Responses to comic strip critical, commending

To the editor:
The black man and woman has too often and for too long been portrayed and regarded in an unflattering light. Regardless of the intent, the results are always worse still.

Black people do not wish to be viewed as subjects (guinea pigs) in feudal attempts to portray the short-sightedness of these whites who still live in the 1800s. Although the mentality displayed is on target, it continues to connotate stereotypes that we must abandon when viewing each other as human beings.

The white male adult in last week's Sagamore Bloom County, gives no explanation as to why "Some things are meant to be. . . and some things aren't." I feel that it is appropriate to tell your readers in a series of follow-up strips the why's and how's that focus on black's diversity and how we differ— both structurally and functionally, from our white counterparts. Areas of examination should include the extent to which African heritage and slavery have influenced black families, the impact of poverty and discrimination on black life and the racist practices and attitudes that continue and try to hold us down.

To the editor:
As a member of the Sagamore staff, I have had the opportunity this past week to overhear criticisms to our regular comic strip, "Bloom County." As you recall, last week's strip dealt with what has always been an extremely controversial issue: black and white.

One of the more recent comments I've heard is that the strip seemed to support a racist view and that it was in poor taste for the Sagamore to print it because it seemed to support the racist, bigoted, backward views of this region. Because of the region, this student felt that this type of controversy is better kept quiet, swept-under-the-rug, so to speak.

My own opinion of last week's strip was that it was a slap-in-the-face. But not to the blacks. The author intended to put down bigots specifically and I think he did so brilliantly.

The very fact that this is a comic strip should have kept things in perspective. Comic strips were never intended to be dogma. And this particular strip does not pretend to be dogmatic, pro or con, black or white.

If anything can be said about Mr. Breathed and his strip, I think he should be commended for taking on this issue. As long as we have racial conflict, bigots on either side, the place for dealing with this issue is not under-the-rug, but out in the open. And the best way, in my opinion, is to get us all to laugh at ourselves, at our own mistakes. Not to be blinded by our own sensitivities.

As far as the Sagamore is concerned, I also think it should be commended for running the strip. The Sagamore is a newspaper concerned with this university and its students. The very nature of a newspaper is forum-like. Universities are no different. They are a place to open your eyes, to learn, to grow . . . not to pretend to be unaware of problems, but to face them the best we can.

Personally, I am very sad that this strip has been so misinterpreted. For the most part, the students I have met here in the past five years, see not only in black and white, but in lots of shades of grey.

Toni Bailey
Sagamore Staff

"There's lots of wonderfully deserving places to be looking for racism — but my strip isn't one of them. Read them again.

—Berke Breathed

BLOOM COUNTY

by Berke Breathed

IF you do not think it feasible to publish such a rebuttal, it is in poor taste to publish a comic strip containing such a political statement. And, because of all the underlying implications and assumptions presented in the strip, a very precise and definitive clarification is in order.

I feel that the Sagamore "must" state its position on the ideologies brought forth in Bloom County, and I also request that the criterion used to select such a profound black and white political statement be printed as well. In light of the recent misrepresentation of blacks and all other minorities at the Fall Festival, it only adds insult to injury to see that the Sagamore would support such thinking. "Just how blind will America be?" —T. S. Hampton

Sincerely,
T. S. Hampton
Senior - School of Business

Furthermore, the role played by the little black girl with "Skin like smooth and creamy chocolate pudding" is an insult to the glory of a majestic force that has held black people and their families together (and countless numbers of whites) for centuries all down through history.

BLOOM COUNTY

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Furthermore, the role played by the little black girl with "Skin like smooth and creamy chocolate pudding" is an insult to the glory of a majestic force that has held black people and their families together (and countless numbers of whites) for centuries all down through history.
Readers see comic as offensive, insensitive

To the editor:
In the last issue of the Sagamore, you printed a Bloom County comic strip by Berke Breathed. Many Black students felt that this comic strip was extremely offensive.

In the way the comic strip was printed, the reader was left with the impression that society condones the fact that intimate black-white relationships are unacceptable.

My question to the Sagamore is — why did you allow this comic strip to be printed? Were you not aware of the effect that it would have on Black students? Do you realize that Black students also read the Sagamore?

It is clearly obvious that the newspaper staff was totally ignorant of the sensitivity of Black students.

Every Black student that I had talked to had negative feelings about the contents of this comic strip. Many felt the discretion of the Sagamore was in very bad taste.

In the near future, I suggest that the contents of your comic strip be what they are expected to be — very funny.

— Steven Carter
President
NAACP — IUPUI

To the editor:

Professor Melman and anyone who agrees with him forgot to research one tiny item, the effect of having no military forces. Without military forces, there would be no U.S.A. and no jobs except for slave labor. I hope that at some time in the future there will be no need for armies, but as long as hate, greed and fear exist, military forces will be required.

— Christopher F. Schneider

Military needed for peace

To the editor:

In reference to Nov. 10, Bloom County, I must have missed the punchline for I found no humor whatsoever in the comic strip.

As an Afro-American there are enough obstacles to overcome without the school paper supporting the views of the racist majority.

Jokes about race-relations are not only primitive, they also represent the narrow-minded individuals that build the obstacles in the first place.

Furthermore, I would hope the Sagamore could be at least tasteful in bringing across the views they obviously support.

Ms. A. G. Hadley

Correction

We responded incorrectly to a letter last week from student Valeria Jamison. We told Ms. Jamison that faculty members are chosen by search and screen committees rather than by their departments.

— Editor

Observations

Bloom County misunderstood

During the past week, Sagamore received many responses to the Nov. 10 Bloom County strips.

A very different meaning than the original intent was gleaned by some students from these six comic strips. Their letters present their interpretation.

Berke Breathed's column appears nationwide in 225 newspapers. The father is always portrayed as a narrow-minded character; the children and animals as broad-minded, exploring and accepting of differences.

The father was "in character" and the little boy's statement was very much "tongue-in-cheek.

We spoke with Breathed who said much more was read into the statements by students here than he put into them. When he writes about Prince Charles, Diana and William he is not making a statement about 20th century European monarchies. He also said he felt it obvious in the strip where his sympathies lie.

We also thought his position was obvious.

— LB

'Monsignor' review questioned

To the editor:

In the article on Christopher Reeve and the movie Monsignor, Nov. 10, I think that the writer should state that the performance of Christopher Reeve was "disappointing" is "her opinion," rather than as if stating a fact.

I personally thought he did a fine job.

Don Morris
Ed. note: A review is inherently an opinion. Every statement in this type of article is based on the observations and opinions of the author.

4 a.m.

"But wait a bit," the Oystors cried,
"Before we have our chat;
For some of us are out of breath,
And all of us are flat!" — Lewis Carroll

"The suffering man ought really to consume his own smoke; there is no good in emitting smoke till you have made it into fire." — Thomas Carlyle
Mr. Paul saile down White River in his inner tube Calypso and met an Ancient Mariner. He holds Mr. Paul with his shiny hand. "There was a ship," quote he. "Hold off," says Mr. Paul. "Unhand me, grey-beard, loon!" Rhythm his hand drops A. "Okay, so what's this all about?" demands Mr. Paul, crum in unefuffled, though unleft in the damp night air. "It is about staying fit." "But I row three miles downstream each week with my fraternity paddle," says Mr. Paul.

And I'm up the creek without one," quote he, drifting astern and by the star-ogged moon.

Hey, I feel good about winter. I mean, I'm jogging. I'm inspired, it's cold and I feel great about it. But we may not always dress properly. A good rule of thumb to follow in case you haven't time to attend my indoor/outdoor cold weather jogging seminar which meets this coming Saturday through March 1 is at preferably your lodge (jog) jog is to wear the same clothing except make it bigger and bulkier.

Well, you can keep the socks. Just get them longer, woollier and pull them up to your waist. Not too high, though, we don't want chafing. Once you've got them up, loop my winter jogging suspenders available through my catalogue over the shoulders and they button to the socks. Your shoes. You've got to have them. But what you don't need is wet feet. And since snowfall in this state usually tops out just above the knee, I recommend hip jogging boots for rising above it all. And remember, pick 'em up, put 'em down.

Jogging in the pain store? You can strap your head in, flip a stocking cap. These things are not required for winter jogging, but if you're not willing to spend just a little bit of money through my catalogue, I'll stop sending it. Sick in bed with a cold? You need my jogging pajamas.

I recommend my anow jogging goggles, available under my St Vitus Dance label. One-piece, they'll really help you through, and are wrinkle-free or some of your regular. Available in one size, they're guaranteed to give you a physical fit.

"Winter Jogging Gear - A Must"

So let's jog. If you're jogging on ice, you're going to need my aluminum alloy jogging cleats. They strap on over all of my jogging boots and can be ordered for a limited time through my catalogue.

We don't want to become committed, so I also recommend my snow jogging goggles. Joggles (trade marked), also available through my catalogue. And let us not forget my winter jogging muffler to keep the neck warm. A word of caution: avoid jogging in the snowands, and allow for snow to clog your muffler. We don't want to asphyxiate.

Then there's my jogging snow and complete with a happy face so everyone knows you're an enlightened jogger at peace with yourself and the world and not someone outside with a purpose.

These things are not required for winter jogging, but if you're not willing to spend just a little bit of money through my catalogue, I'll stop sending it. Sick in bed with a cold? You need my jogging pajamas.

Made of tight-fitting stretch gabardine, they button up the back. Get 'em now, and once you do, you're ready to bed-jog. Experienced bed-joggers warn that bed-jogging is best done alone when the family's away. More than one aficionado has been mistakenly restrained and carried away. The point is kick, pump, and dig, dig, dig.

Falling out of bed? Then order my king-size fitted button bedsheet. Button your pajamash and jog.

So until I get my book published, let's get out there and jog.
Train to prevent cold weather injuries

by JoAnna Shanks

As IUPUI students participate in various winter activities their common sense should dictate the precautions they take to ensure a safe and fun time, says Jane Smith, physical therapist and supervisor of Community Hospital's Outpatient Physical Therapy and Center for Sports Medicine.

"The most common injuries are to ankles and knees," states the IU-trained Smith. "Along with bruises and fractures from falls." In order to prevent injuries while athletically engaged one should follow the four basic rules that Smith outlines. 1) Pick a safe sport, Smith identifies volleyball and racquetball as examples of safe sports. 2) Warm up adequately. Do stretching exercises. When the activity is over, allow an adequate cooling-down period. 3) Consider the environment. This means wearing layered clothing as Smith comments "it is better to have too much clothing than not enough." And she adds, "Cover as much skin area as possible." One should also warm up if cold.

Frostbite warnings are when sense is lost or the skin turns white. The last of the four rules deals with equipment. 4) Be sure your equipment is in proper shape.

Smith cautions that runners might want to change to shoes with more cushion because winter surfaces are harder. She adds that it probably is best if they "try to start their running program in the spring or fall" for training purposes. According to Smith, one should "warm up well in the winter. The colder a muscle is, the less efficient it is."

"Skis should be sharp and waxed," remarks Smith. Skiers should also "take advantage of the newest technology," she continues.

When ice skating, one should be sure that the skate blades are sharp and that the skates fit properly. One should make sure that the ice is in "good shape," smooth — when either skating or playing hockey.

For racquet ball, Smith advocates the use of good eyeguards and wrist straps as well as taped racquet handles.

"Only a turkey should be stuffed like this on Thanksgiving."

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Schedule operates every weekend except during holidays. Some seats and services limited. Prices and schedules subject to change. Some services subject to cancellation.
Individuality: characteristics that set one person apart from others

Jazzercise devotees dance to the music

by Pam Koons

It was almost too much to understand, the fuchsia halter, the food, the energy and the music coming from the stereo: "Elvira, Elvira. My heart's on fire...."

"What's he singing?"

With all of the best torsos and looks of concentration on all of those faces, this should not have been a party. But it was.

Jazzercise class members held an open house of sorts at the beginning of November, allowing their friends and family to get a glimpse of what this program is all about. Many readers at this point are thinking, "Oh, so now people exercise to jazz." Well, it is not quite that simple.

Jazzercise is really an international jazz/dance/fitness program. As instructor Rita Lingman explains, "It is a total body workout, not only concentrating on the cardiovascular system, but also on balance, coordination, flexibility, posture, muscle tone and stamina." Where? She should have been tired just from saying that. But she was far from it.

Lingman has nine Jazzercise classes, two of which are taught at IUPUI through the continuing studies program and one which is the only senior citizens class in Indianapolis. She became interested in class instruction while she herself was a student in Jazzercise. She has been teaching about one and one-half years.

Originating in Carlsbad, California, by Judi Shephard Missatt, Jazzercise is nearing its 10th anniversary; and its third anniversary in Indiana. Missatt creates and subsequently videotapes all of the steps which the instructors may use for classes. Only on special occasions, such as Christmas, are the instructors allowed to make up their own additional routines.

"What also makes us different from other programs is that to be an instructor you have to be certified," Lingman commented. "You must go through Jazzercise training, in workshops which are found all across the United States."

She went on to say that it is a professional operation, with pre-audition and physiology exams which must be passed before an individual may become an instructor. "After that," she continued, "the instructors are monitored and critiqued twice a year."

The perks include, standing about five feet, seven inches, wearing the tightest, most extravagant wardrobe and being able to move around while still looking beautiful and in control. "Invigorating?" asked if they would stick with the program, she answered with a definite yes. "I enjoy the whole-forehead-physical exertion." She would even be happy to go out after six a.m. after she graduates this semester. "You do feel good mentally and physically. It's worth the strain and the sweat," she said.

Speaking in self-improvement terms, she concluded. "No pain, no gain.

So come on baby, dance that dance..."

"Kick! One leg, then the other!"

Let's dance the last dance tonight.

by Berke Breathed

Well, I can wear size seven Calvin Klein jeans now," she laughed. "I've been amazed at my posture, flexibility, and my muscle tone."

"So am I," Tamara Engle, a sophomore at IUPUI.

"I didn't want to go to a gym, but I didn't like the idea of working out with other people," she said. "I just really didn't want to do it."

"I started out with Jazzercise because it was fun."

The program is supposed to work wonders, as Lingman explains. "I'm a believer in the fact that you won't work unless it's fun to you."

"I don't want to lose my buổi because I have to go to class," she said. "I just really enjoy the people and the fun."
Frostbite, exposure risks of winter outings

Outdoor winter sports require more than skill to have a good time. The rush of a perfect run down the expert slope will fade quickly if your fingers or ears freeze.

Frostbite and exposure to cold can be prevented by simple measures.

Dress properly for the weather you’ll face. Wear layers of medium-weight clothing topped by wind and waterproof outer garments. Face, head, ears and hands should be covered and feet need extra socks and warm, waterproof boots. Your clothes should not be so tight as to restrict circulation.

Stay dry. If you get wet, seek warm shelter, drink hot fluids and change clothes.

Know your own physical limits and how long you can stay outside. Cold, wet and windy weather will drain your resistance quickly, as will fatigue or a recent illness. Do not drink alcoholic beverages, smoke or bathe just before going out.

Learn to recognize symptoms of overexposure to cold.

Frostbite is the freezing of skin tissue. It is most likely to affect small areas such as ears, nose, cheeks, fingers and toes. The first sign probably will be slightly-flushed skin, followed by a white or grayish-yellow tint. The victim may feel pain, intense cold or numbness. Often, frostbite is not noticed until the skin has turned a pale, glossy color.

Hypothermia is a condition in which the body is no longer capable of warming itself. The person may be sleepy, numb or disoriented and have trouble moving and seeing.

In both cases, the object of first aid is to warm the victim.

Treat frostbite by warming the injured area in warm water, about 102 to 105 degrees Fahrenheit, or by wrapping the area in warm clothes. If a thermometer is not available, test water temperature by dropping some on the inside of your forearm. It should feel warm. Do not rub the area or treat it with anything hot or cold. Protect the injury from further harm by keeping the person warm and get medical help immediately.

With hypothermia, the object also is to warm the victim. Get him inside, remove wet or cold clothing and replace with warm, dry clothing or covering.

A tub of warm, not hot, water will help but dry him thoroughly afterwards. If no other source of warmth is available, strip the person’s clothing, get him into a blanket or sleeping bag and crawl in with him, nude. Your body heat will help warm him. If he is conscious or regains consciousness, supply warm drinks.

Again, seek medical help, no matter how recovered he seems.

The foregoing tips are gleaned from Red Cross first aid manuals. Training in first aid procedures is offered by the IUPUI School of Physical Education and the Red Cross. These suggestions, however, are offered only as guidelines and do not replace the skill and knowledge of trained medical personnel. You need their help.

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Men's basketball team tall, talented

by Matt Shrum

"Wait till next year," is the familiar cry of teams as their season comes to an end. If IUPUI's men's basketball team is to have a "year" this would appear to be it.

Led by senior guard Ron Angevina the Metro's have an excellent blend of youth and experience to go along with the tallest team in IUPUI history. Bob Lovell takes over as interim coach for Mel Garland and Lovell has already lauded Anguvina as the best NAIA guard in the state.

"I expect this team to contend for the district championship," states Coach Lovell candidly. "Those may be lofty expectations but that is what we ultimately want to do."

The Metro's experience stems from returning starters Angevina, Eric McKay and Reggie Butler. Butler, 6'8" returns from a knee injury that forced him to be redshirted last year. McKay, 6'5", "does a lot of things well" according to Coach Lovell. Lovell added

"McKay puts pressure on the defense since he can take the ball to the basket, pass and is a good offensive rebounder."

Other top returners are Aaron Thompson, Daron Thompson, Scott Boles, Jim Cline, and Jaye Jumps.

Newcomers to the Metro camp are Kik Tramm, Rayke Funkhouser, David Tucker, Gordon Graves and Dave Corder.

Height has always been the Metro's greatest problem but the addition of the 6'9" Tucker and the 6'7" Tramm gives Lovell the "trees" the Metro have lacked in past years. Coach Lovell said there will be times when Tramm, Tucker and Butler will be used along the Metro front line. Add the 6'6" McKay at one guard spot and six-foot Angevina at the other and the Metro have possibly the tallest NAIA team around. Tramm will not be eligible until January.

Angevina will start at one guard spot with the Thompson twins and Funkhouser being the leading candidates for the other spot. McKay and Butler are to be starting forwards with Tucker starting in the middle. Lovell said he has confidence in his bench and considers all 13 players as potential starters.

Lovell added the starters will depend on match-ups with each opponent.

The Metro's open the season Saturday at Kentucky Wesleyan. Wesleyan is ranked in the top five in the NCAA division II. Lovell said they are one of the top two teams on the Metro schedule.

Lovell said he feels this is "a great way to open up our season. We will have to play an intelligent game." Lovell continued, "We want to go down there and play our game."

The Metro's come home next Saturday to play their home opener against Purdue Calumet, a team that defeated IUPUI in the NAIA last year. Purdue Calumet figures to be one of IUPUI's toughest challenges in district play.

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Wellness becoming a way of life

by Paula Reynolds

It may have begun as a fad, and hovered in the background for a long time, but it seems to be here to stay.

"It" is health promotion and wellness—physical and mental well-being which leads to a productive, satisfying life.

According to Pam Wright, program coordinator for the Riverview/St. Vincent Health Promotion Center, "Wellness is a lifestyle concept. You are responsible for your well-being. By exercising, eating nutritionally and learning techniques for stress management, you promote your own wellness."

George T. Lukemeyer, M.D., executive associate dean for the School of Medicine, indicated that the individual's responsibility for himself has not changed over the years. However, today people are more aware of their role in caring for themselves.

University Hospital employees have demonstrated their interest in health promotion by participating in a variety of luncheon lectures offered through the hospital's Human Resource Development Department. Program ideas are gathered from employees and geared toward their interests and needs.

"Our most popular courses concern health maintenance, much more so than other programs," Leon McKenzie, M.D., director of Human Resource Development and professor of adult education explained.

Among the many topics offered are CPR, Bicycle Commuting for Exercise, Toxic Shock Syndrome, National Sports Festival, Herpes II, and Emotional and Spiritual Factors in Illness.

"CPR courses always draw a big crowd. Also, people are not always aware of the debilitating effects of illness which makes the Emotional and Spiritual Factors in Illness a popular course," Dr. McKenzie added.

Dr. McKenzie commented that his graduate students conducting research have found that health education and wellness are foremost in the needs assessment of adults.

"Fads come and go, but health promotion is not a fad. It is here to stay and will be built into future lifestyles because people have a deep interest in their well-being," Dr. McKenzie concluded.

Lifestyles which promote healthful living are encouraged from a different angle by physicians at the School of Medicine.

"The school's mission is to provide society with physicians who are biological scientists and are aware of the privilege of taking care of other human beings," Dr. Lukemeyer explained.

Although there are not special courses offered, faculty members continuously point out the importance of healthful living (no smoking, nutritious eating habits, exercise, adequate rest, and avoiding dangerous activities) and stress the need for disease prevention.

"Our students are keenly aware of the need for vaccinations. Such diseases as polio and smallpox have been virtually eliminated because physicians have researched and implemented preventative measures," Dr. Lukemeyer said.

In addition, most physicians are supportive of programs which encourage self-responsibility and are delighted people take the initiative in avoiding illness.

One program which is very popular is the concept of a wellness center.

St. Vincent's Hospital operates two non-profit wellness centers located in Carmel and Zionsville. A third center, The Riverview/St. Vincent Health Promotion Center, located in Fishers is a cooperative venture between St. Vincent Hospital and Riverview Hospital of Noblesville. This is also a non-profit organization.

The Fishers center officially opened Sept. 23. It offers a variety of programs focusing on physical fitness, nutrition and stress management.

"Each center gears its programs toward the community it serves. For example, in Fishers there are a number of housewives and young children interested in our classes," Dr. Wright said.

Some of the courses offered include: Maternity Physical Fitness (exercise); Stress Management, Assessment and Relaxation Techniques; Aerobics; CPR; Treats for Tots; Fit by Five (exercise for toddlers); Effective Babysitting, and Well Women Seminars.

(continued on page 13)
**IUPUI Film Series**

Paid for by the Student Activity Fee Fund

**“The Great White Hope”**

Starring: James Earl Jones

Thursday, November 18, 7:30 p.m., Nursing Auditorium
Friday, November 19, 7:30 p.m., Lecture Hall 101

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**POLSA presents a Pre-Law Seminar**, Wednesday, Nov. 17, noon to 1 p.m., in Cavanaugh 429. Questions to be addressed will include topics such as what law school is like, what it takes to get into law school, and how one prepares for the LSAT. The discussion will feature G. Kent Frandsen, law school dean of admissions; Stephen Sack, political science pre-law advisor; and Garth Markle, University of Evansville, pre-law advisor.

The **Hellenic Student Union** will meet Wednesday, Nov. 17, at 5 p.m. in Cavanaugh 137. Everyone is welcome. Gia Sou.

**Season tickets** for the IUPUI home basketball season are on sale now at all campus bookstores and in the physical education office, located on the third floor of the Physical Education/Basketball Building. The adult season ticket prices are $35 for home games. Tickets may be purchased separately at the door for $3.50. Students are admitted free to all home games with proper identification.

The **Psychology Club** of IUPUI will welcome Father Justin Bello, O.F.M., to speak on “Mind Control” Thursday, Dec. 9, 7:30 p.m., in the Kranzert faculty lounge. Father Justin is associated with Alverno Retreat Center in Indianapolis and has lectured extensively in this country as well as in Israel, Greece and Italy. All are invited to attend this exciting meeting. Refreshments will be served.

**Lockers** may be rented for 83 per semester by contacting the Student Assembly office in Cavanaugh 001. Lockers are available in Cavanaugh and University Library and may be used until the last day of finals. Each locker has a compartment for hanging clothing and another for books. Smaller co-located lockers costing a nickel each time are in the Cavanaugh basement lounges.

**Come to an open house** at the newly remodeled IUPUI Student Union Building Thursday, Nov. 18.

The **Chemistry Seminar** today features Professor George Pfeiffer, Department of Chemistry, University of Nebraska, speaking on “Sudden Approximations and Energy Transfer,” at 4 p.m. in Kranzert 231. Coffee and refreshments will be served by the Chemistry Club at 3:30 in KB 149. The next meeting will be Dec. 1, after the Thanksgiving break, and will feature Professor Leon Stodolski, Department of Chemistry, IUPUI.

The **International Student Bible Study** group will meet Friday, Nov. 19 at 4 p.m. in Cavanaugh 205. All international students are welcome to attend.

The **members** of the Black Student Union, in cooperation with other student organizations, are asking for your participation in their Annual Canned Food Drive. The drive begins Nov. 8 and will end Dec. 15. Donations should include canned and any other nonperishable goods. Contributions will be received at the Black Student Union office, Cavanaugh 001 or call 264-2270 and a representative will pick up your donations. If you need further information, please call Jackie T. Board at 264-2270.

The **pink-and-green ladies** of Alpha Kappa Alpha Sorority are sponsoring a tag party Friday, Nov. 19 at Homestead Apartments clubhouse, 34th and Georgetown Road from 8 p.m. until 7 A.M. Admission is two canned goods for greens; $1 plus two canned goods plus tags; $1.50 plus two canned goods and no tags; or $2 for “deadheads.” The purpose of the dance is to help supply food for needy families and have a good time.

The **Association for Workplace Democracy** will hold a chapter meeting Thursday, Nov. 18 at 4 p.m. in Cavanaugh 137. Everyone is welcome.

**AssociateShip programs** will be available for 1983 in several fields from the National Research Council. Stipends will be offered in atmospheric and earth sciences, chemistry, engineering, environmental sciences, life sciences, mathematics, physics and space sciences. Deadlines for applications are Jan. 15, 1983 and awards will be announced in April. Information and applications may be obtained from AssociateShip Programs, National Research Council, 2101 Constitution Avenue, NW, Washington, DC 20418 or call (202) 334-2760.

**Baby food labels** from all types of Heinz baby food products are being collected by the Child Guild for Riley Hospital for Children. Heinz will pay the group three cents for every label. Send yours to Child Guild of Indiana University Hospitals, c/o Riley Hospital for Children, Room 403, 1100 West Michigan Avenue, Indianapolis 46223.

The **Psychology Club** of IUPUI will meet Thursday, Nov. 18, 7 p.m. in the Kranzert faculty lounge. “Parenting” will be the topic and the speaker will be Angela McBride, chair of the Department of Psychiatric/Mental Health Nursing and a graduate professor in the Department of Psychology. There will be discussion and refreshments and refreshments will be served. All are invited to attend.

The **Indiana Office of Campus Ministries** is sponsoring a discussion about rising student costs. Tuesday, Nov. 30, in the Kirsch Conference Room of the Kranzert Mental Union, Indianapolis Central Library, from 8:30 a.m. to 2:30 p.m. The seminar speakers include Senator Larry Borst, chairman, Indiana Senate Finance Committee; Representative Marilyn Schuett, House Ways and Means Committee; and Shirley Boardman, director of student financial aid, IUPUI.

The **Jewish Community Relations Council of Indianapolis** will present a seminar on “The Media and Israel.” Nov. 22, at 7:30 p.m., in the auditorium of the Indianapolis Hebrew Congregation, 8501 N. Meridian Street. Numerous speakers will address issues such as the factors influencing mass media reporting in the United States and how the media has changed its coverage of Israel over the past decade.

The **English Club** will hold a reception for new and prospective members Thursday, Nov. 18. The reception will be held in Cavanaugh 107 from 4 to 7 p.m. Everyone is welcome to drop in anytime. Refreshments will be provided.

**Run your legs off** with IUPUI’s new Track Club! We would like all you interested and inspired runners to come express your energy on IUPUI’s historic track facilities. For further information, please call Nancy Happel at 449-3877.
Sorry, wrong number

Ed. note: Phi Delta Phi, a professional legal fraternity at the IU School of Law-Indianapolis, writes this column for general information only. They advise readers experiencing legal problems to seek counsel from an authorized attorney and not to rely on this column for legal advice. Submit your legal questions to the Sagamore, attention: Phi Delta Phi, 425 Agnes Street, Indianapolis, Ind. 46202. The fraternity will attempt to respond to your question in a general manner.

Hypothetical Problem:

I am currently a student at IUPUI and I am writing to you to see if I have a potential case against the telephone company.

Several months ago, I decided to start a part-time business for myself. To advertise my business, I wanted very simple. It included only my business name, address and phone number. Since business was slow, I anxiously awaited the publication of the new phone book to help spark life into the business.

When the book finally came out, I was extremely dismayed to find that the phone number of my ad was wrong. I feel that my business has been harmed and that I am losing potential profits every day. Do I have to pay for the ad since it is of no use? Can the phone company get away with this?

— signed, Wrong Number

Dear Wrong Number,

It appears that you have been harmed. However, the law requires some method of determining the extent of your injury. The problem falls under the general area of contract law. Generally, in contract, the only type of damages which may be sought are those which can be actually proven. The court will attempt to place both parties back into the position where they would have been, had the contract been carried out correctly or never entered into in the first place.

Damages are extremely hard, if not impossible, to prove if a business is relatively new and the proprietor is claiming an injury to it. Slow business before and after injury indicates very little harm because it did not change. Had the business been established and the proprietor could show a drop in business, then the court would give the decrease a lot of attention.

In your case, because business did not change, the court would probably put you back in your original position before the contract, that is, without an ad. Because the ad was incorrect, you would probably receive its cost. As a suggestion, you should probably explain the problem with the phone company and ask for a refund until the problem can be corrected in the next phone book.

Sports Medicine (continued from page 5)

"Anytime you start a new activity, build up to it," comments Smith. She states that it is advisable for one to find an experienced person to participate in activities with him or her. Smith notes that it is important to "know the rules of the game" before playing. If you are injured while being active, Smith offers this advice:

1. Rest the muscle or body part.
2. Ice — put an ice pack on it.
3. Compression — this usually means an ace (elastic) bandage.
4. Elevation — prop the injured limb above the heart.

If the problem persists, she advises consulting a doctor. After a sports injury, the best guide to when to resume the activity is pain. Again, Smith remarks that one should "progress into the activity" to regain strength after being injured. Joint injuries, persistent pain, deformity, uncontrolled bleeding, loss of function in a limb, or an inability to put weight on a body part are all indications of a need to see a doctor that Smith identifies.

Although, as Smith states, there is "no magic formula" to preventing injury while participating in a sport, if one uses common sense, he can have a greater chance of safety.

November 17, 1982

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Sports growing at IUPUI

by Sam Smith

With more than $37.4 million worth of new athletic facilities, sports are booming at IUPUI. School of Physical Education Dean Nick Kalah notes that more than 150 students are currently majoring in physical education at IUPUI. The students can now enjoy the newest and finest facilities in the oldest-existing PE school in the country.

Students enrolled in PE classes are not the only ones who may use the sports facilities. Any IUPUI student, faculty or staff also may do so.

Informal recreation hours are part of a two-fold intramural program, explains Jeff Vesseley, director of intramurals and facilities at IUPUI.

The second part of the intramural program includes organized team sports and activities. Second semester intramurals include: basketball (entry deadline, Jan. 11); power volleyball (entry deadline, Match 8); and the new events yet to be scheduled - a racquetball tournament, swim meet and track and field meet.

Intercollegiate team sports at IUPUI include men's and women's volleyball and basketball in the fall and winter, respectively, and men's baseball and women's softball in the spring.

Amy Ahlersmeyer, sports information director for IUPUI, believes the new facilities will help student involvement and fan support of intercollegiate teams.

Not for men only

Health clubs today are finding an abundance of women weight-lifters working with free weights and with machines. Bill Furgeson (right) is one of the 'male majority' at Zike's Nautilus Fitness Center, but Sandy Duffin gets her due respect.

She is a regular at the weight machines and she is a top competitor in this state for female body builders. Photos by Mike Streb
Season looks bright for women basketball players, coach

by Matt Shrum

IUPI's women's basketball team returns 10 players from last year's 15-10 outfit but only three of the 15 players on the 1982-83 team are seniors.

First-year Coach Jim Price returns the starting five intact plus five other players who saw action in at least half of the games last year, along with five newcomers. In preseason workouts, one of the last year's top reserves has already managed to break into the starting five.

The Metros' top returner is junior Judy Cummings. Cummings was a member of the 1979 Indiana All Star team and is the all-time leading scorer in Indiana girls' high school basketball.

Cummings came to IUPUI after suffering a preseason back injury at Illinois State University. As an IUPUI freshman she led the team with a 25.1 points per game average. Last year Cummings led the team with a 17.9 point average and also led the team in total rebounds, defensive rebounds and field goal percentage.

Cummings is the Metro's returning starter at power forward. Following Cummings in the scoring race last year was Sue Baas, a junior, also played on the 1979 All Star team. After playing her freshman year at Indiana University, Baas sat out a year then transferred to IUPUI last year. Baas averaged 12.3 points per game last year and edged out Cummings in steals with 46 compared to 45 for Cummings. Baas moved from off, or shooting guard last year to point guard this year.

The only senior in the starting lineup this year is Barb Spears. Spears moves from the small forward position to shooting guard this year. Spears was third on the team in scoring last year with a 10.9 average and was second in field goal percentage.

The Metros' returning starter at center is sophomore Shala Smith. Smith was the only freshman in the starting lineup last year and her development as the Metros' pivot allowed Cummings to move outside. Smith finished second on the team in total rebounds and led the team in offensive rebounds while averaging 6.8 points per game.

Chris Nichols, a sophomore, broke into the Metro's starting lineup in the preseason play. Nichols was the sixth man last year but will start in the running forward slot. With Cummings at 6', Smith at 5'11" and Nichols at 6'10" the Metros have an imposing frontline for this year and next.

Other returners for the Metros are guards Cheryll Saunders, Tracy Taylor and Lisa Baker and forwards Kim Galyan and Marty Kahl. Kahl and Saunders are seniors, Galyan is a junior and Taylor and Baker are sophomores.

Newcomers to the Metro camp are Gus Helm, Chry stal Hudson, Paul Irwin, Karla Rade and Lisa Ellis. Helm is a transfer from Indiana Central while Hudson, Rade and Irwin are freshmen and Ellis is a sophomore having played at IUPUI two years ago. Helm and Saunders will not be eligible until January.

Price comes to IUPUI after playing 11 years in the National Basketball Association. Price was an Indiana All Star in 1968 out of Indianapolis Tech and played his college ball at Louisville. In 1973 Price was on the NBA All Rookie team and in 1976 he was an NBA All Star. Price was an assistant coach at Louisville before coming to IUPUI.

IUPUI's women's basketball team will open their season on the road Dec. 4 at Eastern Kentucky and Dec. 6 at Indiana University Southeast. The Metros return home to host Marian, Indiana Central and Butler in the Indy Classic Dec. 10-11.

Wellness (continued from page 18)

The popularity of the wellness/health promotion centers is demonstrated by the number of clients attending courses.

"In the past three years, 650 new people have signed up for courses each month at the three centers," Wright said. "We predict that in five years the centers will be self-sufficient financially."

Wright attributes part of the centers’ success to the broad program presented by professionals concerned with wellness and health promotion.

"We work in conjunction with physicians from St. Vincent's and Riverview as well as other professionals in the community to offer a safe, well-rounded educational program," Wright explained.

Although the center does not offer medical services, its name is sometimes confusing to the public.

"Generally the community is very supportive of our programs, however, sometimes people don't know what a health promotion center is. One day a lady brought her sick child in for treatment. Others have called thinking this is a psychiatric center, and some people think I am an insurance agent," Wright laughingly confided.

The health promotion center is an agency which teaches people to take care of themselves although it remains the responsibility of each individual to maintain his health.

There are many opportunities during the winter on the IUPUI campus for students and employees to maintain their health. The Union Building offers swimming, saunas and weight room, while the School of Physical Education, tennis courts and sports complex offer additional facilities for exercise and physical fitness training.

Dr. Lukensmeyer does not believe that there will be a central facility or center focusing on health promotion on the IUPUI campus. However, he hopes to see the School of Medicine and the School of Physical Education cooperate to provide a coordinated program of education and training for interested individuals.

He concluded, "We have all of the ingredients for a successful program if the facilities are used by individuals to an effective self-directed plan of exercise and nutrition."
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