

# Western Front

WESTERN WASHINGTON UNIVERSITY

VOL. 73, NO. 7

FRIDAY, JANUARY 30, 1981

## Jirka: Sports outcome tainted

by John L. Smith

**F**ootball was retained at Western at the expense of a fledgling varsity soccer program because of pressure from University President Paul Olscamp, a member of the Intercollegiate Athletics Task Force alleged Tuesday.

"I feel we have been sold down the river," task force member Bob Jirka said after a Tuesday press conference in which Olscamp announced six varsity sports would be cut.

Jirka, also the AS vice president for External Affairs, said Olscamp applied pressure to the six-member committee after its first report recommended football be dropped and men's and women's soccer be raised from club to varsity status.

The six sports recommended dropped are baseball, golf, men's and women's tennis, field hockey and wrestling. The university Board of Trustees will meet Feb. 5 to decide the fate of the proposal. Should the trustees vote to drop the sports, the six would be eliminated starting in the fall of 1981 for five years.

Though Olscamp would not comment directly on Jirka's allegation, he did say a problem might have arisen when it was discovered that approximately \$25,000 in Service and Activities fees had been added, through increased enrollment, to the men's athletic budget. The additional funds raised the department's total to \$179,000 from \$155,000.

Each quarter, \$54 of the \$206 each student pays in tuition is extracted and tagged as S&A fees.

The Departmentally Related Activities Committee, made up of 13 students and faculty representing the various student activities, meets and disburses those funds. Intercollegiate athletics, intramurals, and theatre/dance are some examples of student activities for which DRAC allocates funds.

"All I did was to provide the committee an up-to-date fiscal statement," Olscamp said.

The task force's figures were not accurate for the 1981 fiscal year, he said.

"The findings of the committee were as I noted today (at the press conference). If there was any disagreement, it was not in the final report," Olscamp said.

Jirka said Olscamp pressured the task force into changing its mind and that the president was influenced by Western's Athletic Director and head football coach Boyde Long.

"It was definitely Boyde Long," Jirka stated, alleging that Long influenced Olscamp's decision to retain football and thus push the date men's and women's soccer teams will become varsity sports back to 1982-83.

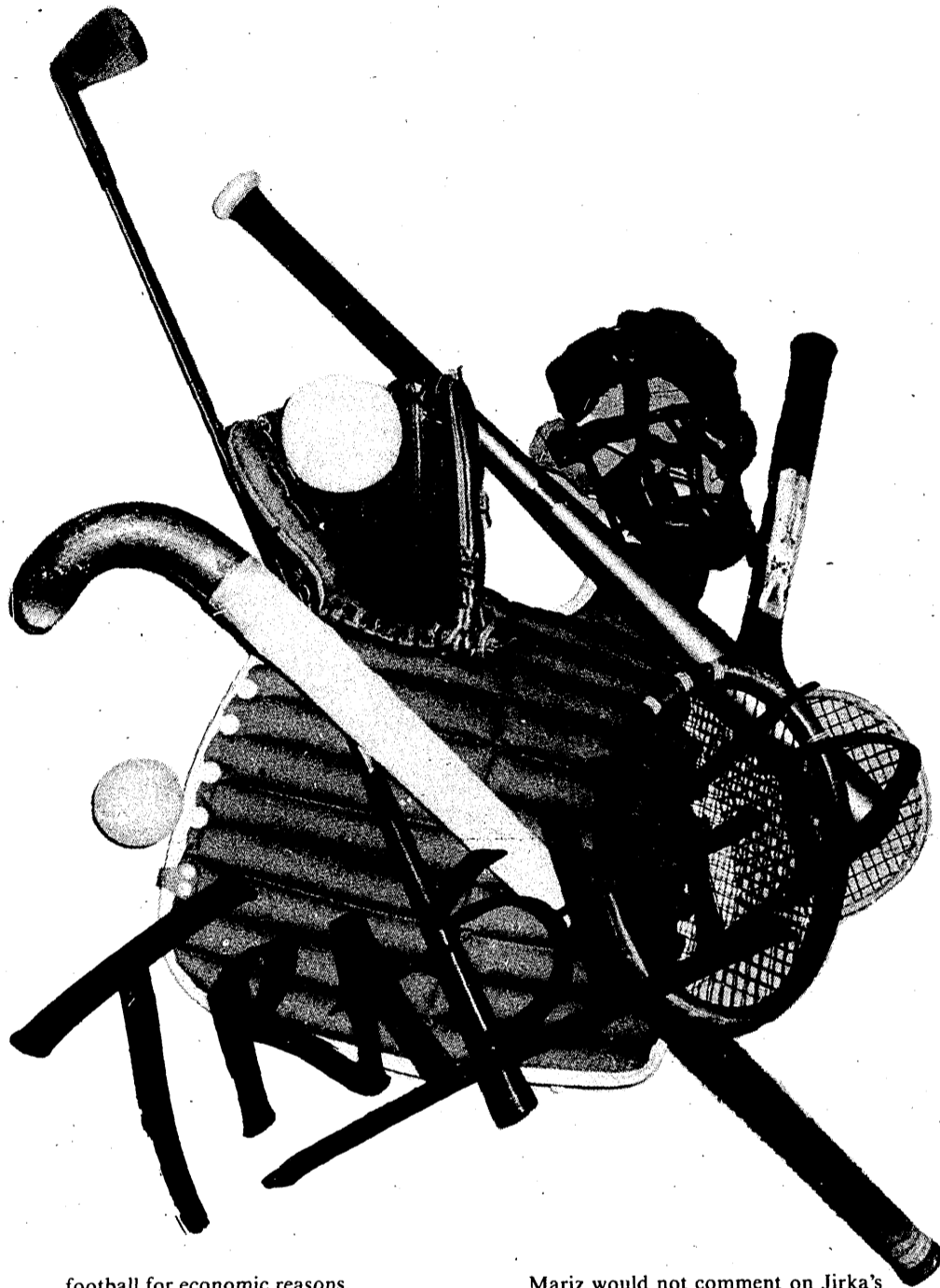
Long disagreed with Jirka's statement, saying that he did not try to influence Olscamp.

"I don't know that to be true," Long said. "I can't make any comment for the president. He has his own opinion. I don't think I influenced him. If I did, I'm sure he would tell you."

When Olscamp was told of Jirka's allegation, he had no comment.

"It is my opinion the committee was pressured into reinstating football," Jirka said. "It was the understanding of the committee that we institute football only if none of the other sports suffered. Soccer has already suffered."

Two reports were submitted for Olscamp's consideration, Jirka said. In the first report, submitted Jan. 12, the task force recommended the president drop



football for economic reasons.

The first report added men's and women's soccer as varsity teams. The teams were to divide evenly the \$19,000 in S&A fees saved when the football program was to be dropped.

Jirka said he plans to present a motion at Monday's AS board meeting calling for the withdrawal of those funds from the football program.

The program currently uses \$40,000, including coaches' salaries.

The second and final report, presented to Olscamp Jan. 21, noted the changes in both the funds allocated for men's athletics and the revision retaining football. The second report also made the soccer teams varsity sports, but at Tuesday's press conference, Olscamp said further study was needed before the teams could be given varsity status.

In a task force meeting on Nov. 18, the six-member committee voted 5-1 to drop football from Western's varsity sports program, Jirka said. Committee member George Mariz, also a member of the history department and president of the Faculty Senate, was the only committee member to vote against dropping football.

The committee met in early January after Olscamp told it the extra money had been found and voted again, this time 4-1 in favor of retaining football. Jirka voted against the move. Committee member Jo Metzger was out of town.

Mariz would not comment on Jirka's statement, but said he agreed with the president's decision.

"I support the recommendation. Given the financial problems facing the institution, the committee and the president made the right choice," Mariz said.

He had no comment on the workings of the committee, which was appointed by Olscamp last May, declaring "those matters are private matters."

"The president presented us with additional information (the finding of the extra \$25,000) that altered the thinking of a number of members," Mariz said.

Metzger, a senior and also a member of the women's basketball team, said she did not feel pressure so much as frustration.

"I don't know if it was pressure so much. There is not much you can do when the president wants football," Metzger said. "He said they found the funds to support football at an all-right level. Like I said, there isn't much you can do," she added.

Metzger said Olscamp has appointed three or four committees in the past to discuss the future of intercollegiate sports at Western. The previous committee's advisements were not heeded, she said.

"Before our committee, people got the feeling that he just threw their reports in the waste basket," Metzger said.

A task force survey circulated to 900 students selected at random by com-

puter, for example, showed an overwhelming interest in basketball over football, Metzger said.

The survey, which received approximately 200 responses, was disregarded as inconclusive by Olscamp and his task force liaison, vice president for student affairs Tom Quinlan, Quinlan said after Tuesday's press conference.

Committee member Chappelle Arnett, chairman of the physical education department, said she had the impression that if football were retained as a varsity sport, both soccer teams would be raised up to varsity status.

"It was my understanding that there were sufficient funds to support football as well as soccer," Arnett said, explaining that Olscamp and the task force never met to discuss rejecting the soccer proposals.

In Tuesday's press conference, Olscamp said Western would conduct a one-year study of soccer as a viable varsity sport. Three general stipulations must be met before soccer is raised to varsity status, Olscamp said.

First, a league or conference must exist and Western must be able to get into the league. The intercollegiate soccer programs must compete at "approximately the same level which we determine to be appropriate for Western," Olscamp said. The athletic policies of the competing schools must be similar to Western's in terms of "travel, stipends (salaries), coaches and scholarships."

Second, Western must have the funds available in the budget to "allow our teams to be competitive within the confederation or league," Olscamp said.

Third, coaches for the two soccer teams must be hired without making "additions to the faculty of the institution, and at the same time providing for an acceptable level of continuity," he stated.

"It will be possible to add other sports besides the soccer teams and women's crew only if significant continual revenues are generated, which is not anticipated," Olscamp said. Women's crew would be added first, he said.

Jirka said that the retention of football means that the soccer programs will never gain varsity status.

"By what he (Olscamp) is doing, the money for soccer will never be there," Jirka said. "Down the line, as an alumnus of this institution, I can't see us ever having soccer as a varsity sport. He has set it so that, when 1982 comes, we won't be able to meet all those stipulations."

Olscamp, however, was more optimistic.

"It looks pretty good," he said, explaining that he felt soccer has a good chance at becoming a varsity sport in the academic year 1982-83.

Another committee member, James Davis, disagreed with Jirka and said he felt no pressure.

"He (Olscamp) asked us to do a job. He didn't say he'd accept all our proposals," Davis, dean of the College of Arts and Sciences, said. "He didn't influence me in any way. Some people feel pressure when discussing matters with the president. In my opinion, there was no pressure."

Davis said the committee decided to keep football because of the "dollars available." He called Jirka's statement a "difference in perception."

Task force chairman Howard Evans of the education department had no comment on the allegation, but said, "there was bound to be some dissatisfaction."

# Board approves 'Ascent' funding

by Mike Brotherton

The Associated Students Board of Directors voted Monday to approve a \$317.95 maximum expenditure request to create Ascent, a twice-monthly AS newsletter. Funding will come from the board reserve council, AS President Greg Sobel said.

After the meeting, board member Howard Levin, who proposed the request, said actual maximum costs are closer to \$500. An undisclosed Western administration source has donated the additional \$200, Levin said.

The source requested anonymity because "he doesn't want every

group needing money coming to him," Levin added.

The four-page newsletter, to run for eight issues until its termination at the end of spring quarter, will feature columns from board members as well as listings of coming events.

For AS groups with budgets insufficient to cover necessary publicity costs, Levin said the circular will provide a free channel for announcements.

Levin, the newsletter's architect, has been solely responsible for coordinating the project throughout the two-month developmental process. Although he said he originally hoped to make the AS circular self-

sufficient through outside advertisements, he said he cannot undertake the added sales duties without additional help. No policy forbids the AS to solicit advertisements, he added.

The \$517.95 cost projection is the AS print shop's estimate on the price to produce 1,000 copies per issue. The board chose to create Ascent internally to insure timely and thorough coverage of AS news, something the Front cannot assure, Levin said.

Further, he said, as a needed student service not presently available, "the newsletter should be the AS's responsibility.

"At the moment, there is no

central calendar with everything on it," he explained. "You have to hunt to find out what's happening on campus."

Tom Allen, AS vice president for internal affairs, said he does not know which university official granted the \$200. He did say, however, the Office of Student Life has worked closely with the AS on similar ventures in the past.

Dean of Students Tim Douglas, of the student life office, denied the implication. He said his office has not authorized any such contribution.

Levin said the circular is an "offshoot" of previous boards' de-

sires to create an AS public information office. If response to Ascent indicates sufficient student demand, the office may be created by next year, he added.

Allen, the only board member to oppose Monday's expenditure request, said he approves of the information office idea. Besides offering AS news, he said the office could combine functions currently duplicated by various AS organizations.

On the other hand, he said he cast his vote against the newsletter because "at this time of financial crisis," less expensive ways to provide the board's intended purpose should be sought.

## News Notes

### High enrollment

Winter enrollment is up from last year with 10,181 students attending Western compared with last winter's enrollment of 9,926. Women students outnumber men 5,213 to 4,968.

"This is the largest winter enrollment we've ever had," Registrar Eugene Omev said.

Fall quarter enrollment was 10,616, a record high for Western. Omev said overcrowding in classrooms this year stems from the increased enrollment.

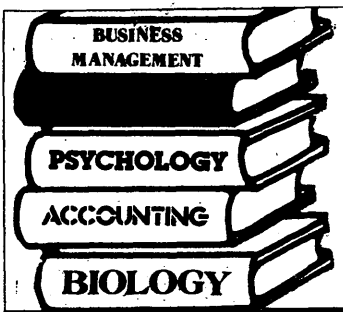
### Work seminar

For students seeking part-time or summer employment, the Student Employment Center has designed a series of activities Feb. 2 to 4.

Presentations are all from noon to 2 p.m. in the Library Presentation Room. Feb. 2, Bev Postlewaite, director of the state's Sex Equity Commission, will present "New and Emerging Part-time Employment/Stereotypes and How They Limit Us."

Feb. 3, representatives from small and large businesses in Bellingham that have and continue to hire Western students, will present "The Behavior That Can Get You The Job."

Feb. 4 "Hire Yourself," a presentation on how to make money without an employer, will be made by Bruce Browning, director of Whatcom Community College's business lab.



### Bookstore bids

The Associated Students Board of Directors Monday vetoed a recommendation by the AS Bookstore Council to fund a schematic design needed for bids on bookstore expansion.

The recommendation, approved unanimously last week by the council, would have accepted Plan Two of a study on expansion done by TSG Architects last year. Approval by the AS board would have released funds for a more extensive study, including schematic drawings.

George Elliott, manager of the bookstore, said funding of the process would amount to about \$30,000 and would come out of the bookstore reserve fund.

Bob Frazier, AS treasurer, recommended the council provide information to the board on student opinion of the expansion. Frazier added all students should have a say in the matter.

Elliott said the council will begin gathering information "all over again" for the board.

### Term paper bill

The sale of term papers, theses and dissertations may become illegal in Washington.

Senate Bill 3058, which prohibits the sale of such materials, now has passed from the Senate Higher Education Committee to the Rules Committee.

Kris Van Gorkom, a Senate researcher, said no opposition to the bill has been recorded. It is uncertain when the bill will reach the Legislature, she said.

In other hearings in Olympia this week:

The Senate Higher Education Committee continued consideration of a Sunset Bill that would keep intact the tuition and fee waiver policy for foreign students. No opposition is expected, Van Gorkom said.

A hearing to discuss the current reciprocity agreement, whereby British Columbia residents would continue to pay in-state tuition at Western, was cancelled and no date has been set to discuss the issue.

Western administrators support continuation of the policy.

## Vote further nails program's coffin

by Ben Verkerk

The Graduate Council Tuesday upheld a recommendation it made last May to suspend the physics Master of Science program because of under-enrollment.

The Academic Coordinating Commission and Faculty Senate must review the council's vote before the program finally is dropped.

Currently, no students are enrolled in the program.

An Iraqi student, Samera Arif from Baghdad, enrolled in it last quarter but dropped out to continue her studies in optics at the University of Arizona, Ajit Rupaal, physics department chairman, said.

Graduate School Dean Sam Kelly said he did not know why she dropped out but said she was admitted to the program in March, before the Graduate Council recommended it be suspended.

Kelly said she would have been able to complete her studies here even if the physics program is dropped.

At a Dec. 9 meeting, the ACC overturned its earlier decision to continue the program, supporting the Graduate Council's recommendation.

But the Faculty Senate Executive Council tabled both ACC actions so the physics department could present its case for retention of the program to the Graduate Council.

At that time, senate President George Mariz said the executive council wanted the physics program decisions reviewed again because of confusion surrounding the Graduate Council's action.

Ray McLeod, also of the physics department, argued at Tuesday's meeting that although the program is small, it is more efficient than many of Western's larger graduate programs.

About 35 percent of the students enrolled in the program obtain degrees, he said, while most other departments give out degrees to 20 percent or less.

Peter Kotzer of the Bureau of Faculty Research said he supports retention of the physics graduate program.

Physics research proposals are viewed more favorably for funding if the university has a graduate program, he said.

Some Graduate council members criticized the physics department for not upgrading enrollment in the program.

The department printed a brochure this month outlining Western's Master of Science physics program.

This is almost two years after a Graduate Council subcommittee reviewed the program and recommended the physics department begin an advertising program to recruit students.

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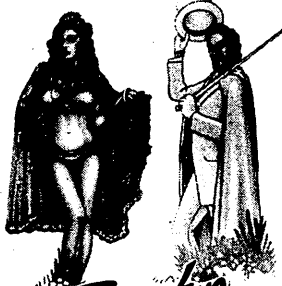
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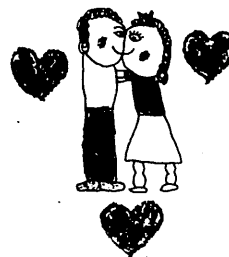
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# Tax might take funds from fun

by Bob Patton

The price of entertainment in Bellingham may rise in April if a proposed city-wide ordinance is passed.

Called the "Admissions Tax," it will add five cents to every dollar charged as admission to movies, athletic events and stage shows within the city limits.

The proposed tax would take an estimated \$6,000 to \$8,000 from the Associated Students Program Commission, athletic department, the College of Fine and Performing Arts and other campus activities.

AS Program Commissioner Bob Scheu said the Associated Students will pay the tax for movie admissions to prevent a price increase. Concerts, however, will cost 50 cents to \$1 more because of higher-priced tickets, Scheu said.

Attorney for the Motion Picture Association of Washington, A.

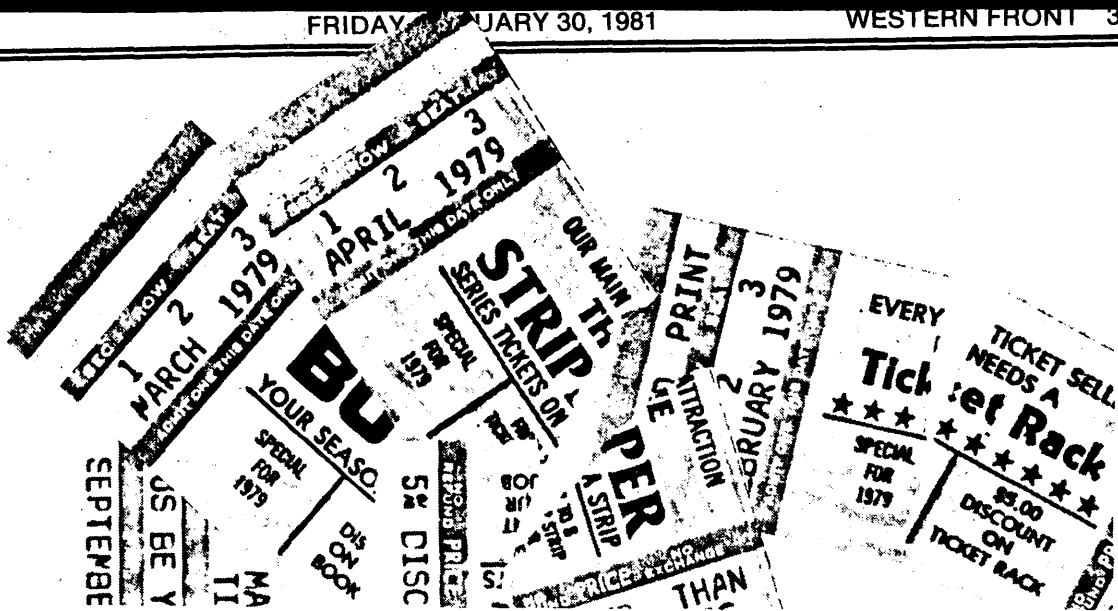
Bruce Gardiner, who represents all local theaters opposing the tax, explained it will cost the city \$25,000 to \$30,000 a year to collect, audit and enforce a tax expected to yield only \$50,000 a year.

He said the tax might encourage some organizations to relocate outside the city limits where they will not be affected.

"Explicit mention was made to tax Western's programs" during a Dec. 8 city finance committee meeting when the tax first was discussed, Gardiner said.

Petitions opposing the tax are located in most downtown movie theaters, Gardiner said.

City Budget Director Gary Pitcher said the manpower required to collect the tax has not been budgeted. He said the requested position was denied by the city council, and if the ordinance is enacted, existing staff



must bear the additional work load.

Although Pitcher had not calculated the city's cost to collect the tax, he said Gardiner's estimates were not accurate.

Tim Douglas, administrator of the Office of Student Life and an at-large city council member, agreed that Gardiner's estimates were exaggerated. He offered no estimates of his own. He said the council considered alternatives to

the tax but none were feasible.

Don Cole, vice president for business and financial affairs, said Western has registered concern with the council that the new tax may be "harmful to the educational process."

Proceeds from one event in some cases provide funding for other events and a tax burden might limit the funds available, Cole said.

Western has proposed exemp-

tions for events open only to the college community, Cole said.

He added that if an event is open to the general public, the tax should apply.

But, Cole said, "We'll have to wait and see what the final revision of the ordinance is."

The proposed ordinance will come before the city council for third and final reading Feb. 9. Its tentative effective date is April 1.

# Admit program begins

by Alan Minato

Western has a new program for those who didn't make the grade—the grade point average, that is.

Last quarter, some high school students as well as students out of school for a few years were screened and admitted to Western as "provisional admits."

Initially, these persons had applied through Western's admissions office but were not accepted because of academic deficiencies.

These deficiencies, Director of Support Program Luis Ramirez said, range from an inadequate high school GPA to a lack of academic courses or test scores necessary for college entrance.

The Provisional Admit program has 21 students. Each student went through two screenings, Joy Keenan, assistant to Ramirez, said. In

the second screening the applicants were interviewed and instructed to write an essay on why they chose to apply at Western.

Ramirez said the students range in age from 17 to 26 and come from various economic, social and ethnic backgrounds.

Keenan said many of the students had diverse personal histories and those in the program have been involved in the military, street theater, juggling, poetry, extensive travel or even martial arts.

Those admitted sign a contract that requires the student to be under the guidance of the program for one academic year.

Once in the program, the student receives support classes, structural resource classes,

diagnostic testing and orientation to all the student resources.

Although the typical freshman does not carry a full course load along with the required four hours of non-credit instruction and guidance.

Students in the program also are guided by a faculty member and are directed to seek counseling and tutoring.

Ramirez and Keenan said they are pleased with the way the program has developed.

Last quarter, 25 percent of the students had a GPA of 3.0 or better but Ramirez said that 33 percent of the group still needs improvement.

"Just seeing them develop, mature and participate actively in student activities is very pleasing," Ramirez said.

# Work-study out of federal funds

by Abby Haight

Students will have a hard time finding work-study employment spring quarter because funding for the program was completely allotted in October.

Kathleen Sahlhoff, student employment coordinator and financial aid counselor, said her office received more applications during September and October than during all of last year.

Two types of work-study are offered.

Federal funding provided Western with \$1,000 to \$1,100 per student this year, less than provisions for the academic year of 1979/1980. Sahlhoff said the rea-

son for the loss was a change in the national formula for work-study funding. She added work-study funding will return to the previous level next year.

State funding, which deals with off-campus employment, is different from federal funding and is not affected by the formula change, Sahlhoff said. Western received \$122,000 from the state, she said. Employers are reimbursed 65 percent of the student's wages from this funding, and so are given the opportunity of a reliable worker at barely minimum wages. Sahlhoff added state funding is a "good deal" for students as well because they can work in their own field and acquire job references.

# Saturday, January 31

6:30 p.m.

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# Editorials

## Tragic lesson

Aside from the personal suffering of the hostages, the greatest tragedy of the Iranian crisis is that few Americans seemed to learn the most important lesson of all.

Although their strategy was grossly in error, the militants had a valid complaint. The American government, driven by some strange sense of righteousness, knowingly and enthusiastically propped up a tyrannical dictator to fill American pocketbooks and ward off the "threat of communism." Apparently, such thinking justifies trampling the lives and rights of those who happen to be in the way.

Before the fall, Amnesty International announced the shah's government headed its list of oppressive regimes. Numerous reports of torture and repression of human rights exist. The vast wealth of the shah himself gives an idea of the imbalance that existed in Iran.

It would be nice to think that most Americans were ignorant of their government's policies, but the militants in November 1979 brought it all to the front of every newspaper in the country.

Still, America missed the point. The hostages are home and the country rightfully rejoices. But will such blindness to Iran's message precipitate a new crisis? Will the little coffee republic of El Salvador be the scene of our next blunder for fame and fortune?

When Americans give up the idea that "we're number one" and begin to examine the true needs of underdeveloped nations (rather than corporate needs) our fame as aggressors no longer will be appropriate and this government can take some real steps toward world peace.

## Hostile world

In recent years, bicycling has become a popular and important mode of transportation in Bellingham. Because of this large influx of bicycles, conflicts have risen.

The city streets are designed for cars and trucks, while pedestrians are allowed their space on the sidewalks. Caught in the middle, the bicycle becomes merely a fragile intruder.

Around the city, the fist and finger are exchanged between motorists and bikers. Cyclists are fast becoming a source of urban tension as more of them demand a share of the cities' streets and roads.

The poor biker inhabits a hostile world with danger lurking around every corner and parked car.

Always a mere tumble away from disaster as he dodges potholes and broken glass, the urban cyclist is prone to car doors opening abruptly in his face. Pedestrians, their eyes preoccupied looking for cars, innocently walk in front of him. And drivers with a pathological sense of fun like to see how closely they can blast by a cyclist.

Non-cyclists, of course, see the world with different eyes. While they are not necessarily hostile to the biker, they feel he has no business on the road and is going to get himself killed.

The solution to the problem lies in bicycle lanes. With the number of bikes on the road steadily increasing, such an accommodation not only is sane, but necessary.

—Kimo Tuggle

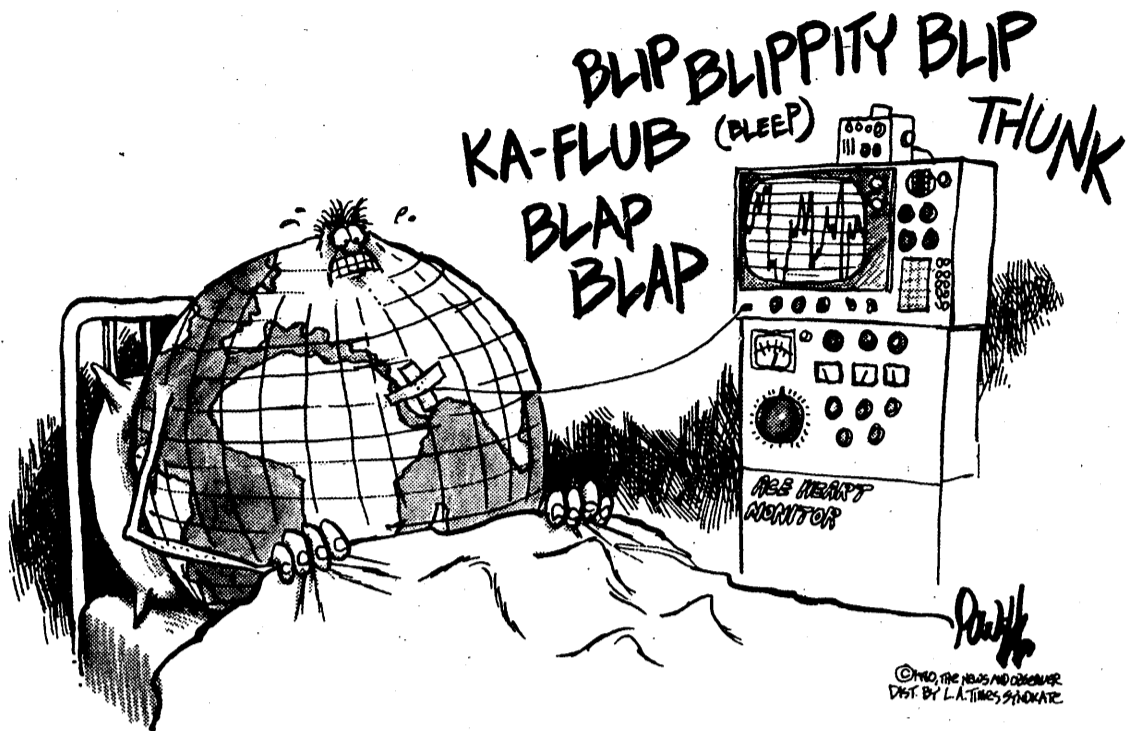
## Western Front

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## Comment

### Bigotry revives in Dixie

The U.S. Supreme Court decided in 1954 that state-sanctioned racial segregation is unconstitutional. News of the landmark decision finally reached Louisiana last August, and U.S. District Judge Nauman Scott complied with "all deliberate speed."

Louisiana District Judge Richard Lee apparently thinks the decision still can be appealed. He declared as wards of his court three girls who were ordered to enroll in a predominantly black school.

They had been ordered to enroll along with 105 other students of all-white Buckeye High School. Lee ordered sheriff's deputies to escort the girls to Buckeye, and several times he has escorted them himself.

A lot of support has gone to the girls' cause, most notably from the Ku Klux Klan, well known for its support of the American Dream, apple pie, motherhood and public

lynchings. The KKK has staged at least one demonstration in favor of the girls' fight to remain at Buckeye.

The girls, their parents and Judge Lee claim the girls have the right to attend Buckeye. The girls say they cannot be involved in extracurricular activities they had time for at Buckeye if forced to attend Jones Street Junior High School, 15 miles away.

Some 105 other students seem to have made the transition easily enough. They are not reported to be suffering in the integrated school. But surely a few of them have lost the luxuries of extracurricular activities they enjoyed at Buckeye.

It appears the underlying reason for the girls not attending Jones is prejudice—not necessarily theirs—but that of their parents and Judge Lee.

The parents of 105 other students probably are not thrilled

with desegregation but have complied with the order. The parents of the three girls surely could make accommodations for their daughters' after-school activities, but have decided to fight rather than switch.

Judge Lee has no excuse for his injudicious behavior in the matter. He has defied a higher judge's orders in favor of three girls' whims. Personal rights and states' rights are antiquated excuses for refusing to comply with a 26-year-old Supreme Court decision that is the basis of equal rights in education.

Judge Lee, hardly the hero some people have proclaimed, has served merely to feed racial prejudice. The only just outcome of this tragic-comedy is the enforcement of Judge Scott's order that the girls attend Jones Street Junior High School.

—Tom Atkinson

### IHC: Apathy gets the ax

At Western, a consensus is developing that students have no concern about campus issues and policy making.

Apathy is expected and accepted without question by a number of students. In fact, many believe their peers do not have enough determination to challenge the administration on its decisions.

Recently, however, a group of concerned and dedicated students managed to break the mold and combine their energies in an effective and sensible fashion.

Members of Western's Interhall Council, the main voice of students who live on campus, worked to gather a cross-section of student

ideas on the proposed add-drop policy.

Once the IHC had collected a sampling of opinions, it combined them to form amendments to the originally proposed change.

Since the proposed policy already was before the Academic Coordinating Commission, the students had to funnel their amendments through the correct source and have them added to the agenda.

At last week's ACC meeting, the proposal finally was voted on and one of the group's three amendments passed. It extends the period of withdrawal from a class to four weeks from three.

Now the complete add-drop pol-

icy change will go before the Faculty Senate for a final vote.

But the most important thing to remember from this episode is that some campus groups are trying to improve the academic and living environment of students.

The actions of this group should serve as an inspiration to all students and groups to pursue an issue if they feel it is needed.

As the IHC has shown, student activism is a very worthy and capable tool. Change can occur if individuals are willing to make an effort.

So do not let damaging or frustrating policies go by without a check—your voice does count.

—Dana Grant



# Mail

## 'Fun' event

**Western Front:**  
In response to the letter in last Friday's Front, which termed the "Winter Warfare" event a fiasco, I, as social issues director (of the Associated Students Program Commission) will explain the reasons for presenting a warfare program. War is a manifold and complex subject, and material covered in most war programs is usually intense and controversial.

This event was designed in a low-key format that would provide an impartial, comfortable and stimulating atmosphere for both audience and speaker.

The program was then advertised as a "fun" event. The idea of a college program on war being "fun" does not automatically infer that war itself is a lighthearted undertaking.

A secondary purpose of the event was to allow the Program Commission the opportunity to determine the willingness of the military to speak at Western, and the response of the campus community toward the subject of war.

One of my main responsibilities as social issues director is to bring a wide range of events to Western that will raise the social and political awareness of the campus community.

Many subjects by their very nature are controversial and will cause a variety of reactions among the community. Another main responsibility I have is to provide information in a manner such that the community members can intelligently make their own choices and conclusions concerning the subjects addressed.

The Winter Warfare event was brought about using the guidelines mentioned, and future events sponsored by the social issues office will continue to be planned and presented within a similar concept of social responsibility.

Gregory M. Brown

## It's simple

**Western Front:**  
The problem of long lines at movies is certainly a weighty matter. A task force probably will be required to assess the problem. In lieu of all those bureaucratic gymnastics, let me see if I can discover a simple solution. Allow me to think out loud:

If the line moved faster, it would be shorter, right?

If there were more people selling tickets, the line would move faster, right?

Now, was that so hard?

As long as I'm here, I might as well comment on Mike Olson's letter of Jan. 27. He says, and I agree with him, that the letters are the most stimulating part of the Front.

Need I say more?

Steve Roth

## Fight ROTC

**Western Front:**

It appears quite clear that the attitude of our new U.S. government administration has filtered down to Western. The question of uniformed students marching around at a liberal arts college such as Western brings to mind visions both ludicrous and disgusting.

I am appalled at the insinuation of some of the ROTC study committee members' statements saying the Nov. 19 forum was not a convincing or accurate sample of campus feeling toward the ROTC program. I attended the Nov. 19 forum to express my opposition to the proposal and because I had read that no one showing up automatically would show a positive response by students to the ROTC being brought to Western.

The fact is, more students showed up for the Nov. 19 forum than any previous Western open forum, with a practically unanimous number vehemently opposing the proposal.

Reasons stated for opposition included the feeling that 20 to 30 ROTC participants are not worth the loss of the number of students who would transfer elsewhere because they originally were attracted to a school such as Western because it does not have such human growth deterrents as campus Greeks or ROTC! Many students also expressed other opinions such as an ROTC program being completely incongruous with the criteria implied in a liberal arts college as well as it being a waste of school funds in an already struggling educational economy.

I cannot stand idly by and watch the ROTC study committee's blatant disregard and "snubbing" of the input in the Nov. 19 forum from an entire roomful of angry, concerned students while saying the turnout was small and an incomplete sample of campus opinion.

I encourage those who oppose this ridiculous ROTC proposal to write letters, voice opinions in per-

son to the ROTC committee members and overcrowd the Feb. 3 meeting with the same kind of staunch opposition expressed in the Nov. 19 forum.

Robert Danielson

## Poor taste

**Western Front:**

I am very disappointed and deeply saddened by the front page of last Friday's Front.

To blatantly display the pain and suffering of an individual in such a photograph is tasteless and cruel!

The family and friends of Chris Zimmerman received a shock from this picture and deplore its use. Yes, new is news, but certainly this accident could have been reported with less sensationalism.

Linda Wemp

## Clear vision

**Western Front:**

It seems that many people in the world are bent on reducing women to objects of sexual and wrathful indulgence. I hold in high respect the fact that mankind, male and female, is created in God's image.

In his letter printed in the Jan. 13 edition of the Front, W. D. Bokamper said that Christianity supports denigration of sex and glorification of spiritual pursuits. He also implied that men and women freely chasing after the whims of an uncontrolled sex drive is simply an expression of human nature. Neither are true.

The sex drive of men is surely God-given. However, we are created differently from the beasts in that we were given the ability to reason; to act with discretion and sound judgment.

To suggest that rottenness and depravity are a result of discipline and responsible judgment is absurd. Rather, it is a result of man's conforming to an irresponsible and fallen nature, as opposed to

being transformed by the renewing of their minds. (See Romans 12:1-2)

A healthy sex drive is certainly an aspect of our created being. Christianity does not suggest the denigration of sex but rather a controlled and respected cherishing of a God-given gift. Sex does not equal love but love is a prerequisite to sex. And love is not chasing after one's own desires, but rather the selfless pursuit of what is in another's best interests.

This "love" is evidenced by genuine commitment, to which there is no back way out, and such commitment is made manifest in marriage. Freely chasing after the desires of an uncontrolled sex drive and suggesting that women accept and submit to this is not love. It is indicative of a selfish, irresponsible disrespect for women, one of God's most beautiful creations.

Get disciplined, men! Women, don't allow yourselves to be degenerated into toys for "little boys!"

David A. Wallace

## Dumb mail

**Western Front:**

I am becoming increasingly appalled at the letters the Front chooses to print.

In your last issue I read six letters, only one of which (Klaastad-Malinsky, Jan. 27) read with any logic or intelligence.

The rest expressed concerns that ranged from pathetic rationalism (religious or otherwise) to support for what I feel is the biggest propaganda war (Bokamper vs. the campus "Christians") since the Nazis embarked upon "The Final Solution."

The one dumb letter (Cottingham) that didn't refer to the B and C war still managed to be acceptably air-headed.

Who really goes to movies just to talk to someone for 45 minutes? Just an example of classic feminine logic rationalization.

And as for Bokamper, why does

he delight in inciting poor, insecure people like campus "Christians," whose evangelical zeal is only a thinly veiled cover for the brain-washing and subversion they practice here, a practice that is an insult to the ideals of Christ and Martin Luther and John the Baptist who denounced the same kind of live-your-life-for-you power hierarchy that dominates the CCF philosophy.

I admit inciting insecure, clinging-to-their-superiors fools is fun, but it only gives their power-hungry leaders more fuel for rationalization.

I guess you just like having fun, huh, Mr. Bokamper?—which is more than I can say for the subversionites.

And as for you, Mr. Erickson, I don't see the astrologers using their meeting place as a training facility for the indoctrination pairs you send out to harass lone students in the Viking Union facilities.

Dave Dahlberg

**SRO THEATRES**

**Sehome Cinemas 3**  
3300 Fielding St. 671-7770

Mirror 7:10, 10:50  
Hide... Sight 9:05  
Agatha Christie's  
**The Mirror Crack'd** Plus:  
Hide in Plain Sight  
Daily 7:30, 9:45 PG

JANE FONDA  
LILY TOMLIN  
**9 to 5**

Family 7:00, 10:30  
Academy 8:55  
GILDA RADNER  
BOB NEWHART  
**FIRST FAMILY** and  
Up the Academy

**Viking Twin** MERIDIAN VILLAGE R  
Meridian & Telegraph Rd. 676-0903

Crazy 7:15, 10:58  
Anxiety 9:20  
GENE WILDER and RICHARD PRYOR  
**STIR CRAZY**  
Plus: High Anxiety

Formula 7:00, 11:10 R  
Red One 9:10  
GEORGE C. SCOTT  
MARLON BRANDO  
**THE FORMULA**

With: the Big Red One

**Samish Twin** drive-in R  
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Just for Kicks  
Not for Kids  
Alice in Wonderland 7:05 9:40  
Erotic Adventures  
of Pinocchio 8:15 10:45

Gloria 7:00, 10:50 R  
Hard Core 9:10  
GENA ROWLANDS  
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With: Hard Core

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Friday, Jan. 30th  
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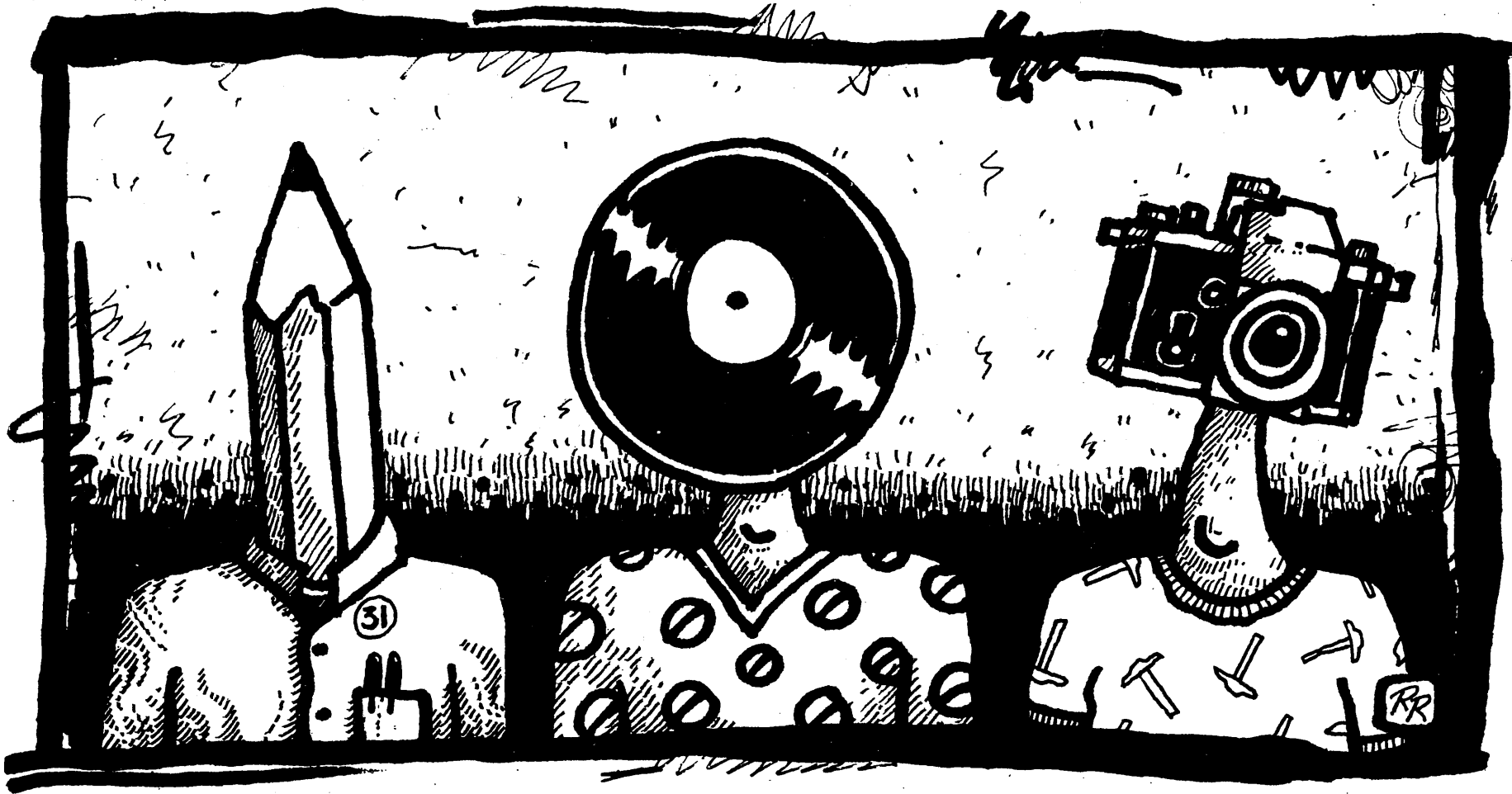
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# Encore



## Trio teams technical talents

by Kevin Stauffer

**M**alformed orbs, resting above a mechanical grin, stare wildly through square sockets. The end of an electric guitar views the world with one eye below the tuning pegs, the instrument's neck extending from a business suit.

The black-and-white artwork and several similar creations appear in local posters and ads. These products of media madness are assisted in their assault by messages such as "Creative forces always win" and "Play this ad at full volume."

It's 1980s publicity programming, collectable conceptions, new wave persuasion tactics, bizarre billboards for Bellingham's bars and bands and visual communication heralding everything from concerts to cups of Casa Rosa coffee.

Whatever you call them, the graphic efforts of Bellingham's Constant Motion Productions are not your typical Foster and Kleiser affairs.

"We do some pretty strange-looking stuff," said Randy Clark, the pen behind CM's assortment of ads, pamphlets and posters.

"It's more than getting the message across," David Nelson, the company's layout specialist, added. "We want to visually entertain and visually question."

Nelson, Clark and Brad Rehn, promotional director and third member of the Constant Motion trio, have planned visual and audible entertainment tomorrow in celebration of CM's first anniversary. Eddie and the Atlantics, with Ed Media and the Massage, perform at 8 p.m. in an all-ages-welcome event at Bellingham's Eagles Hall.

CM's video arrangement should answer any questions about the creativity behind the weekend show. With video specialist Josh Ewing in charge, two television cameras in the audience will dis-

play live projections. Stacks of TV sets can offer Japanese monster flicks, pre-taped band rehearsals or anything else Ewing and CM decide to air.

"We always go for as much as we can," Rehn said. "We want the audience to have the best-conceivable time. It's the same with our posters."

"We come up with a lot of grandiose schemes and ideas and then attack them as realistically as possible," Nelson said. "We'll just stick with it, work hard and hope we get noticed."

Nelson, a 1977 Western graphics and art graduate, gained campus notice with his Viking Union logo design. As a team, Constant Motion has designed posters, postcards and other creations for a variety of agencies, including the Bellingham Chamber of Commerce, Budget Tapes and Records, Western's Program Commission, Kulshan Cycle and the Casa Rosa cafe.

Debbie Lowery, manager of Casa Rosa, has a surprise planned for Constant Motion's anniversary. The two businesses began at about the same time with a determination "to help each other," Lowery said.

"They're probably the most creative graphics company in town," Lowery said of CM. "They do things by a process that I respect. They show me the pieces as they evolve, so I get to be involved in the design of my graphic."

Constant Motion's history began at Cellophane Square, a Bellingham record shop. Clark, a 28-year-old artist who spent two quarters at Seattle's Factory of Visual Arts, was Cellophane's ad and graphics designer when Rehn, 25, began working at the store in spring 1978.

Nelson, 27, was hired by Cellophane the following winter.

"We were doing more than Cellophane actually wanted done," Nelson said. "We were very inter-

ested in utilizing the media and public relations.

"We chose not to compromise ourselves at a time when you need to compromise to keep your job. We had to create another outlet . . . there are no real grudges and the people at Cellophane are our friends."

Clark, Rehn and Nelson left Cellophane Square and converted Clark's F Street home into CM headquarters. A time of "learning to accept each other's work patterns" followed, Nelson said, as the group prepared to present Clark's graphics for CM's initial focus.

"It began as an attempt to expand Randy's artwork," Nelson said. "We depend heavily on his graphics."

Clark relies on a felt pen and a rapidograph, creating combinations of thick and thin lines not normally seen in poster and ad art.

"The 'Sharpie' felt pen lets out a lot of ink, which contrasts with the thinner lines," Clark said. "It's a medium I've used since I was a kid."

"It looks much different than pen and ink. Pen and ink have been around for thousands of years, but felt pens aren't designed for art."

Nelson acted as a driving force, Clark said, as CM stubbornly struggled through self-discipline and insane deadlines.

"We worked really off-hours," Clark said. "A lot of times we were working until two in the morning."

"We had to say yes to any job no matter what the deadline was," Nelson said.

The trio developed a teamwork system as CM grew, he continued. The group would discuss a certain project, after which Clark did a series of rough drafts.

Rehn worded the posters and ads, and the three gathered again for a final decision.

Clark would create the final product, either lettering it by hand or allowing Nelson to use set characters. Nelson made the work camera-ready for the printer (CM

uses one of three local, undisclosed firms), including techniques with overlays, tints and reversals.

CM's biggest effort began when a local group known as Art Object approached the production trio about promoting, advertising and cutting an EP (extended play) record.

"We're good friends with the musicians and the opportunity just presented itself," Nelson said. "The band took it more seriously than we did at first," Clark added.

The subsequent recording was a serious effort. Producer/vocalist/guitarist Myles Boisen took Art Object into the studio, while Constant Motion developed a multiple-fold record jacket with a sparsely-formed female mannequin as the focal point.

"Trust" was the key word during the EP's production, Rehn said. Together, Art Object and Constant Motion pressed 500 copies of grinding rhythms and abstract vocals that eventually sold better on the East Coast.

"We financed every cent of it ourselves," Nelson said. "It was a very slow return of our investment (Nelson would not discuss actual costs), but we're happy to say that we did sell out of copies, although it took a year."

Art Object's disc became a big factor in Constant Motion's learning and growth. Part of the process occurred when CM mailed copies of the record to England, where Boisen and vocalist Anna Klisis are now living.

The discs were delivered in England three months after mailing, the result of a postage mistake.

"This business is in a constant state of organizing," Rehn said. "There's things we've learned from mistakes, a lot of trial and error."

The Art Object/Constant Motion collaboration did well in Bellingham and East-Coast trials, but suffered in other Northwest cities.

"The record was least-well received in Seattle and Olympia (among local areas)," Nelson said.

Those cities may look on Bellingham's musical products as something less than acceptable, Rehn said, a factor which leads many artists to leave the city.

"Artistically, Bellingham is considered almost as a suburb," he said, "but it will never get better where you are if you keep leaving."

Constant Motion is investigating opportunities in other cities, including Seattle, but the group is committed to Bellingham. They will move into a regular office area in Bellingham's Bungalow Professional Building on March 1.

Graphics and ad production was "easy to start in production, because you don't need to have the initial inventory," Nelson said. He and Clark already owned most of the drawing equipment necessary to begin the business, he added.

"We've invested everything we've got," Nelson said. "It doesn't matter how much it's been."

Nelson and his CM associates invest most of their time with clients who have contacted the company after noticing CM material. Much of the company's business is conducted with groups who have used CM from the beginning.

"It's important that we approach every job as if it was crucial to our survival," Nelson said. "At this point, it is," Rehn added with a grin.

But the Constant Motion crew has never used the word "fold," at least in reference to business survival, Clark said. For Rehn, the experience gained through Constant Motion transcends financial concerns to the point where "even if there was a fire and everything burned, I'd still feel I'd learned something," he said.

The trio agrees that, more than money or time, the CM members have invested their lives in a growing project.

With Clark's pen, Nelson's paste-up and Rehn's promotion, creative force drives Constant Motion to multi-media magic in Bellingham.

# Dancers combine styles in concert

by Grace V. Reamer

Traditionally, different dance forms have tended to remain separated and isolated from each other. Ballet, tap, jazz, modern, flamenco and ethnic styles did not mix.

But the past 10 years have produced changing attitudes toward segregation of dance forms, as well as new integrations of styles. Tonight's dance concert in the Performing Arts Center, Main Auditorium reflects recent trends toward combining and blending several styles.

Kim Arrow and Peggy Cicierska of Western's dance program will present the concert in conjunction with Teo and Isabel Morca of the Morca Dance Theatre. The concert marks the first time Western's dance faculty has joined professionals from off-campus in performance.

Arrow and Cicierska, who came to Western about a year ago, have a main background in modern dance while the Morcas have extensive experience in performing flamenco dance styles on stage and in film. All teach modern dance classes also.

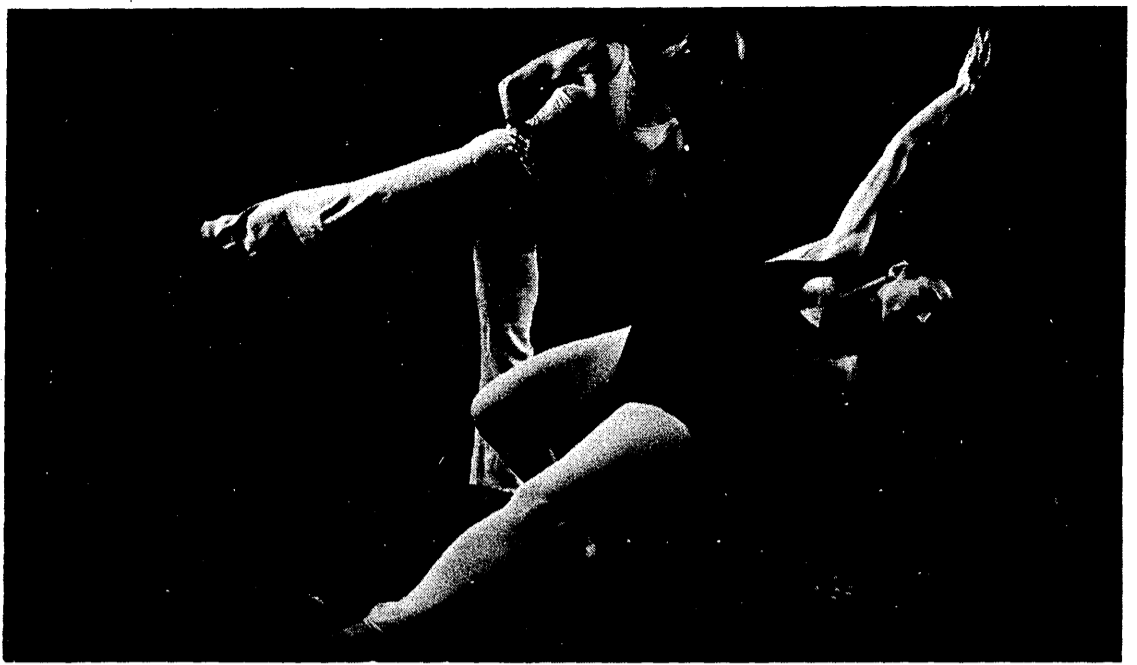
"When we first came to Western," Cicierska said, "there was a stay-in-your-own-camp feeling" among local dance organizations. "Now it's more integrated and we're trying to stress that," she added.

Arrow and Cicierska have taught and performed in cities across the country including New York, Philadelphia and Washington, D.C. The Morcas have been praised by critics worldwide for their interpretations of classical Spanish dances.

Tonight's performance includes seven original pieces such as "Aire y Gracia," choreographed by Teo Morca. It features all four artists in a work combining flamenco and classical ballet styles.

"Wizards: Sacred and Secular," choreographed by Arrow and Cicierska and performed by Arrow and Western dance student Barbara Slichter, expresses contrasts and similarities between monkey and Indian mythological forms. In March, the three dancers will travel to New York for a Manhattan performance of the piece.

Cicierska performs "Andante



Kim Arrow and Peggy Cicierska rehearse for their concert with Isabel and Teo Morca tonight and tomorrow night in the PAC, Main Auditorium.

Amoroso" from "Lyric Suite," a solo-choreographed by New York artist Anna Sokolow to the music of Alban Berg. She joins Arrow in "Laugh," danced to J. S. Bach's Concerti in D and A minor.

The Morcas also will perform three original compositions; "Leyenda de Asturias," "La Boda de Luis Alonso" and "Ben Amor."

They begin a two-and-a-half-week tour Sunday to Utah and Arizona.

"I think it's important (to collaborate), especially in a town like this" where some competition exists between dance groups, Teo Morca said.

"We'd like people to feel the arts can communicate with each other," Isabel Morca added.

Cicierska said she and Arrow always have felt that integration of several dance forms is important. "It's like an artist having more colors to paint with," she said.

The performances begin at 8:15 tonight and tomorrow night in the PAC, Main Auditorium. Tickets are \$4 general admission and \$2.50 for students.

## Pieces of Art

"Arrow/Cicierska & Morcas in Concert" includes various dances from ballet to flamenco at 8:15 tonight and tomorrow night in the PAC, Main Auditorium. Admission is \$4 general, \$2.50 students.

Doug Sutton presents his senior tuba recital at 8:15 tonight in the PAC, Concert Hall. Admission is free.

"The Lady Killers," a 1950s comedy full of satire and suspense, shows at 6:30 p.m. Saturday followed by "Morgan!," the story of a wacky artist, at 9 p.m. Saturday in Arntzen Hall 100.

Peter Sellers gives what many critics call his best performance in "Being There" at 6:30 and 9 p.m. Sunday in the PAC, Main Auditorium. Western or Whatcom Com-

munity College I.D. required for all shows. One guest allowed per student. Admission is \$1.50.

A junior guitar recital by David Haley is at 5 p.m. Monday in the PAC, Concert Hall. No admission charged.

Auditions for "The Norman Conquests," presented by the the-

atre/dance department, are 4:30 p.m. Feb. 8 through 10 in Lecture Hall 1. Lee Taylor directs British playwright Alan Ayckbourn's hilarious trilogy of family disaster.

Broadway star Gordon MacRae appears with the Bellingham-Western Symphony in an exclusive Northwest performance at 8:15 p.m. Feb. 6 in the PAC, Concert

Hall. Call 733-5622 for more information.

"Breaking Through the Denial of Death," a film with Ram Dass and Steven Levine, shows at 7:30 p.m. Tuesday in the large conference room of the United General Hospital in Sedro Woolley. The film is the condensation of a two-week workshop on the denial of death. Admission is free.

### —JOB OPENINGS—

**Western Front  
Business Manager**

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Business Manager**

Deadline for Applications —  
Feb. 13, 5:00 pm

Apply at Journalism Office 676-3252  
Selection Feb. 18

## CLASSIFIEDS

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OVERSEAS JOBS - Summer/year round. Europe, S. Amer., Australia, Asia. All fields. \$500-\$1200 monthly. Sightseeing. Free info. Write IJC, Box 52-WA1, Corona Del Mar, CA 92625.

## WESTERN WASHINGTON UNIVERSITY OFFICIAL ANNOUNCEMENTS

### PLEASE POST

Deadline for announcements in this space are noon Monday for the Tuesday issue of Western Front and noon Thursday for the Friday edition. Announcements should be limited to 50 words, typewritten or legibly printed, and sent through campus mail or brought in person to the Publications Office, Commissary 108. Please do not address announcements directly to the Western Front. Phoned announcements will not be accepted. All announcements should be signed by the originator.

**IMPORTANT DATES FOR WINTER QUARTER: Fri., Feb. 5**—Last day to withdraw with half refund. **Tues., Feb. 24**—Advance registration for spring quarter begins, appointments mailed to students. **Fri., Feb. 27**—Last day to drop a class. **Fri., Mar. 6**—Last day to withdraw from the University. **Mon., Mar. 16**—Final examinations begin.

**BOOK OF THE QUARTER, *The Lives of a Cell*** by Lewis Thomas, presents panel discussion, "Myths, Medicine and Molecules" at 4 p.m. Wed., Feb. 4, in the Library Presentation Room.

**AEROBIC DANCE EXERCISE CLASS** will be offered on campus beginning Feb. 10. The class will meet from 6:30-7:30 p.m. Tues. and Thurs. for six weeks. Room is still to be arranged. If you're interested, register at the Counseling Center, MH262, X/3164. Cost will be \$1.75 per session.

**VOLUNTEERS NEEDED** by the A.S. Co-op Daycare to help introduce 3- and 4-year-olds to swimming. Times needed are weekly from 10-11 a.m. Friday mornings at Carver Gym. It's fun and a good learning experience for kids and adults. If you're interested, call Larry MacMillan, X/3021.

### Planning & Placement Center Recruiting Schedule

(Seniors must have files established in the Placement Center prior to sign-up for interviews.)

**RESUME WORKSHOPS AND INTERVIEW WORKSHOPS** are held in Career Planning and Placement Center, OM280, at 4 p.m. on alternating Monday afternoons. Sign-up sheets for both are at the information desk, OM280.

**The Shell Companies**, Wed., Feb. 4. For information, see folder in OM280.

**Naval Ocean Systems Center (NOSC)**, Thurs., Feb. 5. Technology, computer science, physics majors. Sign up in OM280.

**Battelle Laboratories**, Thurs., Feb. 5. Technology majors. Sign up in OM280.

**K-Mart Enterprises & K-Mart Apparel**, Tues., Feb. 10. For information, see folder in OM280.

**Burroughs**, Tues., Feb. 10. For information, see folder in OM280.

**U.S. Geological Survey/Anchorage**, Tues., Feb. 10. Geology, geography majors. Sign up in OM280.

**Burlington Northern**, Wed., Feb. 11. For information, see folder in OM280.

**Crown Zellerbach**, Thurs., Feb. 12. Accounting majors. Sign up in OM280.

**Kenworth Truck**, Thurs., Feb. 12. Technology majors. Sign up in OM280.

### STUDENT EMPLOYMENT WEEK: FOCUS ON PART-TIME JOBS

**MON., FEB. 2, 12 noon to 2 p.m., Library Presentation Room: The director of Washington State's Sex Equity Commission will present "New and Emerging Part-Time Jobs/Stereotypes and How They Limit Us."**

**TUES., FEB. 3, 12 noon to 2 p.m., Library Presentation Room: A presentation by small and large business in Bellingham, "The Behavior that Can Get You the Job."**

**WED., FEB. 4, 12 noon to 2 p.m., Library Presentation Room: A presentation on how to make money without an employer, "Hire Yourself."**



# Sports

## Overtime

by Steve Hunter

Some changes definitely were needed to rescue Western's struggling intercollegiate athletic program from the depths of embarrassment.

The elimination of six varsity teams will improve the weak program, but whether it becomes a strong one is unknown.

University President Paul Olskamp and his task force decided to save football by dropping six teams that offer no spectator appeal and generate minimal publicity for the school.

The sliced six became the scapegoat for football. Dropping football would save about \$40,000 compared to about \$54,000 kept by cutting six teams. The money saved will be distributed to the remaining nine teams but the breakdown has not been decided.

Olskamp formed the Intercollegiate Athletic Task Force last spring to solve two basic problems. First, to define Western's athletic philosophy and second, to figure out how to pay for the program within the existing budget of \$270,000.

In its written recommendation, the task force said "varsity sports provide students with the opportunity to become involved in and to observe another dimension of excellence, competitive spirit and teamwork."

It also said, "Western must strive for excellence in athletics to the same degree it does in academics. This can only happen if the same attention and support given to the academic program is provided for athletics."

But the task force said "if sports are to be competitive with the present funds available, then there must be fewer sports."

So the philosophy is to have a few "competitive" teams, not many poor ones.

Western's four women's sports: basketball, volleyball, cross-country and track, should not have any trouble being competitive in AIAW division II play because their budgets match or exceed the opposing schools.

The Vikings' men's track and cross-country teams also will be tough because no NAIA school in the Northwest emphasizes either sport.

But Western's two most famous losers, men's football and basketball, still face a difficult challenge.

A main reason Olskamp formed the committee is "The Evergreen Conference is on the verge of collapse."

Last spring he said Western must find additional members for the EVCO, form a new conference or drop intercollegiate athletics that require conference participation.

Tom Quinlan, vice-president for student affairs, said last May football and men's basketball are the major problems because of their need for conference affiliation.

Western has not found additional EVCO members, did not join a new league and did not drop the two sports most dependent on conference affiliation.

So Viking football will remain in the EVCO with Central Washington University and four Oregon schools. It is a joke of a conference that does nothing to attract student interest in Western's football team because it plays schools that nobody in Bellingham cares about.

Also, the Vikings have been denied admission to the Northwest Conference because most of those private schools do not want a dominating state school, with its larger enrollment and lower costs.

But Western administrators still believe a combination of the EVCO and NWC is possible. If that happens, Western will be competing against schools with similar athletic philosophies.

The Vikings have had a quantity program, without much quality. Next year it will be without quantity, but it MAY have quality, if the conference affiliation problem with men's football and basketball is ever solved.

## Women crush SPU

by Mark Carlson

In a victory that was decided early in the game, Western's women's basketball team rolled to an 87-49 win over Northwest Empire League rival Seattle Pacific University Tuesday in Carver Gym.

Western's 87 points was the highest total this season. The Viks are now 3-1 in league action and 7-4 overall.

Senior forward Jo Metzger once again led the Vikings in scoring with 23 points. Guards Kym Cummings and Kim Smith each chipped in 14, while forward Mitzi Johanknecht and center Judy Irving finished with 12 and 10 points, respectively.

Center Gwyn Huffman scored 19 to lead the Falcons.

The Vikings could do no wrong in the second half. They fired a

steamy 63 percent from the floor and outscored the undersized Falcons, whose tallest player is 5-9, 50-30 in the last 20 minutes.

Metzger scored 12 points in the first six and one-half minutes of the second half as Western outscored SPU 18-0 to go up by 41 points at 67-26. After Metzger sat down for the evening, Johanknecht took up the scoring slack, hitting all six of her shots in the final 10 minutes.

Reserve center Dina von Hahn gave a solid performance for Western. The 6-3 freshman from White Rock, British Columbia, rejected seven Falcon shots and grabbed nine rebounds.

Western's zone defense again got the measure of an opponent. The Falcons turned the ball over 28 times. Irving led the Viks in steals with seven.

## Tell me where it hurts

**Editor's note: This is the first of a three-part series on sports injuries including, 1) runners' injuries, 2) contact injuries and 3) treatment of athletic injuries.**

by Mike Judd

Americans are running for their lives.

As an example, take a look at the 1980 New York City Marathon, where more than 14,000 runners lined up at the Verrazano-Narrows bridge toll gate.

While most people may not be able to keep up with Alberto Salazar or Bill Rodgers, more Americans are discovering the muscular and cardiovascular advantages of running. Many run just for the mental relaxation.

But since a large portion of these "born again" active people weren't previously accustomed to physical exertion, they are finding they must deal with all sorts of aches and injuries they were not accustomed to.

Dr. Stephen G. Rice, acting instructor in the Division of Sports Medicine and associate team physician for the University of Washington varsity athletic teams, has treated sports injuries since 1975. That year, he started working with Garfield High School (Seattle) athletic teams. He started at the university in 1977.

Standard running injuries involve forcing tissues beyond their normal range of motion, Rice said. He grouped them in two categories.

Some are flexibility type injuries, such as a muscle strain, pull, sprain or a torn tendon. These usually result from a single force,

such as stepping in a hole, Rice said.

Other injuries come under the heading of "overuse syndrome." These result from a series of forces on a particular muscle or joint. Overuse injuries can be brought on by the "toos," Rice said, as in too much, too fast, too hard and too soon.

Also, a third element of how much exertion a person can handle is anatomy, Rice said. Ideally, everyone's body will be perfectly aligned, he continued, but very few are. Flat feet, high arches and bone-to-bone relationships are among the little things that give each person a different breaking point.

Prevention of flexibility-related injuries involves similar tactics including conditioning, technique or skill and equipment. Conditioning involves both a proper warm-up and a proper level of fitness.

The body needs to warm up in order to perform properly, Rice said. As the body temperature rises, the muscle tissue changes. Muscles are stiff when cold, but when warm are able to stretch with minimal resistance, he said.

A proper stretching program starts with a static stretch of every major muscle group. One should gradually stretch each muscle until tight, Rice said, and hold it for 10 to 30 seconds, then relax and repeat. He recommends 10 to 20 repetitions, and cautions against bouncing since it causes muscles to contract.

Rice advised recreational athletes to "gradually acquire a peak level of fitness." From an unfit state, it takes a body three weeks to

reach that level, he said. It takes that long for the cardiovascular system, as well as the body's energy systems to adjust to increased activity.

One only needs 30 to 45 minutes of exercise, depending on the intensity, three times a week to maintain a top level, Rice said. One can exercise five times a week with little risk, he added, but beyond that the body needs a rest.

Unfortunately, Rice added, just a couple of weeks of inactivity returns the body to its former unfit state.

A runner's shoes are his only equipment, so great care must be taken in choosing proper footwear. Most name brands have the necessary elements, Rice said, which include a well-molded Achilles' pad, a raised heel and a firm heel counter, to prevent an Achilles' tendon tear. Also needed is a straight last, a substantial but flexible midsole, a rounded but high toe box, a well-padded tongue and studded soles.

The running surface is also important. Rice warns runners should avoid cement or blacktop because those surfaces don't absorb shock. For each mile run, the leg absorbs 3,000 times the body's weight, he said. With a hard surface, that force increases.

The ideal running surface is a good level turf or grass surface. A rubberized track like Western's is also good, he added.

With proper conditioning and equipment, the recreational athlete should enjoy many injury-free miles. But unfortunately, the only recommendation for skill or technique is practice, practice, practice.



An improper running surface or an out-of-shape body causes some of the injuries which plague the "born again" runner.

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