

in the news briefly

War powers

WASHINGTON (AP)—Congress handed President Nixon a major defeat by over-riding his veto of a bill to curb a president's war powers, Sen. Dick Clark, D-Iowa, says.

But Clark said Wednesday the action shouldn't be seen as a victory for Congress or a defeat for Nixon.

Clark said the real issue was whether Congress was willing to enact adequate safeguards to assure that the tragedy of Vietnam wouldn't be repeated.

Clark said the vote "was vitally important to the nation." He said the legislation doesn't inhibit the country's ability to respond decisively to threats to the nation's security, but instead prevents abuses of the war-making power.

Rep. Neal Smith, D-Iowa, said he believes Congress "needs to share with the President responsibilities" in the realm of war powers.

"With the awesome power the President has," Smith said, "it is necessary to have a method agreed on in advance" so that Congress can halt action if it believes the President has erred.

Rep. Edward Mezvinsky, D-Iowa, said he believes the vote reveals that Congress "is fighting to get back the authority it has lost over the years."

See related story on page 6.

Resignation

KENSETT, Ark. (AP) — Rep. Wilbur D. Mills, D-Ark., predicted Wednesday night that President Nixon would resign "within a short period of time."

In an interview with The Associated Press, Mills, chairman of the House Ways and Means Committee, said he thought Nixon would be forced to resign because "of the pressure from the press primarily ... and also from the public and the Congress."

Mills said he referred to pressure from all of the news media, newspapers as well as electronic journalism.

Mills is to return to Washington Friday for the first time since undergoing spinal surgery.

Mills said he did not think Nixon should be impeached. If impeachment proceedings were initiated, Mills said, "and if he's not impeached, it might be interpreted as a complete endorsement before the facts are fully known."

He said the Watergate scandal alone was not sufficient to bring a successful impeachment against the President.

Ford

WASHINGTON (AP) — The chairman of the Senate Rules Committee said Wednesday there are indications perjury was committed by a former lobbyist testifying at the panel's investigation of Vice President-designate Gerald R. Ford.

Chairman Howard W. Cannon, D-Nev., identified the former lobbyist as Robert N. Winter-Berger, who has made a series of allegations against Ford, the House Republican leader.

The committee planned to continue its closed-door session with Winter-Berger later in the day.

"There are indications that his affidavit or his testimony before the committee is not true," Cannon told reporters.

In his book, "Washington Pay-Off," Winter-Berger said he gave Ford \$15,000 to help pay Mrs. Ford's medical bills in the late 1960s and that the money was never repaid.

Ford, at the committee's open hearings, denied ever receiving money from Winter-Berger.

Tapes

DES MOINES, Iowa (AP)—A Missouri firm pleaded no defense to a charge of copyright infringement in U.S. District Court in Des Moines Wednesday.

P.M. Place Stores Co., Inc., of Bethany, Mo. was fined \$1,800 on a total of 18 counts.

A 44-count indictment accused the firm of selling copied pop, rock and country music tapes in its stores in 12 Iowa towns. Disposition of the remaining 26 counts wasn't immediately determined.

U.S. Atty. Allen Donielson said the plea covered tapes sold in Boone, Fairfield, Des Moines, Bloomfield, Fort Madison, Jefferson, Greenfield, Corning and Creston.

Fuel oil

WASHINGTON (AP) — A government report released Wednesday indicates that fuel oil exports in 1973 "will drastically surpass 1972" despite a serious shortage in this country.

A Cost of Living Council study requested by Rep. Les Aspin, D-Wis., predicts that 53.3 million gallons of fuel oil will be exported during 1973, a 284 per cent increase over 1972.

However, the study said, "1972 was a depressed year and the rise in 1973 appears to be a return to a historical export level."

"Apparently the lure of big profits is persuading major oil companies to export desperately needed fuel oil despite the shortage," Aspin said. "It is nothing less than a total disregard for the welfare of the American consumer which leads to these tremendous exports of fuel oil during the shortage."

Cloudy 30s

Iowans can expect a sample of wintery weather today with high temperatures reaching only to the upper 20s in the north and the lower 30s in the south.

Skies will be clear to partly cloudy tonight and Friday and continued cold.

Lack of storage a 'pressing factor' —could close UI

By MARY WALLBAUM
News Editor

The most pressing factor in a possible University of Iowa shut down this winter is that the UI does not have adequate facilities for the storage of fuel oil, according to Duane Nollsch, Physical Plant director.

Although the inadequate and uncertain supplies of oil may reach crisis proportions this winter, Nollsch said he sees the small supply of fuel oil the university is able to keep on hand at any one time as the most immediate problem.

Currently the university has facilities to store 300,000 gallons of oil, which would supply university heating needs for two and one half to three days, he said.

But if a blizzard or extremely bad weather conditions occurred making roads impassible, the UI fuel shipment would be delayed, and Nollsch said the university would not have enough fuel in storage to continue operations very long under such a situation.

It takes 12 days for shipments to arrive at the UI from suppliers in Cutbank, Montana, he said. Oil is shipped by train to Des Moines and from this point comes to Iowa City by tank truck, making road conditions an important shipping factor.

If bad road conditions delayed shipments, a temporary UI shutdown for between three days and a week would probably occur, Nollsch said.

The university came very near such a situation last April when a sudden storm delayed fuel deliveries and the Physical Plant came within seven hours of running out of fuel.

To alleviate fuel storage limitations, the university has received a \$190,000 appropriation from the Iowa Legislature for one additional fuel storage tank.

Nollsch said this tank, scheduled for building completion in July, will hold 80,000 gallons of oil which will increase the amount of fuel the university has on hand to an equivalent of enough fuel to operate three to four and one half days.

Although this will help the heating situation partially next winter, the UI will still not have enough on hand to forestall possible closure should roads become impassible, he said.

As a result, UI officials will be asking for another appropriation for a second additional tank during the next funding biennium, according to Nollsch.

In addition, physical plant officials hope to receive a three million dollar appropriation for a coal-fired burner.

If this appropriation is granted, the university would increase dependence on coal for its heating needs, and reduce the amount of oil it must keep on hand in order to insure normal heating operations, Nollsch said.

An additional advantage of coal is that it does not require special storage facilities, but can be packed in any area. Nollsch also said the UI receives its coal from Kentucky, which, because of better climate conditions, reduces the transportation and delivery problems.

THE DAILY IOWAN

Thursday
November 8, 1973
Iowa City, Iowa
52240
Vol. 106, No. 90
2 Sections
20 Pages
10c

Energy controls needed

Nixon seeks emergency power

WASHINGTON (AP) — President Nixon asked Congress Wednesday night for emergency powers by December to combat the growing fuel shortage.

including lower speed limits, year-around daylight saving time and exemptions from anti-pollution laws.

"We are heading toward the most acute shortages of energy since World War II," Nixon told the nation in a broadcast address. He cited the Mideast conflict as the cause.

Nixon disclosed he is preparing plans for gasoline rationing only as a "contingency plan." He said that users of home-heating oil will have to get by with 15 per cent less fuel than they used last year.

Nixon asked for, among other things, authority to reduce busi-

ness operating hours, curtail outdoor electrical advertising and ornamental lighting and impose energy conservation taxes or fees.

He said he is ordering all federal vehicles to travel no more than 50 miles per hour. Legislation would be necessary to make that provision apply to all drivers.

Noting that the Arab shutoff of oil shipments to the United States had made the situation acute, Nixon said petroleum supplies this winter could be as much as 17 per cent short.

"The fuel crisis need not mean genuine suffering for any American," he said. "But it will require some sacrifice by all Americans."

Nixon said some school and factory schedules may be re-

aligned and some jet flights canceled. His proposals would expand the government's powers to adjust the schedules of planes, ships and other carriers.

In addition to seeking new legislation, Nixon said he was asking everyone "to lower the thermostat in his home by at least six degrees so that we can achieve a national daytime average of 68 degrees."

Among his proposals is one that is sure to arouse controversy in Capitol Hill. He asked for power to explore, develop and produce from the naval oil reserves at Elk Hills, Calif. Some powerful congressmen are against use of the reserves.

Nixon said that stronger actions may be required if the fuel shortages persist despite his actions.

Nixon's top energy adviser, John A. Love, told reporters that mandatory allocation of propane and heating oil at the wholesale level will be extended to all petroleum products, including gasoline.

In calling for a reduction in home-heating temperatures, Nixon added:

"Incidentally, my doctor tells me that in a temperature of 66-68 degrees, you're really more healthy than when it's 75-78 degrees, if that's any comfort."

Nixon announced these steps: —"I am directing that industries and utilities which use coal — our most abundant resource — be prevented from converting to oil in the immediate future." Love said this regulation will be forthcoming in about 10 days.

—"Efforts will also be made to convert power plants from the use of oil to the use of coal." Love said some pressure could be brought through the allocation program until authorizing legislation is passed.

—"We are allocating reduced quantities of fuel for aircraft.

This will lead to a cutback of more than 10 per cent in the number of flights and some re-scheduling in arrival and departure times."

—"There will be reductions of approximately 15 per cent in the supply of heating oil for homes, offices and other establishments. To be sure that there is enough oil to go around for the entire winter, it will be essential for all of us to live and work in lower temperatures."

—"In offices, factories and commercial establishments, we must ask that you achieve the equivalent of a 10-degree reduction by either lowering the thermostat or curtailing working hours."

—"We must be prepared to take additional steps and for that purpose, additional author-

ities must be provided by the Congress." Congress is already considering an emergency energy act with administration cooperation and Nixon said: "It is imperative for this legislation to be on my desk for signature before the Congress recesses in December."

Nixon said the legislation he desires would:

—Authorize year-around daylight saving time.

—Authorize temporary, case-by-case relaxation of environmental regulations, to permit continued burning of polluting fuels.

—Permit "special energy conservation measures such as restrictions on the working hours for shopping centers and other commercial establishments."



Senate OK expected by Friday

WASHINGTON (AP) — The Senate Interior Committee expects to approve by Friday emergency legislation covering most of the energy-conservation proposals requested by President Nixon, the panel's chairman said Wednesday night.

Sen. Henry M. Jackson, D-Wash., considered Congress' foremost spokesman on energy policy, said his committee will conduct a public hearing Thursday and expects to approve the bill a day later.



Richard M. Nixon

Subpoenaed list destroyed by NRS

By CHUCK HAWKINS
Staff Writer

Acting on the advice of his attorney, a representative of National Research Systems, Inc. (NRS) has destroyed a list of all customers of the firm, despite a state attorney general's subpoena requesting the list.

The NRS representative, Bruce B. Burke, revealed this information while testifying in Johnson County District Court in a case brought by the attorney general's office against NRS.

The attorney general's petition asked the district court to issue an injunction to stop the sale and advertisement of any products by NRS until they turn over the names of the company's employees and customers.

Julian B. Garrett, head of the attorney general's consumer protection division, said the information was requested because NRS may be in violation of the Iowa consumer code act.

Burke testified that the list of customers was destroyed because of the failure of a representative of the attorney general to appear where and when the subpoena specified, hence making the subpoena invalid.

No action was taken by District Court Judge William R. Eads on the attorney general's request for an injunction. Rather Eads called for attorneys from both sides to file briefs by next week, with final court arguments to take place at 1 p.m. Nov. 16.

Burke said a subpoena had been served by asst. atty. gen. Hugh Perry for him to appear at 114 E. College (NRS's office) at 1 p.m. Oct. 25 with the lists requested. He said he complied with the subpoena but no one from the attorney general's office showed up.

NRS's attorney, Preston Penney, said that before an injunction could be issued by the court the defendant

would have to refuse the subpoena. Since no one from the attorney general's office appeared at the specified time, Penney argued that the request for the injunction didn't follow correct legal procedures.

Penney, later, asked the court to issue a permanent injunction barring the attorney general's office from seeking to obtain the list of NRS employees and customers.

Burke neither asked for nor offered a list of the employees of NRS even though the subpoena had asked for those names also.

Howard N. Sokol, assistant to the vice-president, testified in place of the subpoenaed UI president Willard L. Boyd. Penney requested all university correspondence with the attorney general's office concerning NRS from Sokol.

When asked if he discussed university policy concerning NRS with other UI administrators, Sokol said NRS should be closed only if they were "subverting the educational process."

Sokol was also asked what would happen to UI employees that were found to be working for NRS. He said that probably no action would be taken against them.

Penney introduced as evidence a survey made by Burke on Nov. 5 and 6. The survey asked two questions of all the customers NRS had serviced: their degree of personal satisfaction with the product and how well the product measured up to their expectations based on advertising they had seen.

Burke said the results showed 90 per cent of the customers considered the service adequate or better and that all of the customers said the product fulfilled their expectations.

In an unusual move, Penney called

Garrett to the stand to ask him to testify on the standards the attorney general's office uses to insure the due process rights of individuals are not violated.

Garrett testified that the attorney general's office acts when it appears that they might have evidence of a law being broken. He said the decision to act in this particular case was his.

Under questioning from Penney, Burke said that NRS is a general information handling agency for businessmen and students. He said that NRS's volume of business had been hurt drastically by the publicity of the last few weeks.

Burke also said that all customers and employees of NRS had been promised by him that their identities would remain confidential.

Daily Iowan Contributing Editor Chuck Hickman had been subpoenaed to appear at the hearing Wednesday but was not called to the stand.

postscripts

G.I. Bill

All recipients of G.I. Bill benefits can now obtain tutorial assistance under the Bill as a result of recent legislation, according to Norlin W. Boyd, assistant registrar at the University of Iowa.

The tutorial aid "can be received to correct deficiencies in any area of study required for satisfactory pursuit of an educational goal," Boyd noted.

He said information on the program can be obtained at the Veterans Service Desk in the Registrar's Office, Jessup Hall. Appointments may be made from 8:30 to 10:30 a.m., Monday through Friday, for guidance and the necessary certification for the program, he added.

Rasmussen

Clark Rasmussen, former state Democratic chairman and aide to Senator Harold Hughes, D-Iowa is expected to announce his candidacy for governor today at a 2 p.m. press conference in Cedar Rapids.

The announcement, scheduled for the Roosevelt Hotel, is among four scheduled by Rasmussen. The others will be held in Des Moines, Davenport and Dubuque.

State Sen. James Schaben and former majority leader of the Iowa House, William Gannon, have already announced their intentions to seek the Democratic nomination.

Vet's day

The offices of the Johnson County Social Services will be closed on Monday for Veteran's day. However food stamps may be purchased on Tuesday from 9:30 a.m. until one p.m.

CAMBUS

CAMBUS will run an additional bus on the red and blue routes for the Allman Brothers concert. The two extra busses, in addition to the four busses which usually run at night, will begin service at 7 p.m. All the busses will run continuously during the concert.

Photography

A lecture on the development of 35mm films will given Thursday evening, November 8 at 7 p.m. in the Main Lounge, IMU. The speaker will be Mr. Mike Tatem, nationally known photographer, and former employee of several major photographic firms. There will be no admission charge for this lecture.

Weather

An expert on weather modification will discuss the current state-of-the-art and future prospects of meteorological change at 8 p.m. Wednesday November 14 in Lecture Room 1 of the Physics Building at The University of Iowa.

The speaker is Wilmot N. Hess, Director of Environmental Research Laboratories of the National Oceanic & Atmospheric Administration (NOAA), Boulder, Colo. NOAA is a federal agency analogous to NASA which concentrates on oceanic and atmospheric activities.

Hess will discuss such developments as the reduction of lightning to prevent forest fires, hurricane wind reduction to alleviate damage, and rainmaking.

The lecture is sponsored by Sigma Xi, an honorary organization devoted to the encouragement of scientific research, and the U of I Graduate College and is open to the public.

Sloan lectures

Prof. Warner Berthoff of Harvard University will deliver the 1973 Sloan Lectures at The University of Iowa November 14-16.

Sponsored by the U of I School of Letters, the Sloan Lectures are made possible by a bequest from the estate of Sam B. Sloan, long-time professor of the U of I Department of English.

All three lectures begin at 3:30 p.m. in Shambaugh Auditorium, and are free and open to the public.

Campus notes

PREFOCUS 73—Films will be shown today at the Union in both the Ballroom and Illinois room including, "Blonde Venus," "Devil is a Woman," and "Scarlet Empress." The films are all \$1.00.

WOMEN'S MARKET—Space is now being reserved for a "Women's Market" to be held on Saturday, Nov. 10, 10:00 to 5:00, in the Lutheran Student Center. Call 338-7868 to reserve your space. There is no fee and advertising, tags, etc. will be provided.

ANGEL FLIGHT—Angel Flight will meet at "Things and Things" at 6:30 p.m. in full uniform. A short meeting will be held before the demonstration.

FREE LECTURE—There will be a free lecture on "miniature Film and Processing" by Mike Tatem, nationally known photographer, in the IMU Main Lounge from 7 to 10 p.m.

EXPLORING FREEDOM—Exploring Freedom in Education will meet at 7 p.m. in the Wesley House Lounge. The Action Studies Course "Alternative Education—A Survey" will discuss Bruno Betelheim's "Love is Not Enough," directly following at 7:30 p.m.

A MEMORY OF THE FUTURE—Meet with Dr. Jerry Weiss at 7:30 p.m. in the Center East Library to discuss the new theology of hope.

PERSHING RIFLES—Pershing Rifles will hold its company meeting at 7:30 p.m. and sponsor selection at 8:30 p.m., in Room 17 of the Fieldhouse. Uniform will be Class A's.

THE SCIENCE OF ECKANKAR—The Eckankar Campus Society will hold an introductory session on the science of Eckankar, the "Path of Total Awareness" in the Union Hoover Room at 7:30 p.m.

THE DRUNKARD—Friends of Old Time Music will sponsor "The Drunkard: A 19th Century Melodrama" at 8 p.m., Nov. 9 at the McBride Hall Auditorium.

CORDELIERS—Squad and platoon members will both meet at 9 p.m. at the National Guard Armory. Rides will leave Currier and Renow at 8:45 p.m.

T.J. AND KAREN—"T.J. and Karen," a folk singing group, will be performing at a free concert sponsored by Campus Crusade for Christ in the Stanley Main Lounge tonight at 9 p.m.

Tentative budget set up

ARH membership fees still uncollected

By MAUREEN CONNORS
Staff Writer

The Associated Residence Halls (ARH), the inter-dormitory policy recommending body, has not yet collected membership fees from University of Iowa dormitories because it doesn't know what dorms are joining the association.

ARH president Steve Burk, A2, said when ARH finds out how many dormitories are joining, "hopefully by December," the budget will be split up among those dormitory associations deciding to join.

Burk said ARH is late in get-

ting membership because they were waiting until individual dormitory associations were formed. In the past dorm residents automatically became dormitory association members and were charged on their University bills for membership until last spring when it was decided that membership should be on an individual decision basis.

However, Burk said the situation is better now than it was two weeks ago when only two dormitories had tentatively agreed to join the association. Burge, Daum, Stanley and Quadrangle dormitory representatives have since then

indicated to Burk that their dorms would join ARH.

A tentative ARH budget of \$900 has been set up by the association's governing board, a board which was formed a month ago comprised of dormitory association presidents and "interested" students from UI dormitories. Of that sum, \$400 is for salaries of the four ARH executives and \$500 goes for office and travel expenses.

Burk said ARH is "not in trouble" because nothing in its budget requires immediate funds and there is money in the budget from last year. He said ARH might have to "dip" into funds left from last year to meet this year's budget, as the

association has a few expenses thus far this fall. He said if the association gets into that situation, a resolution passed by the ARH governing board would reduce the salaries of its executives.

Burk said to join ARH it will cost dormitory associations probably under 25 cents per member.

ARH is the successor to the Inter-Dorm Presidents Council which was comprised of dormitory presidents who worked on dormitory policies and the inter-dorm social board (autonomous from the Presidents Council).

In 1967, ARH was conceived to provide a more effective com-

munications link between the residence halls and university offices than had the inter-dorm association. In 1968 and until this year, ARH also performed some duties formerly held by the inter-dorm social board.

This year's \$900 budget does not include money for social activities because ARH functions presently concern dormitory policies. Last year ARH spent money sponsoring movies in the dormitories, but emphasis also was placed on dormitory policies.

Burk said ARH has no broad purpose this year and issues will depend on what constituency dorms want discussed.

The governing council itself was formed about a month ago when Burk said "certain issues couldn't be put off any longer."

ARH then set up committees to study items they wanted to bring up at the December Board of Regents meeting involving the parietal rule and the possibility of party rooms in the UI residence halls.

Committees also were set up to discuss security measures in the dormitories and dormitory housing priorities.

Thought for the week-end
Call **unitravel inc.**
for those travel arrangements.
354-2424
Open Sat. AM
The way to go

New lecture note service to expand

By KRIS JENSEN
Staff Writer

Uni-print Inc., which began this semester as the second lecture note service available to University of Iowa students is enjoying good business and is planning to expand, according to its manager, Marc Snyder.

Located in an alley office between Washington and College Streets, Snyder said Uni-Print serves approximately 1,000 students, which he described as "25 to 30 per cent of the market."

Snyder said he feels that sales would be expanded to 40 per cent with a storefront and said the company will have one next semester.

At present, the other lecture note service, run by Iowa Student Agencies (ISA), is serving over 1,800 students, according to Valerie Linn, ISA general manager. Linn said

that Uni-Print has not harmed ISA's service. ISA has offered lecture notes for three years, and Snyder is a former manager of their note selling operation.

Although Snyder refused to discuss finances, he did note that the company should be "in the black" by next semester.

Snyder contributes the success of the operation to the company's policy of mailing the lecture notes. Like ISA, Uni-Print charges \$5.00 a semester of course notes. A 45 cent fee is charged for mailing if the student wants it.

ISA does not mail notes. Linn said that there was no way they "could really have a mailing schedule" because of costs and other factors.

She said that ISA's organization is set up so that employees turn in their notes on Saturday when they're

prepared for distribution on Monday, Tuesday and Wednesday of the following week. She explained that students can pick them up any of those days. "Students have told us it would be more convenient this way," she noted.

She also noted that under special circumstances, for example a test, the notes are distributed at additional times.

Uni-Print's notes are also prepared on Saturday according to Snyder. He said that most of the notes are then mailed out Saturday afternoon, and students receive them more promptly this way.

Because of its success, Snyder says that Uni-Print is "definitely" planning to expand to four other campuses next semester. Although he refused to specifically divulge which ones, he did note that they

would be within a 250 mile radius of Iowa City.

Snyder explained the planned expansion noting the services provided by Uni-Print and ISA are "unique" and that most other college lecture note services provide notes from previous years instead of up-to-date ones.

FINLAND

Hand woven stoles, ponchos, afghans, blankets
GILDA IMPORTS
215 Iowa Ave.
338-7700 Iowa City

Please Recycle
Your
Daily Iowan

M. Dean LaMaster
Wishes to thank all who registered a LaMaster vote Tuesday.
Your vote was greatly appreciated.

Oil crisis hits record industry

NEW YORK (AP) — There will be plenty of Rolling Stones and Barbra Streisand in the record bins this holiday season, but don't count on finding a copy of Yugoslavian folk songs or a reissue of your favorite vocalist of the '40s.

The reason: The petroleum shortage is hitting the record industry.

Alarmed by the growing scarcity of petroleum-based plastics used in making records, some companies have begun cutting back on production, postponing new releases and experimenting with different quality materials.

"The companies don't know from one day to the next what kind of supplies they will have," said Henry Brief, executive director of the Recording Industry Association of America, a trade group. "It could get to be a very, very critical situation."

PRC Recording Co. of Richmond, Ind., which presses records for several major labels, has reduced its work week from seven to five days and is allocating to customers, said Gerald Sharp, comptroller.

"The problem began last spring and has been steadily getting worse. Right now we're getting only 70 per cent of the vinyl we used to get," he said.

While there should be no difficulty in obtaining the latest Rolling Stones album, for example, consumers may start feeling the pinch when it comes to low-priced or specialty labels.

Capitol Records has postponed the release of a dozen or more albums until the first of the year, and some marginal albums originally scheduled for production may never come out, said Chan Daniels, a recording executive.

Seigerts

Get the Jump on CREPE

Put some sole in your stroll this fall with a sportin' version of the newest sole-look -- CREPE! Add the elasticized inserts for a comfort-plus casual.

Your choice of colors: Black, Brown, or Navy \$18

Seigerts SHOE CENTER

connie

SACRIFICE!
COAT SALE

Just because of the beautiful October weather practically all of Seigert's finest winter coats are now 20% to 50% less!

20% to 50% off!

Leather Coats...Suede Coats
Car Coats...Junior Coats
Dress Coats...Casual Coats
Fake Fur Coats...Fur Trim Coats...Wrap Coats

SMASHING COAT SILHOUETTES
Slim-fitted, Flared, Belted, Double Breasted, Single Breasted!

FINEST FABRICS...wools, wool blends, fleeces, plushes, leathers, tweeds, camels, imported leathers, camel hairs...More, More, More!

MISSES AND JUNIOR SIZES!

* Fair Traded Lines Excluded

Seigerts

SHOP THURS. NITE 'TIL 9 PM!

Regents' closed session may be illegal

CEDAR FALLS, Iowa (AP)—The State Board of Regents voted 7-1 Wednesday to go into executive session after being warned it might be taken to court for violating the state's open meeting law.

Regent John Baldrige, a Chariton weekly newspaper publisher, told the board he believed the subject matter of the closed session did not comply with state law.

The session involved a discussion with regents' attorney Leo Baker, Cedar Falls, regarding a suit pending in Black Hawk County District Court against the regents.

Local 2659 of the American Federation of State, County and Municipal Employees contends the board was unfair to University of Northern Iowa employees in instituting the Regent Merit System July 1.

Rather strong

Baker said he believed what

he had to discuss with regents should not be made public.

He said he wanted to determine his authority in bargaining procedures to have the lawsuit dismissed. He said he had "a half dozen questions" and felt "rather strong they should be in executive session."

After the hour-long closed session late Wednesday, regents said they had agreed to discuss in open session Thursday the authority Baker has in dealing with the union.

Less pay

Regent Ray Bailey of Clarion, an attorney, described the session with Baker "an adversary situation."

"We do not have access to our opponents' arguments with their attorney," Bailey said.

The suit contends that the board was unfair in instituting the merit system by giving some UNI employees less pay for the same jobs performed at

the other two state universities.

Baldrige said the board discussed nothing else of substance in the executive session.

Not compelling

Baldrige said state law allows executive sessions of pub-

Dorm rates jump \$120 at ISU

CEDAR FALLS, Iowa (AP)—The State Board of Regents on Wednesday approved a \$120 increase in room and board rates for undergraduate students at Iowa State University.

The rates, effective next September, will be \$990.

Officials from the University of Northern Iowa and the University of Iowa said dorm rate increases at their schools would not be proposed until next year.

UNI President John Kamerick said his institution would ask for a smaller increase than ISU.

Officials at the U of I said they do not know if they would ask for increased dorm rates.

The Iowa State increase is the first for students in resident halls and married student housing at

boards only to discuss personnel, real estate or some other "compelling reason."

"I can see no compelling reason involved in this matter," Baldrige said.

Baldrige said he had discussed the subject of the executive session with attorneys for the Iowa Press Association and

attorneys for the Des Moines Register. He said they did not believe this was a suitable matter for an executive session.

\$100 fine

"As far as I'm concerned, if there was ever public business, this is it," Baldrige said.

"I can assure you, in this particular instance, it (the open meetings law) will be tested," Baldrige said.

He reminded regents that violations of the open meetings law are misdemeanors, punishable by a \$100 fine or up to 30 days in jail.

Regent Harry Slife of Cedar Falls said he believed the executive session would be legal because it would be between an attorney and his client.

Sensitive

Slife said the discussion would "smack a lot of negotiations in the collective bargaining sense."

Baldrige said he did not believe the attorney-client relationship was covered under the "compelling interest" section of the law.

Slife said the purpose of the meeting was to work out a compromise that would result in

dismissal of a lawsuit and was therefore a compelling interest.

Baldrige said he is "a little sensitive to the state and national feeling on executive privilege. A lawsuit isn't that important—it's fully a matter of public business."

Union

Voting to go into executive session were Regents Bailey, Slife, Stanley Barber of Wellman, S. J. Brownlee of Emmetsburg, Mrs. Margaret Collison of Oskaloosa, Mrs. H. Rand Petersen of Harlan and Steven Zembach of Manchester.

Baldrige voted against the session. Regent Donald Shaw of Davenport was not present.

Baldrige later told newsmen he didn't know of any news media representative who would file the charges. But he said he assumed a representative of the employees' union would.

Drugs offer new hope in cure for cancer

By GEORGE SHIRK

Staff Writer

The use of drug therapy in the treatment of cancer may dramatically influence cancer research, according to Dr. C. Gordon Zubrod, director of the Division of Cancer Treatment of the National Cancer Institute in Bethesda Md.

Zubrod spoke before a lecture audience Wednesday in the Alumni Auditorium in the University General Hospital. He was a guest of the UI College of Medicine's Lecture Series.

Zubrod said, "80 per cent of all Americans fear cancer more than any other disease, and therefore we have the support of the government through legislation in receiving funds."

However, according to Zubrod, in

spite of all the extra money available to cancer research, more people die of cancer now than ever before. He said this is largely due to medicine's inability to control basic causes of lung cancer such as cigarette smoking.

Zubrod argued that economical and social factors must be considered in this area, but did not elaborate further on the subject.

However, Zubrod said that recent developments in drug therapy, chemotherapy, "have given us some optimism." "Chemotherapy is an area in which very rapid progress has been made," Zubrod said. "I am confident of our ability to pick out drugs from the chemical universe which can be studied for the cure of cancer."

Zubrod cited the "vast array of new facts" in the fields of molecular

biology, virology, and immunology as steps that may help considerably in chemotherapy.

Chemotherapy began in the 1930's with the development of hormones. Since then, chemotherapy has cured many cases of Hodgkins disease and has influenced diseases such as lymphocytic leukemia. "These advances give us considerable hope in curing cancer," Zubrod explained.

The three major treatments of cancer are in surgical removal of the tumor, destruction of the tumor through radiation, or in altering the tumor by means of drugs. In all these treatments, however, Zubrod stresses the need of early diagnosis. "Most cases are discovered in late stages," he said. "We need to localize where the cancer comes from, but presently there is

nothing we can work with."

Zubrod said that the antibiotic adriamycin is "a wonderful drug, but it is important to find analogs, because we can only use adriamycin for six months." An analog is a drug which performs the same function as the initial drug.

percentage of the cells have rapid DNA synthesis. If the tumor is young, administration of this drug can effectively halt the tumor's growth, and can kill it.

"We have much empiric evidence about drugs," Zubrod said, "but we need much more."

Zubrod stressed the need for continued support of cancer research. "The practical application of anything we do might take years to become effective," he said. "We need to use everything we know in order to reduce cancer deaths."

Must fight medical etiquette

Doctor advocates patient bill of rights

"Professional etiquette" may sometimes interfere with patient rights, said a speaker at a recent University of Iowa conference dealing with medical ethics.

Stepping on sensitive medical toes to ensure rights for patients in hospitals is necessary, explained The Rev. Dr. Glen Davidson of the University of Southern Illinois School of Medicine, Springfield.

Davidson, who is associate professor of medicine and culture and chief of thanatology, explained that the American Hospital Association has approved a printed listing of patient's rights to be given upon

admittance, but few member hospitals have complied.

Davidson spoke at a biomedical ethics conference jointly sponsored by the UI School of Religion and College of Medicine.

The patient's "bill of rights" defines the patient's relationship to the hospital and tells the patient what he has a right to expect from the staff.

Among these "rights," are the right of the patient to know the nature of his illness, treatment, results of tests, cost of hospitalization, and to be treated respectfully.

"Less than half the hospitals are in fact making the Patient's

Bill of Rights known even to the staff physicians," Davidson said. "Rights are being violated daily in hospitals because they are in conflict with the etiquette of the respective professions."

"For example," he said, "the nurse is in no position to complain about a physician, and community hospital administrators are afraid to oppose the staff physicians because the doctors may take their patients elsewhere."

Another problem in dealing with medical situation is the use of what Davidson calls "gut ethics."

He said "gut ethics" result

when there is deep, subjective involvement of one human with another.

"Studies show that health care 'feelings' get translated into the same type of care. For example, many physicians have a tendency to 'abandon' their (terminal) patients, because they do not like to deal with the dying."

"This is particularly true when dealing with someone of the same age or sex or someone close to them. It's not a matter of lack of feeling, but a psychological 'short circuit' in feeling that affects us all," Davidson commented.

The old, professional

"etiquette" is also proving inadequate as technology advances and patients can be sustained on lung machines after brain wave readings indicate death has occurred, he noted.

Determining whose role it is to "pull the plug" is the latest problem facing the medical team.

Please Recycle
Your
Daily Iowan



Photo by Keith Gormenzano

Solar energy

We may lose our speed limits, our televisions and our bathroom lights to the energy crisis, but we won't lose the splendor of the sun as it sets in the west, barring of course a Nixon embargo.



The Stable Special Coat Sale

Choose from car coats,
fur trimmed...
In wool, fake furs,
synthetics and blends

20% to 50% off

Sportswear-Long Dresses

25% to 50% off

Over 500 pieces... including
sweaters, pants, blouses, skirts, and
blazers.

Entire Stock of
John Meyer of Norwich

Sportswear
Blazers-Sweaters-Skirts
25% to 50% off 30 Coats 1/2 Price

The Stable
14 S. Clinton
and
The Mall Shopping Center

Special Group
Pants-Skirts-Blouses
\$2.97-\$3.97
Clinton Street Store Only

NORWEGIAN
Ski—hand knitted and
machine made—sweaters
GILDA IMPORTS
213 Iowa Ave.
338-7700 Iowa City

Orange Blossom
presents
The Ten Most
Beautiful
Engagement
Rings
in the World



Cherish



Majestic



Lyric



Holly



Pirouette



Diana



Fuierette



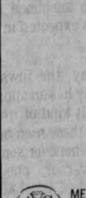
Mystique



Orange Blossom



Parisienne



MEMBER AMERICAN
GEM SOCIETY

HERTEEN
& STOCKER
JEWELERS
Jefferson Building 338-4212

daily
iowan

perspective

Nixon 'crisis' may have been ploy

The reaction to the recent military alert implemented by President Nixon should not be construed as an overt attempt by the press to reduce Nixon's credibility. No doubt, there was a threat of some kind by the Soviet mobilization.

But the main complaint was not that Nixon manufactured the situation but that he blew it out of proportion for personal benefit. The domestic scene was dominated by the Watergate revelations and the tape issue and there was indeed much to be gained by distracting the American public with the "crisis." But was there a real crisis?

The facts about the Russian alert and mobilization are very sketchy to be sure. Although some of the basic facts of the Soviet activity (some troops were put on "high alert" with reshuffling of transport planes to the areas where the men were stationed) were highly publicized by the government, some grave questions remain unanswered to this day. What signs of serious troop movements or overt hostilities existed? If indeed a crisis of these proportions did exist, why weren't the European allies informed of the situation?

One cannot expect the government to disclose all of the facts included nor the content of the "terse" messages exchanged between Moscow and Washington. But observers in the Middle East have said that the situation was not as grave as it was presented to the American citizenry.

This brings us to the criticism of the press for asking the President the seriousness of the situation. Granted, even the present situation does not warrant total disregard for the sanctity of the office. But the criticism centered on Nixon's inflation of the crisis, his overreaction to it and the apparent "over emphasis" of his personal role in the situation.

It appears now that even the Europeans have been alerted "to the dangers implicit in his erratic leadership, with all of its zigs and zags, its posturing, its gamesmanship and his disposition to pose as the toughest statesman of them all..."

...and senate

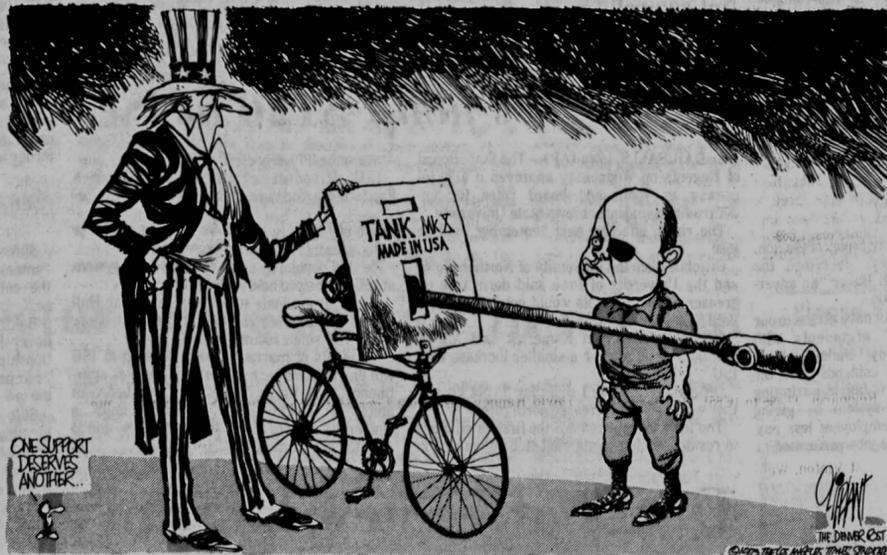
It was not the stormiest city council campaign in recent history only because it just got started before election day ended it. It has become quite apparent now that the present Student Senate is very big on "public image" and publicity, but very small on the necessary work to back that image up.

The outward Senate campaign included newspaper advertising (which needs no further mention), the issuance of letters to prospective voters and the endorsement of candidates. It was lacking the push and determination of the 1971 campaign.

That year, the Senate not only went through the process of endorsing candidates but they also spent the money to assemble leafletting packets and recruited more than 150 volunteers to go door-to-door. The volunteers not only went before the election, but returned election morning to every door to place leaflets again. The canvass also included returning to the polls to determine which voters had not yet cast their ballots, and returning to their homes to urge them to do so. That is called supporting the candidates who you want to see on the council.

None of that action was undertaken this time by the Senate—a group of politicians(not in any way meant to be derogatory) who pride themselves on power and effectiveness. It may or may not have an effect on the overall attitude and effectiveness of the city council. But it fostered a lack of respect for the student vote for sure, and even the Senate itself.

Stu Cross



mail

The Daily Iowan welcomes your signed letters and opinions. However, you must type and double-space your contribution, and, in interests of space, we request that letters be no longer than 250 words.



Hawks again

To the Editor:

Before this past week our team had won twenty-eight straight football games in capturing intramural football titles for two succeeding years. Even though we lost this week during the playoffs, we fought it out all the way as we kept trying to score until the final whistle. We too were faced with important injuries. Our defensive back suffered a severely broken leg in the first half. Our other end played the second half with a broken hand received in the game, and one of our linemen played with a pulled hamstring muscle. Our quarterback was not able to play the second half. Yes, it was tough to play being down by so many points and having so many bad "breaks," but the non-players of our House supported us all the way. We learned that one is only as good as he thinks he is; anybody can win and anybody can lose, and that goes for football teams too! Iowa is winless thus far and when fighting against Illinois, Purdue, Wisconsin, Michigan State, and Ohio State this may attempt to completely dominate your minds. But remember, "anticipation is greater than realization." Those teams may be favored to win, but that is only anticipated (by some), realization is what counts.

We know what it's like to lose now, and we hate it as much as you guys. But the spirit of our House cushioned the loss, and it will make us bounce back. We pledge ourselves to

the Iowa squad and we'll do anything we can to promote spirit and unity for the Hawks. You'll see and hear us at the next game and all your games.

The DU House

Personal enemy

To the Editor:

I am very disturbed by a quotation I read in the Oct. 30 DI article concerning the eight drug busts in Iowa City last Monday morning. Iowa City Director of Public Safety, David G. Epstein, said, referring to the lack of hostility during the raids, "Criminals don't have to be my personal enemy in order for me to work efficiently."

Classifying people who use and sell marijuana, hashish, and LSD as criminals is very narrow minded and neanderthal. Why couldn't he refer to them as people who have been the victims of an unjust law. There have been no scientific findings to indicate any physical and/or mental damage caused by Cannabis. Alcohol has been proven very harmful to the body and the mind, but it is legal.

Many well respected Americans have advocated that marijuana be legalized, but at the present time, people are still getting busted, going to jail, being harassed and surveilled and maybe having their lives ruined by a law enacted during the marijuana hysteria of the 1930's.

When are public officials and law enforcement officers going to realize that the drug problem

is not going to be solved by sending young people to jail. Drug abuse is a serious problem but strict enforcement of an antiquated law is not the answer. In my opinion, a crime is committed when someone is harmed by another person. The eight people arrested Monday aren't the criminals, they hurt no one. The real criminals are the arresting officers and narcotic agents who plotted the raid. The duty of the police should be to protect and serve not harass and arrest.

Dick Reeder
2131 H St.

SPI reaction

To the Editor:

Mr. Haddy's editorial and subsequent comments in the DI have been critical of SPI Board for permitting Student Senate to place political advertisements in the DI at reduced rates. As a member (but not a representative) of SPI Board, I feel obliged to respond to these criticisms.

The request for lower advertising rates (which normally are applicable to all other advertising by Student Senate) came not from Ranney, Carpenter, or deProse, but from the Senate itself. It is unfair to criticize the candidates themselves for SPI Board's or Senate's actions. After all, the candidates will not be paying for the advertisements at the reduced rate, Senate will.

The reasons for granting the reduced rate in spite of DI policy of equal rates for all candidates were not the same for each SPI Board member. Two, more prominent views expressed were: first, the desire to honor an existing advertising contract with Student Senate, since the contract is ambiguous and does not specifically exclude political advertising; and second, the notion that, as a representative of student opinion, Senate should not be restricted in its ability to express its views by being forced to advertise at the higher rate.

Next year's advertising contract with Student Senate will not be so ambiguous.

Those disagreeing with Senate's endorsement or advertising policy shouldn't transfer their resentment to the candidates. The way to change Senate's role in political campaigns would seem to be to take a more active part in student government and in Senate elections.

Finally, while Mr. Haddy's editorial is for the most part accurate, it is slightly sexist. A group of "small men" as he calls us is not an accurate description of SPI Board, which includes, at present, three women and five men of varying sizes.

Gary N. Gussin, G

'Fresh air' atmosphere

Editor's Note: Today's Equal Time column is a contribution of Karen Abramovitz, a graduate student.

Ahaziah Umanah's column "Grapes of Wrath" of October 29 was like a breath of fresh air. In an atmosphere of various anti's and pro's his comments stood out as a rational assessment of a tragic situation. I feel, however, that he should have gone a step further. I would like to add a few comments to help further shed light on the situation.

Zionism as a political movement goes back to the late 19th century. However, the yearning to return to a land of Israel goes back 2000 years. Jews have never fared well as minorities either in Arab or Christian countries. There has always been this combination of forces: the yearning to return to the land of our ancestors and the instability of our position within other majority cultures.

When nationalism became a political factor, it hit the Jews in a very special way. The Jews took on nationalism as a solution to their problem of their group existence being threatened within other countries; the "home" countries barred Jews from nationalistic activities on the grounds that they were "foreigners." Thus the nationalism intensified the Jews' exclusion within European and mid-Eastern countries and also intensified an already existing religious desire for a national Jewish existence. This was the atmosphere into which the Balfour Declaration came and was accepted by the Jewish people. To the Jews the Balfour Declaration meant salvation and a guarantee of their future existence as a viable group.

With this additional understanding one can easily see how it is that Arab talk of returning the Jews to Europe or making Palestine an Arab state with a Jewish minority is neither reasonable nor acceptable to most Jews or Israelis. History has shown that Jews cannot depend on others for their welfare.

Further I think that recent relations of Israel with Jordan and the Palestinians in Gaza indicate Israel recognizes the validity of the Palestinians' plight. Once she can be sure that her own existence will not be threatened, there is no reason she cannot work to attempt to redress the grievances of the various parties. At this point Israel has been involved in returning peoples to properties within Israel and the territories. Israel has put refugees to work (at equal pay with Israeli workers). For most refugees this is the first time they are working in 25 years. It seems obvious that these beginnings, although they cannot solve the original historical problem, nevertheless indicate a willingness on the part of the Israelis to come to grips with the human problem: taking in people uprooted by historical events.

I also believe it is necessary to bear in mind that his is not the first time Israel has had to care for those uprooted. Most Israelis are there because they were forced to leave their "home" countries. For those Jews there was no place to go but Israel. Others in Israel left their "home" countries because of a subtler threat to Jewish cultural existence. Israel is the only country to accept them, resettle them, and integrate them into her society. While this war was going on, Jews from Russia (with no other country to go to) have been arriving in Israel.

All of these things must be kept in mind when assessing the mid-East situation. It seems clear that Israel has, at least before the war, come to grips with the realistic view of the legitimacy of Palestinian claims. It remains to be seen if the Arabs can also come to grips with the legitimacy of Jewish claims. Perhaps then a Palestinian and Jewish state may be able to exist amid a peaceful mid-East.

The Daily Iowan

Volume 106, No. 90, Thurs., Nov. 8, 1973.
Lewis d'orkin, editor; john kampf, managing editor; mary walbaum, news editor; bill roemer, assistant news editor; stu cross, editorial page editor; chuck hickman, contributing editor; lowell may, contributing editor; denise trauth, feature editor; bob craig, assistant feature editor; bob dyer, sports editor; greg lund, assistant sports editor; tim sacco, copy editor; bob keith, survival services editor; wayne haddy, editorialist.
jim trumpf, photo director; pat cannon, art director; dave rubenstein, special effects; bob foley and dortha guthrie, copy desk assistants.

Will Norton, Publisher
Jerry Best, Advertising Director
Denise Crotty, Retail Advertising Manager
James Conlin, Circulation Manager
Dick Wilson, Production Superintendent

Published by Student Publications, Inc., 111 Communications Center, Iowa City, Iowa, 52242 daily except Saturdays, Sundays, legal holidays, days after legal holidays and days of university vacation. Second class postage paid at the post office at Iowa City under the Act of Congress of March 2, 1879.

Telephone numbers:
Editorial news.....353-6210
Survival Line.....353-6220
All advertising.....353-6201
Business office.....353-6205
Circulation.....353-6203

spectrum wayne haddy

Round and round



Just a little bit about many things: James Schaben, the senate minority leader of the Iowa Legislature, was in Cedar Rapids Monday to announce that he would seek his party's nomination for Governor. He is the second Democrat to announce and one more candidacy is expected in early December.

On Tuesday, the Iowa Poll showed that Gov. Ray has an approval rating of 75 percent. It kind of makes a person wonder why these men bother to waste their time. Whenever someone announces for governor, one of the first questions asked is what makes them think that Ray is vulnerable this time around? The usual answer is that he is vulnerable on the issues.

This is basically a bunch of crap, because when you pit issues against the best public relations staff ever assembled by an elected official in this state issues hold up for about one day. Nowhere was this better proven than in the 1972 election in which Ray's opponent, Paul Franzenburg raised issue

after issue that should have had some effect, but they were totally ignored by the public on the whole.

So the next time you run into Bill Gannon or Jim Schaben and they tell you that they are going to win on the issues, just give them a knowing smile.

Speaking of our Governor, he is suppose to make his announcement within the next few months concerning his decision whether or not to run for reelection. If you have a few extra bucks lying around depleting in value and you can find someone ignorant enough to bet, put some money on Ray to make the race. Smiling Bobby likes the office and the power too much to give it up. Besides, if he isn't governor than who would take care of all of wife Billie's speeding tickets?

Moving to the national scene, I would like to go out on a limb and predict that President Nixon is much closer to resigning than most people realize, despite his firm daily denials. I believe that all it would take for "the wizard of

whittier" to resign would be if a few politicians very close to him decide that it would be best for the Republican party.

This would include individuals like Sen. Barry Goldwater, Sen. Hugh Scott, and party chairman George Bush. Goldwater has started moving that way and it would probably take only a few more goodies like the "missing tapes" to convince him that Nixon must go.

Poor Dick is getting hit from all sides lately. In fact it would be hard to describe just what portion of the voting public does support him. Staunch conservatives like Sens. Buckley of New York, Dominick of Colorado and Gurney of Florida are beginning to come out against the President.

Human Events, a conservative periodical, reports that conservative representatives Ashbrook, Rousselot, Blackburn and Symms, who were elected by conservative constituents, are receiving mail running overwhelmingly against Nixon from these

same constituents. So if Nixon is losing the conservative support that he always had, and since he has as much liberal support as George Wallace has black friends, then where does that leave him. I would have to guess that he is not the darling of the middle-roads, so I imagine that daughter Julie is his constituency.

Human Events has already started an attack against Speaker of the House and next in line to be President, Carl Albert. They say that AFL-CIO president George Meany is engineering the strategy to get Albert into the White House with the help of Sens. Kennedy and Inouye and that Albert has a long history of alcoholism. I have no way of knowing whether this last charge is true or not, but I guess it all comes down to the question of whether we want a drunk or a crook in the White House. My choice...well a little shot of the bubbly once in a while never hurt anyone.

Congress overrides Nixon veto; curbs presidential war powers

WASHINGTON (AP) — Congress handed President Nixon a major defeat Wednesday by enacting into law over his veto its historic bill to curb presidents' war powers.

The 60-day limit on presidents' power to commit U.S. combat troops abroad without Congress' approval became law immediately when the Senate overrode the veto.

The Senate vote was 75 to 18, or 13 more than required.

The House overrode the veto hours earlier 284 to 135, four more than the two-thirds needed.

The war powers bill was opposed on the final vote by a coalition of President Nixon's supporters and antiwar congressmen who contended it would grant presidents new power to wage war up to 60 days without congressional approval.

Sen. Thomas F. Eagleton, D-Mo., called the bill "blankcheck authority to carry us into war" and said Nixon could use it immediately if he wanted to send U.S. combat troops into the Middle East.

But Senate Armed Services

Chairman John C. Stennis, D-Miss., and Sen. Hubert H. Humphrey, D-Minn., said the bill was never intended to restrict presidents' war powers but instead require that Congress share the burden of committing Americans to war.

Sen. John Tower, R-Tex., urged that the Senate get "not so caught up in the hysteria of Watergate" as to enact the war powers bill "to kick the President while he is down."

Congress' override of the President's veto was its first in nine years this year and the fifth since Nixon became President.

After the House vote, President Nixon issued a statement saying it "seriously undermines this nation's ability to act decisively and convincingly in times of international crisis."

The confidence of American allies could be diminished, he said, and "our potential adversaries may be encouraged to engage in future acts of international mischief."

Inspired by the Vietnam war, the bill was intended to prevent the United States from becoming involved in such a conflict

without Congress' specific approval. Many congressmen switched from their traditional positions.

Nixon vetoed the bill two weeks ago, calling its curbs on presidential war powers "both unconstitutional and dangerous."

He particularly criticized two sections:

The first requires a president to withdraw any U.S. combat forces he commits abroad on his own after 60 days unless

Congress votes approval of the commitment by then.

The president, however, could extend that period another 30 days if he told Congress in writing the time was needed to safely withdraw the forces he had committed.

The second provides that Congress can halt the war commitment any time during the 60 or 90 days with a simple House-Senate concurrent resolution not subject to a president's veto.

War power votes

WASHINGTON (AP) — The roll call by which the House voted, 284 to 135, to override President Nixon's veto of a bill limiting presidential war powers included ("X" designates not voting):

Iowa — Culver, D. No; Gross, R. Yes; Mayne, R. Yes; Mezvinsky, D. Yes; Scherle, R. No; Smith, D. Yes.

Nebraska — McCollister, R. No; Martin, R. No; Thonse, R. Yes.

Illinois — Anderson, R. Yes; Annunzio, D. Yes; Arends, R. No; Collier, R. No; Collins, D. Yes; Crane, R. Yes; Derwinski, R. No; Erlenborn, R. Yes; Findley, R. Yes; Gray, D. Yes; Hanrahan, R. Yes; Kuczynski, D. Yes; McClory, R. No; Madigan, R. No; Metcalfe, D. Yes; Michel, R. No; Murphy, D. X; O'Brien, R. No; Price, D. Yes; Railsback, R. Yes; Rostenkowski, D. Yes; Shipley, D. Yes; Yates, D. Yes; Young, R. Yes.



Bad weather blues

Photo by Jim Trumpp

Call him the unlucky student, the unfortunate soul. Call him anything you want, but Jim Gram illustrates the woes of bad

weather setting in in time to greet students along with mid-terms and finals.

Speed case hears Alabama dentist

By JOHN SIVERTSEN
Staff Writer

Charles McCallum, dean of the University of Alabama college of dentistry and an oral surgeon, told the court hearing the James Speed case that in his opinion there was no causal connection between the actions taken by the doctors of University Hospitals and Speed's total blindness.

While ranking of hospitals does not exist, McCallum felt that the UI hospital has a high standard of care.

McCallum said that Speed was given "proper" treatment when he returned to the hospital after his teeth were extracted. According to McCallum, many people return after teeth extractions with complaints of pain. After the patients are seen and an examination has negative results, McCallum felt that it was normal for the patient to be sent home, as Speed was.

State attorneys recalled the events in the student infirmary where Speed's eyes became swollen and his temperature became elevated. Since the only new factor in Speed's condition was the elevated temperature,

McCallum testified that it was appropriate to telephone the on-call doctor when Speed was initially admitted to Student Health. In McCallum's opinion, an elevated temperature and swollen eyes were not unusual in a case of viral infection.

While there were no major changes in Speed's condition from 1 a.m. to 5 a.m. on the date of his admission to the infirmary the state attorneys noted that the nurse checked Speed several times during the early morning hours. McCallum approved of this procedure, and felt that not until 5:30 a.m. when

Speed was unable to bend his neck without pain could one have suspected meningitis complications.

McCallum told the court that cavernous sinus thrombosis may take two forms which would determine the times at which the condition could be diagnosed.

According to McCallum, if the condition ascended up through the sinus and across the orbit of the eye, the thrombosis could be detected early. However, if the cavernous sinus is the origin of the condition and the throm-

bosis exists first in the upper sinus, then the swelling of the eyes is a later result of the thrombosis.

Under cross-examination by James Hayes, Speed's counsel, McCallum said that the personal doctor-patient relationship may vary with the people that are involved. However, McCallum felt that it does not reduce the standard of care given to a patient, for McCallum noted that when dealing with medical specialties the primary physician responsibility is not clear.

Skylab launch delayed 5 days

CAPE CANAVERAL, Fla. (AP) — Hairline cracks in an aging rocket have forced a five-day delay in the launching of the Skylab 3 astronauts.

The National Aeronautics and Space Administration Wednesday set a new launch time of 9:37 a.m. Nov. 15. The shot had been scheduled Saturday.

Officials said there could be an additional delay if any problem is encountered in replacing eight stabilizing fins on the first stage of the 22-story Saturn 1B rocket.

Tiny cracks were discovered in each of the fins during a routine check Tuesday night. They were

around bolts in fittings that attach the devices to the side of the rocket. Most were less than an inch long.

The rocket is to boost astronauts Gerald P. Carr, William R. Pogue and Edward G. Gibson toward a linkup with the Skylab space station, now orbiting unmanned 270 miles high. They are to spend a record 85 days aboard on man's third and final visit to the laboratory.

Officials said the cracks might expand under launching stresses, with a possible breakup of the rocket. So the decision was made to replace them.

A.J.A.
A.J.A.

fall fashion

WALDEN

face the cold front
IN SLICK BRAWNY LEATHER

Nothing says fashion better than a great looking leather coat, and this coat says it all. It sports a full lay-down collar and lapels; full belt with leather buckle; inset flap pockets with wide tunnel belt loops. Single breasted styling with deep center vent, in a sleek antique Brown.

IT'S A FANTASTIC COAT SO IS THE PRICE—
\$120

A.J. August

The Mall MENSWEAR

A.J.A.
A.J.A.

OPEN DAILY 10-10; SUNDAY 11-6

Kmart

...gives satisfaction always

THURS., FRI., SAT.

COATS - SAVE 20%

ENTIRE STOCK - NEW STYLES

DRESSES - BIG SAVINGS

Use your Kmart Credit Card, BankAmericard or Master Charge.

LADIES' COATS

Lights, action — roll 'em! A sale spectacular where every coat is a star! A marvelous assortment of styles, fabrics, colors and sizes. Come early for the best selection. And don't forget our convenient Lay-away plan!

LADIES' DRESSES

\$8-12

Reg. \$9.96-15.96

You are what you wear... lovely! If it's one of these dresses. Polyesters, acetates, acetate blends... in ribs, solids and checks. Choose from a delightful selection of assorted styles, colors and sizes.

\$2 WILL HOLD YOUR SELECTION IN OUR LAYAWAY DEPT.

901 HOLLYWOOD BLVD. IOWA CITY



New York victory

AP Wirephoto

Democrat Abraham Beame waves to supporters as his wife Mary blows a kiss after Beame's election as mayor of New York City Tuesday night. Beame, who will be the first Jewish mayor of New York, won a landslide victory over three opponents.

Nixon secretary to testify

WASHINGTON (AP) — The testimony of a presidential aide Wednesday raised a question of whether part of yet a third White House Watergate tape may be missing or nonexistent.

The testimony followed notification to U.S. District Court Judge John J. Sirica that President Nixon's personal secretary, Rose Mary Woods, will testify at a hearing into a White House claim that two crucial presidential conversations on Watergate went unrecorded.

Sirica had summoned Miss Woods to appear. White House aide John C. Bennett testified before Sirica that Miss Woods called him into her office Tuesday to say she had discovered a "gap" in a tape recording made of presidential conversations.

Bennett, an aide to White House chief of staff Alexander M. Haig Jr., said Miss Woods did not describe the tape she was listening to and he did not ask.

Bennett also said she told him that she was not transcribing Watergate tapes and that his own testimony of Tuesday—in which Bennett said he was told that's what she was doing—was wrong.

Exactly which tapes Miss Woods was listening to when she discovered the gap presumably will have to await her own testimony, now expected Thursday.

Douglas Parker, a White House lawyer, said he expected Miss Woods will be allowed to appear as directed.

Bennett previously had testified that Miss Woods now has in her possession 14 tapes, eight of them covering the periods listed in subpoenas from the special Watergate prosecution force and six others delivered to her Monday.

The White House said, meanwhile, Nixon is expanding his legal staff to deal with Watergate problems "perhaps more effectively than we have before." Specifically, a spokesman said, Florida lawyer Sam Powers had been recruited for the hearings before Sirica.

Noting that scores of attorneys are involved in various Watergate probes, the spokesman said the White House had to expand its staff because "you can't deal with 100 lawyers with five."

The spokesman promised again that Nixon will meet his Watergate problems head-on in ways that will be clear in the next month or so.

In another court development, Sirica denied various motions by six of the original Watergate defendants for new trials or withdrawal of guilty pleas and said he would sentence them at 10 a.m.

The six are E. Howard Hunt, James W. McCord Jr., Bernard L. Barker, Eugenio R. Martinez, Virgilio R. Gonzalez and Frank A. Sturgis.

McCord, who was convicted at the Watergate trial in January, had sought a verdict of acquittal and a new trial. The others, who had been in prison under provisional maximum sentences for burglary, conspiracy and wiretapping, had asked to withdraw their guilty pleas.

G. Gordon Liddy, a seventh Watergate defendant, was convicted with McCord and sentenced to a prison term of six years, eight months to 20 years. He has asked a federal appeals court for a new trial.

The seven men were tried in connection with the June 17, 1972 break-in at Democratic national headquarters.

The two presidential conversations the White House says went unrecorded were with then-counsel John W. Dean III on April 15, 1973 and former Atty. Gen. John N. Mitchell on June 20, 1972.

The six tapes Miss Woods was given Monday by Bennett were for conversations on April 16, a day on which Dean on two separate occasions met with the President. Dean said that in one conversation he refused to resign as White House counsel and that in the other he would not be a scapegoat for the Watergate scandal.

Mass murder takes nine Californians

VICTOR, Calif. (AP) — Two couples, their four children and a friend were found shot to death execution-style Wednesday in a blood-spattered house in this tiny vineyard settlement.

"It's a shocking sight. It looks like the work of a madman," San Joaquin County Sheriff Michael N. Canlis said of the Tuesday night carnage in the new ranch-style home. All the victims were shot in the head.

Authorities theorized the victims had been ambushed by men who later ransacked the grocery store of one of the victims, Walter Parkin, 33. Parkin was owner of the rambling \$60,000 home, 30 miles south of Sacramento.

Two children were shot to death on a bed. Parkin and six other victims, gagged and bound, were stuffed into a 6-by-8-foot walk-in closet in the master bedroom, police said.

New clash threatens

Kissinger, Sadat meet to avert renewal

By the Associated Press

Israel claimed Wednesday that Egypt is preparing to renew warfare while Secretary of State Henry A. Kissinger was commenting after a round of talks in Cairo that "we are moving toward peace." Syria reported a clash on the Golan Heights.

Kissinger made his comment following a three-hour meeting with President Anwar Sadat of Egypt.

A spokesman for the Israeli military command in Tel Aviv said Egyptian troops were stepping up preparations for open warfare.

He refused to elaborate on the preparations, but Israel radio broadcast reports that Cairo had ordered its troops on "high alert." It quoted an Egyptian news agency dispatch as saying this.

Corridor

The Israeli radio said Egypt's 1st Army, stationed in a defensive position around Cairo, had reportedly moved toward the Suez front, apparently to give it the possibility to break a corridor through the Israeli lines and open an escape route for the trapped Egyptian 3rd Army in the Sinai Desert.

Egypt's official Middle East News Agency described the situation on the Suez front as "tense and explosive" and said the Israelis on the west bank of the canal were in pockets that could easily be destroyed.

The news agency said the Israelis had violated the ceasefire since Oct. 22 in "an attempt to gain more land and destroy all peace prospects."

Syria's report of a clash in the Golan Heights said an Israeli attempt to cross the cease-fire line was beaten back and "our artillery silenced sources of enemy fire."

It was the second incident reported in two days by the Syrian army. On Tuesday it said Israeli planes had fired rockets at its advance positions.

Little hope

While Kissinger, with Sadat's agreement, spoke of moving toward peace, reports from Morocco, the secretary of state's first stop in the Middle East, were less optimistic.

Moroccan officials kept publicly silent about Kissinger's seven hours of talks with King Hassan II but privately in-

dictated that the American position gave them little hope for an early solution of the Middle East problem.

And in Beirut, Sadat was reported to have taken a tough stand in his talks with Kissinger. Cairo-based correspondents of several Beirut newspapers said Sadat's prepared paper for the talks demanded quick withdrawal to positions held when the first cease-fire was declared on Oct. 22.

Iowa reaction to Nixon's speech: generally favorable but cautious

Gov. Robert Ray, calling upon Iowans to cooperate, said state government in Iowa will comply with President Nixon's recommendations to forestall an acute energy shortage.

"We're going to comply with his request that all state cars" adhere to the federal speed limit, Ray said.

"There are other things we can do on a voluntary basis, the like of which we've been trying to do anyway."

President Nixon "has suddenly realized that the energy crisis is much more serious than he indicated in his statement of six weeks ago," Rep. William Scherle, R-Iowa, said after the President's nationwide address Wednesday night.

Nixon asked Congress for emergency powers by December to combat the expanding fuel problem. The powers would include those to lower speed limits, enforce year-

around daylight saving time and provide exemptions from anti-pollution laws.

Scherle said he believes Iowa might benefit from the fuel shortage "because we have a great deal of coal reserves in the state. We may be in a position to keep ourselves warm, in addition to providing people around the rest of the country with both heat and energy."

"We're faced with an emergency," he said, noting that Nixon's request to hasten nuclear power plant construction "is something I've wanted for a long time."

"We have not progressed to the extent we should have in years past" in completion of the plants, he said.

"We've just sat with our fingers crossed, hoping nothing would happen. But we failed to realize progress would be made as fast as it has."

Scherle said a main concern is that if fuel allocations are

made, "they would not cut back what is the most vital industry in the world: the ability to produce food and fibre for this country and those overseas."

"I would hope that agriculture and agribusiness will be given primary allocation."

Scherle said he is "trying to get a grant for Iowa State University, which is deeply involved in solar energy, both in the field of heating and refrigeration."

Sen. Dick Clark, D-Iowa, said Nixon's "general approach to the problem—both its long and short term aspects—seems to be reasonable."

"He can be assured that Congress will work with him in fulfilling it."

"However, we must be very careful as we work out the specifics that we maintain a sense of balance between the various responsibilities we have."

Clark said reducing speed limits "will not be pleasant for

anyone. But it would not endanger the health or the lives of persons with respiratory problems that a drastic relaxation of clean air standards would."

Rep. Edward Mezvinsky, D-Iowa, could not be reached immediately for comment, but his press aide, Kevin McCormally, said Mezvinsky "fully agrees that the energy crisis is a crucial issue and that it demands to be a top priority."

McCormally said he's certain Mezvinsky will "give careful consideration to the President's proposals and many of them seem to be very sound."

Sen. Harold Hughes, D-Iowa, said he supports "the President's call for the conservation of energy and for expanded efforts to develop new sources of energy."

"In the interests of the goal, it is unfortunate that he reopened the old wounds of the administration versus Congress. A crisis of this dimension can only be met by bipartisan effort."

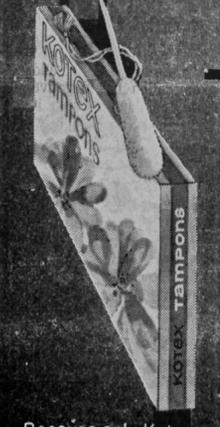
Sign of the good neighbor.
The American Red Cross

SCANDANAVIAN
Stuffed toys & handicrafts
GILDA IMPORTS
215 Iowa Ave.
338-7700 Iowa City

Quick, Economical Copy Printing
from original camera-ready copy 8 1/2" x 11"
Resumes, Church Bulletins, Leaflets, Christmas Letters
Tues., Wed., Thurs. 2-4 p.m.

H. S. PRINTING
219 S. Capitol, At Rear

Your first tampon should be a Kotex tampon.



Because only Kotex tampons have soft, rounded ends... gentle insertion guides instead of two bulky tubes... and more protection than the leading brand. But the only way to be convinced is to let a Kotex tampon be your first one.

If it wasn't, here's a second chance.

For a trial size package of Kotex tampons (5 tampons), a pretty purse container, and a very explanatory book entitled "Tell It Like It Is," mail this order form with 25¢ in coin to cover mailing and handling to:

Kotex tampons
Box 551 CN1
Neenah, Wisconsin 54956

Name _____
Address _____
City _____
State _____ Zip _____
Allow 4 weeks for delivery. Offer expires December 31, 1973. Limit one per customer.



Femininity today from Kimberly-Clark

OSCO VITAMIN C
500 mg. 365's
OSCO REG. \$4.49 **\$2.99**

HEET Gas Line Anti-Freeze
OSCO REG. 29c **5 FOR \$1**

PREMIXED Windshield Washer Anti-Freeze
One quart
OSCO REG. 33c **4 FOR \$1**

WINDSHIELD SCRAPER & BRUSH
OSCO REG. 49c **25c**

Aluminum Booster Cables
8 Feet **99c**

Anti-Freeze Tester
OSCO REG. 99c **66c**

CHLORASEPTIC MOUTHWASH & GARGLE
ANTISEPTIC • ANESTHETIC
6 oz. with sprayer
OSCO REG. \$1.39 **99c**

OSCO Hand Lotion
16 ounces.
OSCO REG. 98c **49c**

JENO'S CHEESE PIZZA MIX
Osco Reg. 59c

OSCO Drug 39c

DISPOSABLE PLASTIC TUMBLERS
Pack of 16 & 18
OSCO REG. 57c **29c**

OSCO Drug

STORE HOURS: MON.-FRI. 9 to 9 SAT. 9 to 6
AD EFFECTIVE THRU SUN. Nov. 11, 1973 SUN. 12 to 5

Ginsberg's and Rolex: Two fine names

A FACE FOR ADVENTURE

This face has a symbolic name: Explorer II. Designed for high mountain ascents, based on the Rolex Oyster Perpetual used by Sir John Hunt and his Everest expedition, the new Rolex Explorer II is carved from a solid block of surgical stainless steel. This self-winding calendar chronometer, super shock resistant and also pressure-proof down to 330 feet, has a special red hour hand to point the time on a 24-hour bezel.

ROLEX

Ginsberg's jewelers
Downtown Cedar Rapids

The Mall Shopping Center

Behind the Walls

Views Iowa prison system

By PAT OWENS
ED CLARK
Feature Writers

"If we have taken anything from the Dark Ages, it's our prison system!" That statement was made by Mark Nelson, producer of "Behind the Walls," a new series that debuts this Sunday at 3:00 p.m. on Channel 12. The series of eight shows is designed to provide an in-depth view of life in the Iowa State Penitentiary in Fort Madison. After previewing two of the eight shows, Nelson's comment makes a lot of sense. It is all very medieval indeed.

One of the shows previewed deals with the Church of the New Song, a religion founded by a convict in isolation in a federal penitentiary in a southern state three years ago. The organization has just recently been recognized as a religion and permitted to hold services in prisons after many court cases. Even this decision is being appealed by the federal prison officials. At the time the interview on which this show is based was taped, the organization was not officially recognized as a religion in the Iowa penal institutions. There was some question as to whether this segment of the series could be shown at all. However it will be on December 16.

"It's not Christian although it's based on Christian theology. We consider it a fulfillment of the Christian philosophy," explains lifer Rob Loney in the interview. "Our vasis of ecclat is a French word meaning to burst forth in a blazing light. And therefore we consider everything in the world can be...

It can burst forth in a blazing light." The convicts estimate that approximately 200 of the 600 inmates in the institution are members of the Church of the New Song.

The relationship between the Church of the New Song and the prison administration at the Iowa State Penitentiary is by far the most interesting part of this segment.

"They (the chaplains) deny our spiritual existence. The chaplains, they're employees of the penitentiary. They're employees of the administration. And the administration has not sanctioned us," says Rob Loney.

Mike Remmers, another convict, continues, "It's been said by the prison administration the Church is just merely a forerunner of a prisoners' union. And that's not specifically or exactly true. Although any type of convicts' organization would cause any prison administration to worry because then you have the prisoners thinking more as one rather than as 600 individuals. And this is what they're scared of."

The second previewed segment of the series was concerned with the lifers.

The situation for the lifer, the person confined to prison for the rest of his life, usually for first degree murder, is intertwined with Catch-22's. These entanglements are best illustrated by the articulate spokesmen for the lifer's group at the Fort Madison State Penitentiary.

Vern Zearinger, an inmate from Scott County, sums up the situation like this: "The state parole board, is composed of part-time appointees of the governor

who meet only two times a year. They will not review a lifer's case for parole until he has served 15 years. Then the parole board must recommend a commutation of sentence to the governor. The power for a commutation rests solely with the governor. Usually a life sentence is commuted from life to 90 years. Then the parole board can control the man's destiny, because only a term of years may be paroled."

Regarding the problem in Iowa Zearinger states, "Now if a particular governor has a prejudice or personal feeling, including political pressures or this type of thing, against lifers in general, no lifer can receive a time cut under his reign of office. This presents a problem for lifers in Iowa under the present-day situation."

Although we are never shown any day to day activities by cinema verite techniques, or shown the inside of any of the facilities within the prison, evidence of the flight friction between the prisoners and the staff or bureaucracy is evident in the discussion.

Welding defends the administration chain-of-command type of control when he asks, "How many factories will you find where you have direct and immediate access to the head?"

Zearinger suggests that the "Governor meet directly with the people involved since we constitute a very small minority, maybe only one or two a year."

Welding replies with the classic counter argument of the bureaucrat with, "Multiply this by other minorities. We

have a number of blacks in our population, a number of Indians in our population, all kinds of minorities that can come up and say, 'Well, we're in the minority and we have rights and we have these needs.' Well, where are you going to draw the line?"

The discussion fades out with Zearinger answering his guardian, "What rights do we have as lifers? We have no rights!"

The other shows in the series cover a panel discussion between staff and inmates, which is the debut segment, interviews with several convicts, correctional officers, the warden and a convict in "lock up". The interview with the convict in "lock up" which is isolation, is conducted through the bars of his cell.

If the previewed segments are typical of the entire series, it will impart a great deal of information. The series does not have to be "watched" in the sense that anything of importance will be missed if one does not remain glued to the picture tube. Very little of visual importance is included past an occasional expression or a shot of the prison grounds. In other words, the series, of that part of it that was previewed, is a straight interview show that has a slight case of the "talking heads".

All things considered though, it is a good series that everyone should watch.

Food prices up this fall; no decline ahead

WASHINGTON (AP)—New government figures show it cost a family of four at least \$40 per week to eat in September, up \$3.30 in five months, even if the family bought plenty of beans and avoided expensive meat.

The budget was compiled by the Agriculture Department according to a low-cost plan for a four member family whose income is between \$4,000 and \$8,000 per year.

Under a "moderate" plan for a family making \$8,000 to \$10,000 a year, groceries in September cost \$51.70 per week, compared with \$47.30 last April.

A more affluent family with an income of \$10,000 or more would have spent \$63.30 per week in September for a "liberal" plan, compared with \$58.10 last April.

The new food cost figures were included Tuesday in a

routine weekly publication Food and Home Notes, which is sent upon request to daily and weekly newspapers. There was no official news release by the department.

The three types of food budgets, for most household sizes, were up about nine per cent in September from last April. That covered five months during which the Nixon administration tried to curb

soaring food prices through retail and wholesale ceilings.

In another report Tuesday by the Outlook and Situation Board, the department said consumers cannot expect retail food prices to decline much during the remainder of 1973.

The forecast was included in a summary of a report on the marketing and transportation situation to be issued later this month.

Middlemen, including wholesalers and retailers, are currently trying to catch up from last summer when margins were squeezed by price controls, the report said.

"As a result, retail costs for market basket foods will not fully reflect the expected decreases in returns to farmers in the fourth quarter," the report said.

Officials said the retail price of a market basket of U.S. farm-produced food, which does not include imported products or seafood, cost an average annual rate of \$1,064 during July-September. That was up seven per cent from the second quarter and 21 per cent above a year earlier.

The market basket used by USDA theoretically is enough food for a household of 3.2 persons for an entire year. It is primarily a statistical indicator used to show where consumer food dollars go.

In July-September, farmers got \$761 of the annual basket rate, up 42 per cent from the third quarter of 1972, and middlemen \$843, up seven per cent from a year earlier, the report said.

Tumbleweeds

LIMPID LIZARD, DEAR BOY, WHATEVER IS THAT UNUSUAL BEAT YOU'VE BEEN PLAYING FOR WHAT SEEMS EONS?



by Walt Kelly

Pogo



by T.K. Ryan

Today on TV

8:00 GREAT MOVIE. "The Graduate," a fresh, exuberantly polished satire touching upon the generation gap, became a cinematic 60s statement on Establishment elite plastic crassness. Into virginal college graduate Benjamin Braddock's (Dustin Hoffman in his movie debut) life slithers the seduction-bent wife of his father's business partner, Mrs. Robinson (Anne Bancroft). Director Mike Nichols (Best Director) masterfully blended sophisticated verve with fumbling hilarity, tremendously aided by Hoffman's befuddled title character. Anne Bancroft's sharp, dissecting study of in-command cool, a bulls-eye script, Robert Surtees' jaunty filming and vigorous, moody songs by Simon and Garfunkel. Treat yourself on 2.

9:00 REPEAT OF MONDAY'S SPECIAL. Newport Jazz Festival New York, is on channel 12.

PRESS COVERAGE OF WATERGATE is the main topic of Behind the Lines. On 12.

vulgarized by way of "Love Story"-ish promos. Sad to say, nothing could de-vulgarize the rest of the TV batch, remembering, of course, that there are one or two redeemers. Paul Newman and Eva Marie SSaint star in "Exodus," channel 2's late show, while Vincent Price and Boris Karloff zap the living daylight out of each other in a magical duel in "The Raven".

7:00 a.m. SURVIVAL IN POW CAMPS is the topic for discussion by author Steve Rowan ("They Wouldn't Let Us Die") on Today. Also: Gene Shalit reviews movies and books. On 7.

9:00 WILT THE STILT CHAMBERLAIN GETS IT on this Dean Martin Comedy Hour roasting. Ringside scavengers: George Kennedy, Ken Berry, Nipsey Russell, Norm Crosby, COLUMNIST Vernon Scott and others. Dino and Ferlin Husky give a country nod with "Down by the Riverside," "Houston" and "Ramblin' Rose." On 7.

10:30 HIT MOVIE. Otto Preminger directed this adaptation of Leon Uris' best-seller, "Exodus." Screenplay by Dalton-Trumbo; starring Paul Newman, Eva Marie Saint and Sal Mineo.

Friday
Tonight's prime-time move is based on fact but is already

Read Survival Line

children's books

THINGS & THINGS & THINGS

Antique wall combinations

GILDA IMPORTS
215 Iowa Ave.
338-7700 Iowa City

Introducing...

A New Service for the University Family

COMPLETE

Kodak® Film & Processing Service
in just 2 days

Processing of color or black-white prints, movie film processing, enlargements and Kodak® film at competitive prices. Compare and see for yourself!

10% Discount

from the published price upon presentation of student, faculty, or staff identification.

The "I" Store

Located on First Floor, South End of the IMU

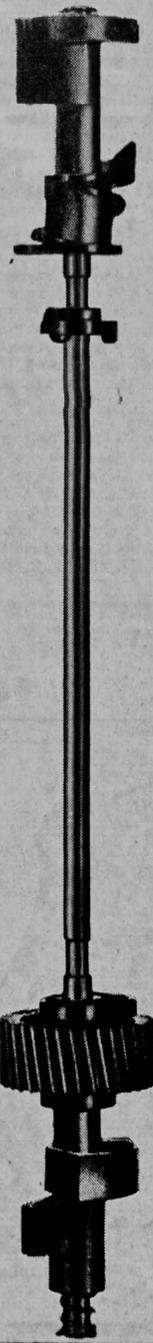
Please recycle this paper

CHIC CHAPEAUX



A WIDE SELECTION

WOMEN'S DEPT. THINGS



Buy the BSR 710 or 810.



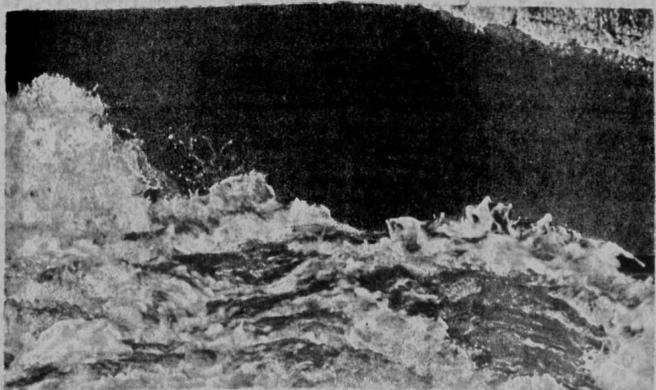
Either way you'll get the shaft.

The BSR 810 and 710 have their brains in their shaft. A carefully machined metal rod holding eight precision-molded cams. When the cam shaft turns, the cams make things happen. A lock is released, an arm raises and swings, a record drops, a platter starts spinning, the arm is lowered, the arm stops, the arm raises again, it swings back, another record is dropped onto the platter, the arm is lowered again, and so on, for as many hours as you like.

Deluxe turntables from other companies do much the same thing, but they use many more parts—scads of separate swinging arms, gears, plates, and springs—in an arrangement that is not nearly as mechanically elegant, or as quiet or reliable; that produces considerably more vibration, and is much more susceptible to mechanical shock than the BSR sequential cam shaft system.

When you buy a turntable, make sure you get the shaft. The BSR 710 and 810. From the world's largest manufacturer of automatic turntables.

BSR BSR (USA) Ltd.
Blauvelt, New York 10913



Spillway study

A common pastime among people around Iowa City is going out to spend a day at the Coralville Dam and take in the sights. Two people are pictured doing just that as they intently study the spillway of the dam. Photo by Jim Trumm

'Political harrassment'

Walters appeals Bartel ruling

By PAUL DAVIES
City-County Writer
Challenger P.C. Walters filed an appeal Wednesday in Johnson County District Court seeking to overturn a special tribunal's ruling last month affirming Richard Bartel's eligibility to hold office.
"It's little more than political harrassment," Bartel responded Wednesday night.
The appeal came exactly one year after Democrat Bartel defeated Republican Walters in the 1972 general election for supervisor. Walters' attorneys filed the necessary papers with County Auditor Dolores Rogers and Clerk of Court Jack Wombaker only 27 minutes before the appeal deadline.

Walters is asking the court to overturn the rulings made Oct. 18 by the special tribunal judges, Robert Burns, to Eric Heintz and Robert Jansen, who had decided on a 2-1 vote that Bartel could serve.

The original challenge claimed that Bartel had been convicted of "break, enter and theft" in London, Ontario, Canada, in 1964, and that he was thus barred by Iowa law from voting and serving in public office.

But tribunal members Burns and Heintz decided Bartel had not been properly convicted, primarily on the grounds that he had not had an attorney at the time the Canadian court proceedings were held.

Bartel said Wednesday night he "kind of expected" the appeal by Walters. Bartel has often expressed the view that ac-

tion against him in the case has been prompted by political motives.

Bartel said he holds his supervisor post through "legitimate" procedures, and "there's just no amount of pressure or harrassment that's going to change that."

He admitted, however, that "I allowed myself to get sidetracked for months" from his supervisor duties by the election challenge.

Now, Bartel said, "I'm just going to carry on as if this isn't

happening." He said he and his attorneys are prepared for the new round of court battles.

The case has already spawned enough court action to run Bartel's legal bill an estimated \$8,000 to \$10,000. He had pledged to be a full-time supervisor, but has taken a part-time engineering job with the Gee Grading Co. of Cedar Rapids, and has sold his rural home in Sharon Township to meet the extra financial burdens.

Walters' costs are not known.

but in addition to any legal fees, he had to post a \$10,000 bond when he filed the challenge last December.

Bartel said that in order to win in district court, Walters will have to defeat him on several legal "humps"—on whether the challenge was properly filed within the deadline, whether the challenge should ever have been heard by the tribunal, whether Bartel was "duly" convicted, whether there was a final judgement and

sentence, whether the challenge law is constitutional and whether a conviction under a foreign nation's laws can affect a citizen's rights here.

Apparently referring to the last two points, Bartel said "the overall end result (of the appeal) should be beneficial to our society."

He has often said he would like his case to establish legal ground in Iowa for the stand that foreign convictions should not affect local rights.

Escapees hold 3 hostages

WADENA, Minn. (AP) — Two jail escapees freed three children Wednesday but kept three other members of a farm family hostage while waiting to flee aboard a commandeered airplane.

Three of the four children of Mr. and Mrs. Elmer Wegscheid walked through the late afternoon darkness to freedom nearly 24 hours after the gunmen took control of the farmhouse.

Inside, the fugitives and their hostages waited for an early winter snowstorm to abate so authorities could make good on their promise to provide a plane for an escape flight.

Police said the Wegscheids were taken hostage Tuesday night by John P. Morgan, 37, and his 18-year-old companion, William L. Winans. Still held captive were 15-year-old Ed Wegscheid and his parents.

Freed by the escapees were Beckey, 16; Rickey, 12, and Joel, 10.

Authorities said they would provide a plane and pilot for the two, one an accused murderer, and the fugitives said the family would be released once they reached the airport three miles away. A local prosecutor volunteered to serve as hostage aboard the flight.

But the weather intervened. By late afternoon, the light snow and drizzle continued, although clearing was anticipated by evening.

Morgan spoke with newsmen by telephone from within the house and refused to say where he and his cohort intended to go. About 50 police officers ringed the house as the standoff continued.

Morgan said by telephone that the hostages would not be

harmful, and Mrs. Wegscheid said her family was safe. "But, of course, we don't know...if something should happen, I'm sure it could go further," she said.

Authorities said Morgan and Winans negotiated throughout the night with Cass County Atty. John Plattner of Walker, Minn., for their safe passage and release of the hostages.

Morgan said that when weather permitted, he and Winans would release Mrs. Wegscheid and the four children and take Wegscheid with them to the airport. Then, they would exchange him for Plattner, who would become their hostage.

Morgan faces two first-degree murder charges in the shooting deaths last August of John Estralla, 26, and Patricia Hamilton, 19, both of Lynn, Mass. Authorities said then he had es-

caped from the Essex County House of Corrections at Salem, Mass.

He was arrested a few days after the bodies were found in some woods in northern Minnesota.

Winans had been held on burglary charges in connection with the theft of some cigarettes and beer at Erhard, Minn. The thin, blond youth previously served a short term on an armed robbery conviction.

Wegscheid is a livestock farmer who also does plumbing and furnace work in Wadena, a community of 4,640 about 170 miles northwest of Minneapolis.

Morgan and Winans escaped jail in Wadena Monday night after shooting a jailer with a gun, which police said had been smuggled to them by a young girl who was later arrested. The jailer was not seriously injured.

Democrats fare well nationally; Watergate not determining factor

By the Associated Press
While the Democrats on balance appear to have come out on top in Tuesday's elections, the chiefs of both major parties agree that Watergate had little to do with it.

Instead, Democratic National Chairman Robert Strauss and Republican George Bush said in separate news conferences, the real test was their efforts in rebuilding troubled parties. Both said Wednesday they saw evidence of their own success.

"Watergate doesn't appear to have been a determining factor," said Bush, who has been campaigning to persuade the nation that the party shouldn't be blamed for scandals at the White House.

And Strauss, who has been warning Democrats against a false sense of security, said, "I don't think the elections were a Watergate referendum."

Democrats in general did well, however, especially in New Jersey, where they recaptured the governorship and controlled the legislature in a record-breaking performance. Democrat Brendan Byrne beat Republican Rep. Charles W. Sandman Jr. by some 700,000 votes in the governor's race.

In California, a referendum issue championed by potential Republican presidential candidate Gov. Ronald Reagan went down to defeat.

Democrats scored heavily in important municipal elections across the country, principally in New York, where Abraham D. Beame led a citywide Democratic sweep which returned the city to the party fold it left in electing John V. Lindsay as a Republican mayor eight years ago.

The closest thing to Republican glee came in Virginia where the GOP retained the governorship by a paper-thin margin in a race with no Democratic nominee. Mills E. Godwin Jr., a former Democratic governor running as a Republican, beat Henry E. Howell Jr., a Democrat who ran as an independent, by about 1 per cent of the vote.

Godwin, who succeeds moderate Republican Linwood Holton, ran a campaign based chiefly on his opposition to school busing. Howell's platform featured opposition to the state sales tax on food and non-prescription drugs.

Bush's confidence about the Watergate issue was not shared by Gladys Brooks, the Republican candidate for mayor of Minneapolis who finished a distant third. "A great deal of Watergate has carried over here," she said.

In the Minneapolis race, another possible trend might be seen in the defeat of Mayor Charles Stenvig, a tough law

and order proponent seeking a third term, by Democrat-Farmer-Labor candidate Al Hofstede.

"Three or four of these police chiefs got beat," Strauss said. "People know now that law and order doesn't just come from electing a police chief as mayor. They know it's got to come from electing people who know something about the processes of government and meeting the needs of the people."

Detroit elected its first black mayor, Democratic State Sen. Coleman A. Young, who defeated former Police Chief John Nichols in a nonpartisan election. In Louisville, Dr. Harvey Sloane, a Democratic newcomer to politics, beat Republican C. J. Hyde, a former police chief, in the mayor's race.

Another new black mayor was elected in Raleigh, N.C., Clarence E. Lightner, a three-term city councilman.

In another blow to the Republicans, Democrat F. Emmett Fitzpatrick ousted two-term Republican Dist. Atty. Arlen Specter in Philadelphia after a campaign in which Specter's role as 1972 state campaign manager for President Nixon had been an issue. Specter had been considered a leading GOP prospect for higher office.

CHRISTMAS
Decorations from Sweden & Denmark
GILDA IMPORTS
215 Iowa Ave.
338-7700 Iowa City

Table Space now being reserved for **"WOMEN'S MARKET"**
NOV. 10 SAT. 10-5:00 338-7868
We'll provide Advertising & Supplies NO FEE
Lutheran Student Center to reserve your space

PLANT & LAMP SHOP
630 South Dubuque (across from the railroad station)
COUPON
This coupon is worth 25¢ toward the purchase of any plant under \$5.00 OR worth \$1.00 toward plant purchases totaling \$5.00 or more (limit 1 coupon per customer). Good thru Thurs. Nov. 15 Hours: 10-5:30 Daily 7-9 Monday & Thursday Even

South Viets blast Viet Cong capital

SAIGON (AP) — More than 50 South Vietnamese fighterbombers blasted military targets around the Viet Cong administrative capital of Loc Ninh Wednesday in the heaviest air blitz since the cease-fire, the Saigon military command announced.

The raid was called a punitive action retaliating for recent Viet Cong attacks.

Viet Cong spokesman Capt. Phuong Nam said 120 bombs hit Loc Ninh airstrip, a market and residential areas in the city 75 miles north of Saigon. He said the bombing killed or wounded more than 30 civilians and destroyed 40 houses and a hospital.

A Saigon military spokesman denied the market area was hit and claimed the closest targets were more than half a mile from the town.

North Vietnamese tanks and troops were reported pressing attacks against government outposts on the Cambodian border. Saigon radio reported an important road junction at Dak Song has been overrun. Lt. Col. Le Trung Hien an-

nounced the "punitive raid" against Loc Ninh was launched in retaliation for the Communists' border operation and the rocketing Tuesday of the Bien Hoa air base, 15 miles northeast of Saigon.

The bombing marked the sharpest escalation of fighting since the Jan. 27 Paris peace agreement and increased fears of Communist sapper and rocket attacks against Saigon as a return reprisal in tit-for-tat operations.

In Washington, U.S. intelligence analysts said they believe intensified Communist attacks in South Vietnam are aimed primarily at seizing the important rice crop.

The sources said that documents captured by the South Vietnamese indicate a general Communist offensive could come early next year.

A main objective for North Vietnamese and Viet Cong soldiers is to prevent as much rice as possible from getting to market in towns and cities controlled by the Saigon government.

The Paulist is a modern man
of today working for tomorrow seeking answers to the problems that beset us in cities and suburbs in parishes and on campus praying sharing counseling celebrating
The Paulists modern priests on the move serving Christ throughout North America
For more information about the Paulists, send for THE PAULIST PAPERS—a new vocation kit of posters, articles and recordings.
Write to: Father Donald C. Campbell, Room 103
Paulist Fathers
415 West 59th St., New York, N.Y. 10019

Possibly the best automatic you can buy...also the hardest to get.
The Miracord 50 H, featuring the Pabst outer rotor motor, the finest motor available for an automatic turntable.
It's almost axiomatic that the best takes longer to make. Most likely because the concentration is on making it right rather than making it fast.
And that's precisely the reason the Miracord 50H is hard to get: it takes longer to make...precisely.
For example, let's take a simple, but critical, thing like speed accuracy. The 50H has a powerful hysteresis-synchronous Pabst motor. What makes the 50H unique, and takes a lot of extra effort, is its ability to maintain speed accuracy no matter what.
Now we're not going to burden you with lengthy explanations about all the effort we have to put in to get that unshakable accuracy. But we will say that it's one of the things that makes the Miracord 50H so hard to get.
Another thing is our unique pushbuttons. Some people think we use those pushbuttons merely because it's more convenient. Certainly, it's more pleasant to press one button rather than to push several levers. But we didn't put in all the effort necessary to get the force required to activate those pushbuttons down to 1/4-oz. just for convenience. We did it to avoid that inevitable initial shock other systems cause every time you start a record, resulting in wild gyrations of the arm and possible record damage.
Of course, even if that initial shock did occur, the arm of the 50H wouldn't be thrown by it. Because it happens to be balanced in all planes. It also happens to have a unique method for setting tracking force and cartridge overhang which also tend to reduce distortion as well as record wear. Add to that the least vulnerable pivot of any automatic turntable (especially important if you ever have to move the unit) and you've piled up more reasons why this automatic retains its accuracy so long. And takes longer to make.
We could continue this description of the unique, time-consuming features we've built into the Miracord 50H. But we think we've given you enough to give you a good idea of the machine. To get more details, go to your dealer, or send us your name and address. We'll send you literature which not only describes the 50H but also details all the other ELAC automatic turntables.
One more thing. Suppose you become convinced and want a 50H. Will you be able to find one? At the Stereo Shop. Although the 50H may be hard to get, it's far from impossible.
ELAC Division, Benjamin Electronic Sound Company, Farmingdale, N.Y. 11735. A Division of Instrument Systems Corporation.
\$189.50
MIRACORD 50H
includes base \$11
cover 14
Shure M91ED 55
You Save \$80
Limited offer — Save \$80
If you missed us Monday and Tuesday, our Ol' Man Winter Super Sale is being held over through Saturday. Open tonite till 9 p.m.
The STEREO Shop
409 Kirkwood Ph. 338-9505

sportscripts

Hawkeyes

Linebacker Andre Jackson, sidelined the past two weeks with a shoulder injury has been ruled out of Iowa's Saturday encounter at Wisconsin.

"Andre wanted to come back this week but the shoulder is still causing him too much pain," said Iowa Coach Frank Lauterbur.

Offensive guard Dan McCaerney, who suffered an ankle injury during Purdue, is expected to play.

The Hawkeyes made several lineup changes Wednesday. Freshman Ed Donovan has been switched from free safety to strong safety and Lauterbur indicated he would see some action Saturday.

Junior Mark Essy, normally a middle guard, has been moved to linebacker but is expected to play at both positions.

Junior middle guard Larry Bush, who played well in the varsity reserves' 7-0 loss at Illinois, has been elevated to the varsity and will make the trip to Madison.

Scoreboard

NBA
Philadelphia 122, Phoenix 115
Chicago 101, Buffalo 95, overtime
Golden State 92, Kansas City-Omaha 91

ABA
Kentucky 113, Memphis 89
Indiana 109, Carolina 100
Virginia 111, New York 107
San Antonio 105, San Diego 104

NHL
Philadelphia 4, Detroit 1
New York 7, Boston 3
Atlanta 2, St. Louis 2
Montreal 4, Toronto 1

WHA
New England 9, Winnipeg 2

Badgers

MADISON, Wis. (AP) — Wisconsin's football team went through an intense 90-minute workout Wednesday, including six minutes of live scrimmage, as it prepared for Saturday's game with Iowa.

Coach John Jardine said the Badgers would regain the full services of guard Dennis Manic, who has had a sprained ankle, and defensive tackle Gary Dickert, who has had shoulder and leg injuries.

Jardine said he was pleased with the performance of his players in drills this week.

But "that doesn't mean much. I thought we had a good week last week," he said in reference to UW's 21-0 defeat by Michigan State.

Gradishar

CHICAGO, ILL. (AP) — Linebacker Randy Gradishar of Ohio State, kingpin in a bristling Buckeye defense which held Illinois to 33 rushing yards, Wednesday was named the Big Ten defensive Player of the Week by The Associated Press.

Earlier in the season — the 236-pound Gradishar and Buckeye tackle Pete Cusick shared the same honor.

Ohio State coach Woody Hayes asserted Gradishar was "especially outstanding, although we got fine play from the entire defensive unit" as the top-ranked Buckeyes blanked Illinois 30-0.

Gradishar caused two Illini fumbles, recovering one, and intercepted a pass at the Illini 31 to set up Ohio State's second touchdown. He consistently racked up Illini plays before they got started.

Cusick also was a contender for the honor, making six solo hits in his total of seven tackles which helped keep the Illini running game almost completely throttled.

Other nominees included Illinois' linebacker Ty McMillin with 21 tackles, including five solos, against the crunching Buckeyes; linebacker Ray Nester of Michigan State, and linebacker Steve Strinko of Michigan.

Strinko turned in 15 tackles, including 11 solos, as Michigan stomped Indiana 49-13. Nester contributed four solo tackles and six assists in Michigan State's blanking of Wisconsin 21-0.

Dickey

HOUSTON (AP) — When Lynn Dickey went down with a dislocated hip prior to last season, there were whispers that he might never walk again.

When he started hobbling around first on crutches and then with a painful limp, there were whispers that his days as a quarterback for the Houston Oilers were over.

There were shouts, however, for Lynn Dickey last Sunday when he completed 20 of 32 passes for 340 yards and three touchdowns and led the Oilers to a 31-27 victory over Baltimore, breaking an 18-game losing streak.

The feat earned Dickey The Associated Press National Football League Offensive Player of the Week honor.

Starting only his third game as a pro, Dickey replaced Dan Pastorini as the quarterback and lifted the Oilers to their first victory of the season to complete his long road back.

"Only one time did I ever doubt that I had a chance to make it back," said Dickey, flanked by his wife, Sherry. "I had been in the hospital in Boston six weeks, two more weeks here and then I got out for a week. I went through hell. I hurt so bad I finally admitted to Sherry that I didn't think I could make it."

But with plenty of help from Sherry, Dickey kept fighting and finally, in February, felt he had won the battle.

Dickey set out this year to play professional football again but had been used sparingly until last Sunday.

Stats

NEW YORK (AP) — Sophomore Jay Miller, playing with a sore heel and a broken toe, caught a major college single game record of 22 passes last week in Brigham Young's 56-21 victory over New Mexico.

No wonder he's the runaway leader in pass receiving in the nation with an average of 10.6 catches per game, a mark surpassed only by Tulsa's Howard Twilley during the 1965 season.

It was the record of another former Tulsa player that Miller broke last weekend—20 catches by Rick Eber against Iowa State in 1967.

In seven games so far this season, Miller, an 18-year-old 6-footer, has caught 74 passes for 870 yards and five touchdowns. Three of those touchdowns came last weekend.

His closest rival, Don Clune of Penn, has caught 36 passes in six games for 644 yards, four touchdowns and a per-game average of six.

The figures were released Wednesday by the National Collegiate Sports Services.

Buckeyes, Irish favored

Rich get richer this weekend

NEW YORK (AP) — The rich get richer and the poor get poorer in college football this week as Ohio State, Penn State, Michigan and Notre Dame fatten themselves for the post-season kill.

This is a game of emotion and cliches. Techniques change but the old acorns pop in the fire forever. Last week the cliches were better than the picks: 43-17, .717. Season: 379-136, .736.

Another fling:
Penn State 33, North Carolina State 20; The Nittany Lions are agile, mobile and hostile.

Texas 40, Baylor 17: Nothing is certain but death and Texas — See October 1945, September 1956, November 1963.

Ohio State 27, Michigan State 14: The Buckeyes' old "four

yards and a cloud of dust" is now "30 yards and a TD."

Miami 24, Army 7: The rain on The Plain brings no daffodils—only Miami touchdowns and sad tears.

Southern California 35, Stanford 17: The Trojans' Anthony Davis can spin on a dime and leave a nickel's change.

Michigan 38, Illinois 14: Footballs take funny bounces. But why let 'em bounce?

Georgia 14, Florida 13: A tie is like kissing your sister. This one's so close they may have to go through this unpopular ritual.

Notre Dame 25, Pittsburgh 14: Win one for the Gipper and put a new shine on the golden dome at South Bend.

Oklahoma 28, Missouri 25: "I'm from Missouri, you'll have

to show me." The Sooners oblige.

Texas Tech 30, Texas Christian 15: Remember the Alamo, and watch out for Tech's Larry Williams on those kickoff returns.

UCLA 37, Oregon 14: Wars are won by the infantry—UCLA is averaging 419 yards a game and has scored 44 TDs on the ground.

Tulane 24, Navy 7: It was at New Orleans that Andy Jackson said, "Don't fire 'til you see the whites of their eyes."

The others:

EAST—Dartmouth 27, Columbia 13; Penn 24, Yale 20; Cornell 14, Brown 12; Harvard 21, Princeton 7; Syracuse 14, Holy Cross 6; Temple 21, Rhode Island 14; Villanova 19, West Chester State 6; West Virginia 20,

Boston College 17.

MIDWEST—Purdue 19, Minnesota 13; Wisconsin 16, Iowa 10; Indiana 14, Northwestern 7; Kansas 22, Colorado 18; Nebraska 36, Iowa State 18; Oklahoma State 17, Kansas State 6; Bowling Green 30, Eastern Michigan 10; Kent State 26, Miami (Ohio) 15; Cincinnati 30, Ohio U. 19; Southern Illinois 14, Drake 7; Western Michigan 20, Ball State 12; Northern Illinois 27, Xavier 18.

SOUTH—Auburn 10, Mississippi State 7; Maryland 27, Virginia 19; Kentucky 28, Vanderbilt 14; Duke 15, Wake Forest 7; Georgia Tech 25, VMI 7; North Carolina 30, Clemson 21; Virginia Tech 20, Florida State 13; William & Mary 26, Colgate 20; Furman 17, Citadel 6; Richmond 28, East Carolina 17;

Louisville 23, Dayton 18; Toledo 22, Marshall 17; Memphis State 19, Southern Mississippi 14; South Carolina 32, Appalachian State 10.

SOUTHWEST—Texas A&M 27, Southern Methodist 20; Arkansas 14, Rice 7; Tampa 18, West Texas State 12; North Texas State 21, Wichita State 15.

FAR WEST—California 25, San Jose State 10; Air Force 24, Rutgers 14; Arizona State 37, Wyoming 24; Washington 20, Idaho 13; Utah 33, New Mexico 20; Washington State 13, Oregon State 7; Arizona 25, Brigham Young 17; Houston 24, Colorado State 19; Utah State 19, New Mexico State 14; Pacific 18, Fresno State 14; San Diego State 27, Long Beach State 20.

Whatever the weather you can golf today.

Enjoy fine food, your favorite beverage & real golf indoors. Play Pebble Beach, Congressional Country Club, or Doral any time, any season. For tee times call 351-3795



THE LINKS
GOLF MAT & RESTAURANT
1011 Arthur Street Towncrest

OUR MAN IN WHITE...
You Can Depend on Him!
Pharmacy Phone 354-2670

Where in the World but— Walgreens

WHERE YOU CAN FIND A WORLD OF SAVINGS!

Telephone Us About Your Prescription
It can be a most informative call.
PHONE WALGREENS.

WORLD'S OF SAVINGS! THURS., FRI., SAT., SUN SALE THE MALL SHOPPING CENTER 354-1315

SACCHARIN 1000's
Worthmore U.S.P. 1/4-gr. tablets (Limit 1)
19c

WRIGLEY'S GUM 7-Stick 10c Pack
WRIGLEY'S DOUBLEMINT CHEWING GUM (Limit 3)
5c

7-OZ. Pecan Halves
or 10-OZ. Walnuts
Diamond brand
99c

VICKS 44D
3-oz. COUGH MIXTURE WITH DECONGESTANT
VALUE **79c**

WALGREEN CASH VALUE COUPON
SAVE 20%
LUX Liquid
32-OZ. **59c** (Limit 1)
With coupon Nov. 8-9-10, 1973.
WITHOUT COUPON...79c

Pert Napkins
Assorted Colors 60's
9c
Limit 2

Fruit Cake
Deluxe Quality 1 1/2 lb. tin
99c
Limit 2

WALGREEN COUPON
Pennsylvania Dutchman 4-OZ. STEMS & PIECES
MUSHROOMS
Limit two with coupon on Nov. 8-9-10, 73.
27c

ICE CREAM
1/2 gal.
69c

KING EDWARD Imperial CIGARS
Mild smoke! Box 50 **277**

VU-TANE Lighter by SCRIPTO
Refillable butane **199**
\$3.95 Value!

HEALTH CENTER DISCOUNTS

Each Works 12 Hours!
WALGREENS
2-24
time capsules
Relief-giving 12 oz. liquid or 100 tablets.

Save today!
Ayds
In 4 Tasty Varieties
AYDS CANDY FOR REDUCING
\$3.50 Value! **219**
Vitamin-mineral rich. 30-day supply (24-oz.)

Easy-Clean Aluminum 4 QT. MIRRO CORN POPPER
Reg. \$3.97 **299**
Specially coated for quick-speed popping!
#M9224-40

PERSONAL GIFTS AT SAVINGS

LADY SCHICK Speed Styler #2001
Lady Schick Styler or **SCHICK Samson STYLER-DRYER**
Reg. \$18.97 **1688**
His or Hers choice! Includes accessories.

LADY SCHICK TIME MACHINE
Setting Even For Wigs!
Regularly \$32.88! **2699**
Only **2699**
1400 watt hairdryer, 4-temperature control.

Extra Power! Modern Styler-Dryer CLAIROL AIR BRUSH
Reg. \$20.99 **1888**
2-heats; brush, styler, detangler, curler.

REMINGTON HOT COMB
MIST & AIR! For Men
Fine mist wets hair before styling; air flow dries fast.
REG. \$16.88 **1499** #HW4

WALGREEN PHOTO COUPON
Oversize **COLOR PRINTS**
Made From Your COLOR SLIDES
No limit! Coupon must accompany order, thru 11-21-73. Walgreen Processing.
25c

IT'S A CHRISTMAS WORLD at Walgreens

CAMERA AND AUDIO Values

#2208
Welcomed Gift for Less
Realtone FM-AM POCKET RADIO
Reg. \$11.44 **1086**
Includes carry strap, earphone and battery.

Quality TOYS for Less

Actually Moves About!
BARBIE'S Country Camper
By MATTEL! **896**
Or choose 'Big Jim' Sport Camper, 8.96

LITTLE MISSY TALKING DOLL
Reg. \$4.96 **396**
11" beauty says three phrases & laughs, too. Needs 2 penlite batts.
#P-380

JUMBO TRUCK Assortment
Realistic, safe & durable plastic. Each **123**

TREE, TRIM, WRAP & CARDS at DISCOUNT!

SCOTCH PINE 7-FT. Vinyl TREE
Very full! Flame-retardant branches! Includes stand.
Ornaments Not Incl.
1997

Reg. \$2.66! 30" Wide 14 ROLLS of GIFT WRAP
Contains 10 rolls of paper & 4 rolls deluxe foil.
224

Famous Brand CHRISTMAS CARDS
at huge savings!
25 cards to the box. A host of lovely designs.
WX-250 WX-350
125 175
The WX-500 Box... 2.50

Glass ORNAMENTS
Pack 12 or 24 tiny. **39c**

14" TREE SPIRE
Unbreakable! **99c**

Under-Tree Carpet
50x32" White with glitter. **97c**

2200 E...
in the...
to nip...
Dorm-I...
ship Tu...
pool...
The n...
mitory...
organiz...
depths...
Altho...
were re...
dent te...
more i...
sequent...
the tea...
2200 I...
out the...
Currier...
points...
with 8...
finisher...
at 7...
200 yard

AL...
PITTS...
Palmer...
cakes h...
ing prov...
why he...
as the...
Young A...
The...
Orlone r...
down ne...
last sea...
past whe...
ritual an...
"Pancak...
up 22 wi...
his 2.40...
the best...
That i...
Writers...
enough...
over Cal...
chine. N...
ching m...
A's, Jim...
Last...
fourth s...
better...
over the...
32...
The b...
Palmer...
six for...
points...
five for...
for secon

I actu...
best pic...
knowledge...
achy wh...
Cy Young...
my case...
performa...
Runne...
game w...
all-time...
record l...
pitched...
finished...
in the...
slightly h

NEW MINI-SIZE CALCULATOR...
ADDS, SUBTRACTS, MULTIPLIES, DIVIDES... INSTANTLY!
Recharge in only 3 hours!

IM Corner



Dorm Swimmers reign
2200 Burge flexed their athletic muscles in the 200-yard medley relay, 50-yard breaststroke and 50-yard freestyle events to nip the Daum Distributors for the Dorm-Independent swimming championship Tuesday evening in the fieldhouse pool.

The meet's top four finishers were dormitory teams, as the residence hall organizations continue to emerge from the depths of intramural obscurity.

Although many of the meet's best times were recorded by members from Independent teams, the dormitory squads had more individuals participating and consequently more swimmers to qualify for the team title.

2200 Burge racked up 21 points, edging out the Daum Distributors who totalled 19. Currier Conception took third with 12 points and Currier 1 finished fourth with 8. The top two Dorm-Independent finishers advance to the all-U meet tonight at 7.

Results

200 yard medley relay
Furlongs 2.05.2
2200 Burge 2.12.8
Currier Conception (third)

200 yard free relay
Currier Conception 1.59.6
Daum Distributors 2.08

50 yard breaststroke
Bruce Anderson (Independent) 31.3
John Brindley (2200 Burge) 33.4
John Downer (Currier Conception) third

50 yard butterfly
Jeff Carpenter (Ind.) 26.4
Bill Wilson (Daum Dist.) 27.7
N. Tenanoff (Ind.) 31.1
Greg Smith (Rienow 5) 34.5

100 yard freestyle
Bill Wilson (Daum Dist.) 56.4
Bruce Bowling (Ind.) 57.4
N. Tenanoff (Ind.) 1.08.7
Mike Harris (Currier 1) 1.26

50 yard freestyle
Jeff Carpenter (Ind.) 24.5
Marvin Fanzman (2200 Burge) 25.0
Bruce Bowling (Ind.) 25.7
Woody Stodden (Stiendler) 25.8

50 yard backstroke
N. Tenanoff (Ind.) 30.9
Scott Gills (Currier 1) 32.1
Ben Farra (Ind.) 33.3
John Cox (2200 Burge) 33.8

Kappa Kappa Gamma
Kappa Kappa Gamma's flag football success has put them on top of the women's

brian schmitz

all-U point standings, released by the intramural office.

The Kappa's went through an unbeaten season, and captured the Powder Puff crown after they defeated Westminster 12 last Sunday for the all-U title. The girl's all-U points have been based on their finish in flag football, tennis doubles and tennis singles.

Women all-U
1. Kappa Kappa Gamma, 180
2. Burge Bombers, 151
3. Westminster 12, 125
4. Scottish Highlanders, 101
5. Delta Gamma, 100
6. Kappa Alpha Theta, 95
7. Hillcrest Muthas, 75
8. Alpha Phi, 70

This weeks coed water polo results:
Gashouse Gorillas 11, TNT 6
Rienow 2 & 3, 9; Sorry Charlie's Ball Players 5

SSS 6, Acute Stroke Unit 0
Cutty Sharks 6, Whoppers 0
Easy Hitters 9, Quad Wranglers 5
ACS 6, Revenge 0
Kink, Kirby & Dvorak 11, Biochem 0
Spirit of 7 & 6, Smiling Faces 0



greg lund

kickin' it around



bob dyer

During the World Series trade talks, Texas Ranger officials were pleasantly shocked at the interest shown in 22-year-old catcher **Jim Sundberg**, who hit .298 in his first professional season at Pittsfield (Eastern League). Sundberg is a University of Iowa product who was drafted in the first round of the secondary phase of the January free agent draft.

Former Hawkeye (though ever so briefly) **Connie Hawkins**, traded by Phoenix to the Los Angeles Lakers, says he won't have any problems with new teammates **Gail Goodrich** and **Bill Bridges**. The Hawk criticized both in his book "Foul". He was especially rough on Goodrich, calling him a selfish ballplayer. Even if there is animosity, Hawkins feels it won't affect the Lakers. Good luck Connie.

It's been a rough year for the Iowa football team and just as rough on the coaches. Offensive end coach **Bob Harrison** has suffered a broken arm while defensive line coach **Mel Foels** ripped up a knee. When it rains it pours.

Sophomore fullback **Jim Jensen** ranks 20th in the Big Ten in rushing with 215-yards on 50 carries. Quarterback **Butch Caldwell** is 14th in total offense by virtue of his 66.6-yards-per-game average. **Brian Rollins** is now second in receiving with 18 catches for 210 yards. **Earl Douthitt** leads in kickoff returns with a 25.6 average.

Trade Winds: Boston will send **Rico Petrocelli** (righthanded DPH) and catcher **Bob Montgomery** to the White Sox for either **Stan Bahnsen** or **Wilbur Wood**. The

Red Sox will then swap excess pitching (including lefthander **John Curtis**) in a package deal to the Cubs for third baseman **Ron Santo**.

When the World Champion Oakland A's get past **Gene Tenace** as an emergency catcher, next in succession is third baseman **San Bando**. Thus, as Tenace lay crumpled behind home in Game 4 of the World Series, after being hit in a tender spot by a foul tip, Bando raced to the plate and screamed, "Get up, Gino! You can't do this to me!"

Remember when **Ty Cline** played for your favorite baseball team? He's now running an ice cream store in Charleston S.C.

Mike Andrews, released by the A's, will be picked up by the New York Yankees.

Tight discipline in the San Diego Charger camp caught linebacker **Tim "free spirit" Rossovich** unprepared. The players were ordered to wear coats and ties on road trips and public occasions. Rossovich, often unorthodox in clothing as well as other things, said he didn't have a tie. "I had to go out and buy one," he said. "It was blue and had a Cowboy on it. I hate it."

Steelers' star safety **Mike Wagner** has not taken the easy road to success. In high school he was cut from the team. Finally, he made the squad his senior year. He then enrolled at Western Illinois and made the varsity as a walk-on. The Steelers made him a late round draft choice and he surprised everyone by winning a starting

position. A guy like that will probably figure a way to get into the Pro Football Hall of Fame.

San Francisco Giants' coach and former Oakland manager **John McNamara** may be the new manager of the San Diego Padres.

Woody Hayes says that current tackle **John Hicks** is the best he's ever had and that includes **Jim Parker** (Colt star and Pro Football Hall of Fame member).

The University of Illinois is again being investigated by the Big Ten. This time over basketball matters.

Frank Lauterbur revealed he had a phone call apology Sunday morning from Purdue Coach **Alex Agase**. FXL said Alex called to explain why he had left TD, 48-23. He said he didn't want to roll up the score on us, said Lauterbur, but some of the fans got on him and his players and he just wasn't thinking straight.

Chuck "Wonderful Luis" Hickman, the insatiable Bratwurst Baron, is enraged over an article that appeared in the November issue of *Sport* magazine. It seems that an impostor by the name of **Bob "Ma" Pesch** has laid claim to the Bratwurst record at County Stadium in Milwaukee. The bouncer claims to have eaten ten Bratwurst in a nine inning game. Heck, the *Wonderful One* has devoured that many during one of the Brewers' big innings.

AL Cy Young Award to Palmer

PITTSBURGH (AP) — Jim Palmer's penchant for pancakes has waned but his pitching prowess hasn't, and that's why he was named Wednesday as the American League's Cy Young Award winner for 1973.

The 28-year-old Baltimore Oriole right-hander didn't fork down nearly as many pancakes last season as he did in years past when he made it a pregame ritual and earned the nickname "Pancake." Yet he still stacked up 22 wins against 9 losses, and his 2.40 earned run average was the best in the league.

That impressed the Baseball Writers Association of America enough to give Palmer the nod over California's strikeout machine, Nolan Ryan, and the pitching mainstay of the Oakland A's, Jim "Catfish" Hunter.

Last season was Palmer's fourth straight with 20 wins or better, and his overall record over the past five seasons is 99-32.

The baseball writers gave Palmer 14 first-place votes and six for a second for a total of 68 points, awarded on the basis of five for a first-place nod, three for second and one for third.

"I actually felt that I was the best pitcher in 1973," he acknowledged. "I don't know exactly what the criteria is for the Cy Young winner, but I guess in my case it went to a balanced performance."

Runnerup Ryan, also a 20-game winner, established an all-time major league strikeout record last season with 383 and pitched two no-hitters. But he finished 26 points shy of Palmer in the voting, and he had a slightly higher 2.87 ERA.

Ryan's 62 points, came on nine first-place votes, three for second and eight for third. Twenty-four writers, two from each American League city, did the voting.

Hunter, 21-5, was named on 22 ballots, more than any other player, but he fell short with 52 points. The writers gave him one first-place vote, 13 for second and eight for third.

Detroit's John Hiller, only relief pitcher among the nine players receiving votes, was a distant fourth with six points. He saved a record 38 games and won 10.

Tennessee State keeps poll lead

By the Associated Press
Tennessee State, Hawaii, Western Kentucky and Cal Poly-San Luis Obispo retained their top four spots this week in The Associated Press College Division Football Poll, but fifth-place South Dakota took a nose-dive and once-powerful Delaware continued its descent.

The Tigers of Tennessee State, who clawed Tennessee-Chattanooga 44-7 last Saturday for their eighth straight victory, received 28 of the 43 first-place votes and 876 points from the nationwide panel of sports writers and broadcasters to maintain their tight grip on the top spot.

The Rainbows from Hawaii, No. 2 with five first-place ballots and 709 points, improved their record to 7-0 with a 28-3 smothering of Northridge State.

Western Kentucky and Cal Poly-SLO each received three first-place votes but the Hilltoppers, 8-0 after bashing Middle Tennessee State 42-8, held third with 673 points while the Mustangs from California wound up with 637 points following their 58-0 rout of Hay-

ward State.
South Dakota's Coyotes, clubbed 54-21 by North Dakota for their second loss in nine games, tumbled from fifth to 13th with 130 points and Louisiana Tech, sixth a week ago, moved to No. 5. The Bulldogs, 8-1 following their 40-0 drubbing of Texas-Arlington, received one first-place vote and 587 points.

Wittenberg, which beat Heidelberg 31-14 for an 8-0 record, edged up from seventh to sixth with two first-place votes and 440 points. And Elon's Fighting Christians, receiving the final first-place nod and 359 points,

made a big jump from 11th to seventh after making their mark 9-0 with a 40-3 whipping of Newberry.

Grambling, 7-2, made an even bigger leap, from 13th to eighth, receiving 322 points. Nevada-Las Vegas, with 256, went from 12th to ninth and North Dakota State stumbled down two rungs to 10th with 198 points.

Delaware, once the undisputed leader and seemingly untouchable, crashed from 10th to 14th behind South Dakota. The Fightin' Blue Hens, receiving 100 points, sank to 6-3 this season by absorbing their third straight setback, a 24-7 rocking by Villanova.

Back the Hawks

Getting it all Together



Scuba Diving & Sailboating

AIR STATION Instruction, Sales, Service, Travel

ORDER NOW FOR SPRING Dinghys Butterflies Catamarans Venturas from 15-24 ft. (all Trailerable) Marine Accessories

Basic Scuba Class Starting Nov. 15

338-7951 Mon.-Fri. Noon-9 p.m. Saturday 9 a.m.-5 p.m.

SCANDANAVIAN Furniture, kitchen chairs, dining table chairs, leather rocking chair, office chair

GILDA IMPORTS 215 Iowa Ave. 338-7700 Iowa City



Would you believe we still have tickets for THE POINTER SISTERS

in concert Saturday Nov. 10th 2:00 p.m. Coe College, Sinclair Auditorium
All tickets \$5.00 at the door or call 364-1511-Ex. 200 3:30-5:30 for information

Firestone the people tire people

231 E. Burlington
Iowa City
338-5469

CAR SERVICE ORDER

Check the services your car needs and bring in this ad.
(Only services you authorize will be done)

<p><input type="checkbox"/> Brake adjustment 88¢ <small>Excluding disc brakes and some foreign cars.</small></p> <p><input type="checkbox"/> Tire rotation \$1.88 <small>We'll also inflate them to recommended pressure.</small></p> <p><input type="checkbox"/> Front end alignment \$9.95 <small>Most American cars. (for cond. extra on some cars) Parts extra, if needed.</small></p> <p><input type="checkbox"/> Volkswagen brake reline <small>We replace lining and shoes with new Firestone lining, adjust brakes for full drum contact, repack front wheel bearings, and inspect entire system. Drum type brakes.</small></p> <p style="text-align: center; font-size: 2em; font-weight: bold;">\$29.88</p> <p><small>All four wheels</small></p>	<p><input type="checkbox"/> Lube & oil change \$4.88 <small>Includes up to 5 quarts of high quality oil.</small></p> <p><input type="checkbox"/> Tie rod ends \$8.88 EACH <small>Includes parts and labor on American cars. Alignment extra.</small></p> <p><input type="checkbox"/> Shock absorbers \$12.88 EACH <small>Famous brand. Instant installation.</small></p> <p><input type="checkbox"/> Front disc brake service <small>Our experts install 4 new front brake pads, repack outer front wheel bearings, inspect calipers and rotors and inspect rear axle brakes. Discs machined and calipers rebuilt extra cost.</small></p> <p style="text-align: center; font-size: 2em; font-weight: bold;">\$29.88</p> <p><small>American Compacts, Fords, Chevys, Plymouths. Others slightly higher.</small></p>
<p><input type="checkbox"/> Brake reline (Drum-type) <small>We replace linings and shoes on all 4 wheels with new Firestone lining, adjust brakes for full drum contact, and inspect complete brake system.</small></p> <p style="text-align: center; font-size: 2em; font-weight: bold;">\$29.88</p> <p><small>American Compacts, Fords, Chevys, Plymouths. Others slightly higher.</small></p>	<p><input type="checkbox"/> Ball joints \$48.88 <small>Our experts install both upper or both lower ball joints. Includes parts and labor.</small></p> <p style="text-align: center; font-size: 2em; font-weight: bold;">\$48.88 Alignment extra</p> <p><small>Most American Cars</small></p>
<p><input type="checkbox"/> 10-point brake overhaul \$64.88 <small>Includes new Firestone lining on all 4 wheels, replace all 4 wheel cylinders, arc lining, turn and true drums, inspect master cylinders, repack front bearings, inspect complete system. Drum type brakes.</small></p> <p style="text-align: center; font-size: 2em; font-weight: bold;">\$64.88</p> <p><small>American Compacts, Fords, Chevys, Plymouths. Others slightly higher.</small></p>	

Call for an appointment to be assured of "same day" service!

Name _____ Phone _____
Address _____ License plate no. _____
Car make and year _____
Signed _____

CHARGE IT!

NEW!

Town & Country
4-PLY POLYESTER
CORD BODY

• Deep-biting center "Z" bar tread design.
• Concave molded to put full tread width in contact with road for excellent traction.
• Strong four-ply polyester cord body.

As \$22.95
low as

Size	Blackwall	Whitewall	F.E.T.
B78-13	\$22.95	\$26.35	\$1.81
C78-13	25.25	28.50	1.93
C78-14	26.50	29.40	2.08
E78-14	27.55	30.60	2.22
F78-14	28.55	31.75	2.37
G78-14	29.50	33.15	2.53
H78-14	32.10	35.85	2.76
F78-15	29.35	32.60	2.42
G78-15	30.80	33.95	2.60
H78-15	32.85	36.55	2.80
J78-15	—	37.90	3.01
L78-15	35.85	39.60	3.13

B78-13 Plus \$1.81 F.E.T. No trade-in required. All prices plus taxes... NO TRADE-IN REQUIRED!

ever
her
golf
y.
IKS
RESTAURANT
Towncrest
Us
our
ion
most
call.
PEENS.
THE
YOU!
44D
MIXTURE
RESTAURANT
9c
Dutchman
& PIECES
ROOMS
27c
COUNTS
Ayala's
Varieties
CANDY
REDUCING
2.19
General rich.
copy (24-oz.)
RICE!
MINI-SIZE
ATOR...

'Dust to dust...'

Remains of a Quaker cemetery used from 1853 to 1879 in West Branch. West Branch is the home of the late President Herbert Hoover who was also a Quaker. The Cemetery is now situated next to the town's elementary school.



Photos by Dan Ehl



reache
nutritio
lists a
while t
'used. C
or anot
unquest
Vitan
stances
be mar
vitamin
their e
century
centuri
navy be
lime ju
by a sho
Mini
'establis
been on
also Re
vitamin
For mo

FDA monitors additives in foods

By PAUL LANAGHAN
Feature Writer

There has been an idea among many people for the last several years that evil-minded chemists put all sorts of nasty chemicals into the food we buy at the supermarkets. So people have begun to look at the ingredients and found that Carnation's Instant Breakfast contains sodium silico aluminate, Tang has an ingredient called sodium citrate, Dream Whip contains hydroxylated lecithin.

While these chemicals do have an ominous ring to them a person with some knowledge of chemistry can tell you none of these chemicals are fatal. In fact they are necessary for many reasons. The term 'additive' applies to a large group of chemicals that are put into foods for specific reasons; they are carefully monitored by the Food and Drug Administration (FDA).

Dr. Elizabeth Osman of the Home Economics Department explains that "no ingredient can be put into a food without first being placed on the FDA's Generally Recognized Approved Substance (GRAS) list."

The chemicals that are approved for that list are done so "only after extensive testing over a long period of time." Animals are given large doses of the substance being tested—much more than a human would ever consume—to insure a maximum safety ceiling.

Preservatives
One of the inherent dangers of most foods is their susceptibility to microbes and other organisms. Preservatives are added to foods to inhibit or prevent the growth of mold, bacteria, and yeast.

Foods that have a low degree of water content can be stored for a long period of time without spoiling. The foods that have a high degree of water content cannot be stored safely without the use of preservatives.

Anti-oxidants
Most foods when exposed to oxygen for a prolonged period will give off an unpleasant odor. Food that has become rancid is not harmful but it is hard to force yourself to eat something when it has a putrid odor.

Anti-oxidants work to keep the fats from acting with the oxygen. Cooks for ages have been using natural anti-oxidants

such as lemon, salt and lime to keep foods from becoming rancid. Without some kind of anti-oxidant, foods will not be able to stay on the shelf for very long.

Emulsifiers, thickeners, and stabilizers

Emulsifiers are a type of additive used to bind mixtures that wouldn't hold naturally. Oil and water, for example, will not mix when poured together, but with the addition of an emulsifier these liquids will combine. Emulsifiers are also necessary to keep mixtures from separating. In chocolate candy the cocoa butter tends to separate from the chocolate at high temperatures. The emulsifiers keep the relationship stable at all temperatures.

Stabilizers are used in foods to maintain uniformity and consistency. In the past, natural gums have been extracted from eels and seeds to be used for mixing solids and liquids. Stabilizers are frequently used to protect the flavoring and coloring from settling to the bottom in liquids. To keep chocolate milk chocolate, a carrageenan is added to hold the chocolate particles in suspension. Carrageenan is

also used in soups, sauces, cottage cheese, and other semi-liquids to attain the viscosity necessary for solids to blend in with the liquids.

Coloring
Before you take a bite of anything you intuitively check to make sure it's the right color.

Not many people would eat scarlet margarine or turquoise mashed potatoes. Sometimes in the manufacturing process the color will be changed enough to make it look different than peoples' expectations. When this is done the manufacturers are permitted to add food dyes, as long as they are not using the coloring to disguise faulty products. Oranges, for example, if they are marked 'artificially colored,' may be colored to hide a brown streak that occurs naturally. Coloring cannot be used on oranges that are not ripe.

Synthetic dyes have been gaining popularity in recent years due to their stability and consistency. Approximately ninety percent of the colorants being used today are synthetic water-soluble dyes.

DDT and Pesticides
One of the main targets of the chemical outrage is pesticides.

Pesticides can be deadly if they are taken in large doses. Studies by the FDA have indicated that "the pesticide residue absorbed in the normal diet does not represent a health hazard."

Dr. Osman explains that there is definitely a danger in using pesticides indiscriminately, but it is infeasible to avoid their use. "We cannot possibly afford to stop using these sprays because they are too important in gaining the maximum yield from the land.

They need to be used cautiously and judiciously." The people that are "happily growing their natural gardens are able to do so because the pesticides sprayed in the area have wiped out the insects that would normally prey on their garden."

Dr. Osman attributes much of the fear and controversy of additives to "food faddism." She states that "many of the claims made by food faddists are simply unsubstantiated. The books being written in this vein usually fail to report the sources they have used, because they often don't have evidence to back their claims.

STOREWIDE SALE!!!

records one

11 south dubuque

Announcing OUR GRAND OPENING

November 8, 9, 10 & 11 in Coralville

We are pleased to announce the Grand Opening of West Music Company in Coralville. Our relocation from downtown Iowa City has allowed us to expand our musical merchandise and services. Come and help us celebrate our Grand Opening!

- Musical give-away contest. Over \$1,000.00 in musical prizes to be given away. All you need to do is register.
- Free buttons, badges, and posters for everyone.
- Entertainment and guest artists will be performing daily.

Grand Opening Savings Pianos & Organs



Rudolph Wurlitzer 1609 Spinnet Piano
Named for the man who first made Wurlitzer famous for fine instruments at low prices. Few pianos its size can match it for sound and nobody can touch it for value. Timeless fruitwood cabinetry.
Regularly \$725.00 **Grand Opening Special \$634.00**
Yamaha 41"
Console piano in American traditional, Spanish antique oak or Italian provincial. The ultimate in fine pianos.
Regularly \$1,595.00 **Grand Opening Special \$1,295.00**

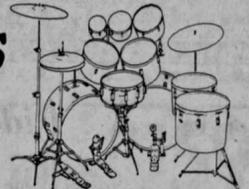
Wurlitzer 4020 Spinnet organ. Enjoy the full rich sound that Wurlitzer is famous for. Timeless traditional styling in glowing fruitwood.
Regularly \$1,165.00 **Now \$825.00**

Guitars & Amps

- Federico Garcia No. 3 concert classic guitar** - Superior resonance at a nominal price. Featuring Alps spruce top, African mahogany back and sides and ebony finger board.
Regularly \$125.00 **Grand Opening Special \$99.50**
- Martin D-18 steel string handmade guitar** - Completely handmade by C.F. Martin, the most revered maker of fine guitars, the D-18 comes with a lifetime guarantee. Regularly \$510.00 **Grand Opening Special \$425.00**
- Kay 5-string banjo with resonator** - The brilliant tone will excite the ever finest of banjo players. Regularly \$94.50 **Grand Opening Special \$74.50**

Drum Sets

20% OFF on all sets in stock. Choose from Ludwig, Rogers, Fibes and others. Priced from \$167.00 to \$640.00



Stereo Equipment

SONY HP-219A AM-FM STEREO with CASSETTE
Hear your favorite music—records, broadcasts or cassettes—as it deserves to be heard.
Reg. \$339.95 **Now \$289.95**



Our thanks to the following contractors:
Streb Construction Company,
Shay Electric,
Brandt Heating.

We are located two blocks west of the Coralville post office and across from the Drive-In Theatre. Plenty of Free Parking!

Lay away now for Christmas

West music company
1212 5th St, Coralville / Ph. 351-2000
Hours: Thurs. 9:30—9:00 Fri. & Sat. 9:30—5:30
Sunday 12—5

Aerobics 'shape up' endurance

By BOB CRAIG
Assistant Feature Editor

Do you know that if you do calisthenics or isometrics one hour every day for a year you will probably not be as physically fit as a person who runs a six-and-a-half mile (or faster) five times per week for three months?

The concept that I'm talking about is aerobics, an exercise program developed by Doctor Kenneth H. Cooper who is the author of four books: "Aerobics," "The Aerobics Point System," "Aerobics For Women" and "The New Aerobics."

In his first book, "Aerobics," Cooper is quick to point out that isometrics and calisthenics are muscle builders. They put the skeletal muscles into shape, but they don't aid fitness in the other body areas. In effect, isometrics and calisthenics build muscles that help you do isometrics and calisthenics.

"The key to the whole thing (fitness)," says Cooper, "is oxygen."

The energy needed to perform any kind of activity comes from using up food that is taken in. But in order to break down that food, or if you wish, burn it, the body must have a readily available supply of oxygen...the same trick as putting a glass over over a lit candle and watching it go out...no oxygen, no fire.

When one's endurance fitness is poor it is "because the means for delivering the oxygen is weak and limited in its resour-

ces, so the energy demands surpass the body's capacity to produce it," says Cooper in "Aerobics."

Aerobics are exercises that cause the body to use up large amounts of oxygen without building up a large oxygen debt.

The question that naturally follows then, is, "How much and how long do I exercise?"

That question is what makes Cooper's books worth investing in. What he has done is measure the amount of oxygen intake capacity that is

to obtain that average. Second, and the real variable, his system—heart, lungs, arteries, and veins—simply can not process that much oxygen fast enough.

The air that we inhale contains approximately 21 percent oxygen. Cooper adds a number system to explain unconditioned man's inability to use the oxygen he takes in, by putting him on a treadmill and measuring the percent oxygen in his exhaled breath. He subtracts this percentage from 21 percent original oxygen, obtaining the amount of oxygen the body is actually using. Unconditioned man uses three percent of his intake oxygen as compared to five percent for fit man.

Cooper then measured all of the exercises he could think of to find out what kind of oxyg Cooper then measured all of the exercises he could think of to find out what kind of oxygen intake each demands. His books are filled with charts that combine the exercise's degree of difficulty with the time (minutes and seconds) that the exerciser performs it and with the age of the exerciser; from this he calculates a reward in points. The object is

to do enough exercise every week to accumulate 30 points.

The first step in helping yourself to become fit is to find out your level of fitness. Yes, the truth hurts (especially the chest), more than you can imagine. Now go to the fieldhouse or the Rec. Building (1/2 mile tracks) or any place that you can measure accurately up to two miles. You also need tennis shoes, gym clothes or something loose, and a watch with a second hand.

Run as far as you can in twelve minutes. If you fizzle out before the time is up, don't stop. Continue walking until your breath comes back (clock is still running), then start running again. When the time is up measure the distance you've covered.

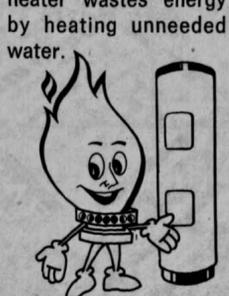
Check Cooper's fitness table at the left.

Where do you stand? Wherever, go spend a dollar and a quarter on "The New Aerobics," Cooper's latest book has a program to get you into shape or to keep you there. Besides the exercises I've already mentioned, Cooper has point scales worked out for basketball, handball, squash and stationary running.

Please Recycle Your Daily Iowan

Water heating tips to help save you money and conserve energy...

• When buying a water heater, choose the size that matches your family's needs. Too large a heater wastes energy by heating unneeded water.



• When installing a water heater, insulate the pipes and locate it as near as possible to the point of greatest

use. You'll get hot water faster and less energy will be used to heat the water.



• Repair leaky water faucets. It's amazing but true that by losing just one drop a second, you can waste as much as 700 gallons of water a year. And, if it's hot water, you are wasting energy as well as water.

• Wash and dry clothes or dishes only when you



have a full load. And remember, when doing your laundry, the lower the water temperature—the less energy used.

• When you leave for vacation, set the water heater control on "pilot." This keeps the pilot lit without allowing the main burner to come on.

For additional ideas on how to conserve energy and save money... visit any Iowa-Illinois office and ask for your copy of the pamphlet "31 Ways You Can Conserve Energy This Winter."

Energy is precious... use it wisely!



HANDWOVEN

Linens, table clothes, runners, place mats
GILDA IMPORTS
215 Iowa Ave.
338-7700 Iowa City



Bunch of Mums
reg. 5.00 **\$1.49**

Cactus Plants
reg. 98c **49c**

ALL SPECIALS CASH & CARRY
Eicher florist

Downtown: 14 S. Dubuque
9:5 Monday-Saturday
Greenhouse & Garden Center
410 Kirkwood Ave.
8:9 Monday-Friday
8:6 Sat. 9:5 Sun.

All phones 351-9000

K END
RANT
ia
ia
-2 am
51-9529
N
s
urger
ne
The
Coralville
24-Hour
BURG INN
irst Ave.
KS
Shop
ZZLE
lec. unit
love swiftly
a trouble
olly man
ttempt
ngles
ing units: Abbr.
would
probably)
ord with lop
r one
enseless
orses
azaar site
ebrew ascetic
rain
ence steps
neven
perated
rder
ver
belief
ood shop, for
ort
amarr
S. Indian
on parlie
ancais"
uens athlete
ollox, with
p"
e of the
edia: Abbr.
etic word
11 12 13
28 29 30
34
53 54 55
65
68
71
got
cards
azy day!
wa Book
y Ca
Iowa

Shelly Lynn salon promotes fitness for women

By DENISE TRAUTH
Feature Editor

Entering college entails social and psychological adaptations for the average person. Few realize that beginning a college career may cause physical changes, too.

Many students find that eating dorm food and unlimited access to beer plus spending many hours sitting lead to unanticipated bulges.

For the student who spots these trends early and takes steps to offset them, the damage will be minimal. For the student who waits until clothes no longer fit, there is the Shelly Lynn Figure Salon.

Twenty-seven hundred women, ranging in age from eight to 80, attend the Iowa City

salon, which is one of four franchises the midwest corporation has in Iowa.

Owner and manager of Shelly Lynn here, Darlene Wiley, is a walking-talking advertisement for her business.

Five years ago when Shelly Lynn opened an outlet in Coralville, Wiley was one of its first clients. Prior to enrolling in the program, she had tried fasting, crash dieting, jogging and exercising with Jack La Lane. All of these methods worked temporarily, but none produced long-range results.

In her first four months at Shelly Lynn, five foot-one inch Wiley lost 33 pounds and changed from a dress size 14 to a size five. She became an instructor at the Salon in 1970, and

bought it in 1971 when she moved it to its present Arthur St. location.

"Every woman needs one hour of vigorous exercise every day that she lives in order to be physically fit," Wiley contends.

But getting proper exercise is no simple matter. "If a person gets into an unsupervised exercise program," she explained, "she may unknowingly form bad habits which lead to poor posture or to building up rather than reducing certain parts of the body."

For clients who do require dieting, the instructors at the salon offer suggestions regarding eating times and food choice. "A person on a diet should always eat breakfast," Wiley admonished. "Often

people have a hard time dieting simply because they skip breakfast and skimp on lunch, and then overeat at dinner. The third meal should be the lightest because it is taken at a time when the body is slowing down. Most people burn up few calories after 6 p.m."

Wiley also has tips for the dieter regarding foods to eat and foods to avoid. Many women cut down on their eating by increasing their consumption of black coffee, not realizing that coffee impedes weight loss. "Caffeine helps the body to retain the fatty part of tissue," she explained. "If a dieter is drinking more than three cups of coffee a day and is not losing weight, we recom-

mend cutting down on the coffee."

In addition to offering dieting tips and a formal exercise program, Shelly Lynn provides supplemental activities for the over- or under-zealous client. The repertoire includes a group-exercise class that meets four times a week for those who wish to learn exercises that can be done at home, a jazz dance class for those who wish to camouflage exercising, and discussions with visiting nutritionists for those who wish to make exercising one part of a total health program.

One of the features of doing exercises in the salon is that one is forced to cultivate good habits. The Shelly Lynn program, which focuses on inch—not weight—loss, was designed by a doctor for the Shelly Lynn Corporation. The routine combines active and passive exercises which alternately stretch and relax the muscles, and is adapted to the needs of a particular client.

"We notice that persons in their early 20's who come to us often have large hips and thighs," explained the manager. "This could be the

result of high school exercise programs which build up leg muscles. When the exercise is decreased and weight gained, the pounds go to the legs.

"Some women who come here don't need to lose weight—they only need to improve their muscle tone," she added. "We don't require that these people diet."

"If a person is very flabby, she can take off a lot of inches without dieting as her body tones up. But once the body is firm, there must be a weight loss before any more inches will come off."



Photo by Brad Meyers

Ride on

Top, Amy Ray and instructor Kathy Achen do "leg lifts," an active exercise which is performed on a slant board for maximum effectivity.

Bottom, Arlyne Stock works out on an electric bicycle, a passive exercise which relaxes and stretches the muscles.

Where it's at

Coralville Recreation Department

1506 8 St., Coralville
Business Office Hours 10:00 a.m.-4:00 p.m., Monday through Friday
Telephone 351-9502
9:15 a.m.-10:00 a.m. Monday, Wednesday, Friday--Women's exercise session. Free.
10:00 a.m.-3:00 p.m. Monday through Friday--Gym for Adults.

3:00 p.m.-9:30 p.m. Monday, Tuesday, Thursday, Friday--Gym for seventh graders on up; below must be accompanied by parent, guardian or adult.
6:30 p.m.-9:30 p.m. Wednesday--Adult night.
1:00 p.m.-9:30 p.m. Saturday--Gym for seventh graders on up; below must be accompanied by parent, guardian or adult.
1:00 p.m.-5:00 p.m. Sunday--"
5:30 p.m.-8:00 p.m. Sunday--Family night.

Activities

Paddleball (rackets rent for 25 cents; for reservation, call after 6:00 p.m. for the next day), tennis (reservations up to 48 hours in advance), basketball, volleyball, badminton, pool and pingpong.
Showers available. Locker rental is 25 cents.

Young Women's Christian Association

14 1/2 S. Dubuque St.
Business office hours 9:30 a.m.-3:00 p.m. Monday through Friday
Telephone 351-3221
8:00 p.m.-9:00 p.m. Tuesday--women's exercise program. Eight sessions, \$8.

WE AIM TO PLEASE

with our unique... **CATERING SERVICE.**
Let us take the work out of your next social gathering be it large or small.

Or welcome a new friend with a tray of Deli delights. Catering Specialties...

DELI AT THINGS

Saturday, Nov. 10th

Freeman & Lange

8 P.M. No Cover Lotsa Beer!
at the
New Wheelroom

COMING IN NOVEMBER

Saturday Nov. 17th
Quentin Jones

Why do some people think Bud is sort of special?

Go ahead and find out why!
(Brewing beer right *does* make a difference.)

When you say Budweiser, you've said it all!

ANHEUSER-BUSCH, INC. • ST. LOUIS

CULT FILM SOCIETY PRESENTS

HOLMES

Gahan Wilson

"House of Fear" & "Sherlock Holmes in Washington"

7:00 p.m. \$1.00

Thurs.: Harvard Room, IMU Fri.: Shambaugh Auditorium

Black Action Theatre

presents:

A NITE OF THREE ONE ACTS:

"And They Rapped On"
Larry Alexander

"Soul Gone Home"
Langston Hughes

"Old Judge Mose Is Dead"
Joseph White

Time: 8:00 pm
at Studio Theatre (Old Armory)
Date: Nov. 9 & 10 (Fri. & Sat.)

FREE TICKETS AVAILABLE AT:
I.M.U. Box Office, A.A.C.C. (The House)
Special Support Services—204 Gilmore

Clinic teaches women self-examination, fosters shared experiences and health

By SIDNEY GREENSTREET
Special to The Daily Iowan
Self-Help Clinic is a meeting place where women learn self-examination and share experiences about health care. Self-examination is important for preventive health care and learning about our bodies. Sharing knowledge and experiences concerning our bodies is an important technique for gaining control over ourselves and demystifying doctors and medical care.

The Self-Help Clinic concept was originated by Carol Downer of the Feminist Women's Health Center in Los Angeles. Like the women who started the Emma Goldman Clinic for Women in Iowa City, Downer originally became involved in women's health care through abortion. Working in abortion referral, she and women working with her found they were dissatisfied with the care women were getting and the prices they paid for abortions. They decided to study abortion procedures and learn as much as possible about the best techniques, and then visit abortion facilities and evaluate the care given. During one of these visits, Downer observed a procedure, and during

the procedure she saw the woman's cervix. Now, it isn't often a lay person gets to look at the inside of someone's body, so you can understand how excited she was. But when you stop to think of it, the cervix, the end of the uterus extending into the inner end of the vagina, is about as much the inside of your body as your tonsils are. If you open your mouth, you can see your tonsils at the back of your throat. And if you open your vagina, you can see your cervix at the back of it.

But since most women are kept in the dark about the sexual organs and how to get to them, the cervix is more exciting than tonsils. And Carol started wondering whether she could look at her own cervix. So she acquired a speculum, the cold metal thing a doctor uses when she examines you, and a light and mirror, and proceeded to examine herself. And not only could she see her cervix, but also her vaginal walls, what colors they were, the os (the opening into the uterus), and what her secretions look like and where they come from.

Since that time, many women across the country have become

excited about the idea of learning about our bodies and developing further on the limited knowledge we get from the male medical profession.

A group of women coming together for any reason is likely to start talking at some time about problems or questions they have about their sexual and reproductive organs. Exchange of successes or failures with birth control, names of good doctors, and experiences in childbirth and sexuality have always been basic topics of conversation. But in the past we've not realized how really important this exchange is. The Self-Help Clinic is set up to make women realize how important and valid our experiences are, after all these years of being told falsely how ignorant and emotional we are.

The Self-Help Clinic is not really a clinic per se, but a group experience. It starts out with a slide show touching on many different aspects of gynecological health care: doing self-examination, vaginal infections, VD, birth control and abortion, childbirth, and relating to the medical profession are high points. After that, self-examination is

demonstrated, and each woman is encouraged to get her own speculum—one of the new plastic ones—and examine her own vagina and cervix. Once shown how, a woman can examine herself with a speculum without fear of injury. The procedure she follows is similar to what a doctor does, and any time she feels the slightest discomfort she can stop and alter the direction of the speculum, or its size (which many doctors do not do).

Now, men have always been able to look at their sexual and reproductive organs, both to understand how they work and to examine them for disease. Up until self-examination, women have had access only to the outer genitals, and because of taboos against our bodies in modern society, many of us don't even examine this much.

Self-examination can be done regularly twice a week so a woman can become completely familiar with her body in its normal healthy state, and so be able to tell when something unusual occurs. This is important in detecting symptoms of infection or disease before they become serious. The first chance of syphilis is painless and, if

it occurs inside the vagina, will not be discovered unless a woman examines herself. If your sexual partner tells you he was exposed to syphilis, you can go to a doctor and be treated. If you are not so lucky, self-examination could get you to the doctor before more serious stages occur. Vaginal infections are not so serious, usually, but the itching caused can be incredibly uncomfortable. If discovered in early stages, there are home remedies that help. Such early treatment can avoid many expensive visits to the doctor a woman would make if she were treated for every vaginal infection. However, most women are not treated for every infection. Many women use home remedies passed on to them from their mothers. But many women just endure the suffering of an infection for years, rather than endure the expense or embarrassment of going to the doctor, and not knowing about any home remedies. Knowledge of these home remedies can be passed around in the Self-Help Clinic, as well as knowledge of when an infection is serious enough to warrant seeing a doctor.

regularly, she will notice regular color changes in the cervix corresponding to her menstrual cycle. If she misses her period, and has been exposed to the risk of pregnancy, she may want to observe her cervix especially closely for the bluish color that might indicate pregnancy before even the doctors' tests might show a positive reaction. Such knowledge can give a woman more time to make an appropriate decision concerning her life: is this pregnancy wanted, or would abortion be a worthwhile consideration?

After learning self-examination, the Self-Help Clinic might go on to other areas of interest to the group: breast examination, talking about sexuality, sterilization, menopause, etc. The focus of each group depends on the interests of the women in it.

A new Self-Help group starts the first Tuesday of each month at 7:30 P.M., and meets once a week for four weeks at the Emma Goldman Clinic for Women, 715 N. Dodge, Iowa City, Ia. Any women's group, or other group interested in women's health care, can request a Self-Help presentation for your group by calling 319-338-3289.

Feminine hygiene sprays undergo attack

By JAMES FLEMING
Feature Writer

Times do change. No longer do the stock boys snicker when tidying up the shelves bearing these canisters. Just months ago, when the products were newer, the suggestive names could provoke a little tittering: Pristeen, Feminique, FDS—all suitably delicate, discreet.

But they begin to bore easily. Commodity packaging at its pinnacle, an act akin to camouflage. Five kinds of canisters, identical in size and shape. Only color varies. (Shouldering up to a "truly modern" world-view, some brands permit themselves

downright bold shades of pastels.) All brands pledge to rush their powers to the rescue "when you really need it the most." All echo the same injunction, for use "on the exterior vaginal areas only." And all, all of these cans pretend that they're really just flowers in disguise.

One Iowa City grocery store displays its stock of metal mercenaries in neat regiments, camped between the Kotex and vaseline. Another market exhibits theirs with the diapers and baby powder. Underarm deodorants, in a downtown drug store, rest a peculiar two aisles and twenty yards away. And a would-be prankster at Randall's

has slipped a can of Lucky Whip into those ranks.

These vaginal sprays are popular products, well distributed. No sentient vendor dare do without them. If, on a street map of Iowa City, you trace the places where vaginal sprays are sold, it is possible to detect a rough silhouette of Raquel Welch.

Not long ago, a self-purported humor magazine ran a parody of an "advice to the lovelorn" column. A despondent male, seeking revenge on his mate, was instructed to "pour British Sterling on her clitoris."

And here the cheap jokes end. Madison Avenue read the same issue.

Early this year, the Food and Drug Administration banned some brands of feminine hygiene sprays, and slapped warnings on the labels of others. There was some talk of cancer.

Some problems are more certifiable. A spokeswoman from Iowa City's Emma Goldman Clinic states that "several women have complained of irritations resulting from use of these products. Vaginal infections are sometimes caused by upsetting of the natural PH balance, and these sprays can contribute to that upsetting."

While calling the vaginal sprays "useless," Dr. Herbert Buchsbaum of the University Hospital's Gynecology Department

warned that "the hazards are real. These people make a lot of money pandering to our sad social priorities, and they have created a problem far in excess of the problem they sought to correct. The treatment is worse than what it 'cures'."

Pharmacists around town agree that this market was simply "invented" by the drug companies. Dave Jones, pharmacist at Walgreen's in the Mall Shopping Center, admits that the products sell well, and suspects that "women may be a little shy about telling us" of complaints. Since most of the "us" behind local drug coun-

ters are more prone to use Crux (for jock itch) than a vaginal spray, some reticence is to be expected.

In fact, the Emma Goldman spokeswoman calls the existence of these sprays "totally offensive and sexist" from the outset. "The implication is that women's bodies are dirty and don't smell good. We recommend that people protest against these products because of their sexist implications."

But, ever ready with response to feminist rhetoric, Madison Avenue has already risen to that challenge. They have begun to market a genital spray for men. They call it—"Kanon."

CLINTON STREET MALL
Down-Town

DEADWOOD

Buc Leathers
SALE
25% off selected carved belts
Thursday & Friday
November 8 & 9

ELYSIAN FIELDS
Jazz Albums

Epstein's Bookstore
With this ad
10% off anything in the store
Thursday, Friday, Saturday
November 8, 9, 10

REPRESENTED FOR NATIONAL ADVERTISING BY
National Educational Advertising Services, Inc.
360 Lexington Ave., New York, N. Y. 10017

FALL IS A FESTIVAL FRESH

OF FINE FOODS FROM HY-VEE!

CALIFORNIA CARROTS 13¢ LB. BAG	JIMMY DEAN PURE PORK SAUSAGE 79¢ 12 oz. pkg.	U.S.D.A. CHOICE ROUND STEAK \$1 19 LB.	U.S.D.A. CHOICE 7-BONE CHUCK ROAST 69¢ LB.
COLORADO RED DELICIOUS APPLES \$1 00 5 LB. BAG	TONY'S FROZEN PIZZA \$1 09 FREE SAMPLING NOV. 9th & 10th 10 A.M. to 6 P.M. AT ALL THREE STORES FOUR VARIETIES 11 INCH	FRESH ROASTING CHICKENS 49¢ LB.	BAKERY SPECIALS
HAMM'S BEER \$1 09 6 PAK CANS	WILDERNESS CHERRY PIE FILLING 39¢ NO. 2 CAN	HY VEE TOMATO JUICE 33¢ 46 OZ. CAN	ASSORTED LONG JOHNS 59¢ 6 FOR
ORANGE CRUSH 49¢ 8 PAK 16 OZ. BOTTLES PLUS DEPOSIT	CAMPBELL'S TOMATO SOUP 11¢ TALL CAN	KLEENEX FACIAL TISSUE 25¢ 200 CT.	ORANGE DANISH ROLLS 59¢ 6 FOR
HY VEE MARGARINE 29¢ 1 LB. PKG.	JELLO ASSORTED FLAVORS 9¢ 3 OZ. PKG.	HY VEE CINNAMON ROLLS 29¢ REFRIGERATED TUBE	SLICED RYE GRAHAM BREAD 39¢ LB. LOAF
HAMBURGER BUNS 61¢ 12 IN PKG.			SPECIAL ORDERS PHONE CORALVILLE 351-5523 KIRKWOOD 338-2301

Hy-Vee
227 KIRKWOOD AVE.
310 N. FIRST AVE.
LANTERN PARK PLAZA, CORALVILLE

Athletic authority decries competition

By DAVID SITZ
Feature Writer

You'd do well to cancel any bets you've made recently with Don Casady. Even if you could persuade him into such an agreement, chances are slim you'd know more about any form of athletic activity than Casady does. Dr. Donald Casady is the authority here on athletic games or contests. His official position is

that of Chairman of the Physical Education Skills Department. He's not all man mind you, but he'll go a long way in the physical definition of the term.

Casady originated from the south central Iowa town of Dean, which he adds, "Had a population of 50 when I left but is down to about 25 now." His original desire in the field of athletics was stunted by his frame which stood at 5'4" and

115 pounds when he entered Centerville High School. After two years of junior college at Centerville, Casady enlisted in the Air Force and pursued his interests as a physical education trainer. But due to the post-war decline in the need for pilots Casady gave up a service career and continued his education until he received a B.S. degree in 1950. From Iowa he moved to Atlanta and

assumed directorship of that city's athletic club. Casady then spent three years as a physical education instructor at Georgia Military Academy until 1954 when he returned to Iowa to pursue his Masters degree. He assumed his current position in 1958 and received his doctorate the year later. But enough of history. Casady is the one name that recurred over and over as an authority on physical fitness

when questions were asked of others in obtaining information for this health section. But surprisingly he does not have a daily routine of exercise and diet. He doesn't jog as much as he used to. And he doesn't like entering athletic encounters in which the competitive spirit transcends the "companionship and social exchange involved." Casady simply has a passion for sports of all kinds. He is naturally interested more accurately in health and the benefits derived from physical activity. But he warns "any activity must be viewed in a sane manner."

Thus Casady has his own theories of the importance of athletic activity and physical health. "Running is an excellent exercise; the only one besides swimming that offers cardio-respiratory endurance." But he also added that jogging is not the only way to derive these benefits. Playing tennis,

basketball and other sports requiring much body movement accomplishes the same result. He also pointed out the old myth of strength therefore health. "A person may be obese and possess a large amount of strength but still be unhealthy." Casady discussed the current American concern over health and concluded that physical activity of any kind has its benefits, and with our society geared to success, sports is just one avenue available to the combined interests of health and sufficiency.

Dr. Casady now stands 5'11" and 185 lbs. He has three young sons of his own who are interested sports, and he obliges them with any help he can give. Casady closed our talk by again stating he should not be used in relation with the current Bobby Riggs fitness movement. "Everybody needs something to succeed at. Sports is just one route."

Drugs bring relief and ills

By PAULLANAGHAN
FEATURE WRITER

I'm sure you've heard them. For fast relief take...more effective than the leading pain-reliever, or...recommended by more doctors than any other aspirin, or '50 per cent more effective than Brand X.

If you've watched only ten minutes of television in your entire life you've probably been hyped to buy a drug that brings instant relief, fast action, or cures pain right away. Television watchers unconsciously rely on the advice of a dignified gentleman or a reforming nagging housewife who is all smiles and charm after taking her favorite drug.

The trouble with non-prescription drugs and most specifically pain-relievers, is that it is very difficult to determine their efficacy," said Dr. Charles Barfknecht of the College of Pharmacy. "The placebo effect makes it very difficult to determine the real effect of the drug. Is the person anticipating the drug or is it really working?"

Non-prescription drugs, compared with prescription drugs, are less powerful but operate within a greater margin of safety. In the past non-prescription drug manufacturers were granted a great degree of freedom in choosing the ingredients for their drug. As long as they didn't kill too many people at one time they could do just about anything they wanted.

The Food and Drug Administration (FDA) now regulates the manufacturers

ingredients, that is have some effect on the illness, and which chemicals are 'inactive' and should be removed. If a product has no active ingredients it will be taken off the market. Products that have 'inactive' ingredients will be forced to alter their ingredients to meet the FDA standards.

There are drugs on the market now that are perfectly safe for the majority of people, but have harmful side-effects for people with specific problems—allergies, diabetes, asthma, or people under other medication. The FDA studies are trying to find out for each drug, the circumstances where it might have annoying consequences. Barfknecht recommends that a person consult with a pharmacist before purchasing a product to find out if it will have any unwanted effects for him.



Barfknecht says there are three things that should be considered before a drug is purchased: 1. the beneficial effects 2. the harmful effects 3. the cost. "It's a real shame to see a person with a low income buying an expensive drug when a drug that costs less provides almost

the same effect. In many cases there is a such a slight difference that spending the extra money is not justified." Following the advice of advertisers is a very sticky



business. The FDA does not allow them to say things that are not true, however they sometimes avoid the truth by clever wording. A case in point is sleeping pills. It has been found that they don't really put you to sleep, so the manufacturers advertise them as 'relaxing you into sleep' or 'aiding sleep'. If you take the prescribed dosage there is no guarantee you will go to sleep, in fact you could stay up all night waiting for the drug to take effect.

Each one of the 170,000 over-the-counter drugs is being examined by panels appointed by the FDA to decide if they really deserve to be on the market. The studies will decide which chemicals are 'active

Possibly the most dangerous drug when taken excessively, are sleeping pills. An overdose of sleeping pills can produce a



state of schizophrenia similar to that caused by an overdose of LSD. An added danger of this is that the medication proscribed for an overdose of LSD is

dangerous for a person who has taken an overdose of sleeping pills. Unfortunately the physician has no way of distinguishing between the two cases of schizophrenia.

Whether people realize it or not drugs that may be purchased without a prescription are not as harmless as they might seem. Sometimes the side-effect of a drug is more harmful than the ailment it was taken to alleviate. The only way to find out if the cure you want will have no unwanted dangers and will give you the most for your money, is to ask the pharmacist at your drugstore. It's painless.

Where it's at

Iowa City

Recreation

Department

Gym and game

room hours

11:00 a.m.-1:00 p.m. Monday through Friday—Adults only
1:00 p.m.-6:00 p.m. & 8:00 p.m.-10:00 p.m. Sunday—Adults, Senior and Junior high
1:00 p.m.-10:00 p.m. Monday through Thursday, 1:00 p.m.-Midnight Friday, 1:00 p.m.-11:00 p.m. Saturday—Adults, Senior and Junior high
Sixth grade students may use the Center from 1:00 p.m.-5:30 p.m. every day. Any child may use the Cen-

ter after 1:00 p.m. when accompanied and supervised by an adult.



Public

swimming

9:00 a.m.-2:00 p.m. & 7:00-9:00 p.m. Monday through Friday (Adults only until 1:00)
9:00-11:00 a.m. & 1:00-5:00 p.m. Saturday
1:00-9:00 p.m. Sunday
Admission: 25 cents (10 cents Sunday)

Please recycle this paper

Jim Mulac
Playing piano tonite
at the
SANCTUARY

Are you a lilly liver,

matey?

Test your consumption at F&S Downtown,

FREE BEER
from 9-11 THURS.

\$1.50 Cover
FABULOUS & SHUCKER BROS.

FOX & SAM'S Downtown

SCANDANAVIAN
Jewelry, bronze, silver, sterling, wooden & ceramic
GILDA IMPORTS
215 Iowa Ave.
338-7700 Iowa City

Problems?
...somebody cares
351-0140
CRISIS CENTER
608 S. Dubuque 11 A.M.-2 A.M.

THE ALLMAN BROTHERS BAND
BROTHERS AND SISTERS

New from Capricorn

LP
REG. \$5.98
\$2.87

TAPE
REG. \$6.98
\$4.87

The Allman Brothers Band
Brothers and Sisters
Capricorn album CP 0111

The Allman Brothers Band, who recently accepted new bass and keyboard players into the family, returns under a full head of steam with *Brothers and Sisters*.

Includes: Wasted Words/Rambiri Man/Jessica

CAPRICORN RECORDS

ROSHEKS

PRO SHOP 118 S. CLINTON
BELOW THE MEN'S DEPT.

THAZZZ RIGHT!

\$1.00

Pitchers

THAZZZ RIGHT!

LIVE ENTERTAINMENT WITH
Couch & Scherer

THAZZZ RIGHT! SHAKEY'S TONIGHT THAZZZ RIGHT!

THAZZZ RIGHT!

531 Hwy 1 West

SHAKEY'S

351-3885

SHAKEY'S SHAKEY'S SHAKEY'S SHAKEY'S SHAKEY'S SHAKEY'S SHAKEY'S

Direct from the Soviet Union
First time in America!

Krasnayaarsk Dance Company of Siberia

Company of 80 Dancers, Singers and Musicians

Wednesday,
NOVEMBER 14, 1973

Hancher Auditorium

Student prices: \$3.50, \$2.50, \$1.50
Non-student prices: \$5.00, \$4.00, \$3.00

Hancher Box Office Hours:
Mon.-Fri. 11-5:30 p.m., Sun. 1-3 p.m.

Hancher Auditorium

DAILY IOWAN WANT ADS

Where it's at

Fieldhouse

General hours 8:00 a.m.-10:00 p.m. Monday through Friday; 8:00 a.m.-5:00 p.m. Saturday; 1:00 p.m.-5:00 p.m. Sunday

Swimming pool

11:30 a.m.-1:00 p.m. Monday through Friday
6:00 p.m.-9:00 p.m. Monday through Friday
1:00 p.m.-5:00 p.m. Saturday, Sunday

Loft hours

3:30 p.m.-5:30 p.m. Monday through Friday
7:00 p.m.-9:00 p.m. Monday through Friday
Closed weekends

Service area

8:00 a.m.-10:00 p.m. Monday through Friday
8:00 a.m.-5:00 p.m. Saturday

1:00 p.m.-5:00 p.m. Sunday (Phone 353-3316 for evening and weekend reservations.)

Locks-towels

Can be checked out from the Service Area
Students—No charge (ID and current registration required)
Faculty and Staff—50 cents per use or \$1.00 per semester
Public—50 cents per use or \$1.50 per semester (Locker fees are paid in Room 112 of the Field House)

Students, faculty and staff may check out—at no charge—the following from the service area (ID required):
volleyball sets, badminton sets, basketballs, footballs, rip fobs, squash rackets, softball bats, balls and gloves, frisbees, archery bows and arrows, water polo balls, soccer balls, fencing equipment, and tennis rackets and balls.

Activities

Archery, golf, pingpong and weight lifting (all in the loft area), handball, paddleball and squash (make reservations for the day of use by calling 353-3494, Monday through Friday, and 353-3316, Saturday, Sunday and weekdays after 5:00 p.m.), swimming and diving (check pool hours), volleyball (four courts—call for reservations), basketball and badminton.

University High School

General hours 6:00 p.m.-9:00 p.m. Monday through Friday
1:00 p.m.-5:00 p.m. Saturday and Sunday
Telephone 353-6609

Lock-towels

Students—No charge (ID and current registration required)
Faculty and Staff—50 cents per use or \$1.00 per semester
Public—50 cents per use or \$1.50 per semester

Activities

Basketball, badminton, tumbling, volleyball, pingpong, ice skating (rink located north of U High. Warming house provided. Hours 3:30 p.m.-9:00 p.m. Monday through Friday, 1:00 p.m.-9:00 p.m. Saturday and Sunday.)

In addition to the above, the university offers a competitive intramural program in three divisions: Men's, Women's and Coed. All faculty, students and staff of the university are eligible to participate in the Men's or Women's programs. The Gays and Gals program is open to all faculty, students, staff and their spouses. Scheduled activities throughout the year include: archery, badminton, basketball, bicycle racing, billiards, bowling, canoe racing, cross country, flag football, handball, invertebrate water polo, one-on-one basketball, paddleball, softball, swimming meets, pingpong, track, trap shooting, tennis, volleyball and wrestling.

Iowa City Park and Recreation Department

220 S. Gilbert St.
Business office hours 9:00 a.m.-5:00 p.m. Monday through Friday. Telephone 338-5493
The Center is open to the general public without charge, except for swimming.

a.m.-5:00 p.m. Monday through Friday. Telephone 338-5493
The Center is open to the general public without charge, except for swimming.

For the senior citizen

Golden Age Club for retired persons on Thursday afternoon from 1:30-4:00 for dancing, cards, community singing, special parties and potlucks. Informal card games on Tuesday afternoon. No fee.

Recreation schedule

Handball-paddleball court (scheduled for use daily beginning at 6:00 p.m. Available on the hour 9:00 a.m.-10:00 p.m. Monday through Thursday, 9:00 a.m.-11:00 p.m. Friday, 1:00-11:00 p.m. Saturday, 1:00-10:00 p.m. Sunday) No fee.

Archery range is open 6:00-9:00 p.m. Monday and Wednesday with equipment available (or bring your own). An instructor-supervisor is on duty for assistance. No fee.
With the exception of Monday and Wednesday evenings, the rifle-pistol range is open for shooting with 22-caliber weapons during the public open times listed. Instructor on duty Tuesday and Thursday, 6:00-9:00 p.m. Rifles are available without charge and targets and ammunition may be purchased at the game room desk.

Ice skating at City and Mercer Parks, based on freezing temperatures mid-December to mid-February. Rinks supervised and shelters open school days 4:00-9:30 p.m.; vacation days and Saturdays, 9:30-11:30 a.m. and 1:00-9:30 p.m.; and holidays and Sundays, 1:00-9:30 p.m. Sled slopes at City Park, Hill Park Road and Hickory Hill Park off Conklin Lane or off Cedar Street



Special recreation center hours

Family night

Exclusive family use of the Center for archery, basketball, billiards, floor hockey, shuffleboard, table tennis, volleyball and others.
For: Parents with children of any age
When: Sundays, 6:00-8:00 p.m.

Playday

Crafts, games, air rifle shooting, tumbling, roller skating, archery and various sports
For: Boys and girls in grades one through six
When: Saturdays and public school vacation days other than holidays. (Through April 20.) 9:00-11:45 a.m. Supervision provided.

Activities for women

For: Adult women
9:30-11:00 a.m. Wednesday and Friday—volleyball
8:00-10:00 p.m. Tuesday—gym night for basketball, volleyball, etc. (a babysitting service is provided on Tuesday, Wednesday, Thursday and Friday from 9:30-11:00 a.m. for children of mothers participating)

Personals



Cowboys. Take that, John Wayne!

TRUMPET man wants gig with rock band. Good range. Call Steve, 353-2277. 11-14

di and mi—We have been missing you. Bubble on down sometime soon. Denny. 11-8

BLINTZ Brunch, Hillel, November 11, 11 a.m. Homemade baked goods sale. 11-9

I want to go as the maple goes, in a sudden glory of golden light. I want to go as the sunset goes, in a burst of color before the night. I want to live as a candle burns, clear and bright; and spend all my days at Gaslight Village—as well as every night. 12-13

CONSERVATIVES—All those interested in advancing the conservative cause on campus please call 337-3700 after 6 p.m. 12-11

GAY LIBERATION FRONT DIAL 338-3871 or 337-7677 12-3

HANDCRAFTED rings—Specialty, wedding bands. Metalsmithing grad. Reasonable. 353-4241, 1:30-3:30, Monday, Wednesday, Terry. 11-30

UNWANTED pregnancy? Call Emma Goldman Clinic, 319-338-3289. We support your right to choose abortion or adoption as responsible alternatives. 11-30

PROBLEM pregnancy? Call Birthright, 7 p.m.-10 p.m. Monday through Thursday, 338-8665. 11-30

CUTCO—Wearers Subsidiary of ALCOA Sales and Service. Larry Meade, Distributor, P.O. Box 1421, Iowa City, 351-2222. 11-30

RAPE CRISIS LINE Call 338-4800. 11-30

D.I. Classifieds are for Your Convenience! 11-30

Ride or Rider

COLORADO—Thanksgiving, ride or riders. Leaving after 17th. 351-4290. 11-13

I must stay to use the Medical Library at night but need rides home to K-mart area. Any time between 8 and 11 p.m., three nights per week, will pay. 337-2903, evenings. 11-9

Tickets

WANTED—Four tickets to Allman Brothers Concert. Phone 351-8140. 11-9

TWO tickets to Allman Bros. Concert at (nearly) any price. 354-1047. 11-9

Instruction

CERTIFIED teacher offers flute lessons—All ages, all styles. 351-3723. 11-20

SPANISH tutoring by experienced graduate. Get help now. Call 351-8579. 11-19

ELECTRIC Bass—Theory—Ear training. All styles. Dial 337-3696. 11-29

SPANISH tutoring by native graduate student, teaching experience. Call 351-2838. 11-29

FLUNKING math or basic statistics? Call Janet, 338-9306. 11-12

Pets

DACHSHUNDS—AKC, nine weeks, wirehaired, ndw or for Christmas. 351-5677, evenings. 11-9

PROFESSIONAL dog grooming—Puppies, kittens, tropical fish, pet supplies. Brennenman Sea Store. 401 S. Gilbert, 338-8501. 10-18

CARRIE Ann Grooming Salon. Distinctive grooming of all breeds. Reasonable prices. Newcomer discounts. 351-8287. 11-29

FAR-SIDE KENNELS GROOM SHOP All breed dog grooming. Free pickup and delivery. 336 S. Gilbert. 351-1282. 11-21

Typing Services

GRAD students! Experienced typist will do theses/dissertations. IBM Executive typewriter. 351-5313. 12-17

ELECTRIC typing—100 wpm. Fast, experienced, reasonable. Call Sue, 351-0694. 11-16

IBM Pica and Elite—Carbon ribbon, experienced, reasonable. Jean Allgood, 338-3393. 12-11

PROFESSIONAL quality, electric machine; efficient, responsible, reasonable. Call Marilyn, 354-2811. 12-3

ELECTRIC typing, carbon ribbon, editing. Experienced. Dial 338-4647. 11-29

EDITING-typing. Grad. Eng. Stu. Have taught, edited, published. 338-7259. 11-30

IBM Selectric—Carbon ribbon, thesis experience. Former university secretary. 338-8996. 11-29

HAMBURG Electric Typing—Reasonable, experienced. 354-1198, all day or evening. 11-28

AMELON Typing Service—IBM electric, carbon ribbon. Dial 338-8075. 11-12

GENERAL typing—Notary public. Mary V. Burns, 416 Iowa State Bank Bldg, 337-2656. 11-12

ELECTRIC typewriter—Theses, manuscripts, letters, term papers. Phone 337-7988. 11-12

REASONABLE, rush jobs, experienced. Dissertations, manuscripts, papers, Languages, English. 338-6509. 11-12

ELECTRIC—Fast, accurate, experienced, reasonable. Call Jane Snow, 338-6472. 11-12

NYALL Electric Typing Service. Dial 338-1330. 11-12

Who Does It?

SPECIALIZING in sewing wedding and attendants' gowns. Call after 3 p.m. 338-0446 12-11

RESUMES: Professionally prepared and printed. Avoid amateur errors. Inexpensive. Call 351-2251 or 338-2936. 11-13

CHIPPER'S Custom Tailors, 124 1/2 E. Washington. Dial 351-1229. 11-18

STEREO, television repairs; satisfaction guaranteed; reasonable rates; Maffy; 351-6896 anytime. 11-12

ARTIST'S portrait—Children, adults. Charcoal \$5, pastels \$20, oil from \$85. 338-0260. 11-12

WE repair all makes of TVs, stereos, radios and tape players. Helble & Rocca Electronics, 319 S. Gilbert St. Phone 351-0250. 11-12

HAND tailored hemline alterations. Ladies' garments only. Phone 338-1747. 11-12

Lost and Found

FOUND—Young gray, white and tan cat at Music Building Monday evening. 337-7508 after 6 p.m. 11-14

LOST—Blue spiral notebook on Burlington, near water treatment plant. 351-2428. 11-9

LOST—Man's wallet. Finder may keep football tickets—additional reward. Phone 338-7508. 11-14

FOUND October 30 near Dodge St. Eagles—Small, female, long-hair dog, white with black spots on back and head. 338-5382. 11-13

BLACK journal notebook lost 11-2 a.m. between 1600-1900 block Muscatine. Large reward. Call 353-5242; 338-2862 or 338-4419, anytime. 11-12

Help Wanted

DAYTIME baby sitter—Five year old, own transportation, Lantern Park. 338-6487 after 5 p.m. 11-12

WANTED: Junior high aged baby sitter, occasional evenings, close to N. Dodge Eagles, 354-3302, 11-12

DELIVERY HELP WANTED

LITTLE CAESARS Must Have Own Car. Apply In Person, 127 S. CLINTON ST. 11-12

Automobile Services

1966 Ford Super Van Camper—Many extras. Excellent condition. 351-8805. 11-14

1962 Ford 1/2 ton pickup, 6 cylinders, red tile, best offer. 338-8563. 11-14

1973 Firebird Transam—AM-FM, stereo tape, 455, four speed, beautiful. \$3,995. 338-8745. 11-9

SNOW tires for Vega A78-13 for sale. 351-6659 after 5 p.m. 11-13

1968 Chrysler Newport—Power steering, power brakes, air conditioning, extra clean, \$900. 351-4759. 11-19

1969 Pontiac LeMans—V8, automatic, 40,000 miles. 338-6952 after 5:30 p.m. 11-9

1972 Barracuda—Excellent 318. Green. Good deal. 351-9166 after 6:30 p.m. 11-8

Automobile Services

PERFORMANCE parts—Tuned exhaust and intake systems. Save gas. Stop by. ASI Machine Shop Bays of Deep Rock, 304 Burlington. 351-4808. 11-26

NOTICE NOVEMBER 1 Volkswagen Repair Service will be open 8 a.m.-5 p.m. weekdays, evenings, weekends by appointment. 644-3666. 11-21

VOLKSWAGEN repair service, engine tune-up, brake work. Leonard Krotz, 644-3666. 11-8

For a Free estimate on your AUTOMATIC TRANSMISSION call ABC AUTO REPAIR 220 W. 2nd St. 338-4346 Coralville. 11-14

Cycles

MUST sell immediately—Late 1971 Suzuki 100. Set up for dirt. Street legal. Will sell stock. 351-6845 after 5 p.m. 11-13

1974 HONDA CB 750K4 now \$1599. CT 70 K1 \$299. All models on sale. Stark's Sport Shop, Prairie du Rocher, Wisc. Phone 326-2331. 12-7

Misc. for Sale

SELLING—Cowboy Fry boots—Men or ladies, size 9. 354-1513. 11-14

10x15 green wool plush carpet, excellent condition, \$70. Peterson stroller, like new, \$15. After 5 p.m., 354-2898. 11-12

HOUSE sale: Stereo FM-AM radio, portable electric lectern, books, plants, art. Saturday, November 10, 624 1st Ave., Coralville. 11-9

FOR sale: Genuine whalebone corset, white only. Visit Ahab Exports. 12-6

SKI boots—Henke and Lange, 9, Sony 255 recorder, Panasonic 8 track tape player. 337-4622. 11-13

STEREO: Large Advent speakers; Dual 1218 turntable; Stanton 681EE cartridge; Kenwood 7002 amplifier; 50W RMS per channel. \$550. 351-5969. 11-13

DROP leaf dining table, six chairs, excellent condition. 1-627-2826. 11-19

MUST sell: Two bass cabinets with 18" pro series speakers, 200 watts RMS each. Best offer. 365-9935. 11-29

FIREWOOD—call between 9 a.m. & 6 p.m. Don't delay. 338-1860. 11-12

HALF price—Pair Realistic Electrostat 2a speakers, \$70. Garrard Lab55b turntable WB-DC, \$40. 338-4572. 11-16

THREE rooms of furniture, \$198. You receive complete living room, complete bedroom, complete kitchen set. GODDARD'S Discount Furniture 130 East Third St. West Liberty, Iowa. Monday through Friday, 9:30 a.m. till 8 p.m. Saturday, 9:30 a.m. till 5 p.m. Open Sundays, 1-5 p.m. 12-17

STEREO receiver—Fisher 210T, 33 w-channel. \$140. Call 351-4588. 11-16

Apply in person to: Mrs. Barb Meardon, Personnel Manager, Monday thru Friday, 10 a.m. to 5 p.m. An Equal Opportunity Employer

Apply in person to: Mrs. Barb Meardon, Personnel Manager, Monday thru Friday, 10 a.m. to 5 p.m. An Equal Opportunity Employer

Apply in person to: Mrs. Barb Meardon, Personnel Manager, Monday thru Friday, 10 a.m. to 5 p.m. An Equal Opportunity Employer

Apply in person to: Mrs. Barb Meardon, Personnel Manager, Monday thru Friday, 10 a.m. to 5 p.m. An Equal Opportunity Employer

Apply in person to: Mrs. Barb Meardon, Personnel Manager, Monday thru Friday, 10 a.m. to 5 p.m. An Equal Opportunity Employer

Help (cont.)

PART time evening help. Apply in person at George's Buffet after 6 p.m. 11-8

DAYTIME waiter—waitress, weekdays 11-4. The Best Steak House, 117 S. Dubuque, apply in person. 11-12

FULL and part time waiter-waitresses; part time dishwasher, full time cashier. Above average wage, fringe benefits. Apply in person, Hawk I Skelly, 901 1st Avenue, Coralville. 12-6

WANTED—Two cooks specializing in Greek food and pastries for new restaurant soon to open. Contact Bill Mihalopoulos, 351-9717. 11-9

NEED baby sitter Monday mornings at 10 a.m. Dial 338-2745. 11-9

Auto-Foreign

1968 Volkswagen Squareback—40,000 miles. Clean. \$975 or offer. 338-1031. 11-12

WILL trade for cycle: 4-Horsepower, one-man chariot; air conditioned, power steering, white walls. Call J. Ben-Hur, daily except Saturdays, XIV-IXVI. 12-3

SR-22'S—SUPER LOW RATES Rates quoted by phone, Monday through Friday, 9 a.m.-9 p.m. 622-3535, collect. Amiana Security Insurance Agency. 12-20

'71 Toyota Celica—2000 below book, winterized, excellent condition. 351-3477. 11-12

1970 MGB—Winterized. Best offer. 353-5090; 337-2259. 11-19

ASI Machine Shop—Also serving THE DO-IT-YOUR-SELF Valve work, engine work, parts. Deep Rock, 304 Burlington. 4808. 11-26

1970 MGB—Winterized. Best offer. 353-5090; 337-2259. 11-19

ASI Machine Shop—Also serving THE DO-IT-YOUR-SELF Valve work, engine work, parts. Deep Rock, 304 Burlington. 4808. 11-26

1970 MGB—Winterized. Best offer. 353-5090; 337-2259. 11-19

Atkins, Stillman give varying rationales for same end

By CRAIG MACDONALD
Feature Writer

As one whose paunch is becoming less incipient and more firmly, or is it "infirmly," established with each passing year, I feel at least partially justified in using this space to talk about the relative merits of certain reducing diets. Two such diets which have gained a good deal of national popularity, and in which this writer has participated with very limited success, are "The Doctor's Quick Weight Loss Diet" and "Dr. Atkins' Diet Revolution."

All diets, including Dr. Stillman's "Quick Weight Loss" regime and Dr. Atkins' "Revolution," contain several commonly-held characteristics. Aside from the actual diets themselves, the authors inevitably litter the pages of their books with hair-raising statistics concerning obesity and death, a multitude of arcane charts and graphs, incredible case histories, and gargantuan claims of success. What all this amounts to, after all the fat is pared away (sorry), is the traditional advertising hype; and it has very lit-

tle to do with the ultimate efficacy of the diet itself. The thing which really differentiates one diet plan from another is what might be called the dieting "philosophy." In the case of the "Quick Weight Loss Diet," for example, the controlling philosophy, as indicated by the title, is "speed." Get those pounds off and get them off fast!

This is accomplished, according to Dr. Stillman, by following a high protein-low carbohydrate regime. Without getting too bogged down in a discussion of physiology, the idea is that by lowering your intake of carbohydrates, which is one source of the body's energy, you begin to use up stored body fat instead, which is another

source of energy. The fewer high-carbohydrate foods you consume, the more stored fat your body utilizes for energy, and the more the excess pounds miraculously (maybe) disappear. Dr. Stillman argues that by following his plan, it is possible to lose between 7 to 14 pounds in one week, to quickly reach an ideal weight (see chart), and then to maintain that weight by the abominable process known as "calorie counting." Yours truly, however, was able to drop only a paltry 5 pounds that first week, and soon went slinking back to sipping martinis and munching Fritos. A very sad case.

While speed may be an important attribute in a diet plan, there are some distinct

drawbacks to "The Quick Weight Loss" method. Because one has to consider calories as well as carbohydrates, one is apt to spend a ridiculous amount of time carefully slicing all the fat off steak or meticulously peeling the skin of chicken. Also, no frying is allowed, and as anyone with a decent appetite knows, broiled skinless chicken is a drag! The worst aspect of Dr. Stillman's plan, however, has to do with water. Because the stored fat being burned for energy leaves waste material in the body, Stillman maintains that these waste products must be excreted with the help of 8 full glasses of water a day. Not only is this logistically difficult—just try fitting 8 glasses of water into a busy day—but it also exacts a heavy toll on one's kidneys and bladder. It is entirely possible to wear a rut in your rug nearly as deep as the Grand Canyon just from repeated trips between bedroom and bathroom. The only cheese allowed on this diet, other than cottage cheese and Farmer's cheese, is something called Pot cheese. Pot cheese, I discovered, has the consistency of crumbled chalk and tastes suspiciously like Milk of Magnesia. "The Doctor's Quick Weight Loss Diet" may allow you to lose weight in a hurry, but you might also lose the use of your palate in the process.

As people like David Susskind and Roberta Peters have attested, "Dr. Atkins' Diet Revolution" is much easier to live with. Like Stillman's method, Atkins' diet is also based on low-carbohydrate intake, but the philosophy and implementation are different. In-

stead of "speed," the key word in Dr. Atkins' philosophy is "comfort," it's a diet you feel happy on.

The diet dispenses with any worries about calories or fats. In fact, Atkins urges the consumption of fatty foods in the belief that they inhibit hunger. He also believes that carbohydrates alone are responsible for many weight problems. As long as foods containing starches and sugars are avoided, almost anything goes.

During the first week of the diet, almost no carbohydrates are consumed. This allows the body to change from a carbohydrate-burning machine to a fat-burning machine. The menu is primarily composed of meats, poultry, eggs and small salads. After it's established, by testing the urine, that the body is burning up fats, small amounts of carbohydrates can be gradually added to the diet. Certain specified vegetables and nuts can be eaten, and even deserts made with artificial sweeteners, such as cheesecake, are allowed.

The ultimate goal of the Atkins' diet is to find and maintain what is called the Critical Carbohydrate Level (CCL). The CCL is the point at which the body begins to burn stored fats rather than carbohydrates. As long as you stay below your CCL, you will continue to lose weight. Exceeding the CCL means going back to a complete non-carbohydrate diet until the level is stabilized.

Establishing your personal CCL is the only real drawback to the Atkins' diet. This process involves both the testing of urine and the counting of car-

bohydrates. When the body is burning stored fats, small carbon fragments called ketones are excreted in the urine. The excretion of ketones can be measured by dipping a special stick (Ketostix) into the urine and watching for a color change. If the tip of the stick turns purple, then ketones are present and you can be sure that the body is burning fat. If the stick remains beige, the body is not throwing off ketones and is burning carbohydrates. By comparing the color of the

ketostix with the amount of carbohydrates (in grams) being ingested on the diet, it is possible to determine your CCL.

While this might sound like an excessively complicated and time-consuming process, it is a small sacrifice to make for a diet which is so clearly self-indulgent. Few diets will allow one the luxury of butter, cream, bacon, cheeseburgers and lobster. "Dr. Atkins' Diet Revolution" is made for those of us whose wills are weak but whose stomachs are strong.

Where it's at

Iowa Memorial Union Recreation Room

Downstairs, IMU
Telephone 353-5325
8:30 a.m.-10:45 p.m. Monday through Thursday
8:30 a.m.-11:45 p.m. Friday
Noon-11:45 p.m. Saturday
1:00 p.m.-10:45 p.m. Sunday

ACTIVITIES:

Bowling (50 cents a line or \$3.00 an hour an alley; shoes, 15 cents), pool-cushion and pocket billiards (\$1.10 an hour).

University Division of Recreational Services

112 Field House
Business Office Hours 8:00 a.m.-5:00 p.m. Monday through Friday
Telephone 353-3494

Recreation Building

Hours 9:00 a.m.-10:00 p.m. every day, except on Thursday (the building closes at 6:00). Due to intercollegiate workouts, the track and indoor tennis courts are closed from 3:00-7:00 p.m. Monday through Friday. For reservations or questions, call 353-4405.

Lock-towel Fees

Students—No charge (ID and current registration required)
Faculty and Staff—50 cents per use or \$10.00 per semester
Public—50 cents per use or \$15.00 per semester

Students, faculty and staff can check out the following from the service area: pingpong paddles, croquet sets, picnic equipment, games, frisbees, outdoor volleyball sets, badminton sets, horse shoes and lawn darts.

Activities

Space ball (two trampolines—reservations made on a 30-minute basis), sauna baths (in both men's and women's locker rooms), indoor tennis (reservations made for day of use, Monday through Friday; Saturday reservations to be made on Friday, and Sunday reservations, Saturday), jogging (eighth-mile track), universal weight machine, pingpong and billiards (\$1.10 per hour per table)

Fees

Students—No charge (ID and current registration required)
Faculty and Staff—\$1.00 per person per hour
Public—\$1.50 per person per hour

Season Pass:
Faculty and Staff—\$25.00
Single, \$35.00 Family
Public—\$35.00 Single, \$50.00 Family
Toboggan rentals—reserved seven days in advance. Only one toboggan can be checked out per ID. Rental fee of \$1.00 per day of use. Can be checked out on a 24-hour basis. Late return means a \$5.00 penalty.



DESIRABLE WEIGHTS

HEIGHT	MEN			
	SMALL FRAME	MEDIUM FRAME	LARGE FRAME	
Feet	Inches			
5	2	112-120	118-129	126-141
5	3	115-123	121-133	129-144
5	4	118-126	124-136	132-148
5	5	121-129	127-139	135-152
5	6	124-133	130-143	138-156
5	7	128-137	134-147	142-161
5	8	132-141	138-152	147-166
5	9	136-145	142-156	151-170
5	10	140-150	146-160	155-174
5	11	144-154	150-165	159-179
6	0	148-158	154-170	164-184
6	1	152-162	158-175	168-189
6	2	156-167	162-180	173-194
6	3	160-171	167-185	178-199
6	4	164-175	172-190	182-204

WOMEN

4	10	92-98	96-107	104-119
4	11	94-101	98-110	106-122
5	0	96-104	101-113	109-125
5	1	99-107	104-116	112-128
5	2	102-110	107-119	115-131
5	3	105-113	110-122	118-134
5	4	108-116	113-126	121-138
5	5	111-119	116-130	125-142
5	6	114-123	120-135	129-146
5	7	118-127	124-139	133-150
5	8	122-131	128-143	137-154
5	9	126-135	132-147	141-158
5	10	130-140	136-151	145-163
5	11	134-144	140-155	149-168
6	0	138-148	144-159	153-173



"BLONDE VENUS"

Starring: Marlene Dietrich, Herbert Marshall, Cary Grant.
Director: Josef von Sternberg.

One of the most popular Dietrich-Sternberg films and the only one set in America. Among the high points are Dietrich singing "Hot Voodoo" and a luminous New Orleans bordello sequence that matches anything Sternberg has shot.

"A portrait of the U.S. as extraordinary as Kafka's."
—Curtis Harrington

THURSDAY \$1.00
1 PM — BALLROOM, IMU
5 PM — BALLROOM, IMU

prefocus 73



"SCARLET EMPRESS"

Starring: Marlene Dietrich, John Lodge, Sam Jaffe, Louise Dresser. Director: Josef von Sternberg.

"Sternberg's most sumptuous exercise in style, a tapestry of tyranny so intricately woven and so luminously lit that audiences and critics of the time were stupefied."
—Andrew Sarris
"Marvelous... what a grand film."
—Henri Langlois

Comments by U of I Film Dept. faculty member before each showing.

THURSDAY, 7 PM
BALLROOM, IMU — \$1.00

prefocus 73

Our Classifieds Bring Results Fast!



"DEVIL IS A WOMAN"

Starring: Marlene Dietrich, Lionel Atwill, Cesar Romero, Edward Everett Horton. Director: Josef von Sternberg

Foreseeing this would be his last film with Dietrich, Sternberg threw caution to the winds and created his most extreme exercise in style—his definitive statement on the spectacle of the male eye confronted by the female face.

"Wildly individual and years ahead of its time. Many critics have hailed it as the most beautiful film ever made."
—David Stewart Hall

THURSDAY \$1.00
3 PM — BALLROOM, IMU
9 PM — BALLROOM, IMU

prefocus 73

SCHEDULE OF EVENTS

Persons wearing PREFOCUS Button (free at Information Desk, Third Floor, IMU) admitted free to events marked "Button."

Thursday, November 8

- 1 PM "Blonde Venus" with comments
Starring Marlene Dietrich, Herbert Marshall, Cary Grant. Directed by Josef von Sternberg. One of the most popular Dietrich-Sternberg films of all time, "Blonde Venus" tells of a woman accepting money from a playboy to finance treatment of her husband's terminal illness. When the husband misunderstands, she sets out on a journey across a dreamlike America. Each Dietrich film at PREFOCUS highlights separate facets of her career. A U of I Film Dept. faculty member will compare the three in brief comments before each screening today. \$1.00 — BALLROOM
- 1 PM Super 8-8mm Competition Screening **BUTTON — ILLINOIS ROOM**
- 3 PM "Devil is a Woman" with comments
Starring Marlene Dietrich, Lionel Atwill, Cesar Romero. Directed by Josef von Sternberg. Foreseeing that this would be his last Dietrich film, Sternberg threw caution to the winds and created his most extreme exercise in style. The result has been hailed by many critics as the best film ever made, and its intense pictorial beauty is overwhelming. The film tells of a femme fatale and the men who destroy themselves for her in 19th-century Spain. Comments preceding. \$1.00 — BALLROOM
- 3 PM 16mm Competition Screening \$1.00 — BALLROOM
- 5 PM "Blonde Venus" with comments \$1.00 — BALLROOM
- 5 PM Super 8-8mm Competition Screening **BUTTON — ILLINOIS ROOM**
- 7 PM "Scarlet Empress" with comments
Starring Marlene Dietrich, John Lodge, Sam Jaffe, Louise Dresser. Directed by Josef von Sternberg. A suicidally extravagant film on the life of Catherine the Great, who converted political power into sexual capital and vice-versa. The decor is among the most incredible ever put on film; Sam Jaffe gives a bizarre performance as the moronic Grand Duke; and the oray and torture scenes smack of lunacy. Comments preceding. \$1.00 — BALLROOM
- 7 PM "Joe Cocker—Mad Dogs and Englishmen"
Starring Joe Cocker. Directed by Pierre Adidge. A semi-documentary of American concerts by English blues singer Joe Cocker and his 42-member communal touring company. Two months of performing are compressed into a capsule look at Cocker's style on- and off-stage. Adidge trains his camera on pre-performance rehearsals and arrangements, the Cocker airplane and bus, and the peote who surround the Cocker "family." A dynamic rock score conducted by Leon Russell pulses on the soundtrack. \$1.00 — BALLROOM
- 9 PM Devil is a Woman" with comments \$1.00 — BALLROOM
- 9 PM 16mm Competition Screenings **BUTTON — ILLINOIS ROOM**

ASTRO 2 NOW SHOWING BIG 2ND WEEK

ATTENTION! ATTENTION!

Due to popular demand 20th Century-Fox presents the original... **MASH**



Roar once again with the original movie cast...
Donald Sutherland AS HAWKEYE, Elliott Gould AS TRAPPER JOHN, Jo Ann Pflug AS LTJ DICK, Robert Duvall AS MAJOR BURNS, Sally Kellerman AS HOT LIPS

Color by DELUXE PANAVISION

SHOWS AT 2:00-4:30-7:00-9:30

3RD WEEK TOWA NOW—ANOTHER WEEK OF LAUGHS

THE FUNNIEST LOVE STORY OF THE YEAR!



"A very, very funny and very, very touching romantic comedy."
—Judith Crist, New York Magazine

George Segal Glenda Jackson

A Touch of Class

SHOWS: 1:30-3:30-5:30-7:30-9:30

TODAY thru WED. CINEMA-D ON THE MALL

WEEKDAYS AT 7:00 & 9:10
SAT. & SUN. AT 2:30-4:40-7:00-9:10

Audiences are standing up and applauding...



JOE DON BAKER • ELIZABETH HARTMAN

ADM.: EVENINGS & SUN. 2.00-SAT. MAT. 1.25-CHILD 50c

Racebrook imports

BOSCH
BECK ARNLEY
LUCAS ELECTRICAL

PARTS AND SERVICE
FOR ALL IMPORTS

USED AUTO SALES

1947 SAND ROAD 351-0150

ENGLERT Sneak Preview Friday Nite!

THIS ONE'S SOMETHING SPECIAL... A BRAND NEW MOVIE STARRING WALTER MATHAU AND JOE DON BAKER

THE SNEAK'S AT 11:40 RIGHT AFTER OUR LAST REGULAR SHOW. IT'S ONLY FOR THOSE WHO ATTEND THAT SHOW. SEE OUR REGULAR ATTRACTION PLUS THE SNEAK FOR ONE ADMISSION TICKET!

Starts TODAY thru WED. "MIND-BLOWING SUSPENSE!"
—Charles Champlin, L.A. Times

"SUPERB! SIMPLY FASCINATING!"
—Judith Crist, New York Magazine



EDWARD FOX is "The Jackal"

Screenplay by KENNETH ROSS • Music by GEORGES DELERUE

From the best-selling book by FREDERICK FORSYTH

Directed by FRED ZINNEMANN • Produced by JOHN WOLFF

Made by WARNER BROS. FILM PRODUCTIONS and UNIVERSAL PRODUCTIONS FRANCE S.A.

A UNIVERSAL RELEASE • TECHNICOLOR • PG

FEATURE AT 1:30-4:00-6:35-9:10

ADM.: WEEKDAY MAT. 1.25-EVE. & SUN. 2.00-CHILD 50c

TODAY thru WED. CINEMA-D ON THE MALL

EVENINGS ONLY 7:30 & 9:40
ADULTS 2.00 — CHILD 50c



The Contracts are out... The Hit Men gather. All Hell explodes in the Underworld!

"The Italian Connection"