (1:30, 4:20, 7:15, 9:30)

Coming Home (1978) -PG- Jon Voight and Jane Fonda both won Oscars for this excellent story of a Vietnam vet, a war hero, his wife, and the resulting effects and relationships. At Northpark and Southpark (2:15, 4:45, 7:30, 9:55)

Dawn of the Dead (1979) -R- First. *Night of the Living Dead*, now this. Starts Friday at Crossroads.

Dear Inspector (1977) -PG- An unusual, witty and "very French" look at crime, directed by Philippe DeBroca. At Kentucky (Wed., 1:30 & 7:30)

The Deer Hunter (1979) -R- An excellent account of three Vietnam veterans and the effects of war before and after their stay. With Robert De Niro, Christopher Walken, and John Cazale. At Turfland Mall (1, 4:30, 8)

Eyes of Laura Mars (1978) -R- An offbeat murder mystery with Faye Dunaway and Tommy Lee Jones. At Kentucky (Fri., 1:30 and 9:30; Sat., 9:30; Sun., 7:30; Mon., 1:30; Tues., 7:30)

Sweetbreak (1979) -PG- Picture Kotter's sweatbogs on the screen, being allowed to swear and play basketball and you have Gabriel Kaplan's newest film. So what. At Northpark and Southpark (1:45, 3:50, 5:50, 7:45, 9:45)

Foreign Correspondent (1940) -PG- Alfred Hitchcock's story of a young American crime reporter tracking down a kidnapped statesman in Europe during World War II. With Joel McCrea and Laraine Day. At SCB Cinema (Wed., 6:30 & 9)

The Graduate (1968) -R- Mike Nichols' masterpiece about a college grad who returns home to rich, insensitive parents, has a affair with an older woman, only to later fall in love with the woman's daughter. With Dustin Hoffman, Anne Bancroft. At Kentucky (Sat., Sun., 5; Mon., 9:30)

Hair (1979) -PG- Film version of the hit musical of the '60s. At Southpark (1, 3:15, 5:30, 7:40, 9:50)

Hurricane (1979) -PG- Your guess is as good as ours. At Fayette Mall (2, 4:30, 7:15, 9:30)

Interiors (1978) -PG- Woody Allen's serious study of the emotional and spiritual exhaustion of a prosperous New York family. With Diane Keaton, Maureen Stapleton, E.G. Marshall, Geraldine Page. At Kentucky (Today, 1:30 and 9:30; Sun., 9:30; Tues., 1:30)

The Last Laugh (1924) -PG- Who knows and who cares? At SCB Cinema (Tues., 7

& 9 p.m.)

The Last Picture Show (1971) -R- Peter Bogdanovich's film of life in a dreary Texas town where everyone knows everyone else's business. With Cybil Shepherd, Ben Johnson, Timothy Bottoms, Jeff Bridges, Ellen Burstyn and Cloris Leachman. At SCB Cinema (Fri., Sat., 11:30)

The Last Waltz (1978) -PG- Martin Scorsese directed this movie, primarily concerning the final concert by the Band, after 16 years on the road. With The Band, Bob Dylan, Neil Young, Joni Mitchell, Eric Clapton, others. At Kentucky (Wed. at 9:30)

Little Women (1933) -G- George Kukor directed this screen adaptation of Louisa May Alcott's classic story. With Katharine Hepburn and Joan Bennett. At Kentucky (Fri., 7:30; Sat., 1, 3 & 7:30; Sun., 1 & 3)

Murder by Decree (1979) -PG- Excellent thriller which has Sherlock Holmes taking on the case of Jack the Ripper. Superb acting from Christopher Molyneux, James Mason, Genevieve Bujoild, Donald Sutherland, Anthony Quayle, and more. Possible the best Sherlock Holmes film yet made. At Chevy Chase (12:30, 2:50, 5:10, 7:25,

9:45)

Night of the Living Dead (1968) -R- The science-fiction classic, with Duane Jones and Judith O'Dea. At Kentucky (Fri., Sat. at midnight)

The Outlaw (1946) -PG- Howard Hughes' controversial movie which had been held up for three years because of censorship. With Jane Russell. At Kentucky (Tonight and Monday at 7:30)

Point of Order (1964) -G- Filmed documentary of the Joseph McCarthy hearing. For disturbed nostalgia buffs. At SCB Cinema (tonight, 7 & 9 p.m.)

Richard Pryor in Concert (1979) -R- A filmed account of a Richard Pryor concert. Contains much of the material released on the subsequent *Wanted* album. At Northpark (2:15, 4, 5:45, 7:30, 9:15)

Same Time, Next Year (1978) -PG- Alan Aida and Eren Burstyn star in this entertaining story of a couple who meet once a year to continue their affair. Based on the play of the same name. At Fayette Mall (1, 3:35, 5:40, 7:45, 9:50)

Saturday Night Fever (1977) -PG- They've made it PG now so everyone can see it. Again. And again. And again. At Crossroads.

Impact of Vietnam War differs in two Oscar-winning films

Continued from page 6

cracked immediately and the other suffered a delayed reaction.

But *The Deer Hunter* is made on epic proportions. It is three hours and 15 minutes long, and over half of that is spent setting the scene in Clairton, the Pennsylvania town. Clairton is a close-knit Russian Orthodox community. What affects one member affects all — including the war. DeNiro, Walken and Savage turn in excellent performances, but *Deer Hunter* is a director's movie. The photography is meticulous — and meaningful. The film abounds with long shots: the town overshadowed by the gigantic steelmill,

DeNiro and company hunting in the mountains (in a sequence that foreshadows the Russian Roulette and provides the title of the film), helicopters swooping over long lines of refugees.

These suggest that this movie is about more than just the three characters it has presented. Rather, it is about what a war does to families, towns and nations.

But the resolution of the film ties it in with *Coming Home*. After the war has ended, several of the characters are sitting in a bar in Clairton, mourning the death of a friend in the war. But they find the resolve by spontaneously breaking into a chorus of "God

Bless America."

Deer Hunter is a moving, powerful film. So powerful, in fact, that some have charged that it manipulates its audiences. They point out that there were no known incidents of forced Russian Roulette on the part of the Vietnamese. They say the film attempts to make all Vietnamese people into ignorant villains.

These criticisms overlook, first, what *Deer Hunter* actually says, and second, what film as a medium is.

All the victims in *Deer Hunter* aren't American. The refugees certainly are victims. The street people of Saigon are victimized by the acts they are forced to perform for survival.

As for historical accuracy, the makers of *Deer Hunter* claim cinematic license. While there are no known incidents of forced Russian Roulette, there certainly are confirmed incidents of torture. It is not difficult to imagine scenes like those in this film.

Deer Hunter is not mere propaganda; its torture scenes are presented for more than their ability to titillate. The film attempts to make a statement about Vietnam and its aftermath — and succeeds.

Deer Hunter is rated R and is playing at the Turfland Mall Cinemas. *Coming Home* is also rated R and is showing at the North Park and South Park Cinemas.

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New Grass Revival's 'Progressive bluegrass' continues on 'Barren'

Continued from page 5

Hammond and Jesse Winchester.

Cowan sings lead in Winchester's "How About You," a bluesy track accented by some gutsy backing vocals from the other members of the band.

Another standout on the album is "Don't Look Back"

(No, Boston didn't write this song; Bush and Lexingtonian Steven Brines did). The song has definite rock inflections, from Cowan's fiery vocals to Sam Bush's dizzying fiddle solo, which sounds remarkably like an electric guitar.

Highlights on side two include "Souvenir Bottles," a story about a drunken road

musician, and again, Bush stands out, this time on electric mandolin.

"Goin' to the Fair," is a good-natured number about the value of escape at carnivals. It has a sound similar to rock's Little Feat, with a funky rhythm and soulful vocals. But where Little Feat's Lowell George uses slide guitar, Curtis

Birch does some fine work on the slide's acoustic counterpart, the dobro.

Barren County would make a fine addition to your album collection, regardless of whether you like bluegrass music. Hopefully some of those bluegrass purists will give these guys a listen and accept their sound as a different, yet

legitimate twist to an established form of music.

—Cary Willis

Note: New Grass Revival will be appearing at the Jefferson Davis Inn tonight through Saturday at 8 p.m. Tickets are \$3.50.

Poco changes gears for 'Legend'

Continued from page 4

as their first real hit single.

The new quartet (drummer Steve Chapman and bassist Charlie Harrison complete the new line-up) only hint at the country-rock styles that Poco helped establish on their best album *Crazy Eyes*, and their best post-Furay albums, *Seven* and *Rose of Cimarron*.

The absence of Tim Schmitt is pretty apparent from the outset. Even the electric numbers from the recent albums bore an Eagles-like harmony, embodied here only by Cotton's "Heart of the Night."

Most of *Legend's* electric numbers are upbeat, almost disco-tinged compositions, which differs from anything the group has done before. "Boomerang" and "Barbados," both Cotton compositions, are well-constructed

electric pop material.

The best that can be said of an album like *Legend* is that it shows a band which previously exposed themselves as only proprietors of

one musical form trying their best to change with the times, sacrificing little of their creative powers in the process.

—Walter Tunis

Only 11 more class days and it's all over! (except for exams)



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WARM WEATHER WORKOUTS:
A Guide to Getting in Shape



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FORD MUSTANG

FORD DIVISION



All right, gang, hibernation is over. Time to put away the sticky hot chocolate mugs and oversized sweaters and get ready for fun in the sun, cavorts on the courts and larks in the parks!

ANATOMY 5

When Hamlet said, "What a piece of work is man," he wasn't kidding. The human body is a walking wonder of the world. If all 696 muscles of your body could pull in one direction at one time, you could move 25 tons. And that strength is only one of three amazing aspects of your body that you can—and should—develop as part of a shape-up program.

STRETCHING 6

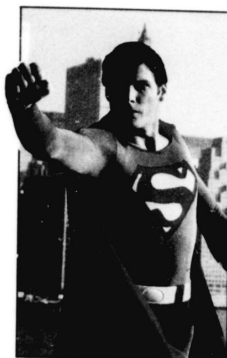
After a winter of limited exercise, most of us have to get in shape before we can take to the courts, pools and jogging paths around campus. Stretching is the perfect way to begin *now*. We've put together a program that isolates eight major sections of the body and stretches them individually. And one super-duper total body stretch that's all-purpose (and thousands of years old).

JOGGING 10

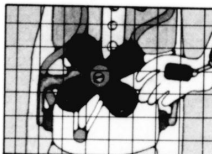
Some people say being on a daily running regimen is like having your own psychiatrist. Find out for yourself. This section gives you tips on setting up a personal jogging program. You'll also get the scoop on running shoes, info on heat exhaustion, a spring-to-winter marathon calendar—and words to the wise from Bill Rodgers, the *real* marathon man.

TENNIS 14

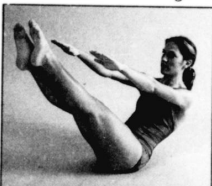
Can you be a winner at tennis with only average physical ability? Yes, says Dick Gould, tennis coach at Stanford University (the 1978 NCAA champs). Also in this section: Rod Laver gives you advice on how to perfect your stroke. A former pro tells you how to develop effective doubles tactics. A Harvard psychiatrist categorizes tennis players by psychological makeup. And John McEnroe admits he's tired.



Superbody/16



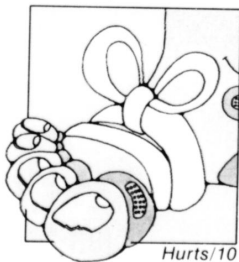
Inner Workings/5



Swim Tune-Up/21



Tennis Tips/14



Hurts/10

WEIGHTS 16

Many top athletes combine weight training with regular workouts to increase stamina and muscle tone. You can, too. We'll tell you how to get started flexing your pecs and limbering your lats (and what that means in English). And lay to rest the myth that women shouldn't lift weights because they'll end up looking like the Hulk. (It's physiologically impossible.)

BIKING 18

Bicycling is a great way to see the countryside and condition your body at the same time. But if you're a beginning rider, how can you avoid soreness? What's the connection between jumping rope and cycling? And who is Otto Wenz and why is he predicting that in five years bicycle racing will be as popular as jogging?

SWIMMING 21

Boston University swim coach Raegh Wetmore (that's his name, honest) shares his five-step plan to get you into shape through swimming. We give you tips like how to avoid shoulder tendinitis (a common swim-related injury), what's the proper swimmer's kick, how to improve your crawl stroke, what it feels like to be a competitive swimmer—and how to flatten your stomach for swimwear.

BODY/MIND 23

Some physicians are prescribing racquetball—not Elavil—for mildly depressed patients. Why? Aerobic exercises are believed to stimulate the production of body chemicals that have the same effect as antidepressant drugs. It's all part of a holistic approach to fitness. Its theme? Your mind affects the performance of your body, and your body has an effect on your mind. Sounds simple, but the ramifications could be mind-boggling.

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Bronco Ranger XLT shown has optional chromatic tape stripe, 10x15 tires, swing-away spare and Privacy™ glass.



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Free Wheeling Pickup shown with special interior trim, blacked-out grille, black front bumper, black GT bar, styled steel wheels and required rear bumper. Chromatic tape stripe, RWL tires, black low-mount western mirrors optional.

Free Wheeling Courier comes with three-color accent tape stripe, cast aluminum wheels, RWL tires, black GT bar, front push bar. Sport Group, 7-ft. box and rear step bumper optional.



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ANATOMY *You're incredible.* *A walking wonder of levers, pumps, bellows, filters and electrical circuits, all working in harmony.*

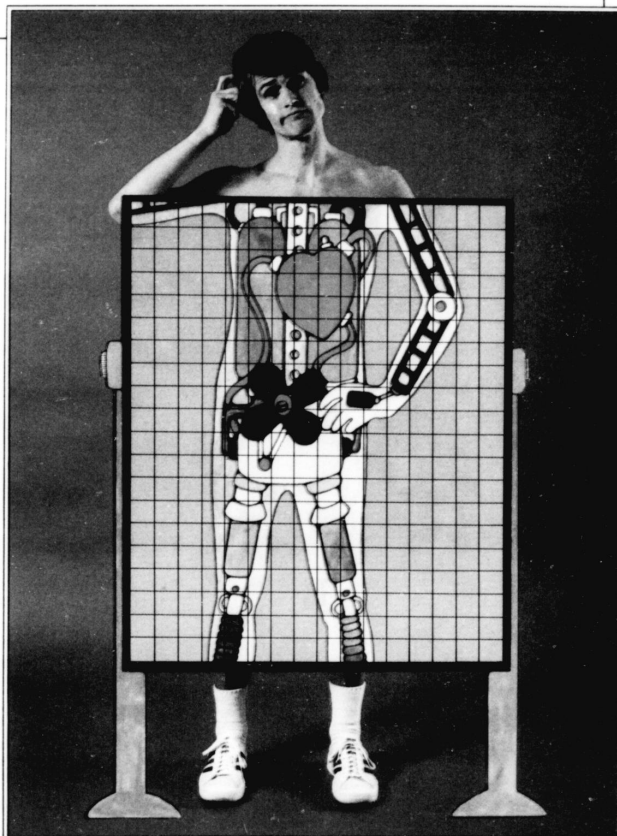
YOU'VE GOT TO EXERCISE. And it's not enough to have just *one* exercise activity, like tennis, and think you're giving your incredible body a total workout. To keep in shape, you've got to exercise both your muscular and cardiovascular systems with activities that develop the three basic elements of fitness: flexibility, strength and endurance.

YOU NEED FLEXIBLE MUSCLES. Any physical activity, from the blink of an eyelid to the lifting of a piano, depends on the muscular system, which makes up 45 percent of your total body weight. You've got 696 muscles supporting the 206 bones of your skeletal system, which are also surrounded and interlaced by another system of tendons and ligaments. These connective tissues bind, link and anchor organs, muscles, bones and the spaces in between. When a bone, muscle or joint is injured, it's usually partly because it didn't receive enough support from connective tissues that had become short and tight from nonuse. A flexible body generally absorbs more stress with less injury, so the importance of flexibility in a physical fitness program that includes vigorous activity cannot be understated.

YOU SHOULDN'T GIVE UP. When that familiar soreness and stiffness sets in after your first exercise sessions, don't throw in the towel. It's just that because you're out of shape, lactic acid has a tendency to collect in your muscles, making it more difficult for them to contract. When blood circulation increases with additional exercise, this waste product will be flushed out as your muscles begin to work more efficiently.

YOU CAN BE REALLY STRONG. If all the muscles in your body could pull in one direction at the same time, their combined force would come to about 25 tons. The surest and fastest way to develop this muscular potential is to work with weights, which can mean lifting hefty barbells in a gym or simply supplementing calisthenic exercises (chin-ups, half-squats) by using five- or 10-pound weights with the routines. Other exercises add strength in specific muscle groups through repetition (sit-ups for the abdomen, push-ups for the arms).

YOU NEED OXYGEN. The element that your body needs most isn't protein, vitamins, enzymes or minerals. It's oxygen. And the vital center that processes it is that marvelous muscle only about the size of your fist: the heart. Although flexibility and strength contribute to a well-conditioned body, the key is to saturate your 60 billion cells with a nourishing supply of oxygen through the bloodstream. This means the more circulation the better. Each day your heart pumps over 2,000 gallons of blood through your body, up to 12 gallons per minute during heavy exercise.



YOU CAN TRAIN YOUR HEART AND LUNGS. Aerobic exercises such as running, swimming, cycling or handball ("aerobic" means literally "with oxygen") are the foundation exercises on which every fitness program should be built. By using vigorous, perspiration-inducing activity to raise your heartbeat from 78-85 beats per minute to 120-140 per minute, you can train your heart and lungs to work more efficiently, bringing increased amounts of oxygen to the body with less effort.

YOU MUST COOL DOWN. Always follow this advice when getting in shape: Cool down for at least 10 minutes when you've finished exercising. If you've ever felt faint after running hard and then stopping suddenly, it's because the blood that was circulating has sidetracked from the brain and collected in the muscles. So decrease your activity gradually by continuing to walk or swinging your arms and legs to keep the blood circulating. And above all, pay attention to pain. It's nature's way of telling you something is wrong. When it hurts, ease up.

To learn more about your incredible body, look at a copy of **MAN'S BODY: AN OWNER'S MANUAL**, by the Diagram Group (Bantam Books, New York, 1976, \$2.75), or **WOMAN'S BODY: AN OWNER'S MANUAL**, by the Diagram Group (Bantam Books, New York, 1977, \$2.75).

STRETCHING

Before you start a program of warm weather workouts, it's a good idea to stretch out any winter kinks. The stretches shown here are designed to build flexibility in eight major sections of the body. Remember, before you play to get in shape, you have to get in shape to play.



NECK

With spine straight and without moving your shoulders, drop your chin to your chest and slowly rotate your head, first clockwise five times and then counterclockwise five times. Don't use jerky movements but try to make as large a circle with your head as you can, feeling the full range of the motion in your neck.

LOWER BACK

Lie on your stomach and bend your legs so that your feet are over your thighs. Firmly grasp your right ankle with your right hand and your left ankle with your left hand. Then slowly raise your head, body and knees by pulling up on your ankles, lifting your head high and arching your back at the same time. Do not strain. Your weight should be resting comfortably on your abdomen. Pause, relax back into the starting position and repeat five times.

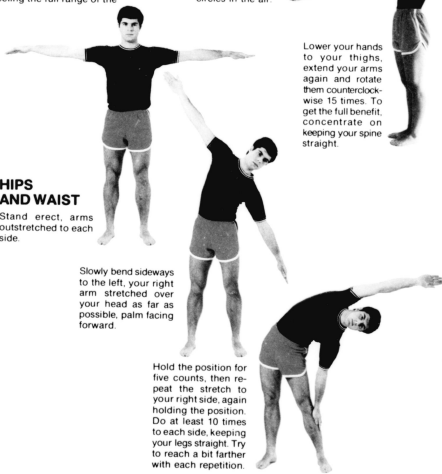


HIPS AND WAIST

Stand erect, arms outstretched to each side.

Slowly bend sideways to the left, your right arm stretched over your head as far as possible, palm facing forward.

Hold the position for five counts, then repeat the stretch to your right side, again holding the position. Do at least 10 times to each side, keeping your legs straight. Try to reach a bit farther with each repetition.

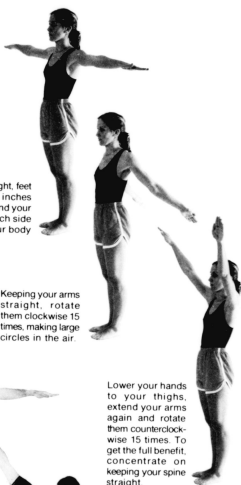


ARMS

Stand straight, feet about six inches apart. Extend your arms to each side so that your body forms a T.

Keeping your arms straight, rotate them clockwise 15 times, making large circles in the air.

Lower your hands to your thighs, extend your arms again and rotate them counterclockwise 15 times. To get the full benefit, concentrate on keeping your spine straight.



UPPER LEG

Lie down on your back with arms outstretched to each side, feet together.

Lift your right leg so it's pointing upward. Keeping both legs straight, try to lower your toes to your left hand. Pause, return the leg to its original position and then lower it to the floor. Repeat the movement with left leg to right hand. Do 10 times to each side.



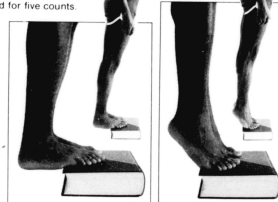
SHOULDERS

Extend your arms in front of you, backs of the hands together. Imitating a swimmer's breaststroke, sweep your arms until they are extended behind your back with palms together and fingers locked.

Keeping your hands clasped, bend forward until your head is at your knees and your hands are above your hips. Repeat five times.

LOWER LEG

Stand erect on the edge of a thick book or a stair, with your heels lower than your toes and the balls of your feet steady on the surface. Pull downward with your heels, and hold for five counts.



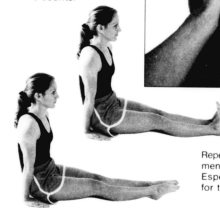
Then rise as high on your toes as you can, and hold for five counts. Repeat these two movements 20 times.

FEET AND ANKLES

Sitting straight with legs extended and palms pressing on the floor at your hips, point your toes downward as far as you can. Hold for five counts, then flex the toes backward, spreading them apart as much as possible, and hold for another five counts.



Repeat both movements 10 times. Especially good for tired feet.



THE TOTAL BODY STRETCH Over 5,000 years old, the Sun Salutation is a hatha-yoga routine whose slow, easy postures will vitalize you each day.



Stand erect, hands in front of your chest. Raising your arms high above your head, bend backward as far as you can. Then, keeping your legs straight, bend forward and reach with your palms toward the floor.

Gently try to bring your forehead to your knees. Then extend your right leg backward with the right knee touching the floor and the head bent back. Stretch both legs out together so that your body forms a straight line supported by your hands and toes.

Drop to your knees, chest and forehead to the floor, keeping your abdomen raised. Then lift your chest from the floor and arch backward. Point your toes forward, press heels flat on the floor and raise your hips, keeping your legs straight.

Bring your right foot forward between your hands, your left knee touching the floor, and hold. Bring your left foot forward and try to touch your forehead to your knees. Slowly straighten up, arms extended.

Bring arms overhead and bend backward as far as you can. Finally, slowly drop your arms to your sides and relax. Complete the entire routine two to eight times. Daily practice will improve your flexibility right away, and your circulation and muscle tone as well.



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JOGGING

Think of it as fun and not something that's good for you, like spinach or a trip to the dentist.



Born To Run

Running is an exercise that helps your entire body feel better. Regular running will strengthen your heart and increase your lung capacity, thus improving cardiovascular efficiency. Running will also lower your blood pressure, tone your body and help keep off extra pounds by burning calories.

The sport is as individual and noncompetitive as you want to make it, and provides much-

touted mental benefits. No one is sure what causes "runner's high," but a general explanation may be that running creates a harmonious balance between mind and body. A Howard University study reported that students felt less anxiety and more positive feelings about their bodies, after lengthening their running distances. Some people say being on a daily running regimen is like having your own psychiatrist.

Hot weather can wilt the hardest of joggers. When outside temperatures rise, it's harder for the body to perspire and heat gets trapped inside. That can lead to cramps and heat exhaustion. To guard against this, jog in light clothes when it's hot and drink plenty of fluids. Rest occasionally and douse yourself with water; this helps you sweat and cool off.



For Women Runners Only

Women derive the same benefits from running as men do. There's this difference: Since a woman's heart and lungs are smaller than a man's, she doesn't have to run as long or as hard to improve her level of fitness.

Kathryn Lance, author of a book on running for women, took up the sport when her poor physical condition led to high blood pressure. She urges the beginning runner to persevere. "Not every run is wonderful,"

she says. "If it's torture, try it three times a week. Tell yourself how great you'll look and feel after that tough first period." Lance's book includes a guide to warm-ups and developing a running program. She gives special emphasis to questions concerning muscle development, weight loss, and running while pregnant or during menstruation.

Kathryn Lance, **RUNNING FOR HEALTH AND BEAUTY: THE COMPLETE GUIDE FOR WOMEN**, Bantam Books, 1977, \$2.25.

Your Own Workout

Once you've decided to take up running, think of your regimen as a training session—not a straining session.

Set yourself an attainable goal. Try running for two months, at least three runs per week. A more rigid six-week program involves running four times the first week for 18 minutes each time. You can then work your way up by stages to half-hour runs. Feel free to mix walking and running at any stage in the program.

A 10-minute warm-up will help cut down the chance of injury. The warm-up should consist of stretching exercises that get your heart, blood and lungs working at more than a resting pace.

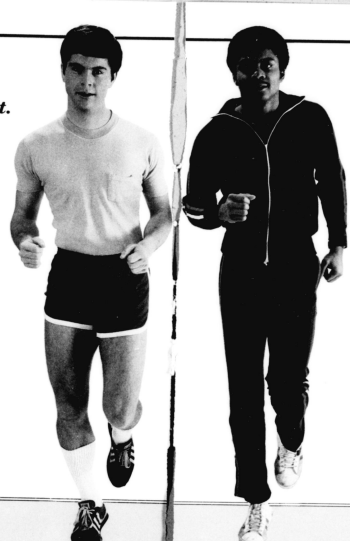
When you first start out, you'll experience an overwhelming urge to forget the whole thing and resume eating pizza. But the day will come when your normal workout is a piece of cake—and then you'll want to push even farther.

Marathon Man

The ultimate proving ground for a runner is the marathon—a grueling, 26-mile 385-yard test of bodily strength and willpower. Bill Rodgers, who holds the American marathon record with a time of 2:09:55 (set at the Boston Marathon in 1975), has been running in marathons for 27 years.

"I know what's good for me from my own experience," says Rodgers, who has no coach or personal trainer. "When I've trained well and know the competition, I'm usually confident before a race."

Rodgers recommends that beginners buy a good running book or subscribe to a runner's magazine for tips on developing a personal program. "It's also good to join a running club, or just talk to experienced runners. There are too many people going too hard and too fast. You have to be patient and work with your body," he says.



WHAT TO DO

On the road to glowing health and inner peace, the beginning runner will doubtless stumble across a variety of injuries common to the sport. If you pull, strain or sprain something, try a hot bath, liniment, or an ice pack on the injury. As you heal, try running at a slower pace on a softer surface. If the injury worsens, knock off for a few days.

Some common runners' afflictions: **Blisters**—Good shoes and petroleum jelly or moleskin on rubbed spots help avoid blisters. To treat, puncture with a sterilized needle, apply a disinfectant cream or ointment and cover for a few days.



WHEN IT HURTS

Runner's toe—This occurs when a toenail is bruised, turns every hue of purple, and eventually falls off. Trimmed toenails and decent running shoes are the best means of prevention.

Shin splints—Running too high on your toes or wearing stiff shoes on a hard running surface causes this painful injury. The shin muscles pull at the surrounding shinbone membranes, which results in tearing or separation of the membranes. Doing stretches designed to limber up the back of the leg can help you avoid shin splints, as can running on a soft surface and wearing flexible shoes.



In the Beginning

Modern marathon racing has classical and heroic origins. In 490 B.C., the Greek allies fought the decisive battle of the Persian War against the army of Darius, the Persian emperor. The Athenian-led Greeks won a stunning victory on the Plain of Marathon, and a runner, Pheidippides, was dispatched to Athens with word of the victory. Legend has it that Pheidippides ran the entire 26 miles without a stop, delivered his good news, and dropped dead.

In 1896, the first of the modern Olympic Games were held in Greece. As host nation, the Greeks chose to revive the marathon. The British tagged an additional 385 yards onto the distance of the race during the 1908 Olympics, held in England. (The proper Britons wished the race to commence at Windsor Castle, and the extra yards have become part of the official distance.)

Today, many cities around the world hold annual marathon races which attract runners of every nationality. Among the most noteworthy are the Boston and Fukuoka, Japan marathons.

A Day at the Races

Marathons, mini-marathons and races of all distances are held in every state, all year long. A sampling:

- BOSTON MARATHON** Boston, Mass. April 16
 - MILE HIGH MARATHON** Denver, Colo. May 6
 - MADISON MARATHON** Madison, Wis. June 30
 - MAYOR DALEY MARATHON** Chicago, Ill. Sept. 23
 - LOS ANGELES HARBOR MARATHON** Los Angeles, Calif. Sept. 30
 - PROVIDENT MARATHON** Philadelphia, Pa. Oct. 14
 - NEW YORK CITY MARATHON** New York, N.Y. Oct. 21
 - WHITE ROCK MARATHON** Dallas, Tex. Dec. 1
 - MARYLAND MARATHON** Baltimore, Md. Dec. 2
- For a more complete listing, plus information on entry requirements and other details, consult **THE RUNNER'S GUIDE TO THE U.S.A.**, by Marina D'Alon, Summit Books, 1978, \$6.95.



The Complete Book of Running, by James F. Fixx, topped the bestseller list for 22 weeks last year. Fixx writes informally and personally about the physical and psychological aspects of running. He cites studies and medical opinions to back up his claims concerning the benefits of running, and includes guidelines for setting up a personal running program. James F. Fixx, **THE COMPLETE BOOK OF RUNNING**, Random House, 1977, \$10.

TUNE-UP

Save yourself the torture of massaged muscles by loosening up before you take to the jogging trails. You shouldn't expect your body to function at peak efficiency without some advance notice. Stretching your legs before you run can help prevent injuries that could inhibit you from further exercising. These two easy exercises will warm up your legs to avoid muscle strain.

(At top) With your hands on the floor, bend one leg as shown. Attempt to press down with the heel of the extended leg. Do this five or six times with each leg.

To stretch the backs of your legs, try the three-step exercise shown at right. Sit on the ground with your legs bent as shown, knees to your chest and hands grasping the sides of your feet. Then "walk" your feet out as shown, continuing to hold onto them. When you've straightened your legs, pause and hold the position for a few seconds. Repeat five times.



FOR THE RECORD—In 1929 a transcontinental footrace was run from New York to Los Angeles. The winner, Finnish-born Johnny Salo, finished the 3,665-mile course in 79 days, an average of 46.5 miles per day. His time was 525 hours, 57 minutes and 20 seconds, and he won the race by 2 minutes and 42 seconds.

What's a Shoe To Do?

The main job of a running shoe is to cushion shock, and to keep your foot straight and your heel steady. Your best bet is a general-purpose or training shoe. It should be flexible at the ball of the foot, and the heel should be at least a half-inch higher than the toe.

Running shoes are the only equipment you need, and it's worth it to lay out the money for a good pair. Good running shoes range in price from about \$25 up to \$40 or more. Consult *Consumer Guide, Runner's World* and *The Runner* magazines for price lists and comparative ratings.

"The masses have finally discovered what athletes have known all along—exercise makes you feel good."
—JAMES FIXX, author and runner



SOUND THE CHARGE!



'79 FORD MUSTANG TURBO.

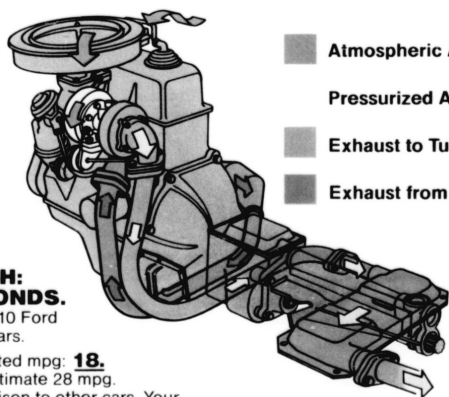
Here's a whole new breed of Mustang. It's the exciting Turbo-charged Mustang from Ford. Dramatic sports car styling with an excellent combination of responsive performance and fuel economy.*

Turbocharger: Mustang's AiResearch TO-3 Turbocharger is actually a turbine compressor driven by wasted exhaust gases. At higher engine speeds, it

compresses more fuel/air mixture into the cylinders, enhancing combustion for increased power output. Additional power that's only there when you call for it. That means you get 4-cylinder economy combined with performance comparable to larger V-8 engines.

Michelin TRX Tires: Mustang's optional Michelin TRX 190/65R X 390 ultra-low profile tires are

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7.1 SECONDS.**

Average of 10 Ford tests on 3 cars.

EPA estimated mpg: **18.**
Highway estimate 28 mpg.

For comparison to other cars. Your mileage may vary, depending on speed, weather and trip length. California mpg is lower.

Actual highway mileage will probably be lower than estimate.



mounted on metric 390MM x 150MM forged aluminum alloy wheels. Included is a specially tuned suspension system. This system gives Mustang its highest level of handling, directional stability and steering response. **Aerodynamics:** Mustang's dramatic sports car styling with a drag coefficient of .44 on the 3-door and .46 on the 2-door gives it one of the most efficient aerodynamic designs of any car

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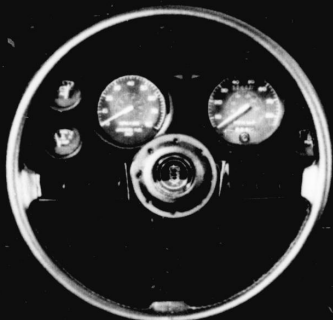
AIR

2.3 L
Optic

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Steer

built in America. A vehicle with a low drag coefficient requires less engine power to propel it to any given speed in low ambient wind conditions.

Full Instrumentation: All Mustangs feature easy to read instrumentation including an engine tachometer, oil pressure, ammeter, engine temperature and fuel gauges with international symbols, a speedometer marked in both miles and kilometers per hour, and a trip odometer.

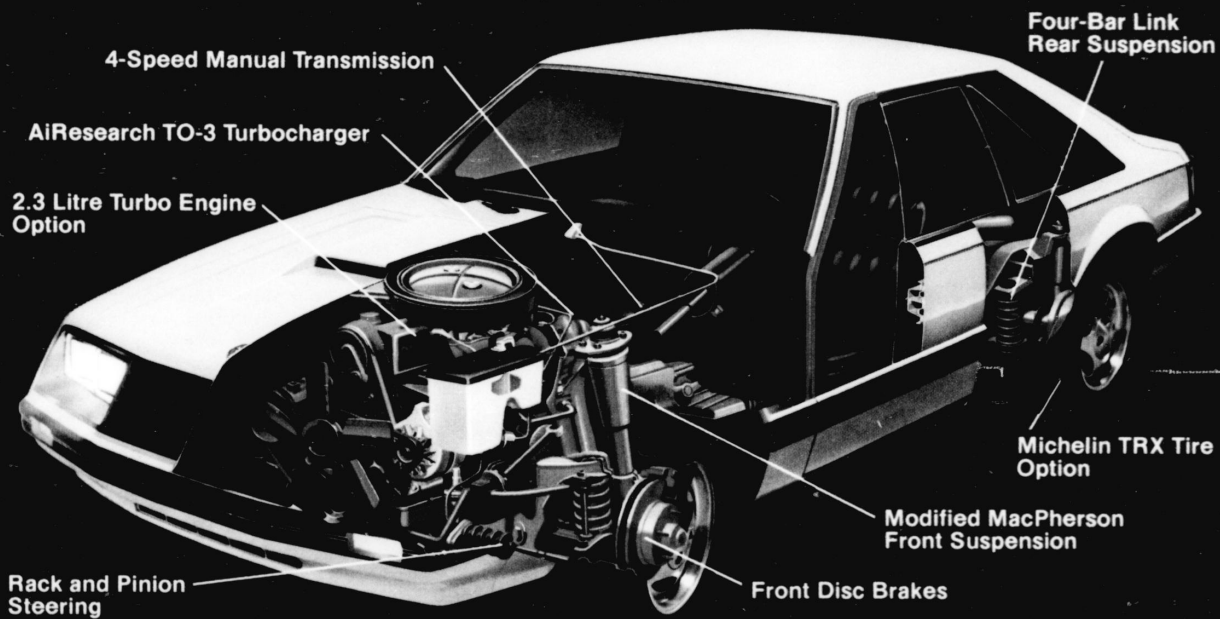


Precise Handling: With sports car features like a modified MacPherson front suspension, four-bar link rear suspension, rack and pinion steering and front stabilizer bar, all Mustangs have precise handling.

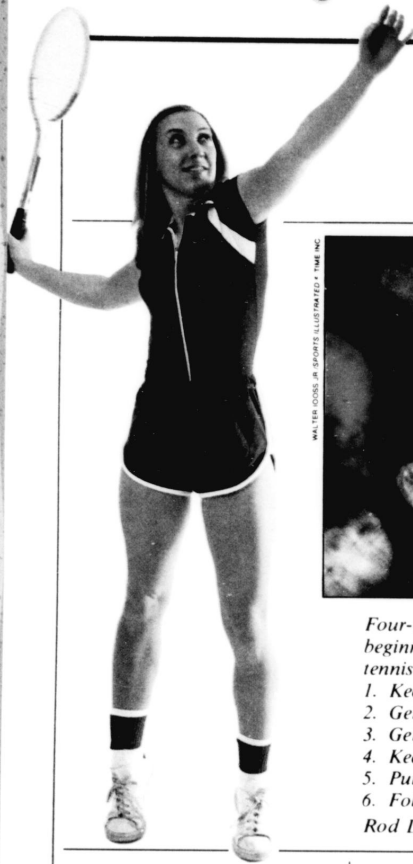
For even better handling, there's the optional Handling Suspension and radial ply tires. Included are radial-tuned springs and shock absorbers plus stiffer suspension bushings and a rear stabilizer bar for increased roll control.

To get the ultimate in Mustang handling order the optional Michelin TRX tires, metric forged aluminum alloy wheels and specially tuned suspension. This system provides Mustang with cornering ability comparable to high performance sports cars costing thousands more.

Experience the exciting new Mustang Turbo for yourself. Test-drive one at your local Ford Dealer.

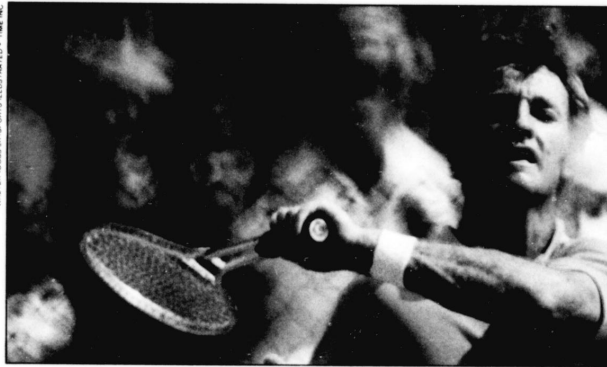



THE NEW BREED
FORD MUSTANG
 FORD DIVISION 



TENNIS

The tennis boom has more than 40 million Americans hitting a ball over a net with a racket.



WALTER ROOSE, JR. SPORTS ILLUSTRATED/TIME INC.

Four-time Wimbledon champion Rod Laver recommends that beginners follow these six steps to achieve a smooth and accurate tennis stroke:

1. Keep your eyes on the ball.
2. Get your weight forward and keep your feet apart.
3. Get your racket back quickly by pivoting.
4. Keep your wrist locked.
5. Put your body weight into the shot.
6. Follow through.

Rod Laver, TENNIS DIGEST, Follett Publishing, 1975, \$7.95.

Tips from Dick Gould, Champion Tennis Coach

If you have the motivation to become a winner in tennis, but only average physical ability, you can still do it. That encouragement is from Dick Gould, and he should know all about victory in tennis. Coach of Stanford University's varsity tennis team (the 1978 NCAA champions), Gould has seen a lot of winners.

"There is a special drive inside people who strive to win, and it forces them to prepare until they reach their goal," Gould says. "If you have that kind of motivation, you can do anything you set your mind to—whether it's to be a tennis star or a business executive."

Although his business is coaching winners, Gould feels that the exercise and enjoyment tennis provides are the best things the game has to offer students.

"It's not necessary that you be a top performer," he says. "You will still feel refreshed, because tennis is such an invigorating game. You can't spend all your time at the library and feel your best. Tennis—or any other physical activity—can get your mind off your studies." To that end, Gould has one final tip to offer the tennis player:

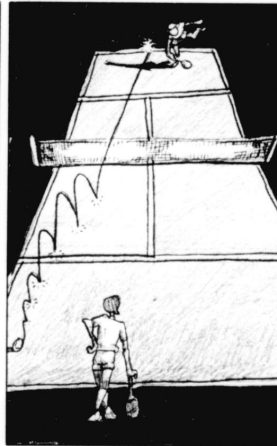
"Enjoy it. When you start getting furious about your playing, it's time to quit. Then the game is controlling you, and it's not a game anymore."

In Praise of Wood Rackets

Although the tennis market has been bombarded with rackets made of everything from steel to fiberglass, wood is still considered the best material for a racket that will allow you control and "feel" for your shots.

The ball leaves a wood racket with only the force that the player has applied, and this control is especially helpful to the beginner who has trouble keeping the ball in the court.

Wood rackets range in price from \$20 to \$60. If you buy one, you should also invest in a press to keep the wood from warping in humidity and heat.



When people are practicing or warming up, they often let the ball bounce two or more times before returning it. But allowing extra bounces really defeats the purpose of practice, which is to tune you up for match play. Waiting at the baseline for the ball to arrive not only burns fewer calories, it can also hurt your game by fostering bad habits and making you less responsive.

Doubles Tactics & Strategies

For the weekend player who prefers social tennis over competitive or highly strenuous play, doubles tennis can provide a slower pace and a more relaxed game. Doubles, however, is a team pursuit that requires team strategy and tactics.

"Doubles is not just singles with two players on each side of the net," says Tony Trabert, former tennis pro and author of *Winning Tactics for Weekend Tennis*. According to Trabert, a major problem for novice doubles players is not knowing where to stand or where to return the ball.

When an opponent is serving to your doubles partner, says Trabert, you should stand with your heels on the service line. This puts you deep enough to cover your side of the court if your partner makes a weak return. If he or she makes a good return, you should then move forward into a volley position.

The best place to hit the ball in doubles play, according to Trabert, is up the center of your opponents' court. They will have less angle on their return and may get confused over who takes the ball.

Tony Trabert, *WINNING TACTICS FOR WEEKEND TENNIS*, Holt, Rinehart & Winston, 1972, \$5.95.

"I began playing tennis seriously when I was 8 years old. And while I may get tired from playing—especially in matches against Connors or Borg—I never tire of the game."

—JOHN MCENROE,
20-year-old winner of the 1979 Colgate Grand Prix Masters pro tournament

Take a Course!

If you're fed up with chasing balls you've sent flying over the fence, some basic tennis instruction can help you iron out the kinks in your game.

"Tennis instruction is not only to train those who want to become champions, but also to help the average player enjoy tennis for fitness and fun," says Eve F. Kraft, director of the Education and Research Division of the U.S. Tennis Association.

Such instruction can take many forms. Enrolling in an introductory course at your col-

lege or university may be your best bet. Most colleges have tennis instruction in their curriculums; the classes are usually conducted as group lessons within the physical education department. Group or private lessons at a local club are another possibility. If you want total, crash-course immersion in tennis, you might consider a camp or clinic—though these can be expensive.

For information and lists of tennis camps or instructional programs in your area, write the U.S. Tennis Association, 729 Alexander Rd., Princeton, N.J. 08540.



Harvard Prof Psychs Out Players

As the game of tennis has gained popularity, it's become possible to categorize certain types of players by psychological makeup. So says Dr. Alvin Kahn, a psychiatrist and clinical instructor in psychiatry at Harvard Medical School.

"Some colleagues and I were intrigued by how much a person's emotions and personality entered into his tennis game, so we began researching the idea," says Kahn. The result turned into a book called *Love and*

Hate on the Tennis Court. In one chapter, Kahn and his co-authors described 34 "tennis types." Here are a few of them: **The Bouncer** has a compulsive and obsessive need for the regularity and control he finds in the bouncing ritual, which can work to lessen his anxieties.

The Equipment Freak always has the latest composite racket and the newest in Italian tennis wear. He tries to cover up his flawed self-image with his new outfits.

The Social Climber spends more time in the locker room, pro shop or bar than on the court.

The Clown giggles when he hits the ball out, trying to convince his fellow players that it really doesn't matter to him. But inside, he's crying.

Dr. Alvin Kahn, with Stanley Cath and Nathan Cobb, *LOVE AND HATE ON THE TENNIS COURT*, Charles Scribner's Sons, 1977, \$7.95.

If you're playing tennis to shape up, you might consider trying one of the indoor court sports as well. Handball, paddleball, racquetball and squash are played at a faster pace than tennis and will give you a harder workout in the same amount of time.



WIDE WORLD PHOTO

In the Beginning

Crusaders returning from the Middle East probably brought tennis to Europe in the 12th century; the game resembled handball at that time. French monks played it inside their monasteries until 1245, when an archbishop forbade all clergy to play. French monarchs had taken up the sport in the meantime, and from them it spread to the royalty of other nations.

The monks and kings played tennis by batting the ball with their bare hands. (The French still call tennis *jeu de paume*, game of the hand.) After years of bruises and blisters, a protective glove was developed, and around

EYES

Playing close to the net requires fast reflexes to avoid getting an eyeful of tennis ball, which can result in bruises, cuts from broken glasses, and even retinal detachments.

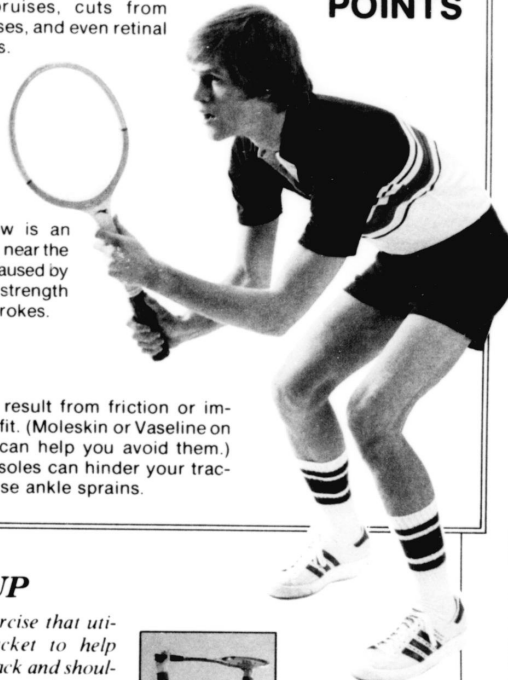
ELBOW

Tennis elbow is an inflammation near the elbow joint, caused by poor muscle strength and faulty strokes.

FOOT

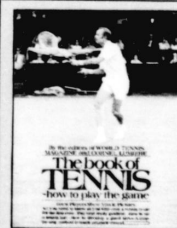
Blisters can result from friction or improper shoe fit. (Moleskin or Vaseline on "hot spots" can help you avoid them.) Badly worn soles can hinder your traction and cause ankle sprains.

SORE SPOTS & DANGER POINTS

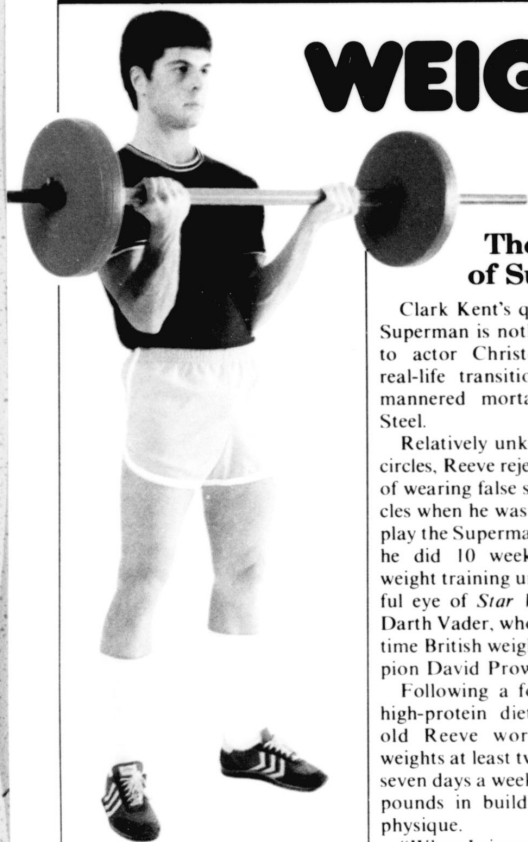


TUNE-UP

Here's an exercise that utilizes your racket to help limber your back and shoulders before you hit the courts: Standing erect, stretch as high as you can, holding up your racket on your palms. While still holding the racket, slowly lean back and bend at the waist. Feel your muscles stretching as you bend. Straighten up and lower the racket behind your head. Then bend sideways and twist forward from the waist. Do this five times on each side.



In the *Book of Tennis*, professionals show you in pictures how to play the game. The black-and-white photos and diagrams are accompanied by easy-to-understand explanations and pointers on all aspects of tennis, from serving to practicing with a backboard. *Cornel Lumiere and the WORLD TENNIS magazine editors, BOOK OF TENNIS: HOW TO PLAY THE GAME*, Grosset & Dunlap, 1970, \$2.95.



WEIGHTS *If you train properly with weights, you can tone, shape and strengthen your entire body.*

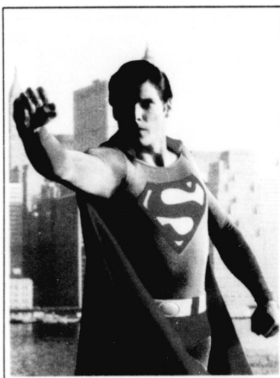
The Making of Superbody

Clark Kent's quick change to Superman is nothing compared to actor Christopher Reeve's real-life transition from mild-mannered mortal to Man of Steel.

Relatively unknown in acting circles, Reeve rejected the option of wearing false styrofoam muscles when he was approached to play the Superman role. Instead, he did 10 weeks of rigorous weight training under the watchful eye of *Star Wars* archfiend Darth Vader, who is really three-time British weight lifting champion David Prowse.

Following a four-meal-a-day high-protein diet, the 26-year-old Reeve worked out with weights at least two hours a day, seven days a week. He gained 30 pounds in building his Superphysique.

"When I signed for the part, I looked like Jimmy Stewart standing sideways," says Reeve. "I had to get to a state where I could believe I was Superman."



Weight training is a system of resistance exercises that use weights to develop specific muscle groups. Many top athletes combine weight training with regular workouts to increase their stamina and muscle tone.

Your age, sex, body weight and experience affect the type and number of weight training exercises you should do. Heavy lifting with minimal repetitions builds muscle size and strength; lighter lifting with more repetitions tends to build endurance and muscle definition.

Your Own Workout

Weight training exercises emphasize the six basic muscle-group areas: the neck and shoulders, chest, back, stomach, arms, and legs. The proper method for training with weights is to isolate a specific muscle group and then exercise it intensively.

A beginner's workout shouldn't take longer than half an hour. As your body becomes accustomed to the workouts, you can gradually increase the time to an hour. The amount of weight you lift will vary from exercise to exercise and depend on your own physical capabilities. A good rule of thumb is to use a weight you can comfortably handle for 10 repetitions (reps) of an exercise. When you can easily do three sets of 10 reps, add another five pounds and begin again.

Experts advise beginners to start slowly and develop a total body program—moving from station to station on a Universal Gym, for instance, to give all the muscles a workout. There are many weight training books on the market that can help guide you in designing a personal program.

The building of muscle involves first tearing it down with concentrated exercise, then allowing it to rest so that the tissue can grow back a little larger than before. That tearing down of muscles can do damage if practiced too often. It is important, therefore, to lay off the weights and rest at least every other day to allow tissues to rebuild. After a few sessions, you should see results that even a week of sports activity wouldn't provide.

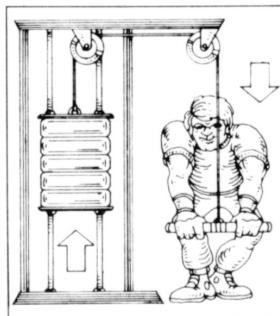
Q: What is the most weight ever raised off the floor by a human being?

A: In 1957, Paul Anderson of Toccoa, Georgia, raised 6,270 pounds in a back lift.

The Scoop on Hardware

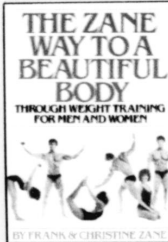
In order to flex your pecs and limber your lats, you'll need some basic equipment. If you have access to a weightroom equipped with a Universal Gym, you'll find everything you need right there. The rig resembles a steel jungle gym with weights on tracks and pulleys. By pushing or pulling on handles or foot-pedals, you can adjust the weights to meet your own challenge level. For beginners in particular, this system is much safer than working with free weights, which require more control.

If you're sure you want to pursue weight training, and you prefer the privacy of working at home, a barbell set consisting of about 100 pounds of weights, bars and collars costs between \$30 and \$50. (Collars are the removable locks which allow you to add or subtract the weight



plates at the ends of the bar.)

Although it isn't needed for some weight training exercises, the added support of a bench is generally safer than the floor because you're less likely to strain your back muscles or drop a barbell on your chest. Benches range in price from \$20 for a simple flat seat with standing metal slots to \$225 for an outfit with features like leg lifts and an adjustable incline.



In their book *The Zane Way to a Beautiful Body Through Weight Training for Men and Women*, Frank Zane (a world bodybuilding champion) and his wife Christine present a progressive series of over 120 exercises that can be done with minimal equipment at home. Also included are a nutrition guide and a section on exercises for couples.

Frank and Christine Zane, *THE ZANE WAY TO A BEAUTIFUL BODY THROUGH WEIGHT TRAINING FOR MEN AND WOMEN*, Simon and Schuster, 1979, \$9.95.

"For three days a week, lifting weights becomes part of my life style to keep all my muscles in shape."

—SALLY WORDMAN,
junior at the University of
Tennessee

No Ms. Hulk

Contrary to popular misconceptions, weight training will not turn women into incredible hulks. Developing huge Mr. Universe muscles takes years of long daily workouts in addition to the male hormone testosterone, present in only small amounts in women. But weight training *will* develop a woman's endurance and muscle tone, for a body that's not only better-looking but also stronger.

"Everyone should do some weight training, even if they're not training for a sport," advises Jandrena Irwin, the 19-year-old University of Nebraska freshman who is currently the national women's AAU Powerlifting Champion in her 132-pound weight class. "The first thing a lot of women think is that they're going to get big. They won't.

You can stay the same size—or even lose weight—while getting into shape."

As a high school sophomore, Irwin began weight training to improve her performance in track and volleyball. Now she works out two hours a day, six days a week, under the guidance of her father, who is also her coach.

"Sometimes it gets lonely, but after you win and know you're the best, it's all worthwhile," Irwin says. She follows a varied diet but keeps a wary eye out for sugars in order to remain in her weight class.

To win last year's title, Irwin lifted a record total of 690 pounds divided among the squat lift, bench press and dead lift. She hopes to open her own health club someday. But for the present she continues to train, and this spring she'll defend her championship.



GEORGE LONG/SPORTS ILLUSTRATED • 1977 TIME INC.

When bodybuilders work with weights, they often feel a tingling sensation caused by increased amounts of oxygenated blood swelling muscles and flushing the skin. This high is called "the pump." Pleasurable because it's an exhilarating feeling, the pump is also a visible sign of muscle growth.



JACKIE KAUFMAN

The Sporting Side of Weights

Two competitive sports involving weight training are weight lifting and bodybuilding.

The object of weight lifting is simply to outlift your competition. Male lifters are divided into 11 body-weight divisions ranging from flyweight (114½ lbs.) to super-heavyweight (over 242½ lbs.). Women have nine categories, from flyweight (96½ lbs.) to heavyweight (over 181 lbs.). The barbell is made progressively heavier during the competition, with weight increasing in multiples of five pounds.

Bodybuilding is not so much concerned with shows of strength as it is with beauty of physique. Like a sculptor, the bodybuilder uses weight training techniques to create his or her version of physical perfection. Competitors perform personal posing routines and are judged on muscle development and poise.

Sore Spot

The most common injury in weight training is lower-back strain resulting from poor body position during an exercise. To avoid this, make sure you're doing the exercises correctly. Slow, steady pacing and proper breathing are also important. A 10-minute warm-up routine of rope-skipping, stretching exercises or running is also advisable, to allow your muscles to limber up before you start lifting.

DUMBBELLS:

The original "dumbbells" were bell-shaped pieces of solid lead that didn't ring when they were lifted. Today, these small, hand-held barbells are usually bought in pairs.

BENCH:

While it's not necessary for all the exercises, the added support of a bench could save you strained back muscles.

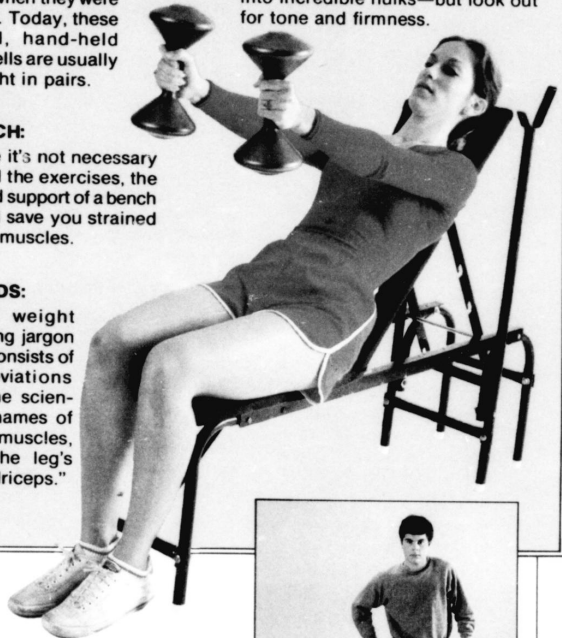
QUADS:

Most weight training jargon just consists of abbreviations for the scientific names of your muscles, like the leg's "quadriceps."

LIFTING LINGO

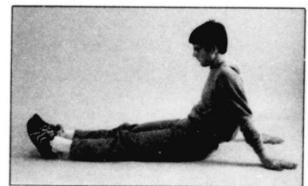
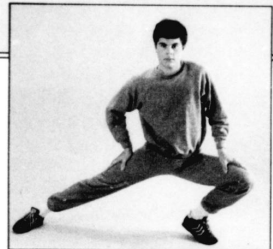
BICEPS:

She can't turn these arm muscles into incredible hulks—but look out for tone and firmness.



TUNE-UP

Limbering up shoulders, back and legs is a must for weight trainers who don't want to strain themselves. These two exercises will help: (Top) Ease slowly into the position shown. Straighten up, then bend the other leg. Repeat five times on each side. (Middle and bottom right) Sit on the floor with your arms extended behind you, palms flat and feet pointed. Next, slide your hips forward as shown and pause for a few seconds to stretch your muscles. Repeat five times.



In the Beginning

In a sense, weight lifting is one of our oldest sports. The whole thing probably started when one caveman challenged another to lift a craggy boulder. It was first used as a method of training, however, in ancient Greece. Milo of Croton, famed as Greece's best wrestler, used to train for matches by running laps around the Olympic stadium with a newborn bull slung over his shoulders. Milo continued this training program every day for four years. As the bull grew, so did his muscles.

In 18th-century London, the circus strong man emerged. Thomas Topham, better known as "The Strong Man," was said to have the strength of 12 men. In a 1741 performance, using a rope and tackle laid over his shoulders, Topham raised three hogsheads of water, a total of 1,836 pounds, several inches from the ground.

Eventually the carnival and vaudeville shows gave rise to standardized amateur competitions. The first world weight lifting championship was held in London in 1891.

BIKING

The simple action of pedaling can strengthen your legs, arms, back and abdomen.

In the Beginning

Pedal-powered bicycles have existed for only about 140 years, even though Leonardo da Vinci designed one on paper in the 15th century. In the late 1790s, the Comte de Sivrac of France put a crude wooden horse on two wheels and fastened a saddle on the top. But his construction had no drive mechanism, so the rider had to push it like a child's scooter. It wasn't until 1840 that a Scotsman named Kirkpatrick Macmillan developed a two-wheeled vehicle that could be ridden with both feet off the ground. His pedal-operated machine marked the beginning of self-propelled bicycles.

During the next several decades, various improvements were made in Macmillan's machine. Around 1870 an Englishman named James Starley designed and manufactured a bicycle with an enlarged front wheel and a smaller back wheel. His bike, called the "ordinary," was the first design to allow the rider to thrust his legs downward effectively while pedaling.



Bicycling is a great way to see the countryside and condition your body at the same time. Nearly all the large muscle groups of the body are exercised when you ride; your breathing is deepened, your circulation stimulated and your endurance increased. Cycling can help you lose weight as well. At average speed, a woman on a bike burns around 300 calories per hour, a man 450.

"Biking clubs are not just for the experts. When I joined the cycling club at the University of Florida, I was only a recreational rider."

—DAVID ISRAEL, college sophomore who recently biked 4,500 miles from Gainesville, Florida, to Seattle, Washington



Your Own Workout

If you are a beginning rider, you will be using your muscles in a new way and from a different position. To avoid soreness, you should start out with short rides (perhaps half a mile), gradually increasing the distance as your muscles and cardiovascular system get conditioned. Use low gears to start with (pedaling is easier), and work up to higher ones as you get in shape.

One exercise that will help can be done on your dorm room or living room floor. Lie down on your back and stretch your arms over your head. Holding a 15-pound weight in each hand, lift your arms over your head and down to your stomach; then return them to the floor above your head. This exercise will strengthen your chest and diaphragm. Another good exercise is running up and down stairs or bleacher seats to develop your legs.

When you've worked up to distance riding, don't forget to "warm down" at the end of your ride. Take the last couple of miles slowly in order to relax your muscles and prevent cramping.

Going Nowhere Fast

What if you don't like biking in a rainstorm? Bad weather can't stop you from cycling if you have an exercise bicycle. These stationary models allow you to pedal indoors while watching television or daydreaming, since you have no gears to shift or traffic to watch for. You burn approximately the same number of calories on an exercise bike as you would on a real bicycle, but fewer muscles are worked since there is no strenuous hill-climbing involved.

There are dozens of exercisers on the market, ranging from a \$500 model with an electric motor to a couple of metal tubes (\$50) that attach to a real bike and transform it into an exerciser.



LOOK OUT FOR BIKE RACERS!

The frequency of bicycle races and the number of bike clubs are increasing, but bike racing as a sport has not even begun to peak, according to Otto Wenz, president of the U.S. Cycling Federation.

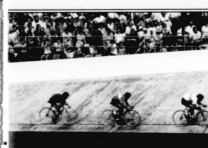
"Cycling is really starting to pop, and I expect it will be as popular as running in five or six years," Wenz says.

On the college level, bike racing is mainly an intramural sport, although several colleges in the East (such as Yale and West Point) have given cycling varsity status. Other schools have cycling clubs which participate in local races. Cyclists of all



levels can race in local events, since competitors are usually matched according to age, sex and ability. To join a bicycle club, check with your local bike shop or write the U.S. Cycling Federation, Box 669, Wall Street Station, New York, N.Y. 10005.

Track events for bicycles are held in a facility called a "velodrome," a banked oval track which resembles an auto speedway. Like a speedway's, a velodrome's turns are steeply banked and its straightaways are level. Although Europe abounds with both indoor and outdoor velodromes, there are only 13 in the U.S. (all of them outdoor concrete tracks). Among the American cities that have velodromes are New York, St. Louis, Milwaukee and Atlanta.



John Marino, Cross-Country Champ

"Of all sports, bicycling is the most functional. You can get a workout while doing something useful like going to the grocery store or going to work," says cross-country bicycling champion John Marino.

Short trips such as these were the extent of Marino's cycling until three years ago, when he decided on impulse to go after the transcontinental bicycling record. After two and a half years of training to build his endurance, he finally departed from Santa Monica on August 13, 1978. He arrived in New York City 13 days, one hour and 20 minutes later, breaking the old record by better than five days.

Marino was accompanied on the trek by a motor home carrying four people, among them a masseuse, a mechanic and a public relations man who arranged police escorts through towns along the way to avoid traffic tie-ups. Marino slept only three hours per night and rode the last 400 miles—28 hours' worth of cycling—without a break. This August he plans to make the ride a second time in an attempt to beat his own record.

"I know I can break last year's record," Marino says. "I've learned from my mistakes and I've improved my endurance. More important, the mental pressure is off because I know I can make it."

Bike Hikes

Hiking across the city or the countryside on your bicycle can challenge your endurance and give you a chance to see the scenery as you never could before.

For information on nationwide bicycle tours, check out *The North American Bike Atlas*. This book lists 175 cycling routes from coast to coast, as well as in nine Canadian provinces, Mexico, Central and South America, and Europe. (Send \$3.50 to: American Youth Hostels, Delaplane, Va. 22025.)

Another national organization that provides free information to interested bikers is Bikecentennial, Box 8308, Missoula, Mont. 59807. (406) 724-1776.



A section on do-it-yourself repairs and a bicycle buying guide are two features of *Richard's Bicycle Book*, by Richard Ballantine. Illustrations provide step-by-step instruction on maintenance and repairs. The book also lists names and addresses of mail-order parts shops and touring and racing clubs. It is revised annually, so information on prices, trails and cycling innovations is kept up to date. *Richard Ballantine, RICHARD'S BICYCLE BOOK*, Ballantine Books, 1978, \$4.95

The Safest Routes

Bikeways—regulated safety routes for bicycle riders—are a growing national phenomenon. During the past 17 years, more than 250,000 miles of bikeways have been established in the U.S. They usually take the form of a series of city streets or country roads marked to guide the cyclist and to alert motorists.

The first bikeway, a 25-mile route, opened in Homestead, Florida in 1962. Two years later, a 300-mile bikeway in Wisconsin was opened.

Abandoned railroad tracks in scenic countryside are also being converted into bike paths. Local or state governments buy up trackage, rip out rails and smooth the surface with asphalt.

TUNE-UP

Leg strength is the most important element in biking. A good way to get your legs in shape is to jump rope. A daily stint will increase strength from your ankles to your thighs.

To start, try jumping for just a few minutes as you feel stronger. Always jump from the balls of your feet. You may feel awkward at first, but a little perseverance will have you skipping along like Muhammad Ali.



A Better Breed of Bike?

A mechanical engineering professor has redesigned and built a 1930s "recumbent" that could soon be mass-produced as a better breed of bicycle. The recumbent is a variation on the conventional bike in which the cyclist is seated behind the pedals and supported by a backrest.

According to its designer, Dr. David Wilson of the Massachusetts Institute of Technology, the recumbent is safer than a 10-

speed because the rider is less likely to be thrown forward from a reclining position. In addition, all muscle pressure is directed onto the pedals, which allows the cyclist to attain speeds of up to 30 m.p.h.

The recumbent was produced experimentally by the British and French in the '30s, but failed to catch on. Wilson's new-and-improved model will be built and sold by special order. Prices will range from \$800 to \$1,500. If the recumbent sells well, mass production will soon follow.



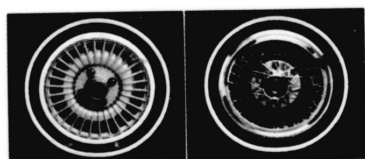
Cycling on city streets or other much-traveled roads requires certain safety precautions. To improve your visibility to motorists, you should wear light clothing. Equipping your bicycle with a tall bike flag will make you stand out even more. In addition to reflectors on your spokes and seat, a headlight is essential for riding at night or on dark days. Finally, be sure to use hand signals when turning corners or stopping so that motorists will know your intentions.

THE FUTURA IS NOW.

Right now! Ford Futura gives you advanced styling with the look of tomorrow today. A sporty coupe with all the style and flair that's just right for the life you're livin'. You don't have to wait for the future to afford an expensive personal car. You're ready for Futura—now!



Now is a sporty way of life. Futura matches it with a sporty rack and pinion steering and an economical 2.3 litre overhead cam engine with 4-speed manual transmission.*



Now means personal style. Add your own touch. Order your own personal Futura to your own personal taste.

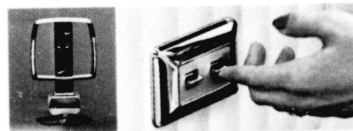
*EPA estimated MPG: 20. Highway estimate 31 MPG. For comparison to other cars. Your mileage may differ, depending on speed, weather and trip length. California MPG is lower. Actual highway mileage will probably be lower than estimate.



Now is a flip-up open air roof... open up your roof and let the sunshine in.



Now means you've got your own style... and we've got the car to match.



Now means luxury touches and high style, coming and going. Why not the optional touch of power windows?



Now is comfort. The luxury of 5-passenger roominess.

**FORD FAIRMONT
FUTURA**

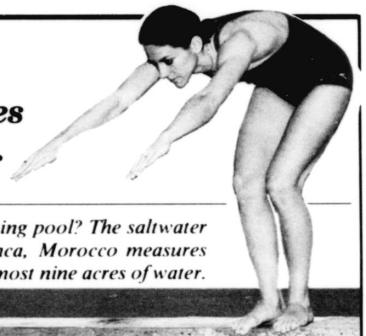
FORD DIVISION 



The future isn't someday, it's now. Why wait? Step into the '79 Futura—now!

SWIMMING

A good workout in the water makes use of almost every muscle in your body.



Your Own Workout

Boston University swim coach Raegh Wetmore suggests this five-step plan to get you into shape:

Step 1: Swim one lap, then rest for 10 seconds. Repeat 10 times. (A lap is the distance from one end of the pool to the other. Standard length is 25 yards.)

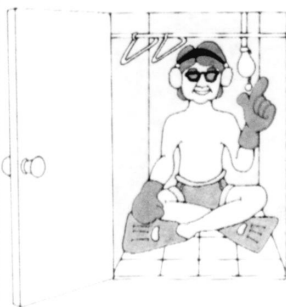
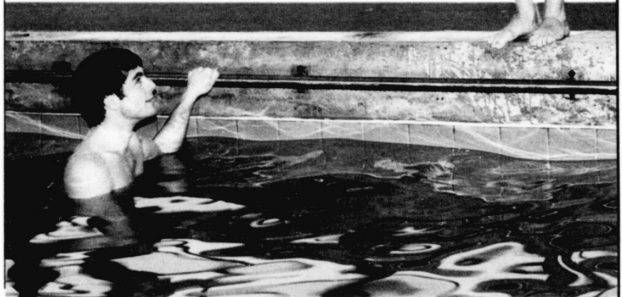
Step 2: When you can make eight laps without tiring, double the distance to 16 (400 yards). Rest 10 seconds after every two laps.

Step 3: Swim eight laps consecutively, then rest for 10 seconds. Repeat.

Step 4: Swim 16 laps consecutively, then rest for 30 seconds. Repeat. (To minimize the risk of developing tendinitis in your shoulders, Wetmore recommends staying at step four for two weeks.)

Step 5: You should now be able to swim 32 laps (one-half mile) without stopping. Do this three times a week to keep your lungs, heart and muscle system in tip-top shape.

The world's largest swimming pool? The saltwater Orthlieb Pool in Casablanca, Morocco measures 480 by 75 meters. That's almost nine acres of water.



The boredom of swimming mile after mile during practice is the biggest obstacle a competitive swimmer has to overcome, according to University of Tennessee swim coach Ray Bussard. "Picture it this way," says Bussard. "Go home and put on a bathing suit. Cover your ears with earmuffs, put on gloves and dark glasses. Go into a closet with a five-watt light bulb and sit there—three and a half hours a day, six days a week."

Improving Your Stroke

The distance from one end of the pool to the other can seem infinite, especially to the swimmer just beginning a lap program. These tips on improving your crawl stroke will make the going easier.

Body moves: Keep your body parallel to the surface and in a streamlined position. Don't submerge your head completely—the water should come to just below your hairline. Roll your body only slightly when you stroke; too much movement in either direction will slow you down.

Arm forces: Don't overexert your arms by digging straight down toward the bottom of the pool. You'll get just as far, and with less effort, if your arms just skim the water. Angle each arm into the water, with the elbow slightly bent. Reach forward, fingers together, and pull the water toward your chest. Push the water back so that you've made an S with your arm.

Getting a kick out of it: The kick comes from the hips and thighs, not the knees. Kick upward with straight legs, using your feet almost like flippers. Try counting six kicks for every arm cycle.

Catching your breath: Don't lift your head out of the water to breathe. Instead, rotate your head from the neck, to one side only. Inhale when your head is turned to the furthest point, exhale when your face is back in the water.

In the Beginning

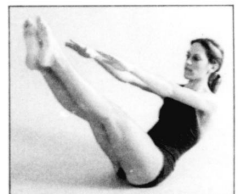
The first swim meet on record took place in Japan in 1603. But the British are credited with starting the growth of swimming as a popular sport. In fact, the word "swimming" derives from the Old English "swimman." After Captain Matthew Webb became the first man to swim the

English Channel in 1875, pools were built all over London and the first swimming associations were formed.

Competitive swimming emerged in the U.S. when the first AAU meet was held in 1893. Three years later, freestyle swimming events were part of the first modern Olympic games.

TUNE-UP

Looking good in your swimsuit starts with a flat stomach. This exercise will do the trick:



Lie down on your back, arms stretched over your head, fingers and toes pointed. All in one motion, lift your legs and upper body off the floor and touch your toes. (Your buttocks should be the only part of you still on the floor.) Hold and count to five.

Stiff shoulders can cause tendinitis when you swim. Here's a simple exercise that will stretch your shoulder muscles:



Grip a towel in both hands behind your back. Lift your arms as far overhead as you can. Reverse the movement with the towel overhead, reaching backward and downward, until your shoulders feel loose.

CRAMPS

You're more likely to develop a leg cramp—rather than stomach cramps—when you swim after a meal. Why? Because a large amount of blood goes to your stomach to aid in digestion, leaving your extremities short on circulation and prone to cramps.

To work out a leg cramp: Float on your back and bring the leg close to the surface. Massage the leg to relax the tissue and help the blood circulate. Knead the muscle with both hands several times, alternately rubbing up and down and pinching the flesh. Then slowly exercise the leg.



JEFF HANIGARD
AUBURN PLAINSMAN

"Not only will swimming work almost every muscle in your body, but your cardiovascular system will also benefit tremendously."

—BILLY FORRESTER,
Olympic medalist and Auburn University student

OUT FRONT IN VANS. FORD!

More Ford vans are on the road today than any other make. There are good reasons why!

(based on cumulative registrations as of 7/1/77)

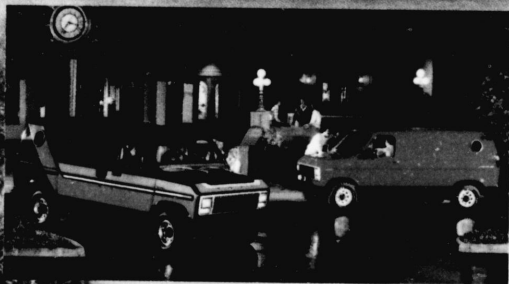
Advanced van design. Ford's engine is set forward—for easy entry and easy move-around room. Ford vans are built tough, with rugged body-on-frame construction.

Personalize your Ford, or buy one already customized.

If you're really into vanning, you're into FORD!



Owner-painted rocker panel.



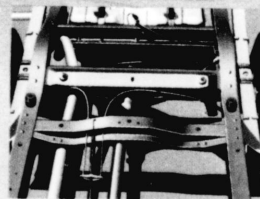
Ford's van variety

Everything from a "Cruising" van already customized to a "Free Wheeling" van (shown with optional portholes, pushbar, fog lamps, wheels and tires).



Ford's roomy design

Lots of livin' room! Even tilt steering wheel, swivel/reclining chair options.



Tough frame

Separate body-on-frame, cushioned by rubber mounts.

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BODY/MIND

Could it be possible that the path to your soul is the one you're running on?

THE INNER EXPERIENCE. Right after an intense and exhausting football game, ex-Cincinnati Bengal Mike Reid used to spend hours at the piano producing what he felt was his best music. Golf pro Arnold Palmer believes that when his mind is calm, he can focus his attention so completely that his body performs with its own "internal sense of rightness."

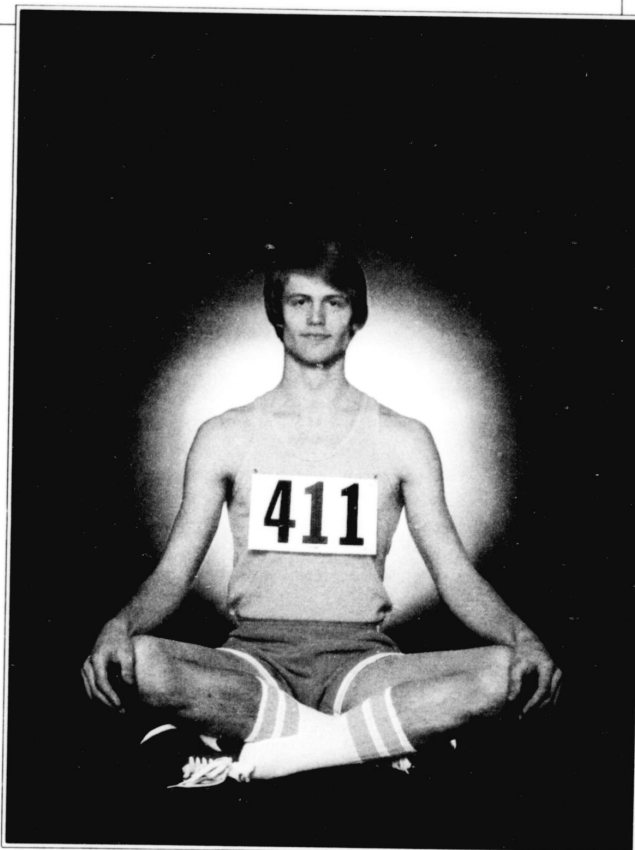
The experiences of Mike Reid and Arnold Palmer are just two examples of a growing recognition among athletes and amateurs alike that the body and the mind do not function independently of one another. "Every change in the physiological state is accompanied by a change in the mental state—and vice versa," says Edward Greenwood, M.D., a consultant to the Meninger Foundation. To put it simply: Your mind affects the performance of your body, and your body has an effect on your mind.

EAST MEETS WEST. This holistic approach to fitness, which acknowledges that there is a dynamic relationship between body and mind, is not new. The ancient Greek, Oriental and Indian cultures knew the concept of mind-body harmony thousands of years ago. Today, everyone from the professional football player to the weekend runner is beginning to approach fitness from a less strictly physical point of view.

Tennis is a case in point. One of the best-known American proponents of the "inner" approach to sports is Tim Gallwey, author of *The Inner Game of Tennis*, Random House, 1974, \$6.95. According to Gallwey, what hinders a tennis player's performance is not faulty equipment, bad conditions or lack of expertise, but the doubt, fear and lack of self-confidence he creates in his mind. The object of the inner approach is to calm the mind and let the instincts take over.

That sudden hot streak you hit in the middle of a game, and that freedom-from-self feeling that can come with strenuous running, swimming or skiing, are examples of the state Gallwey thinks you should try for—a state in which the trained movement becomes natural and effortless because the body has taken over and the mind is out of the way.

THE CHEMICAL CHANGE. Not only can your mind and emotions affect your physical performance, but it also appears that exercise may enhance your mental awareness and attitude. Physicians and psychologists are currently studying physiological evidence which indicates that vigorous aerobic exercises such as running, swimming and racquetball, done regularly for sustained periods, may stimulate the production of certain body chemicals that can have the same effect as antidepressant drugs. It is already known that aerobic exercise increases the flow of oxygen to the brain and helps eliminate toxins from the body.

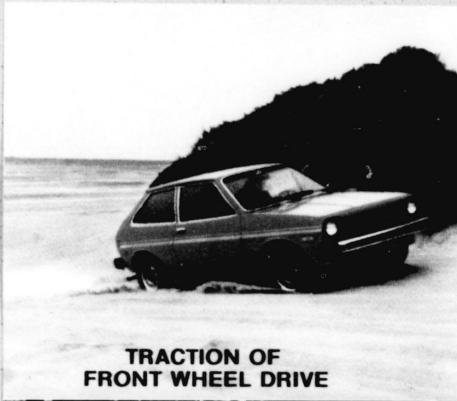


Other physicians believe the psychological benefits of exercise come not so much from the act itself as from the release and relaxation it affords. "I jog to keep in shape," says Marc Ross, a Kent State graduate student, "but I really look forward to my daily run because I can escape the pressures of the day. Somehow by the second mile I feel calmer, the stress subsides and I return to my studies with a clearer head."

A NEW ATTITUDE. Finally, it usually happens that being physically fit not only helps clear your mind and reduce tensions, but also brings a sense of control over your body and mind that can lead to a better feeling about yourself in general. In the words of body-builder Arnold Schwarzenegger:

"I think you gain a lot of self-confidence by having so much command over yourself, over your body, and that is a reflection of your mind. It carries a kind of confidence into a lot of other areas of your life."

To learn more about your incredible body, look at a copy of *MAN'S BODY: AN OWNER'S MANUAL*, by the Diagram Group, Bantam Books, New York, 1976, \$2.75, or *WOMAN'S BODY: AN OWNER'S MANUAL*, by the Diagram Group, Bantam Books, New York, 1977, \$2.75.



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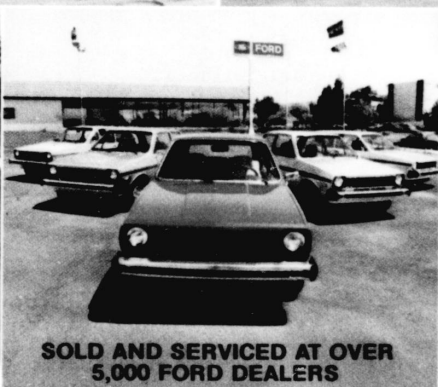
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FIESTA. WUNDERCAR!

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Excellent Performance.

Performance is what Ford Fiesta is all about. With front wheel drive and Michelin steel-belted radials to help take you up hills, through mud and over ice and snow.

Rack and pinion steering for direct response. And acceleration that will absolutely move you. In Ford tests, 1978 Fiestas accelerated from 0 to 50 MPH in an average of about 9 seconds.

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Fiesta gives you excellent fuel economy. EPA estimated mpg: [28]. Highway estimate: 39 mpg. Compare this to other cars. Your mileage may differ depending on speed, weather and trip length. California mpg is lower. Actual highway mileage will probably be lower than estimate.

At Over 5,000 Ford Dealers.

Fiesta is built in Germany and a success throughout Europe, but it's sold and serviced at over 5,000 Ford Dealers and backed by Ford Motor Company, Dearborn, Mich. Test-drive a Fiesta and see why we call it Wundercar.



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