



THE NATIONAL COLLEGE NEWSPAPER

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A leading sleep expert says students are snoozing too much, and he offers tips on how to improve the quality of their ZZZ's

# **Are Student Ethics in Decay?**

By Kristi McDowell

■ The Lumberjack

Northern Arizona U.

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Advancement of Ethics who says typical characteristics of this age group include frequent cheating, lying on resumes, and value systems based on personal gratification, materialism and winning.

The Josephson Institute released "The Ethics of American Youth: A Warning and a Call to Action" in the fall. The 80page study - a combination of results from a number of surveys on different topics conducted by organizations such as Gallup and the U. of California, Los

Angeles - discusses values and honesty as a few subjects of deterioration in the last decade or so.

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"I don't find support in those surveys," he said. "The people I know are, I think, very morally outstanding."

WET 'N' WILD

But the annual Lindquist-Endicott See ETHICS, Page 4

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It's all part of a plan to make students aware of job avail-

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# **Schools Mandate Diversity Classes**

By Jaemin Kim

 The Daily Targum Rutgers U.

They came, they conquered, and they prospered. In American history classes, students have been taught that "they" referred to European Americans, often excluding other races in the population.

But now educators say the new watchword is mul-

"We've seen groups left out of American history," said Olivia Mitchell, a Rutgers U. professor in the Africana studies and women's studies departments. "We should learn about the many types of people who came (to America), became involved and played a role," she said.

Recently high schools and universities have adjusted their curriculums in reaction to criticism that students' senses of history are skewed by a Eurocentric focus in the classroom.

Public high schools in New Jersey now require students to take courses in world history and world culture. Rutgers students - beginning with this year's freshman class - must fulfill a non-Western course requirement to graduate.

At the U. of Michigan, Ann Arbor, 40 percent of

liberal arts classes offered this semester deal in some way with issues of race, ethnic diversity or culture inside and outside of the United States. A requirement passed at Michigan last semester requires that all first-year students take a course dealing with diversity, ethnicity or race.

But Rutgers' Mitchell said high schools have not adequately tackled the problem, and at universities "there's still a strong Eurocentric slant on the mainstream of how courses are taught."

Adam Scrupski, director of the teacher education program at the Rutgers Graduate School of

Education, said multiculturalism has met resistance from those who think a unified America means melting into the mainstream rather than

tossing about in a "salad bowl."

"Some people suggest it is divisive — that many immigrant groups want their children to be socialized in Western culture as quickly as possible,' Scrupski said. But the recent call to diversify academic curriculum reflects the need to recognize the painful methods of socialization people have experienced, he said.

Kenneth Carlson, a professor at the Rutgers Graduate School of Education, said Eurocentrism

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CHRIS EISENBERG, THE STANFORD DAILY, STANFORD U.

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# **Big Band on Campus**

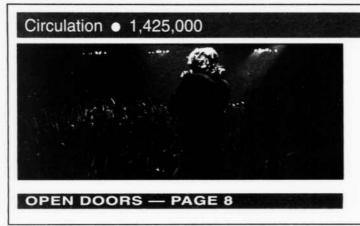
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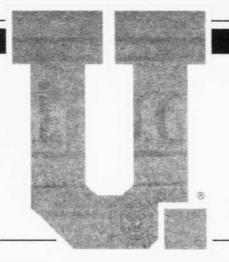
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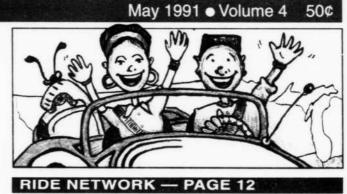
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# Fill 'er Up: Natural Gas Gaining Fuel Footage

By Michele Jorgenson ■ The Daily Athenaeum West Virginia U.

As many as 50 West Virgina U. vehicles may soon be running on fumes but not because they'll be out of gas.

Physical Plant Director Dorsey Jacobs signed a contract last semester with a local gas company to run the physical plant trucks on natural gas rather than liquid gasoline. The new system was projected to save the university \$9,000 before the price of gasoline skyrocketed following Iraq's invasion of Kuwait, Jacobs said.

Hope Gas Inc. contributed \$85,000 by buying a natural gas compressor station and conversion units for the vehicles. Consolidated Natural Gas, Hope's parent company, is giving an additional \$500,000 grant to the project.

Among the advantages to natural gas, which is in a vaporous form instead of a liquid form, is that it does not emit exhaust like gasoline does, Jacobs said. "You could plant a flower bed behind one of these exhaust pipes," he said of the natural gas-powered vehicles, which can be started five times faster because of a high octane level in the fuel. Jacobs also said natural gas is "eight times safer" during an accident than liquid gasoline. If an accident totally destroyed a vehicle, the natural gas would simply evaporate rather than explode.

Each of the trucks will be equipped with a conversion unit on the carburetor, Jacobs said, adding that the gas tank on one of the trucks is very similar to a tank for a gas grill.

He said the system does have one glitch: although a vehicle could travel approximately 80 miles on a full tank of natural gas, it hasn't been proven for long trips because there aren't many gas stations supplied with natural gas.

Initially, only 50 physical plant vehicles will be running on natural gas, but Jacobs said he eventually wants to have 200 vehicles converted to the new system. He said the fact that the contract was signed in the midst of the Persian Gulf crisis is pure coincidence.

# Physical Plant Converts Vehicles | Students Build Engines for Race

Engineering students at 24 major universities will compete this June in a cross-country road trip driving the first pickup trucks designed to be powered by natural gas, a cleaner-burning and less expensive fuel than gasoline.

Northwestern U.'s chapter of the Society of Automotive Engineers won one of the bids to redesign the engine, emissions system and fuel system of a 1990 pickup truck provided in November by General Motors, who is co-sponsoring the competition with Argon National Lab, the U.S. Department of Energy and the National Society of Automotive Engineers.

This summer, the trucks will be driven by the students in a "road rally" from Norman, Okla., to Detroit, said NU senior and project team co-coordinator Scott Phillips.

No pit stops are allowed, and each truck will be scored on a scale of 1,000 points in durability, acceleration and other areas.

While NU will use compressed natural gas, the U. of Maryland, College Park, SAE chapter is one of three teams using liquified natural gas because they say compressed natural gas systems require larger, heavier tanks that reduce

One Maryland student said the trucks can be converted to liquified natural gas by "replacing the stock throttle body injection system and adding a high energy, multi-coil distributorless, computercontrolled spark ignition system which will increase fuel economy, and reduce emissions that result from incomplete combustion...

Maryland senior Joe Muscara clarified the process using low-tech lingo: "We'll run some lines from some tanks.'

A top prize of \$5,000 will be awarded to the highest scoring team in the com-

Other prizes include trophies and cash grants for the winning engineering

■ Mike Wagner and Rita Kang, The Daily Northwestern, Northwestern U., and Glenn McMahan, The Diamondback, U. of Maryland, College Park

# **Back to the Classroom**

# Grads Trade Jobs, Salaries for Fulfillment of Teaching

By Laura Santini

The Daily Pennsylvanian

U. of Pennsylvania

After Audrey Hochhauser graduated from the U. of Pennsylvania in 1989, she did what many of her peers did: She entered the business world.

But after just one year in advertising she found her job dissatisfying and decided to return to Penn and study to become a teacher.

"I found working at the ad agency completely unfulfilling," she said. "The people who made it there sacrificed everything I hope to get out of life. Regardless of the money and whatever else comes with being a teacher, I decided it was what I wanted to do."

Over the past two years, enrollment in Penn's Graduate School of Education's Teacher Education Program has increased almost 60 percent and it will continue to increase, predicted Director of Admissions Margaret Harkins.

TEP is an intensive, one-year Masters of Education program that mixes coursework at the university with student teaching in inner-city public schools.

Dean Marvin Lazerson said renewed interest and optimism for BRIAN LARSON, THE METROPOLITAN, METROPOLITAN STATE COLLEGE

teaching reflects a nationwide phenomenon.

"There is a tremendous growth in interest occurring across the nation," Lazerson said. "I think what came out of the 1980s was a strong sense that society had lost its ethical purpose. Now I see a clear willingness to take seriously that education is important."

Most of the GSE students said they were reluctant to pursue a career in education immediately after graduating from college because of the low pay and the lack of respect for the teaching profession.

Masters candidate Matthew Baird worked as a management consultant for three years in public transportation before he made the move from the business world to the classroom.

He said that his former job was good, but he is excited about being a teacher.

"(My former job) wasn't appropriate for me," Baird said. "I just reached a point a year and a half ago when I realized I'd rather be doing something else than being a management consultant. I wanted to impact people's lives more.

Baird added that going back to school to get certified in teaching is no longer unusual.

"People are open to teaching who weren't open to it before," he said. "They're starting to ask (themselves) what they want, and money is not as important as it used to be. You begin to hear of a lot more people like myself who made career changes."

Dean Lazerson said that the expected increase in teachers' salaries in the next decade and the openings created by the many teachers approaching retirement age will create a further incentive for prospective teachers in years to come

But Lazerson added that competition is stiff for teaching positions in desirable school districts, and the nation's current economic crisis poses additional risks to the health of the education system.

Admissions Director Harkins said that in addition to people who are leaving other careers to study education, she has observed increased interest andergraduates at Penn to transfer into GSE their senior

"I see a desire to do something about our society," Harkins said. "People are not just interested in being doctors and lawyers anymore."

# Classes

Continued from page 1

was justified in the past with statements like, "There are no Tolstoys among the Zulus.'

"It has to do with an interesting type of intellectual elitism that Western culture was the highest type of thought,"

Jose Morales, a professor in the Rutgers Puerto Rican and Hispanic Caribbean studies department, said the student movement for multiculturalism has helped bring about changes.

"A lot of students are petitioning and saying, 'Why can't we have a class on Latin America in the history department and why can't we include the legacy of African Americans or American Indians?" Morales said.

But some students say the diversity requirements are an inconvenience. Barb Christenson, a Michigan sophomore planning to apply to the business school, said she finds it hard to fit the courses into a schedule packed with prerequisites. Although she believes students should take the issue seriously, she said, "It's becoming a joke on campus. If I hear the word diversity one more time, I think I'm going to throw up. I think the university is shoving it down our throats."

And other students say the development of diversity courses alone will not create a more culturally aware student population. Michigan freshman David Mulder said, "If students are closedminded, they are not going to change their views out of their own obstinance." In departments such as Rutgers' Africana studies department or women's studies department, one problem is the lack of diversity found among students who take the courses, Carlson said.

"Everyone wants to learn about themselves and no one wants to learn about anyone else.'

Donna Woodwell, The Michigan Daily, U. of Michigan, Ann Arbor, contributed to this story.

# SUGARLESS GUAS

The State

# **Homeless Students Seek** Shelter in Campus Buildings

By Jenny Loftus The Pine Log

Stephen F. Austin State U.

Three to four homeless people are found living on the campus of Stephen F. Austin State U. each year some of them students, said University Police Chief Department William A. Hill.

"They feel like they don't have anywhere else to live, (so) they decide to live on the university," Hill said.

Late last fall, university safety officer Carroll Bonnette discovered a male student living in the basement of the Griffith Fine Arts Building.

According to the UPD report, the student had been living there for several weeks. The report stated that Bonnette had found more than 100 cigarette butts next to the student's makeshift bed.

The student had set up a place to sleep and kept his clothes in a storage area in the basement. He allegedly gained access to the building from keys given to him by a staff LISA ELIAS, THE MINNESOTA DAILY, U. OF MINNESOTA member and had been

drinking alcohol on the premises. He was arrested for public intoxication and taken to the county jail.

"This was not an isolated incident," the Hill said. "We find a few each year like those who have been either kicked out of the dorm or have other difficulties."

In another incident this year, a female student was found living near the post office on campus. "She was sleeping in the vending area with her head on a table," Hill said. "She wasn't endangering anyone. She was probably endangering herself more than anyone else."

Hill said other students have been found in various places. "It's not hard in a big academic building to (hide from authorities)."

Students are able to meet their daily needs by using facilities on campus. Most homeless male students use the showers in the community bathrooms in male residence halls; females usually use the facilities at the Health Physical and Education complex because it is hard to get into the female residence halls.

For food, most homeless students buy snacks in the vending machines.

When homeless students are found on campus, no provisions are made to find them a place to live. "There is a difference between people here and the homeless on the street," Hill said. "They do have access to funds

somewhere. They have decided to try to get by without an

apartment." UPD has found a few people living on campus without connections to the university. "That's not unusual," Hill said. "Some move from university to university. They have access to everything they need.

"The university campus is an easy place to move into," he said."It's not a good solution, but an easy answer."

Brawny and your family has flown the op. What are you going to do? Me, I'm going to Disneyland," the band announcer incited a chorus of boos

from the crowd.

The athletic department quickly responded with a one-game suspension and a new policy that forces the band to submit all their scripts to the department in advance.

But band members say they'll continue the wacky traditions and biting sarcasm they've become known for.
"I don't think we tread the ground

any softer than we used to," said sophomore Tiffany Loewenberg, who has played trombone with the band since her first week at Stanford. "We don't want to follow rules." Loewenberg said the Oregon show was her favorite,

"We're not limited in the things

we can do. We're as fun as we

want to be."

and she "didn't even notice the crowd was booing."
This isn't the

first time the band's taste and tact have come under fire.

Another controversial band show, "The Other Temptations of Christ," depicted Jesus being tempted to tear the tags off mattresses and to use a #4 pencil on the SATs. The trumpet section routinely drops its trousers, and when there's a swimming pool nearby,

the entire band inevitably jumps in.

At the 1982 "Big Game" vs. the U. of California, Berkeley, the band prematurely ran on the field, thinking tanford had won, and a trombone layer scoring the winning touchdown. Four years later, the band was suspended for urinating on the field. Band manager Jesse Dorogusker said the band's status as a student-run

organization frees it to be creative.

"The Stanford band is not like any of the marching fascist bands in this half of the country," Dorogusker said. "We're not limited in the things we can do. We're as fun as we want to be."

Band members organize road trips,

plan shows, train each other and even assign grades for the one unit of ath-letic credit awarded to band members.

Almost everyone gets an A. especialy because the band requires no previ-

ous experience. "If you can breathe, you can play," Dorogusker said.

He exonerated the band for the Oregon controversy. "We see our suspen-

Oregon controversy. We see our suspension as an external problem and not an internal problem. The problem is with our relations with the bureaucracy. That bureaucracy is complex, and Dorogusker said part of the problem is the lack of supervision for the band, which is funded by the music department, the athletic department and the Associated Students of Stanford U. Acting Athletics Director Alan Cummings said he "respects the band and its creativity, (but) we reserve some control over their activities in

some control over their activities in eviewing their scripts and all prior to their performances at football games."

The band's brand of satire can cause problems, Cummings said. "Sometimes satire is not viewed as

humorous to some people," he said.

But student attitudes toward the band are gen-erally positive. "I like the (the

band) personally, said JJ Lasley, a

unior running back for the Stanford football team. "I think they attract a lot of attention."

Lasley said in light of Stanford's mediocre football record over the past ew years, he thinks more people come to see the band than to see the games

He praised the military-style band at the U. of Southern California, but said he thinks Stanford's band fits the school's character. "We're Stanford, we're liberal and we should be differ-

Meanwhile, band members say they'll keep up the satire. "We try to poke fun at things and make people think," said senior Joel Parker, who has been with the band since 1986.

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"Every once in a while we succeed.

More often than not, people don't know what we're talking about," Parker said, referring to some of the band's more obscure jokes. The spotted owl parody was anything but obscure, making the Oregon display "a really successful show," Parker said.

"At least they got what we ware talk.

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# **Ethics**

Continued from page 1

Report, compiled by Victor Lindquist, director of the Northwestern U. Placement Center, lends support to Josephson's claims that anywhere from 12 to 24 percent of resumes contain materially false information. The 320 companies surveyed by Lindquist reported that one-third of the applications they receive are falsified.

"This kind of fraud in the marketplace is widespread," Lindquist said. "The willingness of people to risk

careers is baffling to me.

Karen Schrameck, director of NAU Career Planning and Placement, said she has not witnessed a rise in dishonesty among graduates looking for jobs during her 14 years at NAU. "I don't think that they get any less immoral or amoral," she said. "I think this generation is prompted by a quality of life rather than money."

Shrameck said resume embellishing has not been a serious problem at Career Planning in the past. "It's probably done," she said. "There are always a few people

who are willing to exaggerate."

As a member of the business world, Gresham said there is a definite pressure to succeed. "You're expected to perform," he said. "(But that's) not to say that you can't succeed without corrupting yourself."

Increased sexual irresponsibility, date rape and crime also are pinpointed as indicators of the moral backsliding of the "I Deserve It" generation. The Josephson study further indicates this generation has a greater tendency to shirk civic duties such as voting and working for political campaigns.

Andrea Margolis, executive assistant at the Josephson Institute, said the research process failed to uncover any optimistic information. "I'm not sure what the good news is," she said. "We didn't find any."

Margolis said there has been an increase in volunteerism in the 18-to-30 generation, but she said the rise could be attributed to mandatory volunteering programs and the desire to put altruistic work on resumes

"There's idealism in this generation, but there's an overwhelming idea of 'me first,' " Margolis said.

Although no exact figure could be obtained for the number of "I Deserve Its" in the 18-to-30 generation, Margolis said it was "an unprecedented proportion."

According to the study, the "I Deserve Its" may not comprise a majority in the 18-to-30 generation, but that does not prevent this group of young adults from posing a threat to the future of humanity.

"The point is that a very substantial number of young adults are entering or advancing in the work force with a disposition toward behaviors that are bound to endanger business and society," the study states.

William Nietmann, NAU associate professor of phi-

losophy, says he hasn't seen a dramatic deterioration of core moral values since he began teaching in 1966. "My experience has been not nearly as negative as that. The people that I know always try to be honest."

Contrarily, Sue Sisley, president of the Associated Students of NAU, agrees with the Josephson findings.

"We're into the fast-food mentality," she said. "It's a 'gimme, gimme' culture." Sisley said during her term as the head of NAU's student government she has witnessed the spectrum of ethical behaviors.

"I've seen a lot of ugliness and self-serving motives," she said. "The people who don't believe (the study) can continue to delude themselves."

Sisley, however, said she thinks Josephson is overre acting to the issue. "He's exaggerating our predicament to a far greater amount," she said. "But he is on track with the patterns that he's mentioned. He's identifying the symptoms. We're festering - we're nurturing that attitude."

Nietmann, who has been teaching ethics classes almost every year, says a dishonest person does not change, regardless of social trends.

"A person is as he does," he said. "If you're a cheat, you're a cheat through and through — your whole life."

Nietmann said the Josephson study shows concern for the future of mankind. "(Josephson) has given us some conclusions," he said. "He's alarmed and he thinks there's good reason to be alarmed."

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Brawny and your family has flown the coop. What are you going to do? Me, I'm going to Disneyland," the band announcer incited a chorus of boos from the crowd.

The athletic department quickly responded with a one-game suspension and a new policy that forces the band to submit all their scripts to the department in advance.

But band members say they'll continue the wacky traditions and biting sarcasm they've become known for.

"I don't think we tread the ground any softer than we used to," said sophomore Tiffany Loewenberg, who has played trombone with the band since her first week at Stanford. "We don't want to follow rules."

Loewenberg said the Oregon show

we can do. We're as fun as we

want to be."

was her favorite, and she "didn't even notice the "We're not limited in the things crowd was booing."

This isn't the first time the band's taste and tact have come under fire.

Another controversial band show, "The Other Temptations of Christ, depicted Jesus being tempted to tear the tags off mattresses and to use a #4 pencil on the SATs. The trumpet section routinely drops its trousers, and when there's a swimming pool nearby, the entire band inevitably jumps in.

At the 1982 "Big Game" vs. the U. of California, Berkeley, the band prematurely ran on the field, thinking Stanford had won, and a trombone player was knocked over by a Berkeley player scoring the winning touchdown. Four years later, the band was suspended for urinating on the field.

Band manager Jesse Dorogusker said the band's status as a student-run organization frees it to be creative.

The Stanford band is not like any of the marching fascist bands in this half of the country," Dorogusker said. "We're not limited in the things we can do. We're as fun as we want to be.'

Band members organize road trips, plan shows, train each other and even assign grades for the one unit of athletic credit awarded to band members.

Almost everyone gets an A, especially because the band requires no previous experience. "If you can breathe, you can play," Dorogusker said.

He exonerated the band for the Oregon controversy. "We see our suspension as an external problem and not an internal problem. The problem is with our relations with the bureaucracy."

That bureaucracy is complex, and Dorogusker said part of the problem is the lack of supervision for the band, which is funded by the music department, the athletic department and the Associated Students of Stanford U.

Acting Athletics Director Alan Cummings said he "respects the band and its creativity, (but) we reserve some control over their activities in reviewing their scripts and all prior to their performances at football games."

The band's brand of satire can cause problems, Cummings said.

Sometimes satire is not viewed as

humorous to some people," he said.

But student attitudes toward the band are gen-Jesse Dorogusker, erally positive.

band manager "I like the (the band) personally," said JJ Lasley, a

junior running back for the Stanford football team. "I think they attract a lot of attention."

Lasley said in light of Stanford's mediocre football record over the past few years, he thinks more people come to see the band than to see the games.

He praised the military-style band at the U. of Southern California, but said he thinks Stanford's band fits the school's character. "We're Stanford, we're liberal and we should be different," Lasley said.

Meanwhile, band members say they'll keep up the satire. "We try to poke fun at things and make people think," said senior Joel Parker, who has been with the band since 1986.

"Every once in a while we succeed. More often than not, people don't know what we're talking about," Parker said, referring to some of the band's more obscure jokes. The spotted owl parody was anything but obscure, making the Oregon display "a really successful show," Parker said.

"At least they got what we were talking about."

# Ethics

Continued from page 1

Report, compiled by Victor Lindquist, director of the Northwestern U. Placement Center, lends support to Josephson's claims that anywhere from 12 to 24 percent of resumes contain materially false information. The 320 companies surveyed by Lindquist reported that one-third of the applications they receive are falsified.

"This kind of fraud in the market place is widespread," Lindquist said. "The willingness of people to risk careers is ballling to me.

Karen Schrameck, director of NAU Career Planning and Placement, said she has not witnessed a rise in dishonesty among graduates looking for jobs during her 14 years at NAU. "I don't think that they get any less immoral or amoral," she said. "I think this generation is prompted by a quality of life rather than money."

Shrameck said resume embellishing has not been a serious problem at Career Planning in the past. "It's probably done," she said. "There are always a few people who are willing to exaggerate."

As a member of the business world, Gresham said there is a definite pressure to succeed. "You're expected to perform," he said. "(But that's) not to say that you can't succeed without corrupting yourself."

Increased sexual irresponsibility, date rape and crime also are pinpointed as indicators of the moral backsliding of the "I Deserve It" generation. The Josephson study further indicates this generation has a greater tendency to shirk civic duties such as voting and working for political campaigns.

Andrea Margolis, executive assistant at the Josephson Institute, said the research process failed to uncover any optimistic information. "I'm not sure what the good news is," she said. "We didn't find any."

Margolis said there has been an increase in volunteerism in the 18-to-30 generation, but she said the rise could be attributed to mandatory volunteering programs and the desire to put altruistic work on resumes

"There's idealism in this generation, but there's an overwhelming idea of 'me first,' " Margolis said.

Although no exact figure could be obtained for the number of "I Deserve Its" in the 18-to-30 generation, Margolis said it was "an unprecedented proportion."

According to the study, the "I Deserve Its" may not comprise a majority in the 18-to-30 generation, but that does not prevent this group of young adults from posing a threat to the future of humanity.

'The point is that a very substantial number of young adults are entering or advancing in the work force with a disposition toward behaviors that are bound to endanger business and society," the study states.

William Nietmann, NAU associate professor of phi-

losophy, says he hasn't seen a dramatic deterioration of core moral values since he began teaching in 1966. "My experience has been not nearly as negative as that. The people that I know always try to be honest."

Contrarily, Sue Sisley, president of the Associated Students of NAU, agrees with the Josephson findings.

We're into the fast-food mentality," she said. "It's a 'gimme, gimme' culture." Sisley said during her term as the head of NAU's student government she has witnessed the spectrum of ethical behaviors.

"I've seen a lot of ugliness and self-serving motives," she said. "The people who don't believe (the study) can continue to delude themselves."

Sisley, however, said she thinks Josephson is overreacting to the issue. "He's exaggerating our predicament to a far greater amount," she said. "But he is on track with the patterns that he's mentioned. He's identifying the symptoms. We're festering - we're nurturing that attitude."

Nietmann, who has been teaching ethics classes almost every year, says a dishonest person does not change, regardless of social trends.

"A person is as he does," he said. "If you're a cheat, you're a cheat through and through - your whole life."

Nietmann said the Josephson study shows concern for the future of mankind. "(Josephson) has given us some conclusions," he said. "He's alarmed and he thinks there's good reason to be alarmed."

# U. NEWS

# CALIFORNIA



HANNA ROSIN, STANFORD DAILY, STANFOR

Residents of Theta Chi house at Stanford U. make bath time lots of fun. The house is the only cooperative on campus with coed showers.

to U.N. delegates. Garrett will receive some graduate-level credit for her work but will not be paid. 

Jennifer Whittaker, The Red and Black, U. of Georgia

# INDIANA

Just Like Mom Used to Make . . . Indiana U. residence halls have come up with a successful way to bring students back to the dining rooms — making their favorite home-cooked meals using their parents' recipes. "Our assistant director asked us to do something different," said Sandra Holk, director of Wright Quad dining hall at IU. The campus cafeteria directors had seen a sharp drop in the number of students eating in their cafeterias and wanted an idea to get students back. Wright Quad officials sent a letter

to each student's parents, asking them to reply with their child's favorite homecooked recipe, stating why it was a favorite and providing background information on the family. Holk said they received hundreds of responses. "We would change the proportions to fit that of the cafeteria setting," said Sandra Fowler, associate director of Campus Dining Foods. "We presented the meal in a special dinner setting . . . with special artwork on placemats and posted signs with pictures of the family. The artwork made it catchy and made the idea really fly." Currently, four of the seven dining halls at IU are involved in the program, which has received publicity on local television news, in local newspapers and on "Good Morning America." 

Jennifer Spahn, The Maneater, U. of Missouri, Columbia

# CONNECTICUT

Conjunction junction . . . U. of Connecticut junior Jennifer Wood is on a crusade to save Schoolhouse Rock. The effort to revive the cartoon break series began in December, when Wood heard they were taken off the air and she petitioned ABC-TV to bring them back. Last fall, Wood attended a lecture by Dr. Odvard Egil Dyrli, an education professor who helped create Schoolhouse Rock. Dyrli asked the large class to indicate how many had watched the videos, and "virtually every hand went up. I was talking to the Schoolhouse Rock generation," he said. The series, which taught kids American history, grammar, science and math between cartoons, ran on ABC from 1973 until 1985. Dyrli said the network discontinued the series to fund other programs. Wood said she wants the funding returned to Schoolhouse Rock because they are effective teaching tools. "It catches kids off-guard. They don't even realize they're learning." Wood said the influence of at least one of the cartoons was evident when she entered high school. "Years later, in civics class, we had to write out the preamble to the Constitution, and everyone in the whole class was humming it," she said. A petition that Wood started at UConn garnered 650 signatures in one week, and she hopes the drive will spread to other colleges across the country. ABC spokeswoman Janice Gretemeyer said ABC is considering bringing the lessons back. . Megan Heuer, The Daily Campus, U. of Connecticut

# ILLINOIS

U.N. Opportunity . . . U. of Georgia junior Angie Garrett will be following in some big footsteps as the first undergraduate student to be granted an internship with the United Nations: President George Bush once served the same position. The internship program is directed by the United Nations Institute for Training and Research. UNITAR representative James Ram said interns for the United Nations normally are selected from Ivy League schools and are offered only to students working on post-graduate degrees. In December, Garrett learned she had been granted the internship based on her academic credentials and interviews. "It was an opportunity I couldn't pass up," Garrett said. Garrett's internship, tentatively scheduled for August through December 1991, will be more flexible than the usual program. Garrett said she must develop a research project relating to international business, after which she will present her findings



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# **COMMENT AND OPINION**

# Freedom to Be Who You Want to Be

 Indiana Daily Student Indiana U.

So you're graduating. Or you just broke up with a longtime steady. Or you find yourself starting to wonder just what you're going to do with the rest of your life.

Welcome to the search. Or, more appropriately, THE SEARCH.

This search is more than questions about our jobs, our relationships and how we are going to repay our student loans. It goes much deeper than that.

Those or us who feel the search are questioning the structure of our lives, wondering how we can live happily in a society whose priorities are not ours.

Some simply don't feel the call to question. Some have known since they were 5 that they wanted to be doctors. Some can't conceive of living anywhere but where they grew up. Some have been engaged to their high school sweethearts since freshman year and have planned their kids three years apart.

I used to envy those who fall into this category. I used to desire that simplicity, that surety, that knowledge that life is sailing along on an even keel, all points of navigation already plotted, moving toward a destination where hotel reservations await.

I've since changed my mind.

I've reached a point in my life where the future is a blank slate, and as difficult as it is sometimes, I know now I wouldn't trade it for anything.

When your world as you know it is turned inside out, you probably go through three stages of feeling:

■ Total, absolutely paralyzing fear (usually includes questioning self-worth and feelings of desperation)

 Anticipation rivaling that of an 8-year-old on Christmas Eve (may resemble drunkenness)

A terrifying, exhilarating combination of the two (which means you alternate waking up with a grin on your face and waking up in a cold sweat)

But if we really think about it, we should be so grateful! We are as free as we ever will be. Life for us is absolutely open.

Yes, there are important decisions to make as we prepare to leave school. But the most important one isn't "What will my career be?" "Who will I marry?" or "Where should I live?" The most important question we must ask ourselves now is, "What is my dream?" And then, "How do I achieve it?"

Because now, as many 40-year-olds will tell you, is the time to pursue it. Very soon, our lives are going to get very complicated. And the one thing we won't have enough of is time.

There is plenty of time later to start our careers and "grow up," for those of us who plan to do so. When we sit at our desks, making comfortable money with a mortgage and children and thinking about how to spend our two-week vacation each year, won't it be good to look back on a youth that was really a youth?

The most interesting, alive people I've met are the ones who didn't jump right into a career after graduation. Those who took their dreams, no matter how impractical in society's eyes, and made them happen are the happiest and, incidentally, some of the most successful people I know.

A friend currently undergoing THE SEARCH has decided his first dream is to return to Germany.

Instead of worrying about how he will pay for the plane ticket, how he will get around once he's there and how he will survive on his own, he is taking the action necessary to

He is living cheaply near his hometown, working a job he likes but can easily quit, and will have enough money saved up by next fall to go.

Take time to clarify your dreams. Have you always wanted to go to Alaska and work on a fishing boat? How about driving every mile of Route 66 or climbing Mount McKinley?

There are, I know, a thousand or more practical reasons to be sensible and settle down. There are built-in societal stops at every juncture for those who want to step out of bounds and take a risk.

But it is possible to live a deliberate, conscious life — one in which every step is taken because it feels right, not because it is what we think we're supposed to do or because our parents did it or our friends are doing it.

Take your time. Think a lot. Question everything. If nothing else, follow the advice of Jamie Baylis of The New Republic magazine: "Don't be a lawyer, don't be an investment banker and don't buy any heavy furniture."

Then, let the search begin.

# **EDITOR'S MAIL**

# Abortion vs. Human Rights

To the editor:

I'm writing in response to an article in the February 1991 issue of U. titled "UTA Students Nix Campus Abortion Plan." The article talked about Progressive Students' Union President Andy Ternay and his desire to see abortions provided on college campuses.

Ternay was disappointed that U. of Texas, Arlington, students voted down his proposal at their campus, and he stated, "In a more liberal school, I'll bet the vote could be even 95 percent in favor." He may be right, and this leaves me both saddened and perplexed.

Most of the liberal students I've talked with take the moral high road with regard to human rights abuses. They are appalled by apartheid in South Africa, murderous regimes in Central America, American intervention in the Middle East, and other problems such as racism and homelessness — and justifiably so. I admire them for their stands on these issues, and their willingness to speak out about them.

But a paradox arises over the issue of abortion.

Many of these same students are strongly pro-abortion. They demand the "right" to dispose of their own unwanted unborn children whenever and for whatever reason they deem appropriate.

Isn't it just a bit hypocritical, however, to point fingers at human rights abusers half a world away while demanding the right to kill your own offspring?

If American college students truly care about human rights, they should start by examining their own stand on the human rights abuse that is abortion.

Donald Lyman Jr. Harvard U.



Would you elect President Bush to a second term?

In the March issue, we asked students if they would vote to re-elect President Bush to another term. Fifty-five percent of those who responded said that they would vote for Bush while 45 percent said they would not.

Absolutely. His foreign policy has been outstanding, and his domestic policy has been an attempt to make the best of a poor situation."

Mark Millen Gonzaga U.

No, I think he's done great at foreign policy, but he's been a mess at home, and I don't think he's done enough to actually work on America."

**Rich Dominiak** Illinois Institute of Technology

Yes, even though I'm a devout Democrat. I think he's doing a really good job. He did an excellent job during the Persian Gulf (War)."

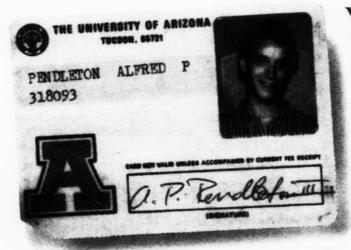
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MAY QUESTION

Is the 18-to-30 generation less ethical than the over-30 age group?

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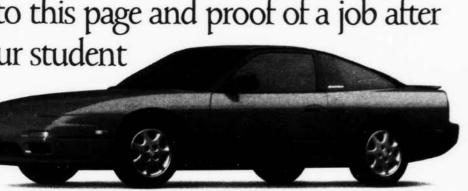


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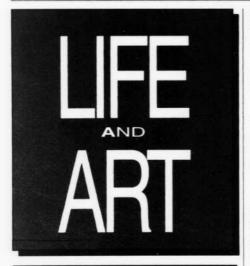


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# COLUMN

# Lessons I Learned In College

By Kurt Seidel . The Daily Collegian Pennsylvania State U.

Looking back over my first year of college, I can point out several bits of knowledge I acquired.

I learned that I am more than just a number here. Sometimes I qualify as a letter, or even a word.

I noticed that time flies. Every weekend here at Penn State goe by as a blur of about two hours, and by the time I wake up on Monday, it's already Wednesday. By the time I look at the calendar, it's already next month.

I have learned how to get across College Avenue without getting killed - run. A WALK sign doesn't mean anything nowadays.

I learned there are no substitutes for a fully stocked fridge (that some-body ELSE stocked) and home cooked meals.

I learned that in a vacuum, a projectile's maximum height can be determined by "h= 2vSinO/g." But I have come to realize that the following situation will probably never occur: "Well, Mr. Seidel, I've seen your resume, and you can have the job if you can answer the following question: In a vacuum, what's the maximum height of a projec-

I have learned that budget deficits can sometimes lead to higher inflation and interest rates, which could be good or bad, but is not necessarily always the case. Flip a coin.

I have come up with a few axioms that govern life at Penn State. The frequency of laundry day depends inversely on how much underwear you have: the more underwear, the less frequently wash has to get done. You can wear other stuff like ints and sweatshirts almost indefinitely before you have to

Also, the amount of patience I have with the football team varies inversely with the intensity of my

Governing the dynamics of dorm life, I have noticed a disturbing fact: No matter what the temperature outside or inside the dorm room, my roommate and I can never agree on how far the window should be open,

See LESSONS, Page 9

# THE ARTS

# **Playing With Pain**

Athletes aren't the only ones. Performing art students endure agony for the love of their craft.

# MOVIES

# Lighting America's Fire

Director Oliver Stone is back with "The Doors," his slice of American music history.

Page 8

# MUSIC

# Secular Appeal

Singer Amy Grant balances religious values and innocent fun in her latest album, "Heart in Motion."

Page 10

# Stars Shine As Social Activis

Recently, Hollywood celebrities have put aside their glamour image in favor of representing worthy causes and making statements. And more and more, college campuses are the scene for these celebrity-led crusades.

Woody Harrelson, who portrays bartender Woody Boyd on the television comedy "Cheers," has been making the rounds on the college circuit from California to Florida, taking a stand for the environment, leading anti-war demonstrations and even coaching campus basketball games.

While his screen character may not seem too aware of burning issues, Harrelson said he is "really angry at what is happening in the world," listing U.S. government foreign policy and ecological problems. About his lecturing, Harrelson said, "I want to effect change in any way I can."

Harrelson said he hopes that students will help him with his quest. "If I could impart any message to you, it would be never stop questioning. Continue to question what God is . . . and question your government most importantly,' Harrelson told a class at the U. of Virginia. "I think the students are going to change the world the same way the students changed the world in the '60s."



**Woody Harrelson** 





**Lou Diamond Phillips** 



Marla Gibbs

Censorship of the arts is one topic that actor Ed Asner frequently speaks about. Asner, who played Lou Grant on "The Mary Tyler Moore Show" and later starred in the spin-off, said he personally experienced the effects of censorship during his many years as an actor.

"The cancellation of 'Lou Grant' in

1982 was due partly to sponsors and right-wing groups protesting my outspoken political views," Asner recently told students at Eastern Oregon State

"Some critics say that actors shouldn't get involved in social causes or politics, that they should just hit their marks, say their lines, smile for the people," Asner said, but he feels the entertainment industry is too powerful for actors not to get involved and present these things to the public.

"With that power comes a responsibility to act accountably and use our influence carefully," said Asner. "In a very real sense the entertainment industry may be the only way to get through to the American public on important issues" such as homelessness and other world issues, he said.

Despite the problems of getting controversial topics played on television, Asner said, "The one thing we cannot afford to do is nothing. We need to be social arsonists to set people on fire for certain caus-

Harrelson and Asner are not alone in hoping to influence change by using their celebrity status. Lou Diamond Phillips, best known for his roles in "La Bamba"

Stone, Kilmer Open Doors

With New 'Rockumentary'

By Jason Stewart

Reportedly early in pre-production, "The Doors"

director Oliver Stone invit-

ed the three surviving

band members to the stu-

Daily Bruin

U. of California,

Los Angeles

See CAUSES, Page 9

Performers in Pain...

# Students Risk Injury For the Love of Art

By Joe Gelpe State Press Arizona State U.

Arizona State U. student Melissa Opp is sitting in a chair, watching and listening to her fellow students rehearse a Beethoven piano concerto. She should be playing double bass with the ensemble, but her left arm is in a splint.

Opp did not injure it during a ski weekend or by throwing a fastball. She hurt herself doing the one thing she loves more than anything - playing the double bass.

After a week of pain and decreasing mobility in her wrist, Opp went to the student health center and was diagnosed with tendonitis, due to "overuse."

Opp is not alone. The results of a State Press survey indicate that 84 percent of ASU performing arts students experience some pain that they attribute directly to their arts.

The survey was based on a random sample of 215 of the university's instrumentalists, singers, dancers and actors.

Dancers, percussionists and string players seem to suffer the most, with 100 percent of dancers and percussionists and 96 percent of string players reporting pain. Of the dancers, 61 percent labeled their pain "frequent" or "chronic."

With the amount of pain indicated by the respondents, the need for adequate health care is great. But, in the opinion of many ASU students surveyed, the effectiveness of medical care at the university's Student Health Center leaves much to be

"I've never had satisfactory results at ASU," said choral education major Scott Kovacs. "There seems to be a standard cureall that the Student Health Center hands out, no matter what the problem. A lot of us vocal folks have a specialist we see on a regular basis. I see a laryngologist every month."

Dr. Deborah Garland of the Student Health Center did not try to make excuses for the low regard in which some performers hold her office, but she does observe that "medicine is a two-way street." She emphasizes that performers "need to See INJURIES, Page 9 dio to hear Val Kilmer's



Val Kilmer stars as Jim Morrison in Oliver

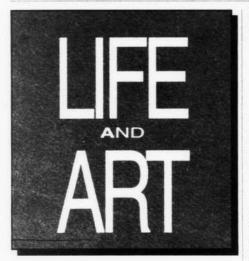
vocal tracks for one of singer Jim Morrison's songs. When one of the Doors asked if they were listening to Kilmer or Morrison, Stone knew his search was over.

It may sound a bit farfetched, but it's not an isolated case. Writer Jerry Hopkins, who knew Morrison and

co-wrote his biography, "No One Here Gets Out Alive, reported that during his first meeting with Kilmer he momentarily forgot he was just talking to an actor. And Paul Rothchild, The Doors' orig-(and the musical producer for the movie), admitted he frequent-ly called Kilmer "Jim" by accident. Rothchild went even further, challenging anyone to distinguish Kilmer's vocals

one's latest hit, "The Doors."

See DOORS, Page 10



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I have come up with a few axioms that govern life at Penn State. The frequency of laundry day depends inversely on how much underwear you have: the more underwear, the less frequently wash has to get done. You can wear other stuff like pants and sweatshirts almost indefinitely before you have to wash them.

Also, the amount of patience I have with the football team varies inversely with the intensity of my hangover.

Governing the dynamics of dorm life, I have noticed a disturbing fact: No matter what the temperature outside or inside the dorm room, my roommate and I can never agree on how far the window should be open,

See LESSONS, Page 9

# THE ARTS

**Playing With Pain** 

Athletes aren't the only ones. Performing art students endure agony for the love of their craft.

Page 8

# MOVIES

Lighting America's Fire

Director Oliver Stone is back with "The Doors," his slice of American music history.

Page 8

# MUSIC

Secular Appeal

Singer Amy Grant balances religious values and innocent fun in her latest album, "Heart in Motion."

Page 10

# Stars Shine As Social Activist

Recently, Hollywood celebrities have put aside their glamour image in favor of representing worthy causes and making statements. And more and more, college campuses are the scene for these celebrity-led crusades.

Woody Harrelson, who portrays bartender Woody Boyd on the television comedy "Cheers," has been making the rounds on the college circuit from California to Florida, taking a stand for the environment, leading anti-war demonstrations and even coaching campus basketball games.

While his screen character may not seem too aware of burning issues, Harrelson said he is "really angry at what is happening in the world," listing U.S. government foreign policy and ecological problems. About his lecturing, Harrelson said, "I want to effect change in any way I can."

Harrelson said he hopes that students will help him with his quest. "If I could impart any message to you, it would be never stop questioning. Continue to question what God is . . . and question your government most importantly," Harrelson told a class at the U. of Virginia. "I think the students are going to change the world the same way the students changed the world in the '60s."



Woody Harrelson



Ed Asner



Lou Diamond Phillips



Marla Gibbs

Censorship of the arts is one topic that actor Ed Asner frequently speaks about. Asner, who played Lou Grant on "The Mary Tyler Moore Show" and later starred in the spin-off, said he personally experienced the effects of censorship during his many years as an actor.

"The cancellation of 'Lou Grant' in

1982 was due partly to sponsors and right-wing groups protesting my outspoken political views," Asner recently told students at Eastern Oregon State

"Some critics say that actors shouldn't get involved in social causes or politics, that they should just hit their marks, say their lines, smile for the people," Asner said, but he feels the entertainment industry is too powerful for actors not to get involved and present these things to the public.

"With that power comes a responsibility to act accountably and use our influence carefully," said Asner. "In a very real sense the entertainment industry may be the only way to get through to the American public on important issues" such as homelessness and other world issues, he said.

Despite the problems of getting controversial topics played on television, Asner said, "The one thing we cannot afford to do is nothing. We need to be social arsonists to set people on fire for certain caus-

Harrelson and Asner are not alone in hoping to influence change by using their celebrity status. Lou Diamond Phillips, best known for his roles in "La Bamba"

See CAUSES, Page 9

Performers in Pain...

# Students Risk Injury For the Love of Art

By Joe Gelpe State Press Arizona State U.

Arizona State U. student Melissa Opp is sitting in a chair, watching and listening to her fellow students rehearse a Beethoven piano concerto. She should be playing double bass with the ensemble, but her left arm is in a splint.

Opp did not injure it during a ski weekend or by throwing a fastball. She hurt herself doing the one thing she loves more than anything - playing the double bass.

After a week of pain and decreasing mobility in her wrist, Opp went to the student health center and was diagnosed with tendonitis, due to "overuse."

Opp is not alone. The results of a State Press survey indicate that 84 percent of ASU performing arts students experience some pain that they attribute directly to their arts.

The survey was based on a random sample of 215 of the university's instrumentalists, singers, dancers and actors

Dancers, percussionists and string players seem to suffer the most, with 100 percent of dancers and percussionists and 96 percent of string players reporting pain. Of the dancers, 61 percent labeled their pain "frequent" or "chronic."

With the amount of pain indicated by the respondents, the need for adequate health care is great. But, in the opinion of many ASU students surveyed, the effectiveness of medical care at the university's Student Health Center leaves much to be

"I've never had satisfactory results at ASU," said choral education major Scott Kovacs. "There seems to be a standard cureall that the Student Health Center hands out, no matter what the problem. A lot of us vocal folks have a specialist we see on a regular basis. I see a laryngologist every month."

Dr. Deborah Garland of the Student Health Center did not try to make excuses for the low regard in which some performers hold her office, but she does observe that "medicine is a two-way street." She emphasizes that performers "need to See INJURIES, Page 9 Stone, Kilmer Open Doors With New 'Rockumentary'

By Jason Stewart Daily Bruin

U. of California, Los Angeles

Reportedly early in preproduction, "The Doors" director Oliver Stone invited the three surviving band members to the studio to hear Val Kilmer's vocal tracks for one of singer Jim Morrison's songs. When one of the Doors asked if they were listening to Kilmer or Morrison, Stone knew his search was over.

It may sound a bit farfetched, but it's not an isolated case. Writer Jerry Hopkins, who knew

Morrison and co-wrote his biography, "No One Here Gets Alive, reported that during his first meeting with Kilmer momentarily forgot he was just talking to an actor. And Paul Rothchild, The Doors' original producer (and the musical producer for the movie), admitted he frequently called Kilmer "Jim" by acci-dent. Rothchild went even further, challenging anyone to distinguish Kilmer's vocals



Val Kilmer stars as Jim Morrison in Oliver Stone's latest hit. "The Doors."

See DOORS, Page 10

# Lessons

Continued from page 8

if at all. This holds true especially at night. I'm a born-and-bred member of the "crack the window so we don't breathe the same dust and foot odor all night" camp. My roommate, on the other hand, is a staunch member of the "don't have the window open, because it could rain or get really cold, and where would we be then?" clan. I also have noticed that taking a shower at 7:45 a.m. in the dorm isn't a good idea if you like warm water.

I have realized that if I were to create a universe right now, it would have many serious mathematical errors and would probably collapse in on itself in about 15 minutes because of a faulty negative sign. God aced Physics 201, and is incapable of filling in the wrong dot by mistake even though he knew the right answer.

Because this list seems so allencompassing, you may be wondering if there's anything I haven't nailed down. There is indeed. For instance, why do I go weeks without mail, and then one day on the way to lunch, innocently check in and get 14 million packages and letters? And, are the squirrels here of an inferior race?

All in all, my first year has forced me to be more self-reliant, more independent, and to think and study harder than ever before in my life. I can only hope that other freshmen got as much out of it as I did.

# Causes

Continued from page 8

and the "Young Guns" movies, hopes to abolish Native American stereotypes and promote cultural understanding. "I'll use whatever I can to do that. Since I represent Native Americans on the screen and have become a role model in a very left-handed way, then I'll accept that responsibility," he said.

"It's a strange thing with actors — we're not politicians, saints or social workers — but for some reason, people listen to us, and hopefully, every once in a while, we have something important to say and can make a difference."

Rather than focusing on a particular issue, actress Marla Gibbs, who stars on the sitcom "227," said she thinks the solution to many of society's woes lie simply in bettering communication. And increased communication should begin in the home, with parents spending more time with their children, she said.

"Concentrate on people," she said.
"Blend the young and the old so they learn how to communicate with each other."

Gibbs said people should take action to solve the world's problems themselves, instead of waiting around for other people to make the first move.

"Why don't you act!" Gibbs said. "It's impossible to make a difference if you don't start where you are."

Writers contributing to this story are: Jennifer Fisher and Rachelle Unreich, The Daily Bruin, U. of California, Los Angeles; Valerie Zucker, The Independent Florida Alligator, U. of Florida; Stephani Veff, The Eastern Beacon, Eastern Oregon State College; and Roger Tsai, The University Journal, U. of Virginia

# **Injuries**

Continued from page 8

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For some performers, it seems the pain cannot be avoided.

Nancy Reyes, a junior dance major at ASU, said her teachers tell her to "push for more, push for more."

"But," added freshman dance major Laura Piu, "at the same time, they say, 'Don't strain yourself. You should know your own body.'"

Sometimes a student's eagerness to please and to push for the ideal form, especially in ballet, can make him or her forget about safety, leading to serious injury.

In her attempt to "push for more," Piu

has suffered a host of injuries, including a pulled hamstring, a knee injury and a pulled groin muscle.

ASU performers are not alone. The same problems are prevalent at The Juilliard School in New York City, a top conservatory for music, dance and drama.

Joy Favula, registered nurse at Juilliard, estimates a "pretty high percentage" of the students suffer from pain.

Favula admits that much of the problem stems from the stress of student life and living in New York City. She added the competitive atmosphere and excessive hours spent in rehearsals lead to fatigue and often to injury.

In conjunction with the Miller Institute for the Performing Artist, a consortium of doctors who specialize in evaluating and treating performers' pain, Favula has built a program of education, prevention and treatment. She regularly counsels students on stress

control, nutrition, lifestyle, exercise and proper rest. She also instituted monthly pain and stress prevention seminars at Juilliard.

Although most performers push themselves beyond their physical means in order to succeed in their highly competitive fields, graduate dance student Greg Nuber said he does have an alternative: the philosophy of ASU assistant dance professor Pam Matt.

"Pam Matt made me realize that achieving the ideal aesthetic in dance—which sometimes can be harmful to the body—isn't as important as having a long career," Nuber said.

On the other hand, ASU artist-in-residence Douglas Nielsen is concerned that playing it too safe makes for a less rewarding artistic experience.

"Dance isn't fair and it isn't safe," he said. "If you take the risk away, you take away the excitement."



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SOUNDBITES

The Samples

The Samples

The Samples is yet another band

with a social conscience. Seems as

though Greenpeace and Amnesty

International are planning a hostile

takeover of some of the major record

labels, which might explain how

The Samples got its record deal.

Expressing desires for a cleaner

planet and equal justice for all, The

Samples sing about things that are

pretty standard for "conscience

rockers." But one aspect of this band

sets them apart: their music.

Songwriter Stan Kelly has a strong

voice and even stronger songwrit-

ing ability. Reminiscent of Sting, his

voice fits perfectly in the ensemble

of instruments surrounding it. The

music has an underlying reggae feel

that is often lost, but the pleasant

talent of the band never is. Clear

acoustic guitar is heard throughout.

In a time when so many established

bands are aiming for a larger, more

complete sound but only end up los-

ing that special something they

originally had, it may be wise to look

at "The Samples" for an idea or two.

Rich Flierl, The Spectrum, State

Jack Kerouac was as much a musi-

cian as he was a novelist. Almost

any Kerouac sentence, read aloud,

takes on the spoken equivalent of a

Charlie "Bird" Parker sax solo. "The

Jack Kerouac Collection" is a boxed

set reissue of three albums of poetry

and prose readings originally

recorded by the author in 1959. The

discs feature Kerouac reading selec-

tions from his works, as well as pre-

viously unpublished material.

Jazzy piano and sax accompany

Kerouac, who died from an alcohol-

related illness in 1969. Kerouac's

legacy, the restless calling of a man's

heart to experience everything first-

hand, has never been so important.

Nowhere is this so poignantly illus-

trated as in "The Jack Kerouac

Collection." ■ Chris Lockett, The

U. of New York, Buffalo

**Jack Kerouac** 

Collection

The Jack Kerouac

# **Grant 'In Motion' Toward Top of Charts**

**ALBUM REVIEW** 

By April Hefner ■ The Breeze James Madison U.

A fresh, new sense of style and freedom highlights singer Amy Grant's latest release, "Heart in Motion," a title which aptly describes the contemporary Christian artist's new outlook on life as well.

"I have in the past felt a little bit of pressure to deliver a cer-

tain product," Grant said. "With this album I think I'm going back to my original focus of what I thought would be the

most effective way to communicate Christ, which was in a very secular environment, a very mainstream environment."

Grant's "Heart in Motion" certainly fulfills that goal as the upbeat rhythms and steady beat give even the slowest feet an excuse to get up and dance. In fact, Grant cites her love for the "golden oldies" like early Motown and The Beatles as partial

sources for her current album.

"The best thing about (Motown and Beatles) songs is that it's good, inno-cent fun," Grant said. "If you turn on

the radio lately, it's hard to find just good, innocent fun partly because music reflects our culture. What was such a strong statement back in the 60s, 'I Wanna Hold Your Hand' — no one's going to say that now because the morality of our nation has catapulted into 'it's everything immediately."

Grant said she feels this concept deprives individuals of the true joy of relationships.

"Christians and non-Christians are looking to music that makes them feel good, that brings back joy."

"Heart in Motion" provides a unique perspective on joy as singles deal with a range of topics including Grant's marriage, her newborn daughter and the trauma of sexual abuse.

The lyrics maintain Grant's sense of innocence and purity, while the music itself retains energy and emotion, a concept somewhat difficult to comprehend with the commonplace vulgarity and profanity expressed by some of today's bands.

"Christians are in a unique position of being called to live lives of tionships with an innocence that's not fake," Grant said.

And relationships obviously enjoy a large quantity of Grant's time since the majority of songs on "Heart in Motion" center on her family and friends. Singles like "Good For Me," "How Can We See That Far?" and "Every Heartbeat" focus primarily around Grant's relationship with her husband, while "Baby, Baby" is dedicated to her newborn daughter Millie.

Writing songs about those everyday life experiences is crucial to Grant. In fact, one song on the album portrays her busy,

everyday routine of balancing relationships with an expanding career.

During one song-writing session in which she was working with a friend on a song called "Passion for Life," she was interrupted by the need to change diapers and sterilize bottles, and was overcome by the daily pressures of her life. The single "HATS" was born to release the "neurotic" frustrations of trying to do everything at once.

"I told (my friend), 'What I don't need is a song called "Passion

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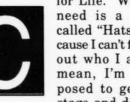
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Motion" drives home the message music. "Hope Set High" is dedicated behind Grant's home every Friday lowship, a time where she can share her faith in an atmosphere the kids

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PHOTO COURTESY OF WORD RECORDS

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# Doors

Continued from page 8

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Despite considerable acclaim, though, Kilmer remains level-headed about his performance. "I don't think I discovered the 'real' Jim Morrison," Kilmer said. "I don't know who that is. He had a lot of personalities, that's for sure. But I discovered my version.'

That version, by all accounts, is hair-raising in its similarities to the look, act and sound of the real musical shaman himself. But according to some friends of Morrison, the film does lack one crucial element to Morrison's personality - his sense of humor. Kilmer disagrees.

"I don't think it overlooked (his sense of humor), but there's a really impossible history leading up to (this film), and I think what Oliver Stone managed to embody was enough to be satisfied," he said.

"(Morrison) did have a great sense of humor — he

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Kilmer's path to capturing the much-sought-after role (Tom Cruise, Charlie Sheen, John Travolta, U2's Bono and INXS's Michael Hutchence all were mentioned for the part at one time or another) was unusual. Stone admits Kilmer - based largely on his look one of his first choices before the actor was even aware of the project.

But Stone and Rothchild agreed they wanted someone who could sing the part. So Kilmer, at his own expense, produced an amateur video as Morrison, in which he sang a couple of his songs. According to Stone, the video didn't bowl him over, but it was enough to convince Rothchild he could work with Kilmer.

"I knew my limitations and I knew what I would have to build up to vocally," Kilmer said. "Part of it was I could sing higher than him and lower than him, but I couldn't sing just like him."

Surprisingly, though, Kilmer said his preparation for Morrison the man was much less researched than Morrison the singer. "I read parts of (his biography) but I tried to also be conscious that it was going to be Oliver's vision, and I didn't want to get behind an idea that became so overpowering that I couldn't do what Oliver was going to write."

For the most part, Kilmer didn't need to research

Morrison. "I always felt like him in every scene," Kilmer said. Instead, he experienced what Morrison did firsthand — sweaty leathers, raging crowds and the energy

Tiger, Clemson U.

rush. And what of the drugs?

"I used my imagination," Kilmer said. "It's interesting. For you, smoking a cigarette might be the same thing as Jimi Hendrix smoking a giant spliff—it might do the same thing to your body. And I couldn't really look at what (the drugs) would do to me, taking that

Kilmer admits a few people suggested taking acid "in a controlled environment," but he wasn't interested. Quite the opposite, Kilmer said he was actively concerned that the film not glorify or condone drug use.

"That was one of two things I said to Oliver when I first met him - 'If it promotes drugs or it's going to glorify alcoholism, then I don't want to do it.' Because I've been affected by that being in this industry and growing up in Los Angeles, and I've seen phenomenally talented people who aren't going to make it because half their heads are Jell-O. I just didn't want to be a part of that, and I don't think (this film) is at all," he said.

"(The movie) didn't make me tempted to be in his world, in his circumstances, which were very tortuous and a living hell," Kilmer said. "He was a challenge for me to live out my principles more completely, and I hope that's something audiences take away."

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Surprisingly, though, Kilmer said his preparation for Morrison the man was much less researched than Morrison the singer. "I read parts of (his biography) but I tried to also be conscious that it was going to be Oliver's vision, and I didn't want to get behind an idea that became so overpowering that I couldn't do what Oliver was going to write."

For the most part, Kilmer didn't need to research

# SOUNDBITES

The Samples The Samples

The Samples is yet another band with a social conscience. Seems as though Greenpeace and Amnesty International are planning a hostile takeover of some of the major record labels, which might explain how The Samples got its record deal. Expressing desires for a cleaner planet and equal justice for all, The Samples sing about things that are pretty standard for "conscience rockers." But one aspect of this band sets them apart: their music. Songwriter Stan Kelly has a strong voice and even stronger songwriting ability. Reminiscent of Sting, his voice fits perfectly in the ensemble of instruments surrounding it. The music has an underlying reggae feel that is often lost, but the pleasant talent of the band never is. Clear acoustic guitar is heard throughout. In a time when so many established bands are aiming for a larger, more complete sound but only end up losing that special something they originally had, it may be wise to look at "The Samples" for an idea or two. Rich Flierl, The Spectrum, State U. of New York, Buffalo

# **Jack Kerouac** The Jack Kerouac Collection

Jack Kerouac was as much a musician as he was a novelist. Almost any Kerouac sentence, read aloud, takes on the spoken equivalent of a Charlie "Bird" Parker sax solo. "The Jack Kerouac Collection" is a boxed set reissue of three albums of poetry and prose readings originally recorded by the author in 1959. The discs feature Kerouac reading selections from his works, as well as previously unpublished material. Jazzy piano and sax accompany Kerouac, who died from an alcoholrelated illness in 1969. Kerouac's legacy, the restless calling of a man's heart to experience everything firsthand, has never been so important. Nowhere is this so poignantly illustrated as in "The Jack Kerouac Collection." ■ Chris Lockett, The Tiger, Clemson U.

Morrison. "I always felt like him in every scene," Kilmer said. Instead, he experienced what Morrison did firsthand - sweaty leathers, raging crowds and the energy

And what of the drugs?

"I used my imagination," Kilmer said. "It's interesting. For you, smoking a cigarette might be the same thing as Jimi Hendrix smoking a giant spliff — it might do the same thing to your body. And I couldn't really look at what (the drugs) would do to me, taking that

Kilmer admits a few people suggested taking acid "in a controlled environment," but he wasn't interested. Quite the opposite, Kilmer said he was actively concerned that the film not glorify or condone drug use.

"That was one of two things I said to Oliver when I first met him - 'If it promotes drugs or it's going to glorify alcoholism, then I don't want to do it.' Because I've been affected by that being in this industry and growing up in Los Angeles, and I've seen phenomenally talented people who aren't going to make it because half their heads are Jell-O. I just didn't want to be a part of that, and I don't think (this film) is at all," he said.

"(The movie) didn't make me tempted to be in his world, in his circumstances, which were very tortuous and a living hell," Kilmer said. "He was a challenge for me to live out my principles more completely, and I hope that's something audiences take away.

# COLUMN Rejection: Ode to Thin Envelopes

By Matthew J. McSorley Boston U.

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internships or, yes, permanent employment. With these rites of spring comes yet another pre-dictable hallmark of the season: rejection letters, and lots of 'em.

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The Daily Northwestern

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"The past two years have seen the most serious drop in hiring quotas for new college graduates," said Patrick Sheetz, assistant director of the Michigan State U. Career Planning and Placement Services and author of the report Recruiting Trends 1990-91.

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"It looks like it is going to be a market with some cutbacks," said Victor Lindquist, director of the NU Placement Center and author of the annual Lindquist-Endicott Report, who surveyed 320 companies. "It means things will be more competitive."

The recession, rising inflation and this winter's Persian Gulf crisis have given businesses a sinking feeling about this year, Lindquist said. Sixty-one percent of the companies he surveyed reported that they expect business to decline or remain the same in 1991.

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# Traveling Light

# Visit Schools Without Leaving Your Sofa

By Kris Mayes State Press

Arizona State U.

The sun shines 300 days a year at Arizona State U. The palm trees are pretty, but they don't provide shade during Arizona's famed heat waves.

And sometimes, on one of those dry, hot scorchers, the couches in ASU's Hayden Library overflow with snoozing students taking afternoon siestas.

These images of ASU can be seen in one of a growing collection of videotapes designed by a national group of faculty advisers to present a candid view of American colleges.

Company officials are touting the tapes as opportunities for prospective students to view campuses before deciding to attend their "ideal" colleges. From the Ivy League schools to universities with extensive sports programs and smaller state and private colleges, the collection offers 20- to 120minute tours of campuses in 35 states.

The general public can purchase any of 287 tapes from Collegiate Choice of

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But some universities are crying foul, despite Kramon's insistence that the videos should not be used as replacements for personal visits.

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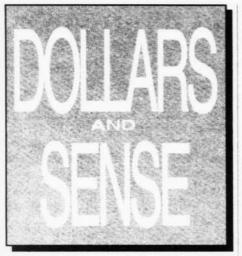
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COLUMN

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And what's more, they're really sorry with a form letter. Doesn't it stand to reason that if someone somewhere was genuinely sorry for rejecting you, they'd find the time to write a real letter? Or maybe make a phone call? Or send a candygram? Or take you out for a beer? How can you feel good about yourself when you read, "Dear X, We regret to inform you that after reviewing your application for X... we think you would make a great grocery store clerk."

Another popular tactic of rejecters is making you feel like

See REJECTION, Page 12

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COURTESY U. OF CINCINNATI INFORMATION SERVICES

# 'Funky' Fashion Wins In Worldwide Contest

By Jennifer Jenks The News Record **U. of Cincinnati** 

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as "a multi-colored suede patchwork jacket that has embroidery stitching on each of the seams.

"It's the most funky thing I've designed," she said. "I like each garment for something different, and this one was neat for its funkiness.

To accompany the thigh-length jacket, she also designed a white, pleated linen blouse with a three-dimensional collar and a patchwork hat with brown crushed velvet trim. A pair of choco-late-colored tights completes the ensemble. The jacket was the only garment she entered in the

She submitted her design six months ago along with 9,000 other competitors. Of these, 50 designs were selected for the contest in Japan.

"When you send something for a competition, it

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"It was very challenging because she in essence made her own fabric," Meacham said, adding that she was not surprised the jacket won second place. "The garment itself was a very strong design, and also, she was well-received by the Japanese."

Ulrich said the project was "a lot of work" and took her a full quarter to complete.

"It was pretty difficult because all the pieces were patched together randomly, not in squares,"

he said. "I used all shapes and sizes."

Gifu Fashion Industries, which sponsored the

contest, covered the cost of Ulrich's airplane light and two nights at a hotel.

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Ulrich said her jacket is more a creative statement than an actual garment. She said she prob-bly will wear the jacket but not the whole ensem-

# **Network Matches Needy Motorists**

By Kelly Homan ■ The Daily Orange

Syracuse U.

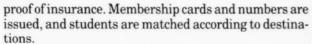
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Kiernan said all members must notify Rider and Driver Service of their departures four days in advance. Members then receive telephone calls with the names and phone numbers of those with whom they have been paired.

"Once they join, the rider and driver are understood to be flexible to the needs of each other in terms of when they leave," he said.

Kiernan said he uses a "shooting point" when determining destinations. For example, if a student lives 50 miles north of Boston, Boston would be the destination point.

"You may be lucky and some drivers may take you to your doorstep, or you may be dropped off a half-hour away from home."

Rider and Driver Service gives travel opportunities to those who otherwise would not have them, and cuts gas and toll expenses for drivers, Kiernan said. Riders also help with driving and provide company in the car, making the service a good way to meet other students.

"For \$30, you can use this membership as many times as you like wherever you want to go," Kiernan said "Even if you use the membership only once, it has

Kiernan said in the future he would like to open offices nationwide and eventually introduce the company onto the stock market. **DEBBIE URLIK. DAILY NEXUS** 

# Jobs

Continued from page 11

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Senior sociology major Cassandra Brown expects to make \$20,000 to \$30,000 as a social worker.

Brown said she doesn't think the recession wil affect her directly, because social work programs already have been cut.

Job prospects are not decreasing in every field. Chemical engineering, computer science and other engineering fields will experience growth despite the recession, Lindquist said.

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# Rejection

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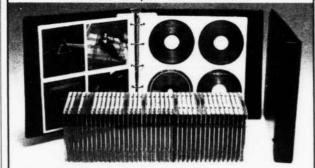
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By Tony Nahra Rocky Mountain Collegian Colorado State U.

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See OBSESSION, Page 17

SPORTS

**Sporting Identities** 

When college athletes retire from their sports, they often feel a loss of identity. Former athletes give advice on how to

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# **Athletes 'Lose Identities' Upon Retiring From Sport**

By Karen Travis Mustang Daily

California Polytechnic State U., San Luis Obispo

College athletes who retire from their sports often experience a void in their lives that sports used to fill, sometimes resulting in a loss of identity, according to psychologists. But experts urge students to continue with their education and find other activities on which to focus their energies.

"Everyone wants to have their own special niche," said Kim Wells, a physical education senior at Cal Poly State U., San Luis Obispo, who competed in gymnastics for four years.

"Sometimes, by participating in a sport, people find they have something that separates thems from others," Wells

Wells found it difficult to give up gymnastics when her eligibility ended in spring 1990. Besides missing the camaraderie of the team and the excitement of competition. Wells felt a loss of identity.

When I stopped doing gymnastics, nobody ever labeled me as 'Kim the gymnast' anymore," Wells said. "I was just 'Kim.'

Jean Decosta, a human and organizational consultant in San Luis Obispo, said a feeling of uniqueness might set athletes apart from others. "Their sport gives them a special trait and often makes them feel confident and worthy," Decosta said

Michelle Hansen, who played volleyball for Cal Poly for four years, also struggled with her identity when her eligibility ended. "People don't recognize me like they used to," Hansen said. "They don't associate me with volleyball as much because they have forgotten or are too young to remember."

If you know your chances of continuing the sport are slim, vou've got to prepare for reality."

-Brad Ledwith, ing process,"

Decosta said some athletes repress the fact that their career as an athlete is over.

"When you lose anything, you go through a griev-Cal Poly Decosta said. baseball player "Denial, anger, depression and acceptance are

normal phases to go through and are important in regaining identity," she said.

"The important thing is to replace the loss with something new, something just as meaningful and satisfying as the former sport," Decosta said.

Tom Henderson, the men's track and field coach at Cal Poly, agrees.

"Sports are a big part of an athlete's See IDENTITY, Page 17

# **New Math Class Tackles Analysis of Sports Questions**

By Sonya Martinez ■ The Stanford Daily Stanford U.

Have you ever wondered what the precise odds are of a football team with a halftime lead going on to win the game? What is the relationship between body weight and the ability to lift weights? How quickly are the records of sports teams improv-

The Stanford U. mathematical and computational science department has created an innovative new course just to answer those questions: "Mathematics of Sports." The new class is taught jointly by statistics Professor Thomas Cover and mathematics Professor Joseph Keller, and focuses on the mathematical analysis of various sports questions.

According to the course description, "Mathematics of Sports" seeks "a mathematical analysis of the physical and biological aspects of human performance." In practice, this means exploring a wide variety of questions, which include strategy, probability and biology.

Among the questions explored in the course are the following: What is the effect of being right-handed

See MATH, Page 17

# **SLEEP: Quantity vs. Quality**

# Students Can Get More A's by Getting Better ZZZ's

By Margie Luck New University

U. of California, Irvine

What do Rodney Dangerfield and sleep have in common? Both of them get no respect, according to nationally known sleep expert Benjamin Plumb.

Plumb, who is president of the Miami-based company Micro/Somnia, sleeps four and a half hours per night, and has done so since 1982. His company specializes in helping people reduce their amount of sleep.

For college students, however, Plumb suggests a change in attitude toward sleep, not necessarily a change in hours.

"Students tend to see sleep as a commodity to be used and abused wherever they see fit. That is the most prevalent attitude. Sleep is something to be respected and not abused," he said.

Plumb's book, "Grade-A

Sleep, Grade-A Student: The Micro/Somnia Sleep Management Program for College Students," suggests among other things that students should avoid four substances as much as possible, particularly before going to bed: alcohol, drugs, nicotine and caffeine.

Avoiding substances alone, however is

not the only way to get better sleep - and. according to Plumb, improved grades. He said exercise is very important, though it should be done in moderation.

"A moderate amount (of exercise) will reduce stress and improve stamina." Plumb said. He added the ideal workout would be three exercise sessions a week,

15 to 20 minutes per

But for many



students, it all comes down to how they can improve their grades. A big misconception is that cramming all night for an exam will help get that desired score. "Better sleep is funda-

mental to being able to increase your attention span and your concentration," Plumb said. "If you're suffering

from lack of sleep you're not going to perform as well on the exam as you

See SLEEP, Page 19

# Identity

Continued from page 16

identity and life," Henderson said. "But if removed, it forces a reconstruction of lifestyle."

Tim Thornburg, a human development graduating senior, did alter his lifestyle after his football eligibility ended last fall. "I knew it was coming and that I didn't have a chance at a professional career," said Thornburg. Instead, he turned his goals from athletics to school. "Now, I'm so busy I don't have time to think about missing football," Thornburg said.

Linda Lewis Griffith, in an article entitled "Life After Sports" in Women's Sports, concluded that retirement from sports is not always easy. "Often, athletes have spent so much time perfecting sports skills that few outside interests are developed," Griffith wrote. "Without the sport role, these athletes feel less important or of less value as human beings."

Most athletes who do not cope well with leaving a sport are those who have sacrificed personal, social, educational or vocational development for their sport. "The extent to which one's identity and self-concept have been woven in the performance of that role is directly associated with the difficulties encountered," Griffith wrote.

Brad Ledwith, a speech communication junior and member of the Cal Poly baseball team, thinks the best way for athletes to prepare for retirement is to come to terms with themselves.

"If you know your chances of continuing the sport are slim, you've got to prepare for reality," Ledwith said. "But also, always make the most of where you are at that time."

Cal Poly graduate Keith Jarrett agrees with Ledwith. After playing football for five years at the college level, Jarrett is now trying to come to terms with himself and put his energy into his career. Jarrett said, however, that the transition is always going to be hard for people who don't realize it's over.

"But you can't dwell on it," he said. "Life goes on, and you have to move on to what's next."

# Math

Continued from page 16

or left-handed in baseball? Is bunting a good idea or a bad one? How do variations in technique and equipment affect performance?

As an example, Keller explained that the class looks at data on the success rates of bunting under various conditions in the past and will find that under some conditions, bunting is more favorable than "playing it straight," while under others, bunting is a disadvantage.

The class also examines traditional sports statistics and the development of new statistics, and covers game theory, a field that applies mathematics to the problem of creating optimal strategies in sports.

Mathematics Professor Bradley Efron, chair of the Mathematical and Computational Science program, said this may be the first such class in the nation, and "I can guarantee you it's the best, because these guys are the best."

They also happen to be interested in sports.

"I wish I were a better performer, but maybe I can make up for it by figuring out what to do, if I can't (play sports)," Keller said.

# Obsession

Continued from page 16

WHAT IT MEANS: You're at a Kentucky Fried Chicken restaurant.

When words are not enough, advertisers create unique and interesting commercials — most of which do not make any sense at all. For example, the Obsession commercial lures consumers in with deep, philosophical and undecipherable dialogue:

(Close in on a room with a bunch of weird-shaped blocks. Everyone is wearing white bedding material. No one has a normal haircut. The men have lipstick on.)

MAN WITH BOWL CUT: For the love of life, let the sins of love suppress me.

WOMAN WEARING A MATTRESS PAD: O, let passion overcome my inner

desires.

MAN WEARING A PILLOWCASE:

Alas, the charisma of my kidney waketh in the morn, for I am all but a dagger!

WOMAN WEARING A MATTRESS

PAD: (hugging Man With Bowl Cut and sneering at Man Wearing A Pillowcase) Your kidney hath no love! For I have discovered love and suppression in this man's kidney!

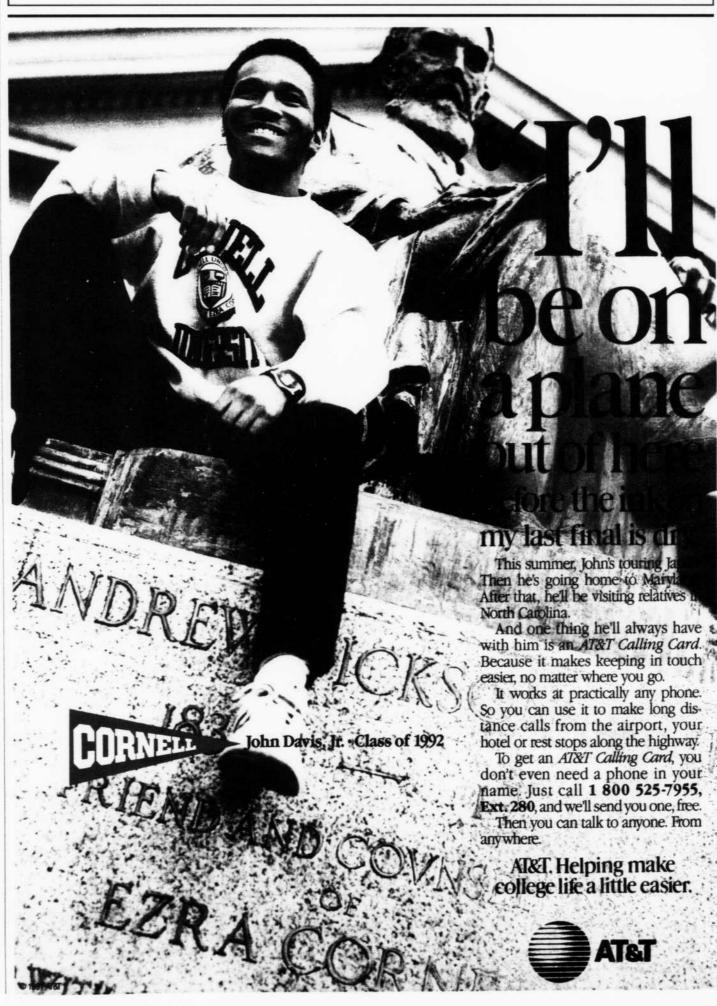
MAN WEARING A PILLOW CASE: (Cutting off a pillow tag with the dagger) If living with my kidney is a sin, then let me be guilty.

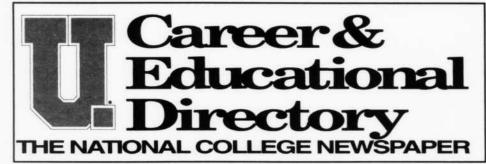
(Fade to phallic perfume bottle.)

Of course, if strong-smelling perfumes are not your thing, you can always shower with deodorant soap. Coast, for example, claims its scent wakes you up. In the commercial, a weary woman drags herself out of bed and crawls into the shower. In the shower, she sniffs the soap and suddenly her eyes pop open, and she finishes her shower while singing and dancing as if she were the star of "A Chorus Line."

Believe it or not, Coast's eye-opening ability has done some good in the world, as shown in this *Magahogan Daily* article:

MAGAHOGAN, Wisc. — Steven McDouglas, a man who was a vegetable for 17 years, was suddenly awakened when a nurse who was giving him a bath accidentally passed a Coast deodorant soap bar close to his nostrils. "If living with my kidney is a sin, then let me be guilty," he said, donning a pillowcase.





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DEADLINE FOR APPLICATIONS IS MAY 31, 1991. Mail to: U. College Journalist of the Year, U. Foundation, 3110 Main Street, Suite 104, Santa Monica, CA 90405

# U. Announces 1991-92 Fellowship Recipients

■ Dave Heitz is a junior at Augustana College in Rock Island, Ill., and serves as editor of his paper, The Observer. He began at the paper his freshman year as sports editor, and also served as special reports editor.



Heitz has worked for the Quad City Times in Davenport, Iowa, since his senior year in high school, starting as a sports copy clerk, and working up to general assignmen reporter. Heitz will graduate in February 1993 with a major in humanities/mass communications and minors in sociology and journalism. His goal is to someday be an editor at the Christian Science Monitor.

senior at Berry College in Rome, Ga., serves as editor of her newspaper, Campus Carrier, where she also held features and entertainment editor positions. She served internships for two sum-



Valerie Loner

mers at the Fayette County News, a weekly paper in Fayetteville, Ga., where she wrote editorials, news and feature stories. Loner has won a number of writing awards, including Outstanding Investigative Reporting from the American Scholastic Press Association. After working at U., she plans to work as an investigative reporter or special projects editor at a newspaper.

 Jeff Newton is a senior at Eastern Kentucky U. in Richmond, Ky., and is editor of his campus paper, The Eastern Progress, and previously was managing editor, sports editor and reporter. His lengthy list of experience includes



Jeff Newton

writing for the Richmond Register, stringing for Associated Press, and interning at the Citizen Voice and Times. He has won numerous awards for his writing and design, and was recently named Outstanding Collegiate Journalist by the Kentucky Intercollegiate Press Association. Newton will graduate this August with a major in journalism and a minor in political science.

uate from Ohio State U. this June with a bachelor's degree in journalism and a minor in English. He has been news editor of his campus paper, The Lantern, since December, and was



editorial editor and reporter before that. Additional experience includes a year as a statehouse reporter for the Dayton Daily News and extensive work in layout and design. After the Fellowship, Wenger plans to attend graduate school

The four editors will work at U. headquarters in Santa Monica, Calif., from July 1991 to March 1992.

# Sleep Continued from page 16

would otherwise."

While doing research for his book, Plumb began to realize the importance of keeping resting patterns regular. Many students build up what Plumb calls "sleep debt." This happens when students deprive themselves of sleep Monday through Friday, and then sleep all weekend, a practice Plumb described as "not a healthy lifestyle."

Dr. David Engstrom, mental health director at the U. of California, Irvine, Student Health Center, sees a lot of UCI students with sleep problems.

"There are a number of factors, especially a lack of proper exercise and changes in sleeping schedules caused by studying," Engstrom said.

He said the so-called "magic number" of hours students think they should sleep per night — usually eight — is a fallacy.

"There's a very wide range of needs for sleep," he said. "The idea of 'we all need eight hours, or five hours, or 10 hours of sleep' is just wrong."

Like Plumb, Engstrom said he believes that not keeping a regular sleeping pattern is the worst thing outside of taking sleeping pills that students can do.

"The biggest mistake students make is not keeping a consistent get-up time throughout the week. If you get up at 8 a.m. all week long and then, when Saturday comes, sleep until 12 p.m., you throw yourself off," Engstrom said. "You should stay within one hour or two of your normal get-up time, especially if you have insomnia.'

Dr. Robert Moore, medical director of the UCI Medical Center, said he disagrees with Plumb's assertion that individuals, on the whole, are sleeping too much. He said the normal range of sleep is between five and nine hours, therefore the true average is seven.

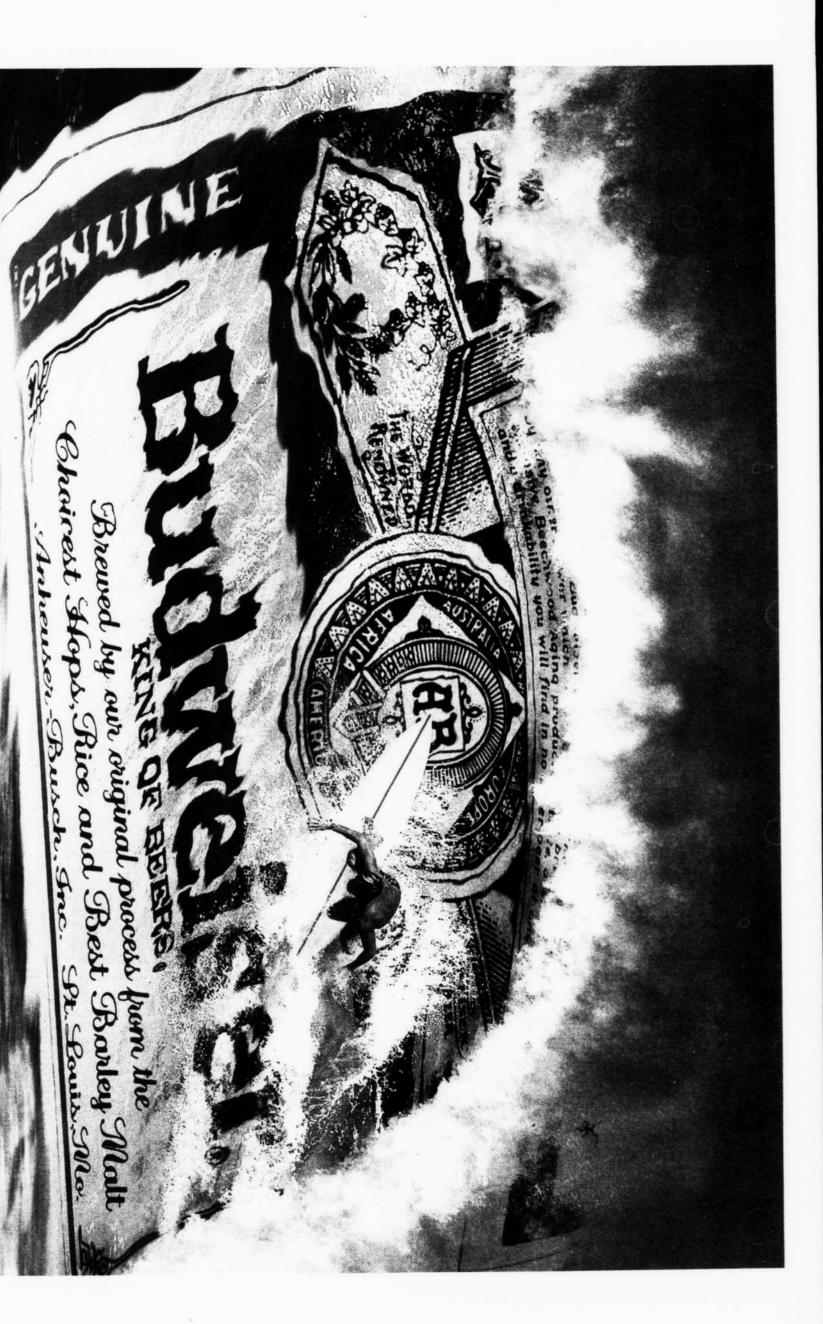
"Everyone thinks, 'I'm going to study all night for a test and do better,' " he said. "That is a fallacy. Your performance will decline merely as a factor of sleepi-

Though it's a common occurrence for students to do all-night study sessions, experience has changed many of their study habits for the better.

"I rarely do all-nighters now, but I used to freshman year," said Mark Wadnizak, a junior history major at UCI. "I value sleep too much. Anyway, there's a point where you can't absorb anymore.

"I'll sleep at least six hours the night efore a test," he said, adding he generlly sleeps around eight hours and wishes he could get by on less.





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