

Fall 12-12-1984

Maine Campus December 12 1984

Maine Campus Staff

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the
daily

Maine Campus

vol. XCV no. LXVII

The University of Maine at Orono student newspaper since 1875

Wednesday, December 12, 1984



This wrecked car on the mall in front of Little Hall was placed there by the UMOFD to remind students to drive safely. This is National Drunk and Drugged Drivers Awareness Week. (Whiting photo)

Wrecked car stresses responsible driving

by Ed Carroll
Staff Writer

A demolished Oldsmobile was placed in front of Little Hall as a symbolic reminder of the importance of responsible driving, especially during the holidays, said the assistant director of police and safety Tuesday.

"Every year, before the students go home for Christmas break," said William Prosser, "we try to give them something to think about while they're enjoying their holidays — as far as there being alcohol abuse and drug abuse."

Prosser said the wrecked car and a sign reading: "Friends don't let friends drive drunk," makes a visual impact without specifically denoting a drunken driving accident.

"We want to let each person, as they view that, to perceive what ...

happened to that particular vehicle," Prosser said. "It's just a graphic reminder that hopefully when they go home, and if they do have too much to drink, something will click in their mind, and hopefully they will see that vehicle and they won't drive."

Prosser said there is an increased incidence of drunken driving accidents during the holiday season, and in the past some UMO students have died in such accidents during Christmas break.

He said about a dozen people had stopped by the information booth that the Department of Police and Safety set up in the Memorial Union and have praised the use of the car.

"We got nothing but positive feedback. Several people dropped by ... to say they thought it was a tremendous idea, that it should be done," Prosser said.

UMO students to tour with 'Up With People'

by Dawn Daigle
Staff Writer

Four UMO students were recently selected to tour with Up With People, a world-famous touring musical show that has been seen in 6,000 cities and towns since its incorporation 15 years ago.

As members of the Up With People cast, Jay Ballanger, Gina Branagan, Sheri Crowley and Dan Goodin will perform in 80 to 90 cities and towns in 47 countries. By the end of their year with the cast, the four will have traveled about 32,000 miles and have visited six continents.

Participating in Up With People involves more than performing. Cast members get involved with community activities such as programs with local young people, visits to homes for the aged and hospitals, and meetings with civic and business leaders.

Cast members are responsible for all aspects of the daily operation of the show. They assist in the advance promotion of the cast, including publicity, and arranging for the host families that take in members.

Cast members are also responsible for the making of travel arrangements, the interviewing of applicants and all areas of stage work such as loading, setting up and breaking down the seven tons of sound and lighting equipment used in each show.

The Up With People experience enables young people between the ages of 18 and 25 to experience a range of living conditions and cultures in a unique educational framework.

Ballanger said he is looking forward to traveling with Up With People because he will have an opportunity to meet people in a unique atmosphere.

(see PEOPLE page 2)

GSS allocates \$3,673 for back taxes, insurance

by Rick Lawes
Staff Writer

In a night mostly filled with resolutions dealing with committee procedures, the General Student Senate Tuesday passed three resolutions allocating \$3,673 for taxes and insurance costs overlooked in the past two years' budgets.

In other business, the GSS passed a resolution calling for the replacement of the campus telephone system by Residential Life.

Of the \$3,673 student government allocated for taxes and insurance, \$2,093 were funds overlooked in planning the 1984-85 budget, while the remaining \$1,580 were unpaid taxes owed to the Internal Revenue Service for student government professional employees salaries. Of the '84-85 funds, \$1,065 is for salary taxes, while the other \$1,028 is an underestimation of insurance costs.

Steve Ritzi, student government president, said the misallocation of funds was discovered in the audit done of the student government finances last fall.

"We're trying to publicly recognize the problem so the next people that come in won't be burdened with it," Ritzi said.

Ritzi said the problem came about when the tax rate on the salaries was underestimated by approximately 2 percent.

The resolution calling for the return of the old phone system said approximately 50 percent of the telephone calls to dorms are being lost because of the new system, and that "telephone calls are important to a student's academic and social life and these importances should be a primary concern of Residential Life."

George Lytle, Knox Hall senator and a co-sponsor of the resolution, said students in Somerset, Oxford and Knox are petitioning to have the system replaced, along with Hancock Hall as was reported in the *Daily Maine Campus* Dec. 11.

"It's pretty clear the students don't like it," Lytle said.

Mark Livingston, York Hall senator, said the resolution was a first step to getting the system changed.

"The students are basically up in arms over this," Livingston said. "There's surely a large number of students who want to get rid of this thing."

(see SENATE page 2)

Johnson sees office as 'half fun, half work'

by Sue Swift
Staff Writer

The office of the president of the University of Maine "has been half fun and half work," said the administrator who has filled that office since July 9.

Arthur M. Johnson was appointed as acting president of UMO on March 1 and then as president on July 9 by the University of Maine Board of Trustees at a salary of \$70,000 a year.

"Generally," he said, "I feel good about it (the presidency) ... I think we've passed a major milestone with the passage of the bond issue, which everyone supported very nicely."

Johnson said he thought the university was making satisfactory progress with the financial reorganization.

He said there were times when he gets particularly discouraged with certain areas, but "by and large it's pretty much the effort."

"I put in a lot of time, but it's been worth it ... that's probably the most negative aspect of the job ... I was here at 5 a.m. this morning, probably won't get out of the office until 8:30 p.m. and then have to turn around and do it again," he said.

At age 63, Johnson said he was "a little too old" to be keeping such a hectic schedule.

Johnson said a majority of his days begin at 7 a.m. in his office and may end as late as 11 p.m. with attendance at meetings and events during the day.

Johnson said that he has been study-

ing larger organizations than UMO for some time, so the duties of UMO's president came as no surprise. "I studied major oil companies," he said "and wrote a book dealing with the history of Sun Oil Company."

The difference with running UMO as opposed to a large organization is that you have so many constituencies ... (that)



Arthur Johnson

everybody has their own opinion on how things should be run," Johnson said.

"I feel very positive about the students, alumni and the turnaround in the direction of the university," he said.

(see JOHNSON page 2)

UMO musical groups present Christmas show

ORONO — A special Christmas program by UMO choral groups will be presented Sunday, Dec. 16 at 8 p.m. in Hauck Auditorium.

The University Singers, Oratorio Society and University Chorus will combine for the holiday program. It will open with performances of "Joy To the

World," "In Dulci Jubilo," "Ring Christmas Bells," "Beautiful Savior" and "Hodie Christus Natus Est" by the Chorus. The conductor will be graduate assistant Joseph Henry and Yang Jeong Kong, a master's degree student, will be the pianist.

Dr. Dennis Cox will conduct the

Oratorio Society in a performance of "Paukenmesse" by Joseph Hayden.

Soloists will be Mary Wheeler, a soprano from Orono; Heidi Bouchard, alto, East Corinth; Les Myers, tenor, Orono; and Bruce Mallonee, bass, Bangor.

The University Singers, who are also conducted by Cox, will perform "Sheep May Safely Graze" and Mozart's "Coronation Mass." Vickie Holt of Bangor, harpsichordist, will be featured in the first selection. Soloists for the "Coronation Mass" will be Cathy Ferris of North Vassalboro, Karen Bull of

Old Town, Jay Nelson of East Millinocket and Joseph Henry.

The Singers will join the Symphonic Wind Ensemble brass and percussion group in the "Triumphal Te Drum" before the combined choirs perform. Selections by the choirs are "Still, Still, Still," "A Christmas Folk Song," "O Come, All Ye Faithful," "Silent Night," "Lo, How a Rose," "Angels We Have Heard On High," "What Child Is This," "O Come, O Come, Emmanuel," "O Holy Night," and "The Hallelujah Chorus."

People

"You get a different perspective living with people than you would visiting a country and staying in a hotel," he said.

Goodin, a junior English major from Warren, Maine, first became aware of the program four years ago in Camden. "My mother talked me into going to the show. I went again this summer because I really wanted to," he said.

Goodin's family hosted two cast members this summer, one from San Diego and one from Japan, who encouraged him to try out.

Crowley, from Hampden, is a political science major who became interested in Up With People when her mother was in charge of organizing an appearance of the cast in her area this summer. Her family hosted cast members from Sweden and Connecticut. The girls encouraged her to try out, and she received her letter of acceptance in September.

Ballanger, a sophomore from Hermon who is majoring in computer science, has some friends who have toured with Up With People. When the cast came to

Bangor in July, he tried out and was also selected.

Branagan, a freshman from York, became interested in auditioning after meeting a cast member. She decided to go ahead and try out when she went to a performance this fall in Portsmouth, N.H. She intends to major in voice and has sent in an audition tape, as she hopes to be a foremember.

The selection of members is based on personal interviews rather than on musical talent. Applicants are chosen on the basis of their maturity, personality, motivation and interest in the world around them.

"After each show, they ask anyone between the ages of 18 and 25, graduated from high school and in good health who would be interested in doing a year with Up With People to stay after the show," said Goodin.

Applicants are interviewed by cast members and are asked to fill out an application. Those who have been accepted are notified in about one month.

"The interviews were really nice because they wanted to get to know you," said Crowley.

The members are responsible for raising their own tuition, which amounts to roughly \$6,000. They are also advised that they will each need about \$45 a month for spending money. Some suggestions for raising money are sponsorship by businesses, community services and through other means such as bake sales. Cast members are trained in Tucson, Arizona, Up With People's home base.

They are taught songs and dance routines and everything they need to know in order to get along in unfamiliar cultures.

Through their experiences in the program, young people gain new understanding of the world.

Branagan says she is "looking forward to traveling, learning what staging is all about and meeting people."

Crowley says she feels touring with the cast will help her "grow up, gain confidence and become more sure of (herself)."

(continued from page 1)

Johnson

(continued from page 1)

James F. Horan, vice president for planning and public affairs, said, "I think he's done an excellent job so far."

He's had a great deal of enthusiasm, has recognized a great many of the problems in the budget and has adopted procedures to deal with those."

Horan said that Johnson has implemented a budget control system and put together task forces to recommend policies and correct problem situations.

"For a person who came into the presidency on such short notice, he's done an excellent job during these trying times," he said.

Thomas D. Aceto, vice president for student and administrative services, said Johnson is "certainly highly visible to the student, with an energy level that is highly infectious to the students and faculty alike."

"The president provides an environment for the opportunity for ideas to be generated from the bottom up," said Aceto. "He creates the atmosphere for ideas to bubble up."

Some of the programs that have been implemented since the Johnson administration began on March 1 are:

—Relocation of activities to promote consolidation, more efficient utilization of space, etc. For example, Chadbourne

Hall now houses admissions and non-traditional students.

—Acquisition of additional space for the university. Hirundo Preserve was acquired, as were the Hill houses on College Avenue.

—Authorization for new construction of additions for Jenness Hall and Hitchner Hall in accordance with the passage of the bond issue referendum.

—Increased proposals for research grants and contracts. In October alone, \$10,000,000 was proposed for these purposes.

—Personnel: appointment of a permanent dean of the College of Life Sciences and Agriculture, hiring of a Development Director (to begin on Dec. 1) and searches started for deans for the colleges of Arts and Sciences and Engineering.

—Reorganization of the executive staff into planners and divisional vice presidents, and reorganization of the Facilities Management staff.

—Reorganization of financial management: a new acting director, determination of underfunding in October instead of spring, allocations to vice presidents and deans, requirements for departments to live within their budgets, reorganization of accounts and reporting for management control.

Senate

(continued from page 1)

The senate dealt with a lengthy agenda, consisting mostly of housekeeping matters of the Fair Election Practices Commission. In addition, two proposals creating alternative forms of grading were defeated.

One proposal would have called for a number grade from 1 to 100 to be given to each student, while the second would

have changed the present four-point grading system to a five-point system.

In other business, Ed Cutting was elected chairman of the FEPC. He is the fourth FEPC chairman in the past year.

In addition, Young Americans for Freedom were given preliminary club approval.

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WASHINGTON States and Cuba agreement to return more than 1,000 "undesirables" allowing thousands to emigrate here with administration of

He said an annual made later in the negotiations developed over of Cubans in detention

are "basically wrong" official, who spoke out not be identified.

The Justice Dept. ed concern that let U.S. courts by Cuban set free might repatriate them. "some back-and-forth government over" said.

In return for criminals and United States would ing of visas for repatriate them. "that country to than 20,000 Cuban" a result.

Strike school

CHICAGO (AP) teachers entered i day as the nation's district faced the l in state aid unles extended.

Negotiators for the Chicago Teachers talks Monday morning weekend bargaining strike that has closed students.

Hundreds of employees gathered strike briefing by teachers' union p

Vaughn said ear have held firm in t raise, are disappointing offers.

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Pathologist says dead child was victim of abuse

FARMINGTON (AP) — A pathologist said 3-year-old Garrianna Quinn, whose stepfather is accused of beating her to death, was the victim of prolonged abuse and probably died in severe pain.

Dr. William Q. Sturmer, chief medical examiner for Rhode Island, testified as the murder trial of Chester Quinn continued Monday.

Sturmer said tissues in the girl's abdomen were healing from earlier injuries at the time of her death. When the final blow was struck Feb. 24, it tore membranes and blood vessels, causing internal bleeding, he said.

"Less than a severe impact might have caused that severe an injury" because of the weakened tissue, said Sturmer, who examined microscopic slides, photographs and diagrams in reaching his conclusions.

Sturmer, who said he has performed about 1,000 autopsies on small children, told the Superior Court jury the injury would have caused "writting, excruciating pain" that would have made it impossible for the child to have eaten, gotten into her nightgown or walked.

"If not unconscious, she would be yelling and complaining of severe pain"

immediately after suffering the injury, he said. Earlier, witnesses testified that Quinn, 31, told them the girl had dressed for bed and collapsed in the hallway after supper.

The doctor cited "eight distinct areas of bruises" around the child's naval area, ranging from a scrape apparently caused shortly before her death to bruises that could have been weeks old. He also found head injuries he said were caused by a blunt instrument.

The Quinn case has generated substantial controversy about the state's ability to protect abused children. At the time of Garrianna Quinn's death, her stepfather was still facing charges stemming from beatings that the child suffered nearly two years earlier.

The trial was moved from eastern Maine's Washington County, where Quinn lived in Perry, because of extensive pre-trial publicity.

Also testifying Monday was Susan Quinn, Garrianna's mother and Quinn's third wife, who said he warned her the night before Garrianna died that "some-day you'll learn" how it feels to lose a child.

Quinn had two sons from a previous marriage who died in a house fire in New

Hampshire, and he had become "very upset" when she had mentioned them during an argument, Ms. Quinn testified.

Ms. Quinn, 23, said she often left Garrianna and a son in the care of her mother, and sometimes with Chester Quinn, from whom she was recently

divorced, while she worked at a sardine packing plant or attended classes.

When Ms. Quinn left the children with Quinn, who was not living at her trailer at the time of Garrianna's death but did household chores there, she said they would cry and ask to stay with her instead.

Court upholds verdict in sexual assault case

PORTLAND (AP) — The Maine Supreme Judicial court has upheld the conviction of former Cumberland County Commissioner Samuel A. Hinds, found guilty nearly a year ago of sexually abusing a 15-year-old boy and giving the youth marijuana.

In a unanimous decision, the court rejected arguments that there was not enough evidence to convict the former commissioner and that the prosecution had acted improperly.

In addition to serving as Cumberland County Commissioner, Hinds, 51, has been a South Portland school board member, a state legislator and head of the South Portland Taxpayers' Association. A divorced father of three, he also operated a real estate business in South Portland.

In late December, a York County Superior Court jury found Hinds guilty of committing sexual acts with the 15-year-old and furnishing him with marijuana at his Scarborough condominium in May of 1983. The proceedings had been moved from Cumberland County because of pre-trial publicity.

Following the guilty verdict, Judge William S. Broderick gave Hinds an 18-month sentence, with all but two months of the jail term suspended. Hinds had been free pending outcome of the appeal.

He resigned as county commissioner a few weeks after the guilty verdict, but continued to maintain his innocence.

Keith Bennett, 21, was convicted of being an accomplice to Hinds and has received a six-month suspended sentence.

During his trial, Hinds denied any sexual contact with the youth and said the only things the boy consumed at the condominium were sandwiches and soft drinks. In his appeal, Hinds argued that the youth's charges were not enough to prove he committed the crimes.

While admitting that the teenager's testimony was vital to the case, the law court said it "presented a coherent version of what happened" and that the evidence was "legally sufficient" to convict Hinds.

The youth was at Hinds' home visiting a fellow student who came to live with Hinds from Puerto Rico after Hinds was named his legal guardian.

The second youth also testified, and Hinds argued that the prosecutor ignored the judge's instructions not to ask questions about whether the boy had ever had sexual relations with his guardian.

The law court ruled that the questioning was not improper, and rejected arguments that the prosecutor's closing arguments were inappropriate because they referred to the charges as "nasty stuff."

College goes bankrupt; everything sold at auction

SPRINGVALE (AP) — A three-day bankruptcy auction gets under way Wednesday at Nasson College, the second college in Maine to be sold at auction in recent years.

"Everything has been tagged and everything has been listed and there are catalogs available," said auctioneer Paul Finn, who was at the campus Tuesday, making final preparations for the sale.

Furniture, laboratory equipment and even the campus buildings themselves are being offered at the auction, which is scheduled to continue through Friday.

"Hopefully we'll have a big crowd and we hope everything will go as smoothly as possible," said Finn. He declined to predict how much money would be raised.

Nasson's liquidation is similar to that of Ricker College in Houlton, another private liberal arts college in Maine that fell victim to a cash crunch resulting from declining enrollments.

After a century of operation, Ricker closed its doors in 1978. The campus was sold at auction the following year, with

the proceeds used to pay debts to unsecured creditors.

Nasson, founded in 1912 as a career training institute, filed for Chapter 11 bankruptcy in 1982 and closed after the 1983 spring graduation.

College officials had hoped to find a buyer for the entire campus, rather than be forced to sell it piecemeal.

After an attempt to sell Nasson's property to Massachusetts-based Becker Junior College for use as a branch campus came to naught, the U.S. Bankruptcy Court ordered the auction to pay off creditors.

If Ricker's experience is any measure, the auction is expected to attract both large and small bidders. While one of Ricker bidders paid \$2 for a 25-year-old basketball trophy, another plunked down \$100,000 for 11 homes surrounding the campus.

Some of the larger buildings on the Houlton campus remain vacant, while others were converted to low-income and elderly housing. Some have been torn down.

Modern cattle rustlers caught in Mississippi


HERNANDO, Miss. (AP) — Two men, one a wheelchair-bound paraplegic, have been charged with cattle rustling, authorities say.

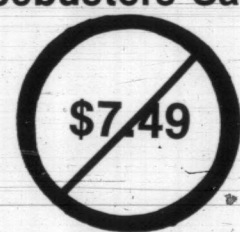
Edward D. Geant, of Memphis, was arrested last week after deputies hid near a dead Black Angus cow that a witness said had been shot from a van, said De

Soto County Sheriff James Riley.

When he was arrested, Geant was driving a van equipped with a wheelchair lift and controls for the handicapped, Riley said. Another man who fled on foot, Clyde L. Holmes, of Memphis, was arrested later, and both were charged with stealing livestock, he said.

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USPS — Even stress at one time students don't read properly, can learn.

Stress has been effect on learning report, "Student Solutions," publication for the Study. Too much stress ability to learn, was beneficial to an incentive to under low stress much, learn the

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CLASS, BACK



Magazine

Controlled student stress may increase learning

USPS — Every student experiences stress at one time or another. But many students don't realize that stress, managed properly, can be used to help them learn.

Stress has been shown to have a direct effect on learning, according to a recent report, "Student Stress: Effects and Solutions," published by the Association for the Study of Higher Education. Too much stress can reduce students' ability to learn, while moderate stress was beneficial because it gave students an incentive to learn more. Students under low stress, like those under too much, learn the least.

"Despite the vast amount of research on stress, an understanding of the concept is still limited and plagued with problems," the report said. Specifying exact sources of the stress college students feel is difficult, but the challenges inherent in college life seem to play a major part. College is an abrupt change for many students, bringing a separation from home and parents and more

academic challenges during a period of great personal growth.

Although researchers do not understand who stress can lead to poor performance, they can recognize behaviors brought on by stress, the report said.

For instance, a student who panics while taking an exam for which he has overstudied is excessively alert to the potential threat of doing poorly on an exam, the report said. Another student might instead rush through an exam to escape from the stress of taking the test.

During stressful times, students must find their own ways, effective or ineffective, to deal with their problems. Many will talk with a friend or a member of their family while others will choose to exercise to work out their frustrations. Some will choose alcohol, drugs, excessive eating or other forms of self-defeating behavior.

"Ideally students will experience stress as a challenge and be left with a sense of competency, hope and an increased capacity to learn," the report said, but

the ideal is not always the case. For some students, "the threat of the educational process elicits helplessness and a forboding sense of loss," the report said.

To reduce stress, students should take more control over their college education, the report said. Students should consider different social, personal and academic factors they may experience in college that can be stressful.

The report advised students to expect greater isolation in college, more of a variety of social and economic backgrounds in fellow students, greater variety of class size and teaching styles, greater personal responsibility for allocating time, more competition and less feedback about progress.

By understanding and preparing themselves for new challenges, students can gain control over their environment and reduce the stress they experience, the report said.

Large institutions can cause extra stress for students because of fewer opportunities to participate in extracur-

ricular activities and to work closely with the faculty, the report said.

Students, especially those at large schools, need to become familiar with what services and activities are available to them so they may feel at home in their school environment, the report said.

Formal activities for acquainting the student with his school include senior and new student buddy systems, faculty and student meetings in each academic discipline to discuss how to succeed and avoid typical roadblocks, and information from faculty about the best learning methods students can use in their classes.

Perhaps more importantly, students can help themselves by helping others, the report said. College students make excellent peer counselors and can help themselves adapt while working with others through such things as informal academic orientation.

Faculty and administrators can play a part in reducing student stress. The report suggested that schools issue midsemester grades to freshmen who need feedback, give specific feedback to whole classes when problems or successes are shared, allow student participation in curriculum, student evaluation of course material and teacher performance evaluation.

Improved teaching ultimately helps reduce students stress, the report said. The report suggested that faculty have a role in counseling and referral, especially by being a sympathetic listener.

"Faculty can be particularly helpful in reducing stress by merely explaining that anxiety and self-doubt are ubiquitous among students," the report said. "The stress of being a student is aggravated when one believes that he is alone with such feelings."

Cartoons by Peter J. Buotte



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Editorial

Pleading insanity

Nearly three years ago, a Washington D.C. jury found John Hinckley Jr. "not guilty by reason of insanity" for the attempted assassination of President Ronald Reagan. This verdict, the most recent in what is now a long line of cases where the insanity defense has been used, led to an immediate outcry by the general public. In fact, it is largely because of this case that many of our nation's leading legal scholars are now starting to question — and rightly so — the legitimacy of the insanity plea as a defense.

One obvious problem with the insanity defense is its difficulty in determining when a defendant is actually insane. A definition of insanity that is frequently put forward is "not knowing the difference between right and wrong." In other words, if a defendant did not know that the crime he committed was "wrong," for whatever reason, he should not be held accountable.

Unfortunately, this definition has several drawbacks. First, it has long been a principle under our legal system that ignorance of the law is no excuse. Thus, a defendant's knowledge of whether or not his actions constituted a crime should not be considered in court. Second, and more important, there is the problem of determining a defendant's mental state. How can a judge or jury know what a defendant was thinking when he committed a crime?

Irving Kaufman, a U.S. Court of Appeals judge, once said "psychiatry is such an inexact science."

The point he was trying to make was that psychiatry, due to the very nature of its subject, cannot be proved empirically as can other branches of science. The human brain is simply too complex for us to understand at this time with any degree of certainty (this is supported by the fact that both the prosecution and defense each hire opposing psychiatrists to promote their cases).

The biggest problem with the use of the insanity defense, however, is trying to determine when the defendant is "cured." Under our current system, a defendant found "not guilty by reason of insanity" is placed in a mental hospital rather than a prison. Thus, when he is cured, or rehabilitated, the defendant is set free. Unfortunately, the defendant is all too often released prematurely, resulting in another crime and another victim.

In conclusion, therefore the following is a better alternative to the insanity defense. Rather than allow a defendant to plead "not guilty by reason of insanity," let him plead "guilty but insane." As such, after an insane defendant is deemed "cured" by doctors at a rehabilitation hospital, he would then be sent to prison to complete the remainder of his sentence (as opposed to being released automatically).

This way, the guilty would no longer be shielded from justice and society would remain protected.

Red Line

BLOOM COUNTY



Doonesbury

BY GARRY TRUDEAU



Maine Campus

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What the flip

RICH GARVEN

The \$ of parking

The Black Bear Amusement Park is taking its patrons on another roller-coaster ride through campus. This time it deals with the simple feat of trying to park a car.

In the fall of 1983 the minimum fee on a parking ticket was raised from \$1 to \$5 in the hopes of deterring people (read students) from parking anywhere but in the bookstore and steam plant lots. Most students tip Roberta a buck at Pat's Pizza, but the administration hoped five dollars would keep students from parking near the library.

From the number of tickets lying stuck to the ground and on windshields it would seem the high command's strategy hasn't worked. But a new thought arose in the minds of the university administration — all those tickets translate into a big cash flow.

The collection agency of Aceto & Prosser seem to have had problems collecting the money owed them so they've taken a new approach to the situation. If a student isn't going to walk to the police station to pay his parking tickets then the bill should be brought directly to the student.

In addition to the usual items, like tuition and activities fee, on a university bill comes a new line at the bottom of the page. It reads: parking tickets.

For everyone's convenience, all those parking tickets that are being used as wallpaper are now grouped into one lump sum that can be paid the same time you pay for EH 17 and HY 135. What the new play amounts to is a one-way deal — either pay your tickets or don't attend school.

It's good to know that you can't attend an institution of higher learning until you square your debt with the meter maid.

The biggest problem with parking on campus is the system it's run under. I wouldn't have any qualms about parking at the bookstore if it wasn't my only choice.

The university says cute little things like, "The steam plant lot is 100 yards closer to the center of campus than the bookstore lot is." This may be true, but who really has Wingate Hall in mind when they come on campus each morning.

Not to be critical without some constructive suggestions, I present a justifiable parking plan to be implemented in the Fall of 1985. First all parking tickets as of Sept. 30 should be wiped out. Most of the tickets issued in September are to people without a clue where to park or how to get a sticker.

All tickets issued after that date should remain collectable.

As of Jan. 1 no parking tickets are issued for the rest of the semester. This saves the university money by not paying any work study students to issue tickets (ever notice how you only get a ticket when the sun is shining?).

Starting in September it would cost \$20 for a parking permit. Campus parking becomes open though, i.e. no more F and R lots. If there's an open space next to Lord Hall it's yours.

The only reserved spaces on campus would be for the handicapped and senior citizens. There's no reason why a student on campus at 8 a.m. can't park next to his or her professor. The only losers in this system become the tickets themselves and the potential pot-of-gold that stands to be collected under the present system.

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The Maine Campus Letters should be about 450 words. A but names will be with circumstances. The Ma commentaries for le Please type, or wr

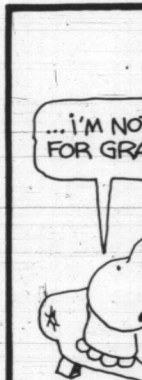
Manifest supporters

To the editor:

I am extremely about those respons Gorrill's letter in s manifest destiny. D people realize what M is saying? Don't th stand the threat of c control on our south If our government b eye for one second, T star could be a red o think Steve is correct i for taking over South as this would secure try from any south munist threat.

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Response

when writing

The *Maine Campus* welcomes letters to the editor and commentaries. Letters should be about 350 words or less, and commentaries should be about 450 words. Anonymous letters and commentaries are welcome but names will be withheld from publication only under special circumstances. The *Maine Campus* reserves the right to edit letters and commentaries for length, taste and libel. Please type, or write legibly.

Manifest Destiny should be supported not criticized

To the editor:

I am extremely shocked about those responses to Mr. Gorrill's letter in support of manifest destiny. Don't these people realize what Mr. Gorrill is saying? Don't they understand the threat of communist control on our southern border. If our government blinked its eye for one second, Texas's lone star could be a red one now. I think Steve is correct in his ideas for taking over South America as this would secure our country from any southern communist threat.

I don't think that it is realistic to think that the Soviets will sit still and let us do this. I suggest, therefore, a compromise with the Soviets (at least a temporary one), in which we would give

the Soviets the rest of Southeast Asia in exchange for non-interference with our takeover of S. America. I believe that this would satisfy both countries short term interests.

Unfortunately, I do not think we can trust the U.S.S.R. I tend to look back at Yalta, Potsdam, Korea, Vietnam, and Afganistan and think maybe we should have listened to Patton and Churchill, and kicked the Soviets off the map in 1945. Instead, F.D.R. (in my opinion, the worst president we have ever had), let the Soviets have their way, and we've been paying ever since. I don't think killing the bear is necessary, however, because it seems to be dying of old age.

William C. Kruger
Rogers Hall Library.

WMEB won't play heavy metal for a reason

To the editor:

Having worked at WMEB for about three years, I feel qualified and obligated to respond to Don Lewis's letter concerning heavy metal airplay. Now, I thrive on loud and raw music (I'd be the first to say that the synthesizer was the downfall of modern music), however, there are some definite reasons why the DJs, including me, won't play many of the bands you listed. I'm not claiming that all heavy metal bands adhere to these stereotypes, but the following are definitely the rule rather than the exception.

1. It's sexist. There are enough mediums at present that portray women as objects or subhumans to be manipulated, so music need not be another to

perpetuate this treatment. Heavy metal demands lyrically that women are mindless playthings and boasts this insecure macho attitude constantly. (Even female groups like Girlschool but this absurdity.)

2. It's apathetic. What I mean here is apathy toward social awareness and mind development. The nihilism and ignorance heavy metal often promotes cannot be seen as productive and delegitimizes any so called revolutionary ideas they may espouse. Shouting "We're not gonna take it," doesn't present any specific issues of oppression, so it just can't be taken seriously. Pride over ignorance of events around you and the rulers who control you is inexcusable, not to mention dangerous.

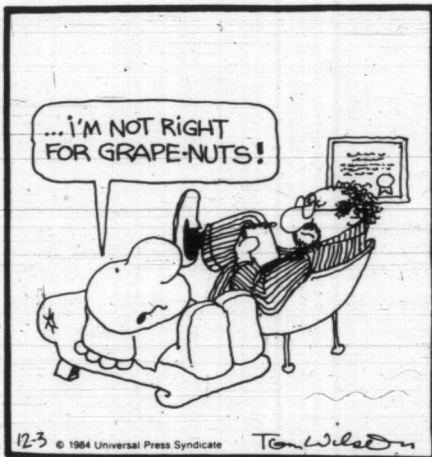
3. It's big business. "Turning

rebellion into money" is never so exemplified as with heavy metal bands. How can anyone sing of freedom when they're controlled by a record company that they "work" for, rather than the record company working for the band? The music is no longer an expression in this case, but a commodity to attract the status quo consumer. Records can be produced through many independent record labels and studios, which are there to serve the artist (unless the "artist" is just out for monetary gain).

These are just a few of the reasons why I don't "dare" play heavy metal on my show. Sorry, I'll keep my ideals.

Doug Cowan
"Decline of the West"
Orono

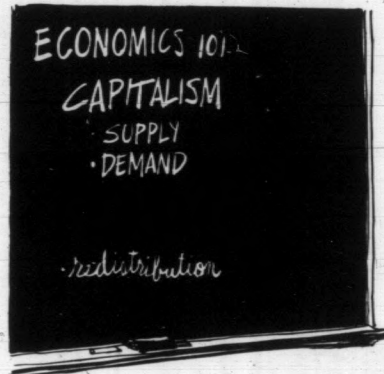
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This space is usually reserved for the opinions of students, faculty, staff, or anyone who wishes to write. However, it seems that very few people have opinions, or don't care enough to write. This is why we have to run so many letters such as those on this page today.

If something is bothering you write to the editor. It may be that someone who agrees with you will see it and perhaps something can be accomplished. However, if you do nothing you will be stuck with things the way they are with little hope for change.

The address to write to is Suite 7A Lord Hall. Or if you prefer you can drop it off here yourself (we're in the basement).



"WE VOTED FOR FOUR MORE YEARS OF TRIMMING HIS TREE."

Sports

Basketball team plays Valparaiso Wednesday

by Jon Rummeler
Staff Writer

The UMO men's basketball team finds itself in an almost must win situation in its two remaining games before Christmas Break to regain some much needed momentum before conference play begins January 3.

The Black Bears host Valparaiso University (Illinois) Wednesday at the Memorial Gymnasium at 7:30 p.m. The Bears play Brooklyn College of New York Saturday at 3 p.m. in the Pit.

Wednesday's game figures to be a close duel between two teams fighting for recognition and momentum. Both Maine and Valparaiso go into the meeting with identical 1-4 records and play a similar style of game.

"Valparaiso is very similar to us," UMO head coach Skip Chappelle said after viewing them on videotape. "They want to get in a running game if the opportunity presents itself. Otherwise, they just want to play their half-court offense."

Black Bear co-captain Jeff Wheeler talked about the importance of today's game before Tuesday's practice.

"If we could put together back-to-

back wins that would be a plus," Wheeler said. "That's because we start our conference games when we get back."

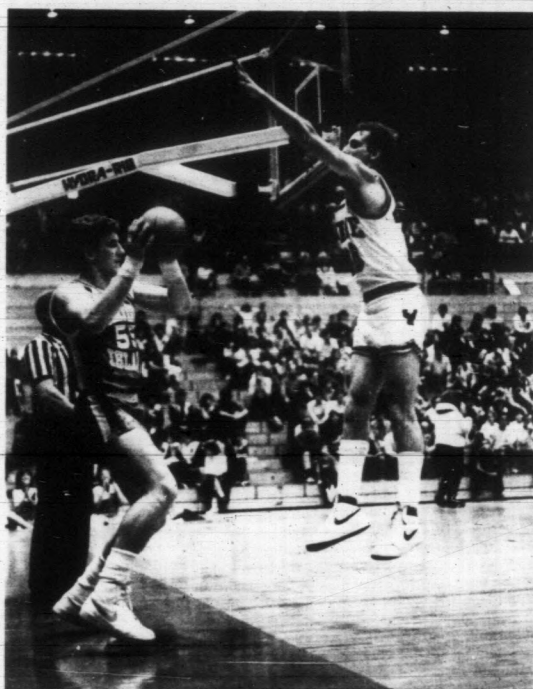
Valparaiso courts a very young team with only two returning players from last year's 9-19 Association of Mid-Continent of Universities Conference team. This year's squad relies upon the talents of six freshman and two transfers who, in addition to the two veterans, comprise its 10-man roster.

Freshman 6-foot-4 guard Larry Dougherty leads Valparaiso in scoring with a 12.4 points per game average. Brett Hughes, a transfer from the University of Nebraska, joins Dougherty in the backcourt. At forward, senior John Gary and freshman Curtis Rias will start. While, junior Jim Stuebe at center rounds out the starting five.

The team's leading rebounder is the first player off the bench. At 6-foot-5, freshman Harry Bell has averaged 4.6 rebounds per game.

Chappelle saw a number of things he liked from his starting lineup of center Chip Bunker, forwards Steve Smith and Rich Henry and guards Jim Boylen and Wheeler in last weekend's games at the

(see SYRACUSE page 11)



UMO freshman forward Steve Smith in recent action against Rhode Island. (Favreau photo)

Wom

by Rich Garven
Staff Writer

The UMO women's basketball team of Springfield College at the University of Massachusetts is scheduled to improve Sunday to improve 4-3.

Before the meeting, Jeff Wren said, "We're strong at this point."

His swimmers are winning 10 of 15 events and 15 of 16 events.

Wren said a number of swimmers were turned in to swim fast times. Performances are key in New England championships.

"Probably the Cheryl Starkie in the ly," he said. "breakthrough (Springfield), agent, in the same."

"It was a good great race. It was returning to the that."

Last season Stan in the 200 butterfly 2:13.41. It was broken by Negri on Nov. 11 a time of 2:10.99.

The senior coach has seven events at the legiate Athletic Association. She competes in 200-yard freestyle and as a member

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Women's swim team beats UMass, Springfield

by Rich Garven
Staff Writer

The UMO women's swim team beat Springfield College 86-54 Saturday and the University of Massachusetts 107-33 Sunday to improve its season record to 4-3.

Before the meets UMO head coach Jeff Wren said neither team "looks strong at this point" of the season.

His swimmers backed him up by winning 10 of 15 events against Springfield and 15 of 16 events against UMass.

Wren said a number of performances were turned in by women who hadn't swam fast times to date, but whose performances are key to Maine repeating as New England champions.

"Probably the most pleasing was Cheryl Starkie in the 200-yard butterfly," he said. "She had a major breakthrough last year there (Springfield), against the same opponent, in the same distance.

"It was a good time (2:19.2) and a great race. It was an indication Cheryl is returning to top form and we need that."

Last season Starkie set a school record in the 200 butterfly with a time of 2:13.41. It was broken by freshman Laura Negri on Nov. 11 at Yale University with a time of 2:10.99.

The senior co-captain also swam in seven events at the 1984 National Collegiate Athletic Association championships. She competed in the 100- and 200-yard freestyle and butterfly events and as a member of the 200- and



UMO co-captain's Cheryl Starkie (left) and Lisa Jenkins have led the Black Bears to a 4-3 record this season. (Baughman photo)

800-yard freestyle and 400-medley relay teams.

This season Starkie hadn't placed in one race before the Springfield meet. Her best time in the 200 butterfly before Saturday was 2:24.46 in the Blue-White intrasquad meet on Nov. 2.

Starkie said she's had trouble "getting started" this semester and looked for-

ward to the Springfield meet because it was "good for me last year.

"I was just waiting," she said. "I was worried that I had burned myself out mentally. It wasn't until last week that I realized I wasn't if I could just dig down deep.

"You can train the same amount each time, but you have to want to do it to

do better. (You have to) achieve the pain threshold and go beyond it."

On Sunday Starkie finished second in both the 100 freestyle and butterfly events.

In the 100 freestyle she swam 58.71 seconds with teammate Kathy Sheehan winning in 55.47. In the 100 butterfly UMO's Michelle Besette won in a time of 1:03.79 with Starkie finishing second in 1:03.91.

Wren said sophomore Lynn McPhail also appears to have broken out of a season long slump which saw her finish high in races, but with slow times.

Against Springfield and UMass McPhail won four races and finished second in another.

"Lynn has been having her troubles," he said. "She swam really good times in the Blue-White meet and after that she began to have some difficulty with an ankle and knee (injuries). She hadn't looked good, particularly in the 200 (-yard breast stroke), in any of the official meets."

Against Springfield McPhail swam on the winning 400-yard medley relay team (with a split of 1:09.80) and finished second to the Springfield's Karen Ferraro in the 200 breast stroke (2:33.20 to 2:34.80).

The next day against Massachusetts she won the 100- and 200-yard breast stroke events and swam on the winning 200-yard medley relay team.

Wren said he didn't know what was wrong with McPhail, who swam in four events at the 1984 NCAA championships, until Saturday night.

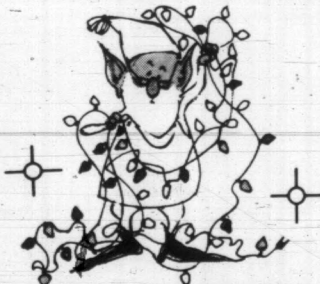
"I saw her warming up (Saturday) and

(see McPHAIL, page 10)

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Boston Celtics beat New Jersey Nets 130-121

HARTFORD, Conn. (AP) — Down to just eight players, the limping New Jersey Nets weren't supposed to give the defending world champion Boston Celtics much of a game.

But inspired play by the Nets' Otis Birdsong and Micheal Ray Richardson made a game of it until the final period. That's when Danny Ainge scored 15 of his career-high 25 points and made two key steals to pull the Celtics from behind to a 130-121 National Basketball Association victory Tuesday night.

"I felt a little bit hot out there," said Ainge, who connected on 11 of 15 shots in the game. "But Michael Ray Richardson and Otis Birdsong were do-

ing their trick out there and it seemed that no matter what defense we played, they were just very hot."

Birdsong hit 13 consecutive shots until missing midway through the third period, finishing with a season-high 42 points. Richardson hit on 15 of 19 shots for 31 points and added 16 assists.

"Our offense was very good tonight, but our defense just struggled until the last five or six minutes of the game," Ainge said.

With 3:54 to play and the Celtics up 111-110, Ainge picked off a pass from Buck Williams, drove to the baseline and hit a 14-foot jump shot. Then he stole a pass from Richardson and drove for

a layup, giving the Celtics a five-point lead, 115-110.

Ainge completed a 7-0 run with a three-point shot after finding himself out of position with no choice but to shoot.

"It was just one of those nights. I shouldn't even have been there," he said. "On the three-point play I was completely in the wrong position. I took my man into Kevin McHale and Kevin had no choice but to give me the ball and I had no choice but to shoot it because the clock was down."

Larry Bird added 35 points and Robert Parish had 26 points to help offset the performances of Birdsong and

Richardson as the Celtics won their fourth consecutive game and 14th in their last 15.

It was the fifth straight defeat for the Nets.

The Atlantic Division-leading Celtics jumped out to a 38-28 lead in the first quarter, but Birdsong scored 18 of his points in the second quarter to put the Nets ahead, 63-59, at the half.

The Celtics play the second-place Philadelphia 76ers Wednesday night in the teams' first meeting since Nov. 9, when their game turned into a bench-clearing brawl.

Boston is now 19-2, and the Nets are 8-13.

● McPhail

(continued from page 9)

it hit me what was missing," he said. "Last year when she had the knee problem (tendonitis) we developed a drill to work on her arms and body motion, but not her legs.

"I realized then she wasn't doing the drill since her ankle problem. The next day she (won three races) and this was after seeing her do (the drill) for a half-hour."

A sophomore from Veazie, McPhail said she thinks the change in training content and climate with the team's trip to California will also help her times.

"I'd like to be faster right now, but who wouldn't," McPhail said. "I think, like everyone else, it will come over Christmas. Personally, place doesn't mean much. As far as the team goes it's important to place."

Wren said Amy Allen (backstroke)

and Wendy Peddie (freestyle) have added depth to those two events this season.

"She (Allen) is getting down to within five seconds of Monique (Roy, UMO's No. 1 backstroke swimmer), and she's still in the learning stages," Wren said. "(The) times she did over the weekend would have placed her in the New England last year."

Allen finished second against Springfield and third vs. UMass (2:25.66) in the 200-yard backstroke. At the 1984 New England championships the 16th place finisher had a time of 2:25.91.

Peddie, a sophomore from Hallowell, swam on the 400 medley relay team (first) and in the 400-yard individual medley (second) vs. Springfield. Against UMass she finished second in the 100-yard backstroke and third in the 50-yard freestyle.

Baltimore signs outfielder to \$6.8 million contract

BALTIMORE (AP) — Outfielder Fred Lynn was signed Tuesday to a five-year, \$6.8 million contract by the Baltimore Orioles in a major move aimed at restoring the offensive firepower that led them to the World Series crown in 1983.

An American League all-star nine of the past 10 seasons, Lynn also won a no-trade promise from the Orioles as Baltimore beat out San Diego in the bidding for the former California Angel.

Lynn, who will be 33 Feb. 3, has a career average of .295 in his 10 seasons in the major leagues.

He played six years with the Boston Red Sox and the past four

with California. In 1984, Lynn batted .271 in 142 games and hit 23 home runs, the second highest total in his professional career.

"California offered a one-year contract at substantially less than I had made the year before," Lynn said.

The left-handed hitter earned \$1.45 million in California this year, and will earn about the same amount his first season with the Orioles. The Associated Press learned Lynn earned \$5.25 million during his four years with the Angels.

Hank Peters, the Orioles executive vice president, said Lynn probably would play center field.

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Geor

The Associated P

College basket No. 1 Georgetown games over two s ding NCAA chan DePaul — are he Saturday.

Georgetown, w this season to 5-0 Nevada-Las Vega nationally televis Md., in its first 1 team, domi Associated Press

The Hoyas rec place votes and 1 tional panel of sp casters in retainin

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1,188 points to h Duke, 5-0, foll over Virginia in a ference game last fourth place to th

14 ahead of St. J The Redmen fo point victories o Fordham with a Rutgers Sunday, place with 1,045 Memphis State

Othe those Fr that don you've n hope yo By n College

Georgetown remains No. 1 in college basketball

The Associated Press

College basketball's top two teams — No. 1 Georgetown, winner of 16 straight games over two seasons and the defending NCAA champion, and runner-up DePaul — are heading for a showdown Saturday.

Georgetown, which raised its record this season to 5-0 with an 82-46 win over Nevada-Las Vegas last Saturday in an nationally televised game at Landover, Md., in its first test against a Division I team, dominated this week's Associated Press poll.

The Hoyas received 63 of 64 first-place votes and 1,279 points from a national panel of sports writers and broadcasters in retaining the top spot.

DePaul, also 5-0, and which travels to Landover to face the Hoyas in another nationally televised contest Saturday, collected the other first-place vote and 1,188 points to hold second place.

Duke, 5-0, following a 78-65 victory over Virginia in an Atlantic Coast Conference game last Saturday, moved from fourth place to third with 1,059 points, 14 ahead of St. John's.

The Redmen followed a pair of one-point victories over St. Bonaventure and Fordham with a 77-61 triumph over Rutgers Sunday, but slipped to fourth place with 1,045 points.

Memphis State, 4-0, defeated UCLA

86-70 Saturday and remained fifth with 987 points. Illinois, 9-1, received 960 points and moved up one place from last week's poll, as did Southern Methodist, 4-0, Washington, 4-0, and North Carolina State, 5-0. Syracuse, 4-0 and 12th in last week's poll, completed the Top Ten.

SMU had 865 points, Washington 790, North Carolina State 779 and

Syracuse 605.

Louisville, which lost starting guard Milt Wagner because of a fractured foot Dec. 1, was beaten 73-64 by Louisiana Tech in last Friday's opening round of the Wendy's classic. The loss dropped the Cardinals from sixth to 14th in the poll.

Indiana, which defeated Kentucky 81-68 on national television Saturday, but lost to Notre Dame 74-63 during the

week, fell from 11th to 16th, and Nevada-Las Vegas, 1-2, dropped from the Top Twenty and was replaced by Michigan, 5-0, last season's National Invitation Tournament champion.

The Second Ten consists of Virginia Tech, Georgia Tech, North Carolina, Louisville, Oklahoma, Indiana, Alabama-Birmingham, Kansas, Louisiana State and Michigan.

Syracuse

(continued from page 8)

Carrier Classic in Syracuse N.Y. And, despite a 84-65 loss to Syracuse University and a 55-53 to Bowling Green State University, Chappelle is looking to use the same strategy which worked well against their Classic opponents.

"We have to get better organized in our half-court offense," Chappelle said. "And, to do that we'll have to spend a little more time in getting people in the right places. I think it worked pretty well this past weekend."

Chappelle is also pleased with how this starting lineup is starting to get accustomed with one another.

"I like the point-guard skills displayed by Boylen," Chappelle said. "Smith and Bunker are continually learning the ropes inside. Topliff is now coming off

the bench and is a stabilizing force. And, Tommy Forester definitely has the guard skills to play."

Wheeler, who was named to the All-Carrier Classic team because of his offensive output of 15 ppg and 4.5 assists per game, also has seen improvement in the way the players are getting "used to each other" on the court.

"In the second game (Bowling Green), we didn't have that many turnovers as the starting five is beginning to get used to each other," Wheeler said. The Bears had 14 turnovers in the game.

"We changed our offense a little bit, we were going to be more patient and work the ball more and that opened up the better shot," he said. "It enabled me to get the better shot."

BLACK BEAR NOTES

With five games under their belts, the Bears leading player is Henry, who is the teams leading scorer with a 15.6 ppg average. He also leads the team in rebounds with an 8.2 rpg average and blocks with five.

Wheeler leads the team in assists with 32, steals with 11 and from the foul line as he is 3-for-3 this season. He also is the team's No. 2 with an 11.8 ppg average.

Bob Pomeroy, who's played in three games, is 5-for-5 from the floor and 2-for-2 from the foul line.

Topliff is second on the team in free throws with a .909 average. He's 10-for-11 from the line. Boylen is second on the team in assists, 17, and steals, nine.



Spring Break for the Upperclasses.

Other vacation spots may be okay for those Freshmen and Sophomore types that don't know any better, but by the time you've made it to the higher classes, we hope you've learned something.

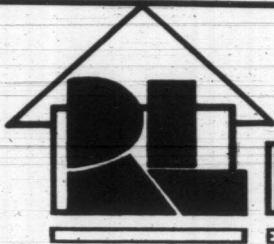
By now, you should know that Bermuda College Weeks are as much fun and as

carefree, but with a difference. There's a little more atmosphere here. There are free buffet lunches at our top hotels, our smashing beach parties, our steel bands and calypso bands, our complimentary cruises and, of course, our gorgeous pink beaches and beautiful weather.

So this year make use of your education — come to Bermuda, where you can carouse with class, get wild in style. See your Travel Agent for details.

Bermuda

Bermuda College Weeks, 1985. March 2 to April 13.



RESIDENTIAL LIFE

EDITOR IRENE K. vonHOFFMANN

Vol. V. No. XV

NewsPage

Notice Residence Hall Closing For Christmas Break

Residential Life provides housing for Residence Hall students until 8 a.m. Saturday, December 22. Students who have to stay until Saturday morning need to inform their complex director by Wednesday, December 19, so those students can be consolidated in one or more buildings. All other students need to be out 24 hours after their last exam, and no later than Friday, December 21, 6:30 p.m.

The complex offices will be distributing specific closing instructions and other information pertinent to residence hall students.

Food & Fitness Facts

It is becoming apparent that exercise is more important than caloric reduction if you want to be a leaner, lighter person. Low-calorie diets alone are self-defeating since the body's basal metabolic rate (the rate at which calories are used when you are at rest) drops to conserve your decreased caloric intake.

The effect of exercise is due to more than just the calories used up directly through activity. For hours after exercise is over the body continues to burn calories at a higher rate than it would have without exercise. Exercise also builds up muscle tissue, which burns calories at a higher rate than body fat. Also, because muscle tissues take up less space than the same weight of fat, active people look thinner than sedentary people weighing the same.

To achieve the exercise effect you should burn about 300 calories in aerobic activity - exercise that conditions heart and lungs - that lasts for at least 30 minutes at a time and is repeated at least three times a week. Most effective are continuous movement activities such as rapid walking, jogging, fast cycling, swimming, roller skating, cross-country skiing and jumping rope. For the sake of your health, as well as your weight, exercise should become a routine part of your life.

Susan Matthews
RL Nutrition Team

Residential Life
wishes all staff and
students Happy Holidays!

Memorial Union Food Service Hours

Schedule of Memorial Union food service during the Christmas Break

Friday	December 21	Close at 6:00 p.m.
Saturday	December 22	Closed
Sunday	December 23	Closed
Monday	December 24	Closed
Tuesday	December 25	Closed
Wednesday	December 26	10 a.m.-2 p.m. Bear's Den
Thursday	December 27	10 a.m.-2 p.m. Bear's Den
Friday	December 28	10 a.m.-2 p.m. Bear's Den
Saturday	December 29	Closed
Sunday	December 30	Closed
Monday	December 31	10 a.m.-2 p.m. Bear's Den
Tuesday	January 1	Closed
Wednesday	January 2	10 a.m.-2 p.m. Bear's Den
Thursday	January 3	10 a.m.-2 p.m. Bear's Den
Friday	January 4	10 a.m.-2 p.m. Bear's Den
Saturday	January 5	Closed
Sunday	January 6	Closed
Monday	January 7	10 a.m.-2 p.m. Bear's Den and Damn Yankee
Tuesday	January 8	10 a.m.-2 p.m. Bear's Den and Damn Yankee
Wednesday	January 9	10 a.m.-2 p.m. Bear's Den and Damn Yankee
Thursday	January 10	10 a.m.-2 p.m. Bear's Den and Damn Yankee
Friday	January 11	10 a.m.-2 p.m. Bear's Den and Damn Yankee
Saturday	January 12	Closed
Sunday	January 13	Regular Hours

Non-Assertive/Agressive and Assertive Behavior

In a recent program held at Chadbourne Hall, Baentine Resident Director, Pamela Dumas, discussed the many differences between non-assertive behavior, aggressive behavior, and assertive behavior.

Non-Assertive Behavior

Allows for others to treat you, your thoughts and feelings in whatever way they choose to, without challenge from you. A person does whatever others want her/him to do regardless of what this person feels is appropriate for him or herself.

In relation to a problem, a non-assertive person exhibits the following characteristics or behaviors:

- Avoids problem
- Establishes a pattern for others to take advantage
- Lets others guess where you stand
- Treats others with respect but denies own self respect (I'm not OK, you're OK).
- Lacks confidence
- Lets anger and resentment build up, resulting in frustration

The result of all this is that the person has little chance of achieving his or her goal.

Aggressive Behavior

Means standing up for your rights regardless of the rights and feelings of others; humiliating, intimidating, dominating, and/or putting the other person down in a physical or verbal manner.

In relation to a problem, an aggressive person exhibits the following

ing characteristics or behaviors:

- Attacks person, not the problem
- Establishes a pattern of fear and avoidance in others
- Treats self with respect while not respecting others (I'm OK, you're not OK)
- Seems over-confident and hostile
- Demands appropriate behavior
- Acts out of anger

The result is that this person may achieve his or her goal, but antagonizes others in the process.

Assertive Behavior

Means allowing yourself to act accordingly to your accepted responsibilities and beliefs, standing up for yourself without undue anxiety, and exercising your own rights without denying others their right to exercise their own.

In relation to a problem, the following characteristics and behaviors are exhibited by an assertive person:

- Attacks problem
- Establishes pattern and foundation of respect for future dealings
- Lets others know where you stand
- Treats others with respect and shows self-respect (I'm OK, you're OK)
- Demonstrates self-confidence
- Requests appropriate behavior from others
- Deals with anger effectively

The result is that an assertive person probably will achieve her or his goal.

Walking: An Exercise For Anyone

Walking is by far the most common form of exercise. It is easy to do and no special equipment is needed. Most people do not take walking seriously as an exercise, passing it off as being too easy. However, jogging an 8½ minute mile burns only 26 more calories than walking a 12 minute mile. Briskness is the key to walking, the faster you walk the better the conditioning effects. Along with the burning excess calories, walking can lower the resting heart rate, reduce blood pressure, and improve the efficiency of the heart and lungs. In order for the college student to benefit from these health factors, one must walk more than just to classes.

In just 35 minutes you could burn off 365 calories. Walking can also help release some of the stress and tension that builds so high this time of year. So grab a friend and go for a brisk walk. It doesn't take much time and you'll be surprised at just how great you'll feel!

Linda C. Benner

National Drunk Driving Awareness Week

DECEMBER 9 - 15

SOBER FACTS ABOUT DRUNK DRIVING IN MAINE.....

WHEN ARRESTED:

- Your car can be towed away
- You can be handcuffed, fingerprinted and photographed
- You can spend at least several hours in jail with other drunks
- You appear before a judge in the morning
- You post a bond

WHEN CONVICTED:

- If the case is criminal, you spend at least two full days in jail.
- Whether it's criminal or civil, you pay a fine of at least \$250.
- You go through an alcohol education program.
- Your driving record is marked for six years.
- Your offense will probably cost you over \$1,300 for attorneys, fines, towing, insurance, etc., etc.
- You've lost your self-respect.

This page is written and paid
for by Residential Life.

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vol. XCV

Pub

by Kerry Zabi
Staff Writer

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