

Spring 1-18-1984

Maine Campus January 18 1984

Maine Campus Staff

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Rockland clamdigger Robert Curtis, 25, displays the Bic lighter he says saved his life. His fiancée, Denise Reed, 18, of Rockland, looks on. Curtis clung to a buoy in the Fox Island Thoroughfare for 27 hours this weekend before being rescued by the Coast Guard. See related story page 4. (Harman photo)

"Utopias 1984" course, others being offered

by Kerry Zabicki
Staff Writer

This spring, as George Orwell's classic novel "1984" comes of age, the English department is offering a new course on utopias.

Naomi Jacobs, assistant professor of English, is teaching the class, entitled "Utopias 1984." The class is one of four new courses in the department this semester.

"1984," which is one of the texts to be read, is actually the opposite of a utopia," said Jacobs. She plans to compare and contrast contemporary and early works on utopias.

"We will also be reading works by Skinner and Huxley, including excerpts from 'Walden Two' and 'Brave New World,'" she said. The course has a prerequisite of six hours in literature but is open to any qualified student, regardless of major.

Jacob's course is similar to many new ones being offered this semester because it tries to incorporate a variety of issues within a given topic.

The utopia class will examine political and philosophical implications of utopias as well as examining the literary aspects of the works," Jacobs said.

One lower-level English course that is being offered for the first time this spring is "Fantasy," which is taught by Steven Youra, assistant professor of English. Youra said that he hopes to bridge the gap between traditional English literature majors and other students who are interested in reading unusual works. Some of the required reading will include "Alice in Wonderland" and "Frankenstein."

The economics department is offering "Computer Applications in Economics," which will help introduce upper-level economic majors to computers.

"The class will demonstrate the usefulness of computers in economic analysis, and get students used to using computers," said David Clark, professor of economics.

The philosophy department will be offering a variety of new courses this semester, including one about existential literature and one called "Freedom, Equality and Community."

Assistant professor of philosophy Michael Howard has updated an earlier course on freedom, equality and community to include the issues of sexual inequality and economic questions concerning labor and capital.

Assistant professor of philosophy Jana Sawicki will be teaching an existential literature course which she hopes will appeal to both philosophy majors and non-majors. It has no prerequisites, but is also open to those students who have had existentialism before. Authors to be read include Tolstoy, Camus, Sartre and Nietzsche, Sawicki said. The class is not shown in the spring 1984 course book, but more information about the class can be found in the philosophy department office.

The nursing department is offering two new courses with no prerequisites. They are "Ethical and Legal Dilemmas in Nursing Practice" and "Women in Health."

Both classes will be team taught. The "Women in Health" class will analyze political, economic, social and legal factors which may influence a woman's health. The class concerning the legal and ethical problems associated with nursing will focus on various ethical theories which can solve problems which may arise in nursing practice.

Co-ed's death ruled a suicide

by Wayne Rivet
Staff Writer

The results of two toxicological tests conducted on an 19-year-old Hannibal Hamlin resident, who was found dead in Hauck Auditorium, revealed that the woman died from a lethal dose of poison, said the medical examiner.

Dr. George Chase, who conducted the autopsy on Jana Laurie Jacobson, said the results of two toxicological tests revealed that Jacobson died from acute cyanide poisoning. Chase said authorities have ruled the case a suicide.

Chase said two tests were conducted, one at the state medical examiners' office in Augusta and the other at the Boston Medical Laboratory.

"It is the practice of the state's medical examiners office to have two tests conducted in cases where lethal doses of some substance is involved," Chase said. "The purpose of having two sets of tests is to be sure the results of the tests collaborate with each other."

Chase said the results of the tests took some time because both labs had other tests to run before Jacobson's samples and cyanide is one of the last poisons examiners look for.

"Cyanide is not a common drug

used in suicides. The initial screenings conducted did not reveal a trace of cyanide," Chase said. "Certain tests are conducted to trace poisons but cyanide is on the lower part of the list."

Chase said the first thing the lab looks for are traces of common drugs which are abused. After those tests, poisons are traced.

Jacobson, a first semester freshman from Skowhegan, was found by two students under a furniture storage rack above the Hauck Auditorium stage on Dec. 1.

The time of death can only be speculated, Chase said.

"It's hard to nail down the exact time of death. What we do is find out who saw the individual last and the time the body is discovered. In this case, Jacobson was last seen Tuesday night and another person thought she was a prop underneath the rack Wednesday night. From these facts we

(see DEATH page 2)

Mainely Jazz Festival to come to UMO

by Don Linscott
Staff Writer

Administrators of the Memorial Union are anticipating a change of pace in the Union the first three days of February when more than a dozen musical groups will come together for the second annual Mainely Jazz Festival.

The festival will feature such jazz talents as the Tom Hoffman Trio, Brad Terry, and vocalist Barbara London. It will take place Feb. 1-3 at 7:30 p.m. in the Damn Yankee room of the Memorial Union.

David Rand, associate dean of student activities and organizations, said he is excited about the program and said it should be a welcome change of pace for many students and faculty at UMO who have fallen into a set routine of musical tastes.

Barbara Ives, assistant director and program coordinator, said the festival should provide interesting jazz mix-



tures because of the different kinds of talents that are scheduled to perform.

The festival will consist mostly of Maine musicians as it did last year. Rand said this fact dictated the name Mainely Jazz for the program.

Rand said he hoped people will take

advantage of the festival to try something new. "Sometimes we tend to get a steady diet of one sort of thing in our lives and that needs to be changed now and then," he said.

(see JAZZ page 3)

Communiqué

Wednesday, Jan. 18

Art Department Reception.
Faculty Exhibit: "Nothing In Common." Carnegie Hall. 8 a.m. - 4 p.m.

APO Used Bookmart. 1912 Room, Union. 9 a.m. - 4 p.m.
Employee Relations Brown Bag Series. Sally Dobres Spang: "Tell Me What You Think—Getting Feedback." North Lown Room, Union. Noon.

German Language Table. Yellow Dining Room, Hilltop. Noon.

Shop II Program.
Informational Meeting. Honors Center. 2 p.m.
(continued on page 8)

Maine Bound teaches outdoor skills, confidence

by Don Linscott
Staff Writer

UMO's Maine Bound program, sponsored by the Student Activities office, teaches wilderness skills through first hand experience in a supportive atmosphere, the program coordinator said.

Kevin Slater said the Maine Bound courses provide experience-based outdoor recreation opportunities and positive experiences promoting affective growth in the participants.

Maine Bound offers a variety of programs ranging from weekend courses on winter wilderness safety skills to one-day clinics on waxing skis. All are open to students, faculty and staff.

Slater said all the courses offered are geared to meet the needs of beginners. "No experience is necessary, just a willingness to try your best is all we ask," he said.

"People should not feel intimidated because they don't have any experience...you only need to be in average physical condition. The

courses are challenging and that's what's important because people grow from challenging experiences," Slater said.

Eighty percent of the people who he has taught have had no prior experience in wilderness training and those who have had experience have improved their skills, he said.

Slater said the most important and most enjoyable aspect of the Maine Bound courses is their ability to inhibit lasting friendships between people. "I've never had a student who wasn't beaming or didn't feel real good about what they learned and the friends they made (after finishing the course)," he said.

Slater called the friendship-building aspect of the program "a predictable miracle" and said, "If you put a group of people in the woods for a week or a weekend they're going to pitch in, work together, and learn a lot. Essentially we're setting up a situation for people to learn, for them to teach themselves and learn from each other."

Slater said he is satisfied with the



way things went last semester and said the program will continue to grow as more people learn of it. Last semester was the first that Maine Bound courses were offered as part of Student Activities.

Slater said persons who want information about Maine Bound should attend a slide show entitled, "what is Maine Bound?" Jan. 24 at 6:30 p.m. in the North Bangor Lounge of the Memorial Union.

Read the *Maine Campus Magazine*

First issue of this semester coming next week!

NEED MONEY FOR SPRING?

The J. Edward Tood Memorial Fund is a work-study project for a student who would like to serve and strengthen the ministry of the Maine Christian Association. Ministry is assisting with, planning, or coordinating activities which enrich our care for one another within the University. Do you have an idea or a project you would like to see happen? Contact Betsy Allin, Cutler Health Center (581-4000) or the Rev. Thomas Chittick, Wilson Protestant Student Center, 67 College Avenue (866-4227).

● Death

(continued from page 1)

try to establish about what time she may have died," Chase said.

Chase said he wasn't sure how much cyanide was found in Jacobson's body but he said a small dose of cyanide can be lethal.

When asked where Jacobson could have acquired the poison, Chase said cyanide cannot be purchased from a drug store but is available from chemical supply companies. Chase also said cyanide could be made in a

chemical lab.

"I am relieved to find out what it was instead of labeling the death undetermined. It puts the case to rest," Chase said.

Chase said the results of the tests were available about two weeks ago but no public statement was made. Chase said it is the practice of the examiner's office not to publicize suicide test results. The information, mainly the death certificate, is part of public record which is available to the press, Chase said.

ANCHORS AWEIGH.

The Army's active, reserve and national guard units have nearly 800 landing, amphibious and harbor craft. More than the Navy, in fact!

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ARMY

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Classifieds are \$1.50 for the first twenty words and 10 cents for each additional word, per day.

BIBLE STUDY

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RAs ready for spring

by Don Linscott
Staff Writer

Most UMO students didn't return to campus until Sunday, but Residential Life's resident assistants came back Friday to prepare for the start of the spring semester.

Each of the five complexes on campus planned various activities which ranged from playing games designed to strengthen trust and unity to discussions that focused on the problems of the RA job and possible solutions.

"We went down to a parish hall in Bar Harbor and our goals were to reacquaint each other, to share some things we had learned over the fall semester and to introduce the new staff members," said Barbara Smith, director of Stodder Complex. Stodder gained five new staff members.

Stodder's retreat was planned by an RA staff development committee that picked the topics for discussion. Each dorm staff picked a topic they had dealt with during the fall semester and made a presentation of their experiences to the rest of the group.

Smith said she felt the retreat went well and said members of her staff told her they enjoyed it more than other retreats they had been on. She said, "I think it had something to do with everyone having to stay in one room. It was a very casual, very informal type of thing and since RAs presented things to other RAs they seemed to respond to it very well."

Smith said it was important to bring the RAs back early and take them off campus for a day so they could concentrate on each other instead of

worrying about the many details of opening staff evaluations.

Andy Matthews, director of Wells Complex said he believes it is important to bring the RAs back to campus early because it gives them a chance to talk with one another before the residents return. Matthews said the RAs need some time to reflect on the events of the past semester and set goals for the upcoming semester before the pressures of the new semester start.

Scott Anchors, director of Hilltop Complex said his staff spent the day Saturday in an all-day workshop with Mattie Gerrish, a mental health consultant. Anchors said Gerrish talked about chemical dependency and how to assess it.

"It wasn't only about alcohol, it was on coffee, caffeine, chocolate, drugs and the whole works. It was fascinating," Anchors said.

Greg Stone, York Complex director said his staff was involved in a program that was designed to point out special things about each individual. Stone said this was important because, "sometimes RAs lose sight of themselves and forget just what their good points are."

Not every hour was consumed by work however: time was allowed to celebrate the end of one semester and the start of another at Residential Life's annual "Super Celebration" in the Memorial Union.

University staff members enjoyed a prime rib and stuffed shrimp, "surf 'n' turf" dinner followed by an evening of music and dancing, compliments of Residential Life.

● Jazz

(continued from page 1)

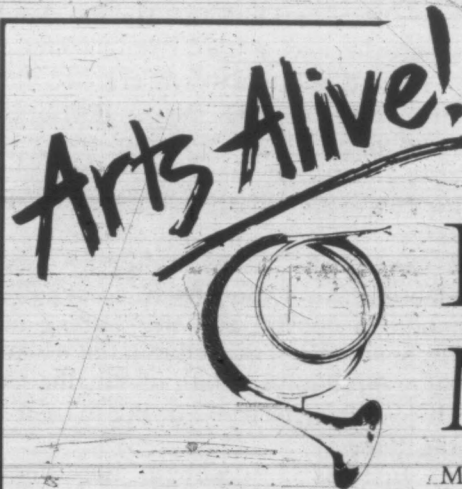
He said it will also offer staff and faculty members who grew up in the big band era, a chance to reminisce as well as hear some of the newer trends in jazz.

Four times as much money has been spent on this year's festival than was spent last year. Rand said the overall quality of the music will be better than last year and said talents have been called in from greater distances and

thus are costing more money.

Part of the expenses have been covered by an \$1,100 grant from the Cultural Affairs Committee and much of the additional expenses will be funded by the revenue raised from the \$2.50 admission tickets.

Rand said last year's festival had no admission charge but the increased production costs of the 1984 festival have necessitated an admission fee.



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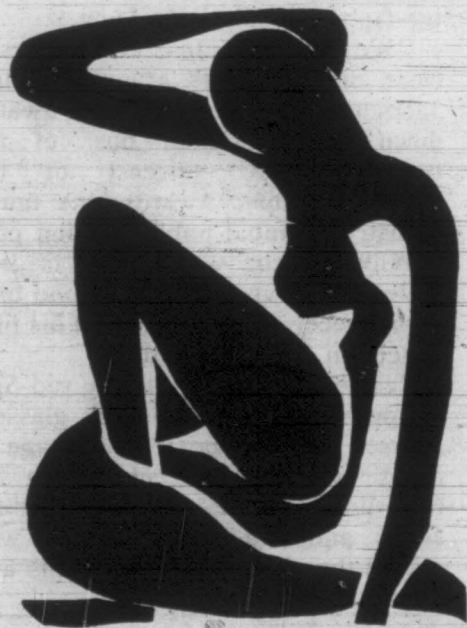
Vivaldi - The Four Seasons
Bach - Concerto in G Minor
for harpsichord & strings
Haydn - Concerto No. 1 in D Major
for horn and orchestra

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World/U.S. News

Maine clamdigger describes icy 27-hour ordeal

AUGUSTA, Maine (AP)—Robert A. Curtis says he tore his boots apart with his teeth and hands, and burned the pieces of rubber to keep warm during the more than 27 hours he spent stranded on a buoy in the frigid Atlantic Ocean.

"About every two hours, I'd light one," said the 25-year-old clam digger as he recuperated from frostbitten hands and hypothermia at Eastern Maine Medical Center in Bangor. He recounted his icy ordeal Tuesday in a telephone interview with The Associated Press.

"It snowed almost the whole time," he said. The air was "wicked cold" with a wind chill factor of below zero and the water, which he managed to avoid falling into, seemed even colder, he said.

Curtis, who was to be released from the hospital Tuesday afternoon, a day after the Coast Guard rescued him, said he set out from Rockland in his 15-foot runabout on Sunday morning to dig clams on North Haven Island, nearly eight miles away.

The weather forecast was calling for 10- to 15-knot winds and visibility of up to two miles, he said. But he soon encountered winds of about 35 knots and visibility of less than a quarter-mile.

"I didn't realize it was going to be so rough until I was right out in it," said Curtis, of Waldoboro.

To avoid a particularly turbulent spot where three currents cross paths,

Curtis said he veered toward Vinal Haven Island, about three miles off the normal course, intending to follow the shoreline north to North Haven island, where he and a friend rent a house.

At one point, a wave crashed into the front of his boat, jarring it momentarily and allowing water to rush in over the bow and stern.

"It was about half full of water," he said.

Curtis, who has been digging clams since he was 4, put his 40-horsepower motor in neutral and was bailing out his boat when it drifted into the whistle buoy three miles south of Vinalhaven. He lost the boat while trying to tie it to the buoy.

"Just as I grabbed the buoy, another wave came along and wiped the boat out from under my feet," leaving him hanging from the side of the buoy for about a minute. That was the last he saw of his boat, which carried blankets and dry clothes for his stay on North Haven.

"The first wave took it out of reach," he said. "It just drifted out into the fog."

Curtis pulled himself onto the buoy, which he said is about 5 feet in diameter and protrudes about 8 feet about the water, at exactly 10:45 a.m. He had been at sea for 45 minutes.

"The first thing I did was look at my watch," he said. "I was wet. Everything was wet" above his knees. Boots kept his feet dry. He removed his boots and used his teeth and hands

to rip apart the strips of rubber he would use as makeshift heating fuel. He crawled into one of the tiny, wedge, shaped compartments on the buoy and "balled myself right up" inside to shield himself from the elements.

Curtis sat down on his down vest "so my rear end wouldn't freeze to the buoy" and pulled his hood and sweater over his knees and under his feet to retain his body heat. He repeatedly lit his disposable cigarette lighter inside the clothing, so it would dry out.

"The buoy kept twisting and turning," bringing him within inches of the water. "It kept spinning too, so I was in the wind about a third of the time I was out there."

He said he saw a scallop dragger, pass nearby less than an hour after he landed on the buoy, and later a Coast Guard vessel passed by, but neither saw him waving in the storm or heard him yelling for help.

As the night wore on, Curtis said his greatest fear was that the Coast Guard would find his boat first and assume that he had drowned.

"I was worried that they were going to find a lot of debris...and then they'd stop looking for me."

But as of Tuesday the boat had yet to be found. And by dawn Monday, four Coast Guard ships and several aircraft were out looking for him.

The fog lifted around midday Sunday, and by early afternoon the crew of the Cutter Point Hannon spotted him waving from the top of the buoy.

"I knew I had it made then," he recalled.

He was given hot coffee and sandwiches aboard the ship and was airlifted to Bangor by a helicopter that was searching for him. He walked off the helicopter and was taken by ambulance to the hospital.

On Tuesday, Curtis said he objected to a published report quoting Coast Guard officials as saying his boat was unreliable and that he was delirious when he was rescued. Neither is true, he said.

He said he intends to resume clam digging "Just as soon as my hands are ready"—his right hand was blistered and numb from frostbite—and after he replaces his boat, which was uninsured. He said he has faced rougher weather but always managed to get back to shore safely.

"It's part of the trade, I guess," he said.

Michael Jackson sweeps American Music Awards

LOS ANGELES (AP)—Singer Michael Jackson swept the 11th annual American Music Awards on Monday night by winning an unprecedented eight honors, including favorite male vocalist in both pop and soul categories.

In addition to the vocalist honors, his top-selling LP "Thriller" was named favorite pop and soul album, his No. 1 single "Billie Jean" earned favorite pop single honors, and "Beat It" won as favorite pop and soul video. Jackson also was given a special Award of Merit, and a tribute by other entertainers.

The only award Jackson could have won but didn't was for favorite soul single, which went to Lionel Richie's

toe-tapping "All Night Long."

"We might have to get the ushers to clean out the seats around Michael Jackson so he can put his awards down," said Richie, host of the two-hour ABC telecast of the American Music Awards, the music industry's annual public opinion poll.

Willie Nelson was named favorite male country vocalist, the second time he has received the honor and his fifth American Music Award.

Resplendent in a glittering red Sgt. Pepper-style outfit and dark glasses, Jackson strode repeatedly onstage to thank everyone connected with his recordings, from producer Quincy Jones and the "disc jockeys who played the record" to his parents and "the American public."

Water water everywhere and not a drop to drink?!

15 minute noon prayer
12:20 Thursday, Drummond Chapel

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U.S. will welcome any arms reduction talks

by Barry Schweid
Associated Press Writer
STOCKHOLM, Sweden (AP)—Secretary of State George P. Schultz will tell the Soviet foreign minister on Wednesday that the United States would welcome talks on any level in an effort to control nuclear weapons and curb conventional forces in Europe.

Administration sources told The Associated Press Tuesday if the Soviets are reluctant to resume talks, the United States is ready to open other channels to reverse the U.S. and Soviet arms buildup.

Schultz, seeking to reopen a dialogue with the Soviet Union, will meet Foreign Minister Andrei A. Gromyko on Wednesday. Both are attending a 35-nation conference on peace and security in Europe.

It would be the first since the two wrangled in September over the Soviets' downing of a South Korean jetliner with 269 people aboard.

The Soviets broke off arms control talks last year after NATO started a five-year deployment of 572 new medium-range nuclear missiles in Europe. The West said its Euromissiles were needed to counter existing Soviet SS-20 nuclear weapons.

The Soviets won't return until NATO pulls out its new rockets. Talks

on ocean-spanning nuclear weapons and conventional forces also are on hold, and the Soviets refuse to set a date for resumption.

Schultz has already had several talks at the State Department with Anatoly F. Dobrynin, the Soviet ambassador to Washington, to see if some of the chill can be taken out of the frozen relationship.

At the opening of the conference, Schultz did not offer any proposals to lure the Soviets back to the negotiating tables, and urged the Soviets to lift the Iron Curtain, saying America "does not recognize the legitimacy of the artificially imposed division of Europe."

Schultz also proposed a global ban on chemical weapons and a program to ease anxieties in Europe by exchanging information on military maneuvers in order to prevent an inadvertent war.

Gromyko is to address the conference on Wednesday.

East German Foreign Minister Oskar Fischer urged a treaty between the NATO and Warsaw Pact renouncing use of military force, a freeze on nuclear arsenals, nuclear-free zones in Europe, a European ban on chemical weapons and a freeze or cut in military budgets.

Schultz declined to comment on the

proposals, several echoing previous Warsaw Pact ideas, until he had studied them.

Schultz jabbed at the Soviet Union, saying, "some nations seek global or regional military superiority or resort to threats of intimidation," but the United States "seeks no such superiority."

Schultz's proposals include:
—An exchange of information about the organization and location of NATO and Warsaw Pact military forces.

—Annual previews of military exercises.

—Having observers present during such activities. The United States wants the Soviets to permit such observers from its border with Poland east to the Ural Mountains.

—More rapid communication among governments in a crisis.

—Means of verifying compliance with understanding reached at the conference.

Saudi consul kidnapped, no responsibility claimed

by Farouk Nassar
Associated Press Writer

BEIRUT, Lebanon (AP)—Gunmen with automatic rifles abducted the Saudi Arabian consul from his limousine Tuesday, wounding his driver and beating his bodyguard. State-run Beirut radio said the kidnappers were trying to sabotage a Saudi-mediated security plan and "inflammate the Lebanon situation."

No one immediately claimed responsibility for the abduction of consul Hussein Abdullah Farrash, 45, in Moslem west Beirut's seaside Rouche neighborhood. There was no word on whether the Saudi Embassy or the Lebanese government had received any ransom demands.

The state radio, meanwhile, said Druse and Christian militiamen traded artillery and rocket barrages throughout the day in the Kharroub region overlooking Israel's defense line at the Awali River in southern Lebanon. No casualties were reported.

Elsewhere, police said, guns were silent after a day of heavy bombardment Monday that left 34 civilians dead and 100 wounded in Beirut's Christian sector and Druse-inhabited central mountain towns.

Beirut radio said the mid-morning abduction of Farrash was "engineered to deal another blow to the security plan and inflammate the Lebanon situation."

"The party that ignited the situation in Beirut and the mountains yesterday is the beneficiary of the abduction," the radio said, referring to Monday's shelling attack.

The radio commentary did not name any specific group. The security plan calls for disengagement of Lebanon's warring factions and extending Lebanese government control in some areas around Beirut.

The Voice of Lebanon radio station of the rightist Christian Phalange Party said the kidnappers belonged to Hezbollah, or Party of God, a pro-Iranian group of extremist Shiite Moslems. The station cited no source for its report.

The attack was reminiscent of the July 1982 abduction of David Dodge, 62, the acting president of the American University of Beirut. He was held by pro-Iranian extremists in the Bekaa and in Iran for a year before being released after Syrian leaders intervened.

In Jerusalem, a senior Israeli official told reporters that Prime Minister Yizak Shamir's government was holding discussions with the major Lebanese factions to try to get the Lebanese security plan approved. The Israeli government considers the plan crucial to its hopes of pulling back troops occupying southern Lebanon since the June 1982 invasion.

White House says speech not political

WASHINGTON (AP)—President Reagan's spokesman today rejected interpretations that Reagan's speech on U.S.-Soviet relations was related to U.S. politics and said he hoped it would have a favorable impact on a top-level meeting with the Soviets in Sweden.

"It is the president's view that international problems can't be suspended in election years," said Larry Speakes, the White House official.

He spoke shortly before a scheduled meeting between Reagan and Paul Nitze, Reagan's negotiator at medium-range nuclear missile talks in Geneva, Switzerland.

The talks have not resumed since the Soviets walked out late last year upon the initial deployment of U.S. nuclear missile components in Western Europe as part of NATO's weapons modernization program.

Speakes expressed he hoped that Reagan's address would improve the climate for talks Secretary of State George P. Schultz will conduct Wednesday in Stockholm with Soviet Foreign Minister Andrei Gromyko.

Speakes said that no official Soviet reaction to the speech had been received, and that when it is, it would most likely arrive through private channels.



LUNCH

That's Right! Due to numerous requests, Barstan's has decided to start serving lunch again.

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Wednesday, January 18, 1984

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Paul Grosswiler, *Faculty Advisor*Published four times weekly at the University of Maine at Orono. Offices at Suite 7A Lord Hall, UMO, Orono, Maine, 04469. Telephone numbers: Editor, 581-1271; Business Manager, 581-1272; Advertising Manager, 581-1273. Advertising and subscription rates, available upon request. Printed at *The Ellsworth American*, Ellsworth, Maine.

Par for the Course

STEVE BULLARD

Itchy feet

I've got that travelling fever. Must be the snow. The cold just gnaws at my bones, making me yearn for green grass, shaded beaches and a hot sun.

Actually, travelling is a part of my system. I was born to it. My life literally opened on the run. A mere 18 days after I was born in a snowy Maine town I was on a plane headed for San Francisco.

Since then its been one stop after another. You see, I'm a service child, a Navy brat. Moving is a way of life. I've attended 11 elementary schools, three junior highs, by some miracle just one high school and three colleges.

It can be tough. Friends become a rare, valuable commodity. To this day I, and other service kids I know, find it tough to maintain friendships from afar. But I can't comprehend staying in just one place for an extended time.

You should see our home movies. I can show you bullfights in Spain, the Pope in the catacombs in Rome, the French Riviera, Florida beaches, Richard Nixon at the White House, Russian warships on the Atlantic and dolphins at Guantanamo Bay, Cuba.

I remember playing in a park in Bremerhaven, West Germany as a kid. A friend and I dug up a German army helmet from World War II one day, along with a dud American hand grenade. Grand treasures to young minds who saw war as a romantic adventure, not death and destruction.

One day I left Virginia Beach, Va., bundled up warmly against the fierce 50 degree Virginia cold. We flew in a Navy plane low over the Bahamas, brown and green jewels in a turquoise setting, buzzed over thousands of Cuban fishing boats and set down in a new world known as Guantanamo Bay. Stepping from that air conditioned plane onto the tarmac was like entering a blast furnace. The temperature was 108 degrees, and it took 18 cokes a day to maintain the sugar supply.

Diving is quite a joy in the tropics, despite the occasional lemon and hammerhead sharks and the barracudas that follow you around like lost puppies. I actually bumped into a bull shark once. I don't know which of us was more scared.

I'm lucky I came back. A week after we got there, a group of us took a boat across the bay to the deserted area around the Guantanamo River. It was an eerie feeling, traveling a barracuda infested river about 30 feet across and covered with overhanging trees. Especially when we passed a blown up bridge and found we were entering the Cuban city of Guantanamo. Oh, no!

We hightailed it back to the base, where, to put it mildly, a distraught base commander told us the only reason we weren't in a Cuban jail was the Cuban guards had fallen asleep. As a rule, they do that for about half of their shift, it was explained.

Memories are great, but they're nothing without friends to share them with. I no longer know any of the people I shared these with, and it hurts. You live with it, and it's worth it. But is it necessary? What I'm trying to say to my friends is, after we leave, let's keep in touch this time, OK?

Steve Bullard is a senior Journalism/History major from Virginia Beach, Va., who aims to be a foreign correspondent someday.

Defense spending

There has been a great deal of argument about the size of the defense budget, and those opposing spending increases are arguing the loudest. But if you clear away all of the rhetoric from both sides, and look at just the facts, the need for increased defense spending becomes obvious.

One fact we cannot afford to forget is the Soviet desire to spread communism over the globe. This, contrary to some popular beliefs, is not a paranoid fantasy. In the *Communist Manifesto*, Marx wrote that communism would eventually be the way of life for the whole world. In fact, he wrote that it is inevitable. Soviet leaders from Lenin to Andropov have frequently emphasized this as a central part of Soviet policy. The spread of communism is an important doctrine to the Soviets as the First Amendment is to Americans.

A second fact we must remember is that historically the United States has fought to prevent the spread of communism. In short, the United States has been the major obstacle in the path of Soviet expansionism.

With this in mind, we must consider what would happen if the United States could no

longer prevent the Soviets from succeeding. With the United States out of the way, there would be nothing to stop the spread of Soviet-dominated communism.

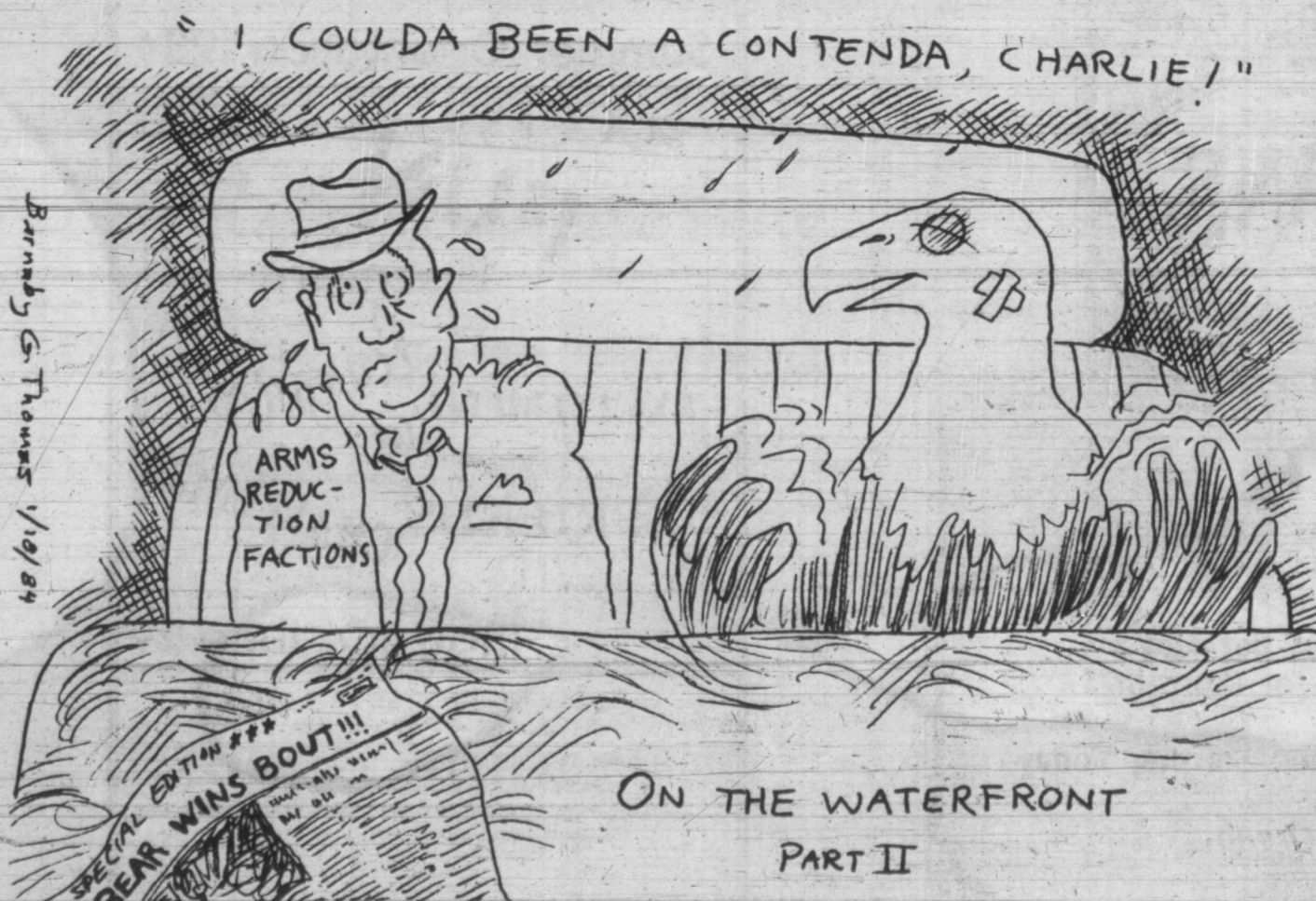
In light of these facts, we must bolster our military capability in order to maintain an effective deterrent and thus keep the Soviet Union in check.

The most frequently heard argument against increasing the defense budget is that the Soviets would never launch an attack against the United States because we possess the retaliatory capability to inflict comparable damage on them.

While this is true at the present if we sit still in terms of researching and developing new weapons systems, while the Soviet Union continues to stockpile large numbers of increasingly sophisticated weapons, the time will come when the threat of U.S. retaliation would be meaningless if not impossible.

Having the United States at such a disadvantage, what would prevent them from doing what is necessary to achieve their national goal? Their inherent fondness for capitalists?

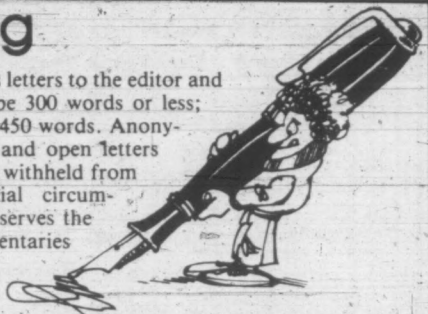
Stephen R. Macklin



Response

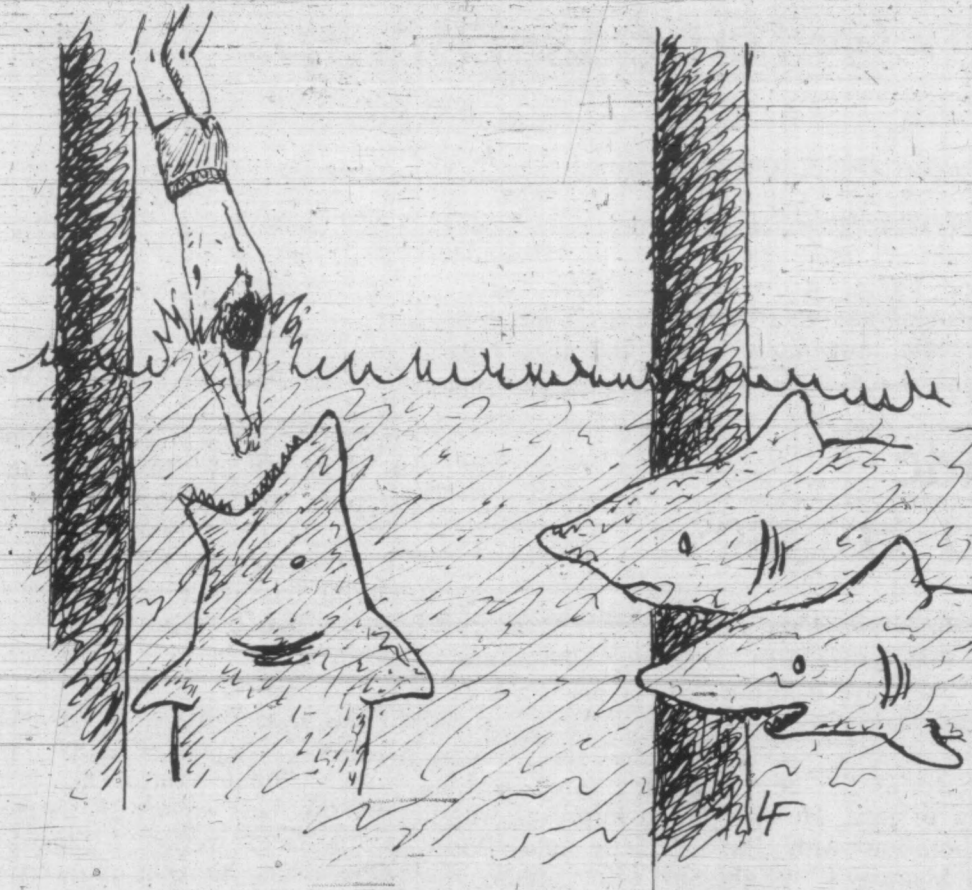
when writing

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**This page is
for you.
Write 'To the
Editor.'
Suite 7A
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An unintentional message appeared in Tuesday's editorial, "Getting Started." The word "cyclical" appeared in the opening paragraph as "cynical." The sentence should have read: "We are cyclical creatures." The Campus apologizes for the error.



"Takes all the sport out of it
if you ask me."

BLOOM COUNTY

by Berke Breathed



Commentary

Howard Schonberger

Aperscription for disaster

The Kissinger Commission report on Central America, for all its contradictory language, is in essence a warm endorsement of the present policies of the Reagan administration. As such it is a prescription for disaster. If accepted by Congress it will mean more oppression, suffering, and death for the poor people of Central America. It will mean more wasted tax dollars that add to the budget deficit and which, in any case, could be better spent in Maine and elsewhere at home. Finally it will increase the likelihood of deeper U.S. involvement in the region, sooner or later with U.S. combat troops.

While talking of curbing death squads and preparing for elections, the Reagan administration will use the Kissinger report as justification for doubling military aid to the government of El Salvador this year. That government has been responsible for the deaths of nearly 40,000 civilians since 1979, including four American churchwomen and two American labor leaders. The Commission proposes billions of dollars in economic aid to a government that has failed to meet the human needs of its impoverished people. If the past is any guide, that economic aid will be pocketed by corrupt government officials and the 14 families which comprise the Salvadorean oligarchy. The Kissinger report explicitly opposes negotiations between the Salvadorean government and the FMLN/FDSZ opposition

that has been waging an increasingly successful armed struggle over the last four years. But such negotiations have been called for not only by the guerillas but by the Catholic Church and the centrist Christian Democratic Party. The New York Times (1/12/84) reported that a spokesman for the Archbishop of San Salvador said, "Mr. Kissinger has erred completely by ignoring the Christian forces...and excluded the possibility of dialogue which Monsignor Rivera Y Damas has proposed. Kissinger has not listened to us. We have been very clear in our opposition to more military aid."

The relentless pursuit of military solutions to the Central American crisis is evident in the report's call for continued military aid to the former National Guardsmen of the Somoza regime. These hated counter-revolutionary forces seek the overthrow of the present Sandinista regime and their attacks have forced the government to seek help from wherever it can get it. In addition the U.S. have some 3000 troops training Hondurans for a possible operation against Nicaragua and there are major naval task forces cruising both coasts of Nicaragua. All this activity is justified in the name of Soviet interference, through Cuba, in Nicaragua. The Russians and Cubans have sent limited aid and personnel to Nicaragua but so has West Germany, France, and Mexico. American aid to Nicaragua's enemies has far outstripped Soviet and Cuban aid to Nicaragua.

There is no Cuban or Soviet military base in Nicaragua nor do the Nicaraguans want such a base. Nicaragua is a member of the Non-Aligned Movement of over 100 countries, including India, Morocco and Zaire, who are united in their refusal to be party to military alliances with either the Eastern or Western blocs. To picture Nicaragua and Cuba as threats to our national security, as the Kissinger report does, would be funny if it were not that behind such misinformation lies the justification for intervention and the return to the era of right-wing dictators and a Pax Americana for Nicaragua.

The American people need to pressure Congress to recognize the need for a new policy that moves away from military solutions and seeks diplomatic and political ones. The U.S. maneuvers in and around Central America must cease. All covert and overt aid to the Nicaraguan counter-revolutionaries must end so that there can be fruitful negotiations to bring peace to Central America. Finally, the U.S. must end all military and economic aid to El Salvador until the military repression ends and death squads cease operations. Only a negotiated power-sharing agreement between the Salvadorean government and the FMLN/FDSZ in which elections are one part offers any prospect of peace and justice for that troubled land.

Circuit

The electric bass 'bomps' its way into the jazz scene

The electric bass, usually confined to rock circles, is just now coming into jazz fields. It used to be that the stand-up acoustic bass was the instrument that gave jazz its incessant thump and bump. Artists such as Ron Carter, Charles Mingus and Charlie Haden are experts of producing that miraculous bump. But it is only

Pastorius separated from the group with others saying he was only on hiatus. But no matter how you look at it "Invitation," the latest from Pastorius, is equal to, if not better than his best with Weather Report.

What Pastorius and the Word of Mouth Big Band do is put a member of the rhythm section in the limelight and work from there. "Invitation" is recorded live in Japan and features a horn section headed up by Randy Brecker, and drummer Peter Erskine, who used to play with Weather Report. Let's put it this way: Jaco and his big band-style horns are a comfortable fit and have a punch to boot.

Pastorius bump-and-runs his way through this live one and does it with style. He funks you up with "Soule Intro-The Chicken," plays a virtuoso bass solo with "Amerika and swings in a big band way on "Liberty City" with Toots Thielemans honking and hooting on harmonica on Ellington's "Sophisticated Lady." Other musicians featured on the album are Paul McCandless of Oregon and Peter Gordon on French horn. The big band sound of this album allows Pastorius to shuck and jive in a different style than his usual fusion suit.

LINER NOTES: Some shorts on some current albums that are out: Tom Tom Club "Close to the Bone"—Tina Weymouth and Chris Frantz from Talking Heads and company put together a white funk album that makes their first album look like child's play. "Man With the Four-Way Hips" is the one that gets the most airplay, and the most requests. It's a fun album to listen to, but you better be ready to dance. John Hiatt—"Riding With the King" a friend told me if Elvis Costello was American and from California, he would be John Hiatt. He has the same feel as Costello, but without the sour-taste that some of the early Costello has...Oh, and for you NRBQ fans; they have a new album out called "Tapdancing Bats." The great thing about this record, which has the usual tasty R&B-flavored rock 'n' roll and the Whole Wheat Horns is that it also features a song called "Captain Lou," which is about (you guessed it) Lou Albano, the best instigator and worst bad guy in wrestling. A must for camp listening.

B-Side Brad Hughes

until now that artists such as Stanley Clarke and Jaco Pastorius have incorporated the electric bass into the jazz/fusion vein.

Jaco Pastorius has been a driving force in the fusion end of jazz. He first broke into jazz with his collaboration with Pat Metheny and Bob Moses on Metheny's "Bright Size Life" album in 1977. Shortly after that he joined Weather Report. At the time Weather Report was well on its way to becoming the premier fusion group of the 1970s. While still with Weather Report, Pastorius didn't appear on Weather Report's "Procession" album and speculations had

Brad Hughes is a junior broadcasting major living in limbo.

Communiqué

Wednesday, Jan. 18 (continued from page 1)

Shop II Program. Informational Meeting. Honors Center. 2 p.m.
CAPS Seminar. Overview of the CAPS System. 227 E/M. 3 p.m. - 5 p.m.
Women's Center Meeting. North Bangor Lounge, Union. 4 p.m.
MCA Bible Study. South Bangor Lounge, Union. 6:30 p.m.
Peer Sexuality Program. Informational Meeting. North Lown Room. 7 p.m.
IDB Movie. "And Justice For All." 130 Little Hall. 7 and 9 p.m.

Thursday, Jan. 19

APO Used Bookmart. 1912 Room, Union. 9 a.m. - 4 p.m.
Al-Anon Meeting. Old Town Room, Union. 11 a.m.
Faculty Forum on Religion. Ham Room, Union. Noon.
French Language Table. Yellow Dining Room, Hilltop. Noon.
MCA 15-Minute Noon Prayer. Drummond Chapel, Union. 12:20 p.m.
Poetry Hour. Tabitha and Stephen King. Bangor Lounge, Union. 3:30 p.m.
CAPS Seminar. Introduction to the CMS Environment. 227 E/M. 3:30 p.m.
United Campuses to Prevent Nuclear War Meeting. The Maples. 4 p.m.
IDB Movie. "And Justice For All." 130 Little Hall. 7 and 9 p.m.

Friday, Jan. 20

APO Used Bookmart. 1912 Room, Union. 9 a.m. - 4 p.m.
Moslem Friday Prayer. Drummond Chapel, Union. Noon.
Wildlife Noontime Seminar. John Litvaitis: "Snowshoe Hare Habitat Use and Density in Maine." 204 Nutting. Noon.
Sabbath Eve Services. Sponsored by Hillel. Drummond Chapel, Union. 4:30 p.m.
SEA Movie. "War Games." Hauck Auditorium. 7 and 9 p.m.

Plain Campus



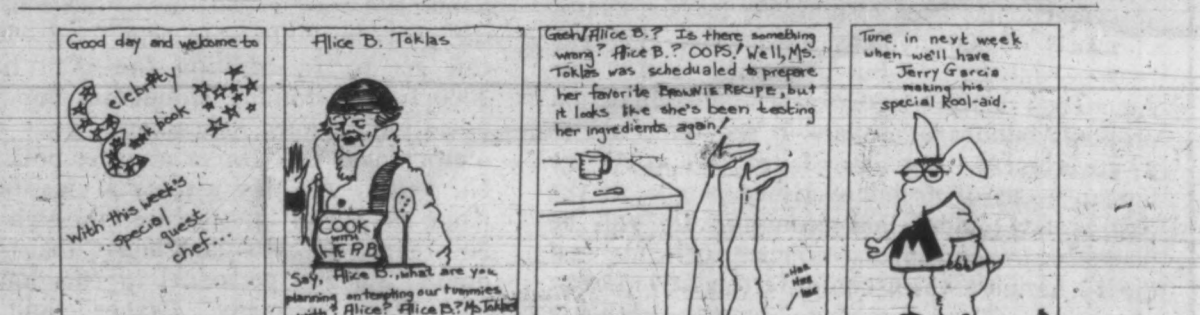
Montgomery Hall



Network



3-East



by Holmes and Anderson

Sports

NCAA suspends Swift for one third of season

ORONO—The National Collegiate Athletic Association (NCAA) has ruled that All-American pitcher Billy Swift of the University of Maine Black Bear baseball team will be unable to compete in intercollegiate competition for one-third of the 1984 Black Bears schedule.

The decision, handed down by the NCAA's eligibility committee, means that Swift may not compete in the first 18 games of the 1984 season.

UMO Athletic Director Stuart Haskell said Tuesday that the

University is considering an appeal of the penalty to the NCAA Council.

The NCAA ruling would mean that Swift would miss all but one start on the UMO's Texas trip in March but that he would be eligible to pitch during the portion of the Bears schedule that is played in New England.

In rendering the decision the NCAA cited three provisions of its constitution which appeared to have been violated by Swift during the times that he met with representatives of the

Minnesota Twins Professional Baseball team to discuss the possibilities of playing in that organization. Swift was the Twins' second round draft choice last May.

The NCAA contended that Swift jeopardized his eligibility by unintentionally committing the rule violations in his discussions with a representative of the Twins.

Black Bear baseball coach John Winkin, upon learning of the action, said, "I am actually relieved by the decision. I am disappointed at its

severity, but it is comforting to know that Billy will be available to us for the meat of our schedule—that part that will determine our post-season possibilities."

Swift, in his first three years at Maine, has won 22 games and lost five, including a win over Stanford in the 1982 College World Series. In 1982 and 1983 he was named a second team All-American and in 1983 he was a member of the USA Team, playing in Belgium and in Venezuela.

Friars hold off Bears surge

by Jerry Tourigny
Staff Writer

Providence College took a 2-0 first period lead and held off a late surge by the Black Bears en route to a 3-2 victory Tuesday night at the Schneider Arena in Providence, R.I.

Steve Taylor, who scored the overtime goal that beat the Bears 7-6 on Nov. 19, put the Friars on the scoreboard with six minutes remaining in the first period and defenseman Art Yeomelakis scored three minutes later to give Providence a 2-0 first period edge.

Peter Taglianetti gave the Friars a 3-0 lead at the 13:25 mark of the second period when he fired a shot from the left point that apparently deflected off a Maine player past UMO goalie Jean Lacoste, who was making his first start in goal since Dec. 10 when he was injured in a contest with Boston University.

Lacoste played like he hasn't missed a game, turning in an excellent performance and stopping 28 Friar shots. He was voted the game's No. 3 star by WABI's Gary Thorne.

Freshman Jay Mazur, Maine's leading scorer, put the Bears on the board with 3:33 remaining in the second period on a power play goal. Kevin Mann set Mazur up perfectly, passing the puck to Mazur who put it in the left of the goal past P.C. goalie Mario Proulx. Proulx also turned in an

excellent performance in the net, turning aside 22 Black Bear shots.

The game was played evenly through the first two periods. With Providence's premier defenseman Taglianetti out of the game with a separated shoulder, Maine gained the edge in momentum in the third period

by applying heavy pressure until Friar forward Steve Rooney was called for cross checking at 2:34.

With only three seconds to go in the power play for Maine, Paul Giacalone gathered the puck along the boards, wheeled to the bottom of the left circle and drilled home his seventh goal of

the year. Maine now closed to within one goal at 3-2.

The play continued in the period with each team getting good scoring opportunities only to be denied by goalies Lacoste and Proulx.

With just under a minute left in the game Maine Head Coach Jack Semler

(see HOCKEY page 10)



UMO baseball coach John Winkin (center) flanked by co-captains Jeff Paul (left) and Ed Hackett (right) during practice in the Field house. (Hawkins photo).

Graduate Students:
CSB spring grant applications

Graduate Students:
CSB spring grant applications

Graduate Students:
GSB spring grant applications are now available at the Graduate Center, Estabrooke Hall, and at the Graduate School Winslow Hall. Application deadline: Feb. 17, 1984.



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UMO's Brud Folger: A jack of all trades

by Bob McPhee
Staff Writer

The University of Maine at Orono athletic department is extremely fortunate to have the services of Philip "Brud" Folger as Promotions director, varsity tennis coach and scheduler of all athletic events against various colleges and universities throughout the country.

Folger came to UMO 19 years ago after experiencing a life style that some people strive a lifetime to achieve.

Born in Farmington, Maine in 1937, he moved to Plymouth, N.H. and he graduated from Holderness High School in 1956 where he played football and was a member of the ski team. He spent the next four years working toward a chemistry degree from Middlebury College in Vermont.

After doing odd jobs for a couple of years, Folger enlisted in the U.S. Army and was stationed in Germany from 1962-65. Folger earned the rank of first lieutenant and was in charge of a tank company.

When he returned to the states he was employed at Foxboro High School in Foxboro, Mass. for one year in the chemistry department.

In the fall of 1965 he was offered a job at UMO as men's varsity tennis coach, men's ski coach and freshman soccer coach.

That same year Folger became interested in flying and received his pilots license from the state.

"It's easy to get places in a plane, quicker than driving and exciting," Folger said.

"I have never had any close calls in 19 years of flying," Folger said.

For eight years Folger coached the three sports until freshman soccer was dropped following the 1973 season. From 1974 to 1981 he coached men's tennis and skiing. From 1978 through 1981 he coached the women's ski team.

"From 1976 to 1981 we had at least one skier compete in the NCAA tournament," Folger said.

Folger explained that a skier had to qualify in a particular

NCAA event to be recognized by the NCAA.

Due to budget cuts the ski team was dropped at UMO following the 1981 season.

Folger is currently coaching

the men's tennis team and said since 1965 the team has a .500 winning percentage, despite having to practice inside the Fieldhouse due to cold weather five months of the school year.

In 1977 while Folger was

coaching, he earned a masters degree from UMO in student personnel in higher education.

When Stu Haskell was appointed to full-time athletic director in the spring of 1983 and Janet Lucas and Lisa Burger took over as business managers, Folger was appointed ticket manager and is responsible for scheduling all UMO athletic events.

"I work with Janet and Lisa to coordinate trips and the job can and does cause headaches," Folger said.

"Overall it's fun but you have to be flexible," he said.

Folger said he has to be willing to give and take and do favors on both sides.

"A coach might want to play certain schools at different times and the school doesn't agree so you have to compromise," Folger said.

In September 1983 a new position was created by Haskell to promote UMO athletics and increase income and fans at athletic contests. Folger was appointed promotions director at UMO and has organized various events in an effort to create added awareness among fans.

Some events that Folger has organized since September have been Military Day, Pulp and Paper Day and Faculty and Staff Day at football games, Buck nite at Hockey and men's basketball games and McDonald printer hat giveaways. He has also made a film with Henry Nevison of the Maine Public Broadcasting Network and had posters and schedule cards made up with UMO's future athletic events.

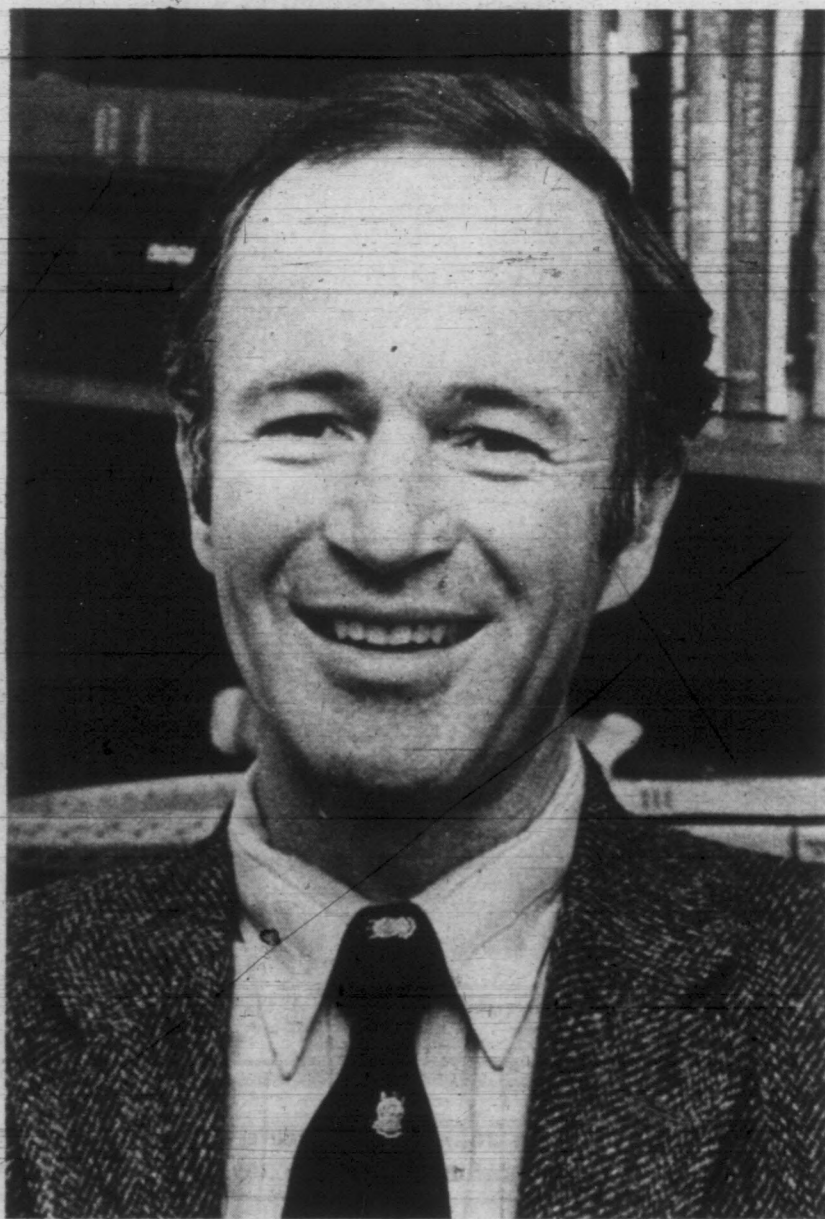
Folger works up to 15 hours a day depending on the order of business and still finds time to manage four apartment buildings in Orono and Old Town.

This winter Folger has been helping the UMO's Wildlife department with the tracking down and location of tagged coyotes to determine their breeding and feeding areas.

"I fly them around two to three hours a month and they pay for my plane," Folger said.

Folger is also faculty advisor to the UMO ski and flying clubs and a member of the student wage commission.

"A coach might want to play certain schools at different times and the school doesn't agree so you have to compromise" --Folger



Philip Brud Folger, UMO's promotions director and ticket manager

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● Hockey

(continued from page 9)

pulled Lacoste in favor of another attacker. The Bears stormed the P.C. zone in the final minute of play with Joel Steenson and Todd Bjorkstrand drilling shots on net. With just :02 remaining Maine had Proulx down away from the net, but Giacalone was unable to get to a loose rebound in time to send the game into overtime.

The loss marked the eighth game the Bears have lost by one goal, six of

which are in Division 1 play.

Providence improved its ECAC record to 6-5-1 with the victory outshooting Maine 31-24.

The Bears are now 3-7 in the ECAC with their playoff hopes diminishing quickly. The loss dropped their overall record to 8-13. Maine is idle until Saturday night when they will play a home contest against Brown University at the Alford Arena at 7:30 p.m.

VOLUNTEER
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Redskins-Raiders built teams in similar fashion

TAMPA, Fla. (AP)—Despite disparate images—Washington as a team without high draft choices, Los Angeles as a haven for castoffs—the development of the Redskins and Raiders was not very different.

Each has its share of stars ignored by other clubs. Each, too, has a trip of first-round draft choices in the starting lineup.

The Redskins are a team whose future was mortgaged by George Allen. He delighted in trading draft choices for veterans who could provide instant—albeit temporary—success.

But the Allen era ended in 1978. In three of the past four seasons, the Redskins have had first-round picks and all three are starting—wide receiver Art Monk, guard Mark May and cornerback Darrell Green. And quarterback Joe Theismann amounts to a first-round pick.

A fourth-round selection by the Miami Dolphins in 1971, he chose instead to play three years in Canada. In 1974 Washington gave its first-round pick to Miami for rights to Theismann.

That isn't the only draft-choice swap to work in Washington's favor. In a complex trade in the 1981 draft, the 'Skins sent their first-round pick of the next year to the Los Angeles Rams for four lower-round picks. Three players acquired from that deal are starting guard Russ Grimm, starting defensive end Dexter Manley and nickel back Vernon Dean. The Rams wound up with running back Barry Redden.

The Redskins also have a dozen starting free agents, among them safety Mark Murphy, the league's interception leader, undrafted in 1977; center Jeff Bostic, 1980 and tackle Joe Jacoby, 1981.

Mel Kaufman, a starting linebacker, also went undrafted in 1981—and nearly went unnoticed. "I went to work out a running back in California," General Manager Bobby Beathard recalled, "and I was throwing passes to him but there was nobody to cover him."

"This kid linebacker who only weighed 203 pounds was standing on the sideline so I called him over. By the time the workout was over, I was looking at him, not the running back. That was Mel Kaufman."

The Raiders are repeatedly portrayed as a team of rebels. But the image comes mostly from the rebellious owner, Al Davis, and from the past: Jack Tatum, Ken Stabler, George Atkinson, Warren Wells. Granted, Davis has been more willing than others to give misfits one last chance. He has cashed in on the signings of linebacker Ted Hendricks in 1975,

quarterback Jim Plunkett in 1978, tight end Todd Christensen in 1979 and defensive end Lyle Alzado in 1982.

But the Raiders, like the 'Skins, went the conventional route of the draft to reach Sunday's National Football League championship game.

Punter Ray Guy, tackle Henry Lawrence and running back Marcus Allen are first round selections who start. Four others are reserves—cornerback Ted Watts, displaced when L.A. acquired Mike Haynes, quarterback Marc Wilson and guards Don Mosebar and Curt Marsh.

★★★★★★★★★★
★★★★★★★★★★

Women's track team gears up for title defense

by Chuck Morris
Staff Writer

Captain Ann England and multi-eventer Beth Heslam led the women's track team Saturday at the Colby Relays. The women used the non-scoring meet as a tuneup for the season that officially starts again this Saturday at Bowdoin.

"It is a meet that enables us to see who stayed in shape over break and then make the appropriate changes if need be," Coach Jim Ballinger said.

England, who broke her own school record from last year with a 2:42.4 time in the 1,000 in December, again rewrote the record book as she won her specialty in 2:42.0.

"She is running very well," Ballinger said.

England was back at the starting line about one hour later to attempt the 880. She finished a respectable second behind teammate Heslam after she led most of the race. Only Heslam's kick with 150 yards to go to the finish could deny England's bid for a second victory.

Heslam, however, with her half-second victory over England in the 880 (2:20.0 to 2:20.5), did break the tape twice. In the half-mile Heslam was content to let England lead and do all the work and with her kick pulled out the victory. Heslam's longest

triple jump was 34-10.75 inches, only five and one-half inches farther than teammate Caskie Lewis' best jump.

Heslam also tied her school record in the 55 meter hurdles with her 8.5 time which was good for second place.

The Bears only other victory was from shot putter Barb

Lukacs. Lukacs beat the next best thrower by almost a foot with her 41 feet 1.5 inches heave, but she was little more than pleased with her performance. It is still early in the season and she expects to throw farther, she said.

Other individuals who placed were Donna Unhao in the 55

meter dash, Heidi Mathieu in the 440, and Kerri Darcey and Sonja McLaughlin in the two mile.

Ballinger was overall pleased with the team, but he said he will have to wait until the whole team is back practicing before he comments on the teams chances for defending its state title in two weeks.

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Help the

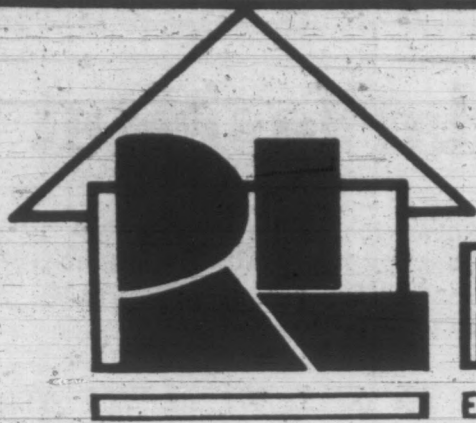


March of Dimes
Fight Birth Defects

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Army ROTC.
Learn what it takes to lead.



RESIDENTIAL LIFE

EDITOR IRENE K. vonHOFFMANN

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News Page

Last chance R.A. info session

An additional R.A. Information Session for students who were unable to attend the Fall meetings will be held on Wednesday, January 18 at Stodder Commons from 6 to 8 p.m. This is the last chance for students interested in Fall '84 R.A. positions to receive an application.

On rights and alcohol

1. The responsible drinker and the nondrinker have the right to expect that a host or hostess will have an adequate amount of nonalcoholic beverages available at a party.
2. The responsible drinker and the nondrinker have the right to expect that their choice not to drink will be honored, without undue subtle or overt pressure.
3. The responsible drinker and the nondrinker have the right not to be sexually harassed or abused.
4. The responsible drinker and nondrinker have the right to privacy, and to expect privacy not to be invaded by drunken behavior. Specifically, they have the right to quiet in and around their living quarters during normally quiet periods of time.
5. The responsible drinker and nondrinker have the right to expect that their personal property or

public property will not be damaged by drunken behavior. Further, they have the right to expect that if such damage occurs, the person responsible will be apprehended and held financially accountable for the damage, regardless of the stage of intoxication.

6. The responsible drinker and nondrinker have the right to safety. Specifically, they should not have their welfare endangered by a drinking or a drunken person's irresponsible attitude.

7. The responsible drinker and nondrinker have the right to an aesthetically pleasing environment. Specifically, the responsible drinker and the nondrinker should not have to be expected to clean up after the intoxicated person.

by Donald J. Breckon
Central Michigan University

Upward to excellence at Hilltop for spring '83

Upward to Excellence is a program designed to assist and encourage individuals to their academic pursuits. Through competition and support programs we hope to create a positive atmosphere for groups and individuals to achieve a high level of excellence. Only returning Hilltop students are eligible for the awards.

HIGHEST ACCUMULATIVE AWARD
The following individuals received the Highest Accumulative Grade Point Average in their class. They will have their name placed on a plaque placed in Hilltop Commons.

Freshman Stanley Moyer
Sophomore Eric Lund
Junior Charles Siletti

HIGHEST SEMESTER GPA

The following students received the Highest Semester GPA and will have their name placed on a plaque displayed in Hilltop Commons.

Freshman Stanley Moyer
Sophomore Mike Fortier
Mark Klein
Bonnie Zicker
Junior Nancy Arms
Angus Nesbit
Charles Siletti

GENERAL ALUMNI AWARD

The following individuals received a \$100 check from the General Alumni Association for the Greatest Academic Improvement.

Robin-Ann Hull
Scott Lemieux

Following are the Highest Floors GPA in each building. The overall highest GPA in the Complex will receive a steak dinner in the Damn Yankee.

3rd floor Knox Hall 2.81
2nd floor Somerset Hall 2.73
4th floor Oxford Hall 2.71

York scholars awarded

An academic awards banquet was held in York Complex to honor special academic achievers for the Spring semester, 1983.

Award recipients:

John Ayers	Estabrooke
Kim Cassida	Kennebec
John Chaput	York
Leona Coulombe	Estabrooke
JoAnne Courtois	Kennebec
Drew Davidson	York Village
Helen Dyer	York Village
Georgia Goode	Kennebec
Pam Holding	Colvin
Kevin Libby	York
Normand Lecompte	Estabrooke
Jeff Littlefield	York Village
Maarten Nievwenhuis	Estabrooke
Deborah Schapell	York
John Schroeder	Estabrooke
Virginia Seery	York

Heidi Spiegel	Kennebec
Steven Sullivan	Aroostook
Kurt Wyman	Aroostook
Cathy Livingston	York
Twila Taylor	York
Judy deGrandpre	York Village

Guest speaker, Dr. Tom Aceto, Vice-President for Student Affairs, congratulated the achievers on their endeavors. Other special Guests included Dwight Rideout, Dean of Student Affairs, Ross Moriarty, Director of Residential Life, and Lucio Brandao, York Complex, Faculty-in-Residence.

Guests, staff and achievers enjoyed a delicious meal prepared by York Dining Commons Staff. Greg Stone, Complex Director, presented awards to the students.

Stress defined

by Bob Patenaude

"The nonspecific response of the body to any demand upon it" was the definition for stress that was used by Hans Selye, the father of stress research. If we are to deal effectively with our environment, it is important that we learn not only what the stressors are but also more positive ways of dealing with stressful situations.

Earlier in history, if we were confronted by something which threatened our survival, we would enter a high state of arousal, preparing us for either fighting the threat or fleeing from it. This is known as the fight or flight response. Characteristics of this response are quick energy, increased heart rate, tensed muscles and increased attention and alertness. This is the same feeling often encountered when scored or

surprised. Although this was necessary for survival in our early history, today it is often the case that we have no outlet for this fight or flight response which in turn, leads to stress.

Although there may be no physical outlets, there are some specific strategies that can be used in dealing with situational stress. These include scheduling your day, not procrastinating, or even exercising. There are also some negative ways of dealing with it, such as getting bombed or compulsively eating. The positive methods deal with the problem and leave us feeling effective while the negative methods only cover up the problem. Therefore, it is important that we not only learn what the stressors in our environment are but that we also learn effective ways in dealing with them.

Coping with stress

by Bob Patenaude

For the average person, the question of managing stress can appear to be complex. In our society we are brought up with the idea of having to strive to get ahead and many of us are blinded away from the fact that relaxation also plays a vital part in our lives. However, there are eight steps that were proposed by Barbara Conry of San Jose State University in 1976 that could help one to start to relieve the problems of stress.

These are:

- (1) Find yourself some quiet.
- (2) When you are conscious of excessive tension, check your method and rate of breathing.
- (3) Negative thoughts, feelings,

and emotions need to be expressed outwardly.

- (4) If you want to overcome a problematic habit, first change your perceptions of the situation, and only then work at changing your behavior.
- (5) Avoid associations with those who make you feel depressed, anxious, or fatigued.
- (6) Avoid believing there is an absolute right; that there is only one solution to a problem.
- (7) Learn to play.
- (8) Assume responsibility for your life.

Whenever a stressful situation comes up, there will probably be at least one step of the above eight that can be used to lower the pressure.

by Pete
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