



# the ibis

*Lindenwood Colleges  
Newspaper*

*Thursday  
November 3, 1977  
Volume 4, Number 3*



**WOMEN ARE PEOPLE:** Marilyn Ireland, professor of law at Washington University, points out the various aspects of the Equal Rights Amendment in an informal session on campus last week. She was a guest speaker for the Continuing Education organization.

*see story page 3*

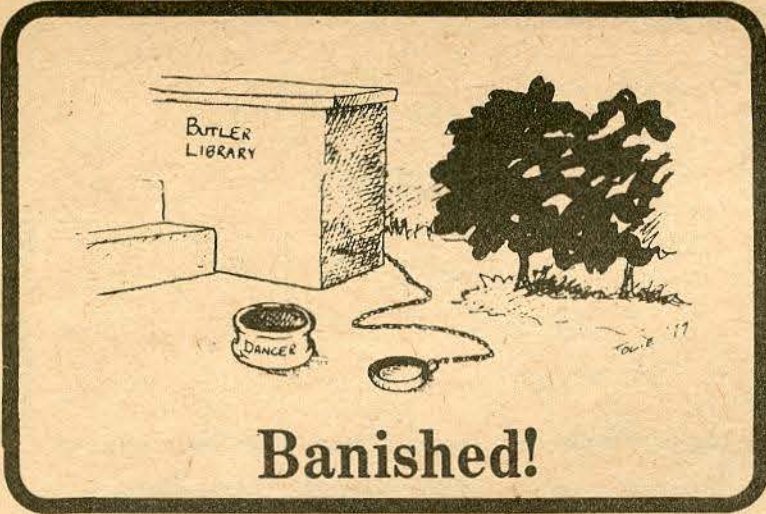
**Celebrating the past  
to benefit the future  
— Sesquicentennial  
photo feature**

*(see pages 4 & 5)*

**An interview with  
the healthiest man  
on campus ... how  
he stays that way**

*(see page 7)*





## Parking tickets voided

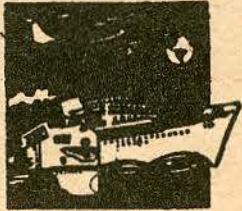
Students whose vehicles have been ticketed for being parked in campus lots A, B and C on weekends, and on weeknights, need not worry about paying the fine, says Lindenwood Security Chief Andy Anderson.

Anderson has voided approximately 35 parking tickets because, he says, they were issued under false circumstances.

The tickets were issued to vehicle owners for parking their vehicles in lots A, adjacent to Roemer Hall; B, behind Young Hall; and C, KCLC and Memorial Arts, during alleged "restricted hours."

According to Anderson, "one of the new men" misunderstood the times when students are allowed to park in the designated lots, and thereby ticketed the vehicles for violating campus parking regulations.

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The *ibis* is published bi-monthly by the students of the Lindenwood Colleges, St. Charles, Missouri, 63301. Phone: 724-9427. The views and opinions expressed herein are the responsibility of the editors and not necessarily those of the faculty, administration or the students of the Lindenwood Colleges.

The *ibis* welcomes letters and commentary from all members of the Lindenwood community concerning campus events, as well as items printed in the *ibis*.

All letters will be printed within space limitations and standards of decency and accuracy as set by the *ibis* staff.

All letters must be signed, however, names may be withheld upon request. Letters should be sent to the *ibis*, Box 670, Lindenwood Colleges.

# Class changes - rule rather than exception

By DENNIS MILLER

All but about 200 students enrolled at the Lindenwood Colleges have initiated at least one schedule change since the fall semester began in September, says Associate Registrar Eva Emory.

Approximately 1,500 students, out of a total enrollment of 1,727, full and part time, have made at least one type of course change, including dropped courses, added courses and withdrawals from the college.

The Registrar said that 10 full time students have withdrawn from the college, and "there are a lot more (withdrawals) in the evening college." Full time enrollment at Lindenwood is 412.

"The number of schedule changes are comparable to other years, and at other schools. I'd rather think we're more lenient than some others," she added, pointing out that Lindenwood allows students a week to change classes, and that other schools operate on a comparable basis. "Some colleges give students only three days for changes. Most colleges give three days to a week."

"The percentage of withdrawals and 'adds' are normal," Emory said. "I thought this year there were a little less than last year. It wasn't quite as hectic as last year."

The main reason for course changes, Emory said, which in some cases are as many as four or five per student, is that students are not properly advised about the classes they consider, however, "most advisors try very hard to help the students along. Theoretically, that is the way the system works. Of course, there are a few (advisors) who will say 'whatever you need or want, just write it down and I will sign it.'"

"Sometimes a student will listen to other students who previously took the course, and he or she finds out it's not what they thought it was going to be. Or the student will enroll in a class outside his major, believing the course is related to the major."

"Sometimes," she added, "it's just a matter of knowing you're in over your head."

Withdrawals are "built into the system," Emory said, and can very easily be handled by the Registrar's office "if people follow the prescribed rules, but some people feel privileged. They feel they should be able to enter a course as late as mid-term. Some want to change from

pass/fail, or they'll be auditing a course and will decide they want it for credit. And there are other who will attend another class and won't even bother to tell us."

According to registration procedures, courses may be added during the first week of each term, however students may withdraw from any course without academic penalty at any time during the first nine weeks of the term. Thereafter, a student; upon recommendation of instructor and approval of advisor, may drop a course with a withdraw/pass grade (WP) if the student has earned a grade of "D" or higher. If failing at the time of withdrawal, the student receives a withdraw/failing (WF), which is averaged into the student's grade point average (GPA).

That system is not exactly new to Lindenwood, as the Colleges have reverted back to it after two years with the "No Credit" (NC) system.

"The NC was very lenient," Emory said. "The WP, WF and the Incomplete were all considered as No Credit. Students were waiting till the last week of class, and then would simply not show up that last week. The teacher had no other grade to give but the NC (which was not added into the students GPA)."

The Registrar feels that with the reinstatement of the "F", students will more likely work for a grade. "It's an effort to help students understand more clearly where they are in the class. The NC was too fuzzy."

No particular department is more affected by the schedule changes than the other departments with the possible exception of business administration, "simply because it has so many course offerings, especially at night," Emory said. "Evening college people have to adjust to their work schedule."

The physical education department undergoes many drops and adds because of times classes are offered, and several changes occur in foreign languages, where there are "classic cases of people who get in over their heads."

But, above all else, Emory feels, leniency on schedule changes is not without advantages. "I think they (the students) should do this. It's a matter of jumping into the pot," she concluded. "And, if they have enough ways out, they won't get burnt."

## Student journalist takes offense

Ms. Amy Basore's recent letter to the *ibis*, in which she compliments the paper's staff on its first issue this year, was probably written with the best of intentions.

But Ms. Basore's statement that "It has been a long time since responsible, accurate and timely reporting was demonstrated as the purpose of our campus newspaper" is, to say the least, unfair both to the *ibis* and to the many students who have written for the paper in recent years.

Her comment that "It has been several years since the Admissions staff felt comfortable using the *ibis* as an accurate representation of the quality of our students" adds insult to injury.

I, too, feel there are valid criticisms to be made of Lindenwood's student newspaper in past years. It hasn't come out as regularly as one could like to see, some of the writing could have been improved upon and there probably have been some errors made, as happens unfortunately, with most publications.

The *ibis* has nothing to be ashamed of, though. The paper has covered a broad range of topics, from personalities on campus to new college programs to college problems, in a fair and responsible manner. The *ibis* has especially served Lindenwood by bringing many critical issues to the attention of the college community; the dialogue between students and President Spencer (via articles on town hall meetings), the proposed semester change and the scope of Lindenwood's social and academic resources are just several issues that come to mind.

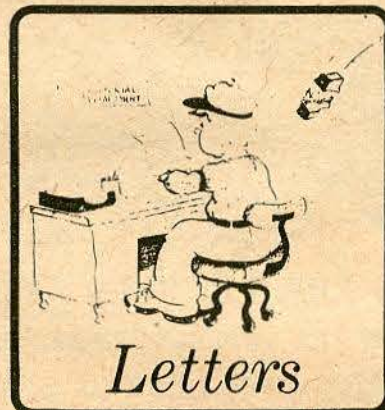
Student journalists have attempted to report college matters in a fair and honest manner

in order to bring a greater awareness to the Lindenwood community, especially the student body. On the whole, they have been successful.

Ms. Basore's letter raises the question, at least in my mind, of what the role of a student newspaper should be on the Lindenwood campus.

Aside from giving students practical experience in journalism, I believe the *ibis* should have the same role as any other responsible newspaper in our society.

It should, first of all, inform Lindenwood of important events,



administrative decisions and college problems, along with offering lighter articles on people and other topics.

The *ibis* should, in an accurate, fair and responsible manner, report on all important aspects of the college, whether they are positive or negative (one hopes, of course, that positive topics will far outweigh negative topics, but no community is without its problems). It is only through bringing matters out into the open that they can be dealt with in an honest and open manner.

This reporter has been told several times by administrators that one matter or another

should not be written about because it was not in the best interest of the college to do so. Student journalists should respect the fact that not everything should appear in print, as any discreet journalist recognizes, but should distinguish between what he or she has a responsibility to leave out of print and what he or she has a responsibility to print.

In editorial policy, the *ibis* should not be afraid to deal with vital campus issues. Honest praise and criticism should be welcomed by the Lindenwood community as a means of self-examination.

Yet the *ibis* should never shy away from issues simply because they are controversial or might cause people to feel uncomfortable. (In a small community, it is difficult to deal with controversy without somebody feeling uncomfortable.)

The primary purpose of the newspaper is to serve as a media for communication within the college community.

If the state of the college is good and the newspaper does a good job, the paper may be of use in promoting the college to people outside the community. The *ibis*, however, should never perceive its primary goal as that of public relations.

—Greg Barnett

### THE *ibis*.

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**E.R.A. NOW:** Marilyn Ireland, a professor of law at Washington University, listens to questions from the audience during a recent visit on campus. She talked about discrimination and the Equal Rights Amendment.  
(photo by Joan Childress)

# Women are people too!

By JOAN CHILDRESS

"Women's liberation is the last unresolved issue of the American Revolution," said Marilyn Ireland, Washington University professor of law, last week on the Lindenwood campus. "In many respects women are not as well off today as they were in the period when the revolution started. Women were accepted into every profession in the colonies. Women are people."

As a guest of the Continuing Education organization, Ireland told the 25 or more people who came to the Fine Arts lounge her views on the status of women and the Equal Rights Amendment. Her support of ERA was repeatedly reinforced with history and facts about women and the law - none of which was encouraging.

Under our system of law, she explained, women are denied the unalienable rights as guaranteed by the constitution.

"Women don't have those rights. Legally, a corporation has more rights than a woman. People say we don't need the ERA because there are statutes which demand equal pay; prohibit sex discrimination, age discrimination; and give women the right to credit. But a constitutional amendment says you are who you are. Inherent in it is that women are people. A statute merely orders people to

behave as it says they ought to. The laws differentiating men and women are so pervasive. The only solution is for women to be recognized as people."

The basic difference between the ERA approach and a legislator's is that legislation requires enforcement, Ireland said, while the ERA teaches a way of life.

Ireland's view of the ERA also recognizes the role of women in the home.

"Women's work is undervalued. There is an attitude that it isn't work, because it isn't paid for. Women who stay home provide quite a function. We need to stop thinking of those women as dependent. There is nobody more discriminated against under the law than the homemaker."

That type of discrimination under the law helped to pass the ERA in some states. In Iowa the problem of inheritance tax stripping wives of farms they helped work because the law considers the farm to be their husband's property was a contributing factor in passage of the ERA, Ireland said.

Only three more states are needed to pass the ERA for it to become a constitutional amendment. There is a move on to extend the deadline for ratification, but Ireland said she hopes it is not successful.

"A deadline encourages

people to get busy and get it done now, rather than putting it off. I have no real doubt that it will eventually be passed." She said the legislators voted less on knowledge about the ERA and more on the basis of interest group pressure when they defeated it here.

"I don't write off Missouri's passing the ERA, but it will take a lot of work. Missouri isn't really targeted as a pivotal state by anyone," she said. "We're on standby or reserve."

Ireland said she favors the ERA because "historically and presently the laws don't define women and particularly married women, as people for all purposes. Only through constitutional amendment will the issue finally be resolved. There are all different kinds of people - short, tall, women, men, different skins, but nothing is as important as the fact that they are all people."

"You know, when the Russians first arrived in Alaska, the Eskimos thought they were cuttle fish. The shiny buttons on their coats reminded them of the spines on that particular kind of fish. It had to be explained to them that the Russians were people. The point is that buttons aren't important. We can look at the differences or the similarities, but we are all people."

## 'Over 25'

# Club provides vital role

By SANDY STRAUSS

The Continuing Education Club plays an active, vital part in the education of many of the "over 25" set of women at Lindenwood.

Maureen Tolie, president of the Continuing Education organization, said there are around 130 women eligible for membership. The requirement for membership? A member must be 25 or older, returning to continue her education either full or part time.

Not all eligible women are active in the group, Tolie said. "Most of the women have tough schedules. Many have kids, husbands and other activities besides their classes." She added that it sometimes looks like a completely different group from one meeting to the next, because most members just attend meetings when they can.

"When you come back to school, it's really scary," said Tolie. "Many women have been out of school 10 or 15 years, maybe even longer. They may have taken time out to get married or work on some kind of career." Tolie added, "We all have a lot to offer one another. Women are always ready to help other women to adapt themselves to college life again."

Many of the women in Continuing Education have led interesting, productive lives. "It's a group of really neat, exciting women," said Tolie. Each woman has something very unique to offer, both for other Continuing Education students and Lindenwood as a whole. Continuing Education women have traveled, worked, raised children (and husbands) and have been active members of many organizations. Some have been very politically active in women's issues. These women have been eager to share their experiences and talents with the Lindenwood community. This commitment made the Continuing Education women invaluable in the planning and carrying out of the Sesquicentennial activities. They were some of the hardest working people at the Fair.

As in the past, there is still the drive to keep the organization one that is relevant to the needs of members and women in general. In addition to inviting Marilyn Ireland, a faculty member at Washington University, who spoke on discrimination and women's issues, a recent meeting dealt with child abuse. Tolie has also spoken to Joe Lowder of the Physical Education faculty about setting up a course in Cardio-pulmonary resuscitation (CPR) a couple of evenings a week, possibly during the January term.

Maureen Tolie, in her second year at Lindenwood, is a studio-art major working on a Bachelor of Fine Arts degree. She, like other members, is an interesting, outgoing person who has had much involvement in areas involving women. It's fitting that a woman like Maureen should be president of this organization. Hopefully, it will continue to grow and blossom in the years to come.



**IT'S NEVER TOO LATE:** Maureen Tolie, president of the Continuing Education Club, welcomes anyone to programs the club sponsors, or to join the 'over 25' crowd. (photo by Joan Childress)

# International bazaar planned

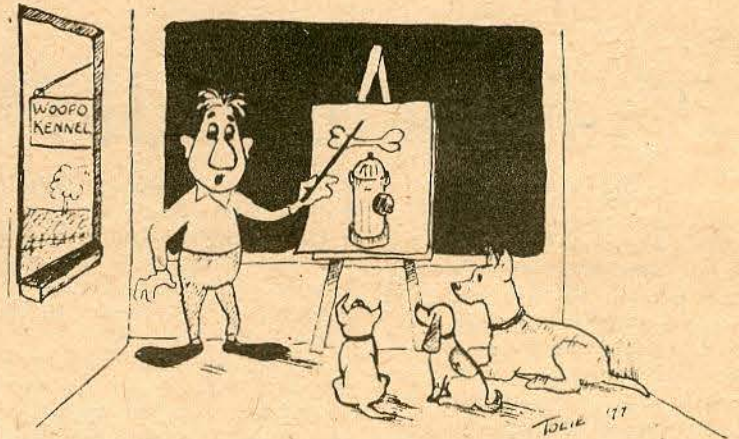
By JOAN ELLIOTT

The International students spent most of their monthly meeting time making plans for International Night to be held on Thursday, Nov. 10 in Jelkyl Theater.

Ten students attended the meeting on Sunday, Oct. 23 in Parker Hall. Each told the group's president, Ethem Tarhan, what he planned to do in the program. There were volunteers for songs, dances and poetry recitations. They talked about having a professional dancer entertain that evening. In addition there will be an international dance performance by American students in Mrs. Amonas' class.

During the same week, from Nov. 7-11, the international students will hold their bazaar. Items made by refugees from many countries will be available for sale in Roemer Hall near Dean Crozier's office. The international students will receive a percentage of the profits to support their programs for this year.

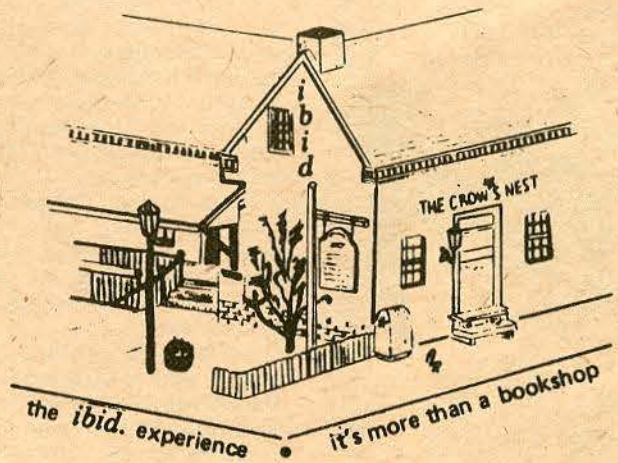
The group's first social event of the year was a dinner given for them by Dean Crozier. Seventeen students attended for a curry dinner.



## No dog's life for men

The U.S. Department of Labor classifies all jobs on the basis of difficulty, supervisory requirements, responsibility and importance. All jobs are assigned a numerical rating [from 0 up] in a published list. Dog kennel attendants [classified as a male job] are ranked six to seven, while a nursery and preschool teacher [female classification] is ranked at one. **ISN'T IT ABOUT TIME YOU SUPPORTED EQUAL RIGHTS FOR WOMEN TO END THIS TYPE OF DISCRIMINATION?**

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## A popular attraction fun & funds at auction

By NANCY SIEMER

The auction was financially the most successful event at the Sesquicentennial Fair on Oct. 22.

Many of the items were sold at prices considerably less than the retail value. However, the gross income reached almost \$3,000. The entire income was profit since all of the items in the auction were donated privately or through neighboring businesses. All proceeds will benefit the new student center.

The wide assortment of items attracted a large audience. Items ranged from a \$300 week-end cruise for two in the New England coastal area to a \$10 dog (later donated to a man who bid \$1).

Private donations such as

Dean Crozier's meal for eight (which went for \$145 + \$5 with Bob King as the busboy) and Ms. Huesemann's ice cream cake (sold for \$17.50) added a personal touch. A beautiful hand carved child's train that was made and donated by Ed Weaver brought in \$225.

A surprise bidder turned up when a crew from a St. Louis TV station appeared to cover the auction. One of the cameramen bought the free financing on a new car for \$250. Rumor has it that he is an alumni of Lindenwood.

There is no doubt that the auction was one of the main events of the fair. The good humor of Dr. James Hood, the auctioneer, and the rest of the committee made it enjoyable as well as profitable.



LOOKING TOWARD TOMORROW: Lindenwood Vice-President B. Richard Berg makes some introductory remarks prior to a tree-planting ceremony at Riverfront Park on the day of Lindenwood's Sesquicentennial Fair.

### Jon McSweeney

## Visions of radio

By JERRY WEEMS

It's encouraging to find a person who is definite about his future. Jon McSweeney is one such person. He has his mind set on a profession in radio.

"I'm sure I can do the work," said McSweeney.

McSweeney, a senior at the Lindenwood Colleges, believes in himself and believes he can do the work even though he is blind. "People have preconceived ideas," McSweeney said, "but if they give me a chance, I think I can prove what I can do."

McSweeney's love for radio started when he was seven or eight years old. Since then, he has been an avid sports fan with radio his main link to the sports world. "I've been a sports fan for some time and then I gravitated into music," he said.

It was then that he first had visions of doing radio work. "I've been listening to radio long enough to draw from it."

McSweeney started radio work his first year in college.

He did music shows at OBerlin College Radio station.

He switched to Lindenwood at the start of his sophomore year because of the radio station and Lindenwood is closer to his home in Kirkwood, Mo.

During his first year in St. Charles, McSweeney produced sports features and sports talk shows. He narrated the sports feature shows. McSweeney co-hosted "Just Conversation" for one semester last year. He was the disc jockey for a progressive rock show last summer and continued into this semester until scheduling conflicts caused him to drop from the show. He plans to return to the show later this year.

McSweeney memorizes certain series of games, who played and who won. This started as a natural habit five years ago, expanded and turned into an everyday event, especially during the baseball season since it is his favorite sport.

McSweeney went on the air with St. Louis baseball Cardinals' announcer, Jack Buck, during a Cardinals' game. Buck picked games or series at random and McSweeney fielded the questions without error and batted a thousand.

In the future, McSweeney will work for KMOX radio. He will produce sports call-in shows but mainly will be getting acquainted with the procedures at the station.

"After all, college comes first," said McSweeney. "After that, I will have a lot more time to devote to it. I plan to make radio my career, preferably air work as a disc jockey or sports work such as talk shows."

Although McSweeney is flexible as to what exactly he will do, he wants to be up front. "I'm pretty much set on air work," he said.

"My college experience in general, meeting people and the rest have been a rewarding experience," McSweeney said. "I'm quite proud that KMOX found out about me. The desire to do well and be happy in radio, that's half the battle."

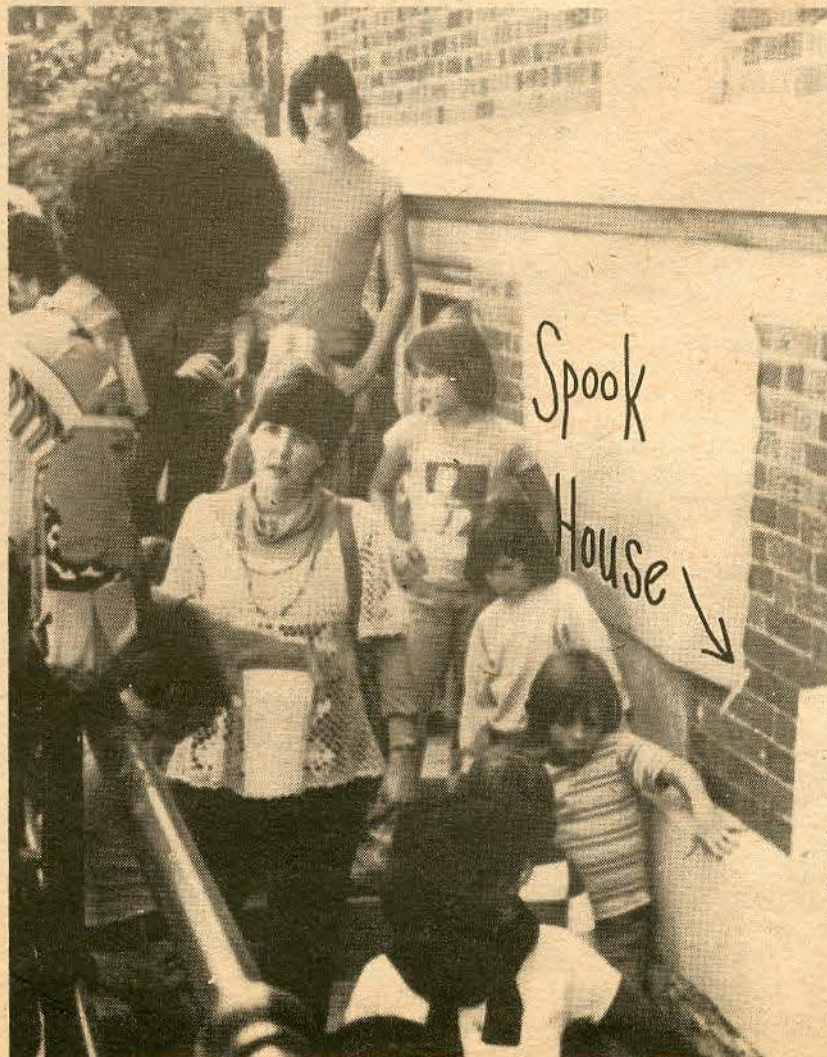


QUIET CONTEMPLATION: Jon McSweeney enjoys a quiet moment on campus and dreams about a career in radio.

(photo by Jerry Weems)



WHAT A BUY: Bargains abounded in Grandma's attic where there was a treasure trove of old things and new to choose from.



GOING ONCE: Dr. James Hood auctioned the fair. The auction was among the most successful brought in half of the \$6,000 reported.



## Sesquicentennial

photos by  
& Joa



GHOSTS GALORE: The Spook House at Nicolls Hall was another attraction with many kids repeating what was most fun and what was to come or (above) climbing an unusual exit when it was over.





ons off an array of goods during the most popular attractions and dly raised.



**FOLLOW THE LEADER:** The horses always had someone waiting to ride or just watching and the girls who volunteered their time seemed to be having as much fun as the kids.



**A HELPING HAND:** Charles Leader puts on the final touches while Mark Atchison sings during a benefit performance of 'Godspell' for the fair.

# Centennial Fair

Greg Barnett  
Childress



se in the base-  
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**FANCY FIXIN'S:** Nestled under a shade tree, Dr. Johnson (left) and other workers dispensed goodies to fair goers throughout the day.



**UP YOU GO:** It was a beautiful day and everyone joined in the spirit to lend a helping hand, including Dr. William Spencer who found himself in a precarious position while replacing a sign.

Janice Jackson

## A need to help

By CAROLYN BASCOM

Janice Jackson, a counselor at Lindenwood Colleges, graduated from a small Mississippi college that most people have never heard of and can't pronounce. She majored in biology at Tougaloo College and got her first teaching job at Beaumont High School in St. Louis.

"When I began my teaching, it didn't take long to realize that I'd be more suited to a career in counseling," Jackson said. "I enjoyed, and the students enjoyed, the times we would talk about their personal problems after classes. Their needs were greater in that area than in the information I had to give them in biology class."

She returned to school at the University of Missouri-St. Louis to earn her master's degree in counseling.

"After becoming a counselor I was interested to find that even my Zodiac sign (Capricorn) placed me in a position of working with people or helping people solve problems," she laughed.

She explains counseling as "a process that helps a person deal more effectively with problems or interpersonal relations in a confidential setting. One of the things I do is referrals. If a student needs a service I can't give, I refer them to someone who can help them. Very often after we look at and deal with their problem it turns out not to be as complicated as the person thought. Most of the students who come to me are confused from talking to other people like their roommates or others who are involved."

Jackson said there is a distinction to be made between

counseling, which is what she does, and psychotherapy or other forms of help.

"I counsel people who are basically healthy and don't need long range help. If they need psychotherapy, I refer them. I've been here since 1970 and over the years the students have become aware that there is someone they can go to for help. Basically the problems are the same from year to year - inability to communicate effectively, problems with boyfriends or girlfriends, parents and study skills."

She loves communicating with people she said. "It's basic to human contact."



**PEOPLE PERSON:** Counselor Janice Jackson keeps up with the paperwork associated with her job, but she says she's never too busy to listen.

(photo by Jerry Weems)





WANNA DANCE? Chris Miller strikes an unusual pose as he moves the ball down the field during a home game. (photo by Lisa Myers)

# Soccer Lions face final foes

The Lindenwood Soccer Lions have just finished the most difficult part of this year's schedule by playing well against several top-ranked St. Louis area teams, but will face the end of the season hampered by injuries.

Since defeating Logan Chiropractic College in early October, the Lions have tallied only one victory, a 5-0 decision over Principia College's junior varsity. But the team played well against Quincy College's junior varsity and Meramec Community College, and also showed some talent against Washington University and Florissant Valley Community College.

Unfortunately, three Lindenwood players suffered serious injuries in the last two games, and two appear to be out for the season. The Lions lost fullback Bill McVey with a broken shoulder in the game against Principia. Then, against Meramec Community College striker Bill Barta suffered a broken nose and striker Farouk Erhan injured his ankle. Erhan is not likely to see action again this year.

The Lions faced Washington University after compiling a 4-4 record. Although they played well defensively in the first half, Washington U. pounced on the Lions in the second half and scored a 7-1 victory.

The Lions then held the Quincy College J.V. to

a 3-0 margin in a hard-fought game (Quincy's varsity soccer team is ranked among the best in the nation).

At Florissant Valley, Lindenwood trailed by only a 1-0 margin going into the second half but the community college broke loose with four goals in the second half and scored a 5-0 win. Goalie John Sesti recorded over twenty saves in the game.

The Lions made it look easy against Principia J.V. as the team's offense scored a season high of five goals and goalie Sesti recorded a shutout. Bill Barta led the offense with two goals while Farouk Erhan and halfbacks Brian Hastings and Craig Mathis each scored one goal.

The Lions may have played their best game of the year against Meramec Junior College, one of the top-ranked junior colleges in the country, last Saturday. The Lions went into half-time with a scoreless tie after a brilliant defensive effort by both the defense and offense. Meramec finally broke through for a score well into the second half and added another goal for a 2-0 victory.

The Lions take a 5-8 record into their final two games this season against Harris Teacher's College (away) and Park's College (at home). Both games are conference games.

## Women's volleyball

### Starting late in season

By SANDY STRAUSS

The prospects for the women's volleyball team are not too bright, according to Paula Wulff, coach for the team.

Wulff, a second year coach at Lindenwood with 15 years of volleyball experience, said, "We play some very strong teams like Washington University and some of the teams are nearing the end of their season." Lindenwood is just starting its season. The larger schools also have more talent to draw on, plus some have been building onto their teams every year.

The Lindenwood volleyball team's main problem is inexperience. Wulff said that only

11 girls tried out for the team, something that strongly limited the possibilities from the start. Most team members are really just learning the fundamentals of the game. Paula Pettit is the strong spot on the team, with several years of experience behind her. Wulff added that Pat McNamara has come along well, however, and should help the team greatly.

The team has been practicing since the end of September, but finding a good time to practice was a problem. They practice only two nights a week, Monday and Friday from 7 - 10 p.m.

Wulff was not totally negative about the team. "There's

been a vast improvement since the beginning of the year. The caliber of the team has risen from what it was in the past, too. The team as a whole is more talented than the teams of the past."

She still feels that the team needs to work harder and to "think volleyball" more than they do now if they are to raise the caliber of the team from its present level.

The members of the 1977 women's volleyball squad are Paula Pettit, Pat McNamara, Nancy Stockwell, Lynn Hasenyater, Rise Gilliom, Diana Van-Iseghem, Tracy Flannery, Chris Kurta and Kathy Kochanski.

## Basketball preview

By KEITH CARPENTER

Coach Lanny Hradek says the Lindenwood Lions basketball team has never lacked hustle. Moreover, he is quick to add that this year's squad is no exception.

"These guys give it all they have," Hradek said at a recent practice session. "We're not a real 'rah-rah' team, we just plan on going out there and working hard."

The Lions have been practicing for about six weeks. There are 12 men out for the team, and Hradek expects them to compose his final roster. This year's team consists of:

Stan Lawrence, 6'1" junior—"He can jump with anyone 6'4" and will help control a balanced attack for the team," said Hradek. Lawrence will probably start at forward.

Mark Thomas, 6'4" junior—An excellent rebounder who will aid Lawrence in a balanced Lion attack. Thomas is a likely starter at the other forward spot.

Mike Fallon, 6'5" sophomore—Fallon averaged 15 points a game last year. Hradek expects him to start at center.

Skip Hale, 5'10" junior—Lion's captain last year. A probable starter at guard.

Paul Boschert, 5'8" freshman—"A real hustler, probably the quickest guy on the team," said Hradek of the Duchesne High graduate. Boschert will probably open in the other guard spot.

Pat McMillon, 6'5" sophomore—"Pat is a good outside shooter, probably the best on the team last year," Hradek observed. McMillon averaged 14 points a game last year and will play both forward and center.

Brad Hill, 6'1" senior—"Brad is a heck of a ball player," said Hradek of the two-year letterman. "We need his playing ability and we also need his smarts out there—he's one of the smartest players we have." Hill will play guard and forward.

Bob Ramsey, 5'10" senior—"Bob is a hustler

and a lot of experience will help him considerably," said Hradek. Ramsey is a guard.

Tony Thaxton, 6'1" sophomore—A good jumper whose shot is coming along well, Thaxton simply lacks experience and needs to play. He will play "just about everywhere," according to Hradek.

Steve Wood, 5'10" senior—"Steve works hard and contributes a lot to the team," praised Hradek. Wood is a guard.

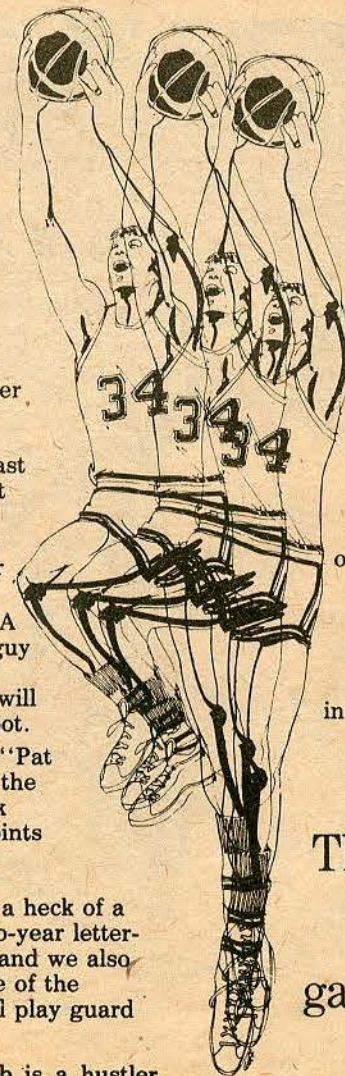
Sam Word, 6'2" senior—A good jumper and athlete who can fool opponents with his shot, says Hradek. Word will play mostly forward and guard, but can also handle the center spot.

Brian Hare, 6'5" senior—"A tremendous basketball player who can play as well as anyone out there if he is healthy," said Hradek. Hare has had considerable bad luck with his health in past years. He is a forward. "We will lack depth, that'll probably be our biggest problem once the season gets going," said Hradek.

However, he does anticipate improvement of the Lions' 11-18 record of 1976-77. "We're a young team with a lot of new guys out here, but I'll be very disappointed if we don't improve on that," he said.

Harris College, Missouri Baptist and Parks will all be tough opponents for the Lions again this year in the St. Louis Area College Athletic Association. "But I think our first five guys can play with anyone out there," Hradek said.

The Lions open their season in a home game Nov. 12 against Missouri Baptist.



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*'Life's a three-legged stool'*

# Joe stresses balance

By JOAN ELLIOTT

Few of us can lay claim to a mind like Einstein's or the body of an Olympic champion's. Most of us, however, would probably value very highly a basically "sound mind in a sound body." What are the factors that contribute to that soundness in our complex lives?

For Joe Lowder, Lindenwood's physical education instructor "life is like a three-legged stool. We need a balance between physical, emotional and mental factors. If we fall down in one area the stool tips, so all three are equally important." Joe teaches this philosophy to his students, but most importantly he lives it.

Being at Lindenwood has been gratifying for Joe. He enjoys working with college-age kids who are still asking questions and are receptive to his ideas. His goal is to teach students to help themselves, to help them find out who they are and where they are going.

"This is the last time I will see the individual before he is an adult trying to reclaim, reorganize, rehabilitate a life which has gone downhill. Why blow 20 years? Why not hold onto what you've got with a fitness program?"

## Reporter is 'rehabilitated'

Unfortunately this reporter falls into that "rehabilitation" category. Twelve years ago after I graduated from college I was in pretty good physical condition. But the ensuing years of working, housekeeping and child rearing were devoid of any regular exercise program.

The result — two back injuries within the last three years. It would seem less humiliating to say the cause of the injuries was an auto accident or some major catastrophe. The simple fact, however, is that one occurred as I picked up my 2-year-old son at a drinking fountain; the other, pushing a vacuum cleaner. Both put me out of commission for months.

This year I have returned to college, primarily to provide stimulation for my mind, but my body won't take a back seat. It voices its complaints when I sit in one place too long, bend over a typewriter or rush to get to class on time.

Determined to strengthen my body, I went to see Joe Lowder. He spent an hour showing me how to use the bodybuilding equipment in the gym, do calisthenics and mat exercises. Anyone watching us would surely have had legitimate reason to chuckle. Joe demonstrated with grace and strength. His body was at his command.

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Mine, by contrast, moaned, groaned and creaked as I tried in vain to convince it to perform.

## Colorful, but unhealthy

We spent the next hour in Joe's office, munching apples and bananas and talking about the importance of a balanced and nutritious diet, one devoid of sweets, preservatives and additives. "We eat the most attractive, colorful diet on the planet," he said. "But it's the most unhealthy."

I jotted down with amazement everything Joe said he had eaten the day before: a mushroom omelet, piece of apple pie, grilled cheese sandwich, apples, bananas, lettuce, water and two quarts of milk. "Actually," he said, "I eat very little food. I do take food supplements from Shaklee Corp. It's the best of the companies, borne out by research from NASA on down."

Each day Joe spends two hours exercising. In addition he runs six or seven miles a day. Often when he returns from his run someone will inquire, "Why in the world do you do that?" His answer is simple. "It's an investment. For two hours investment I can write my ticket on the other 22 hours!"

Joe is involved in a human performance experiment involving this same concept at Washington University Medical School. It is a National Research Program having to do with world class athletes who were contenders in track and field events 15-20 years ago. Their objective is to see whether these athletes have retained, lost or possibly exceeded their levels of efficiency.

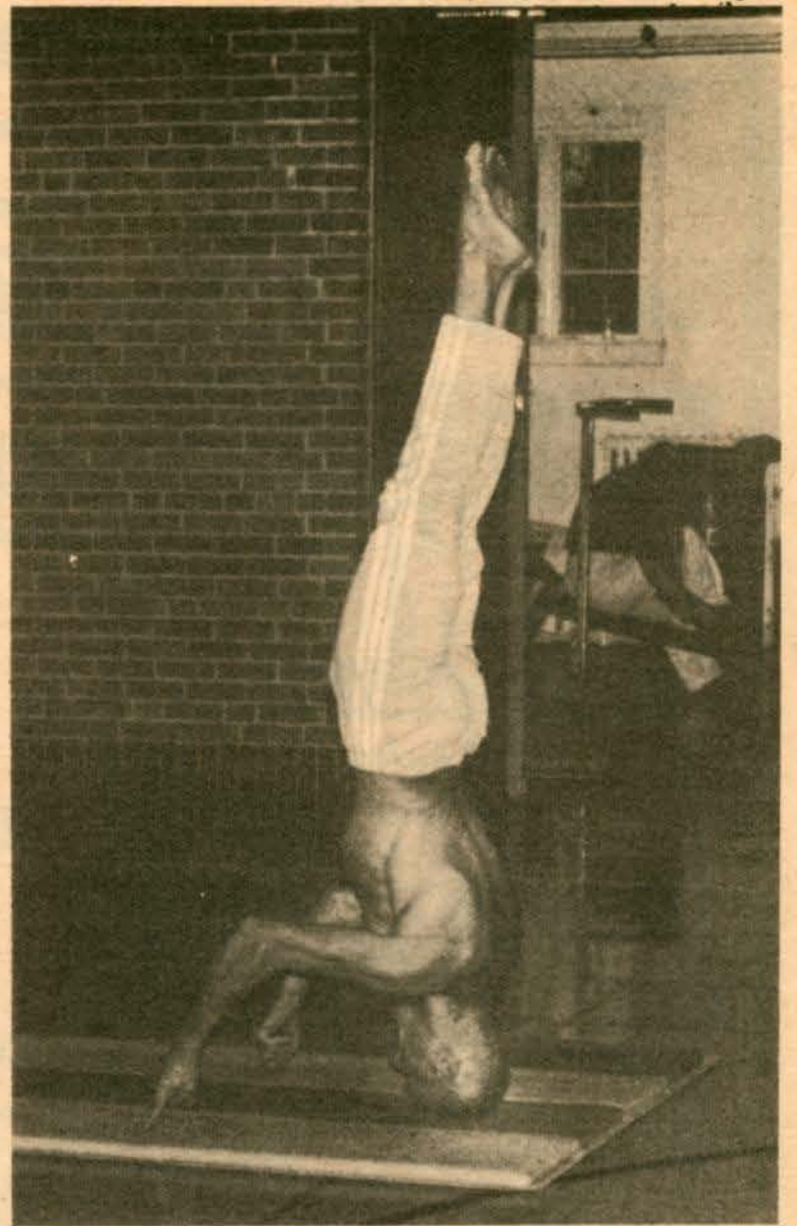
## Action name of game

Aging need not be equated with inactivity and inability. "People continuously tell themselves Don't, Don't, Don't or Can't, Can't, Can't. They close the door to health and youth. The name of the game is action."

There are about 15 students in Joe's exercise class that meets Monday, Wednesday and Friday from 5-6 p.m. The emphasis is on continuously increasing the work load. Joe wishes more students were involved. "Our lifestyle is detrimental to longevity and sound health," he said. "Students are inactive physically. Right now they rely on their youth. Someday that will be gone. They need to enhance their health."

Getting out of shape is not an uncommon phenomenon especially when we are preoccupied with that is going on in our heads. How fortunate, though, that our bodies usually respond promptly to good care.

I may get sidetracked from my fitness goal. I hope not, but if I do, feel free to remind me to head for the gym. Better yet, how about joining me?



GET THE POINT: Joe Lowder demonstrates the discipline and expertise his daily exercise sessions produce. Exercise is only part of the mental, physical and emotional balance he stresses.

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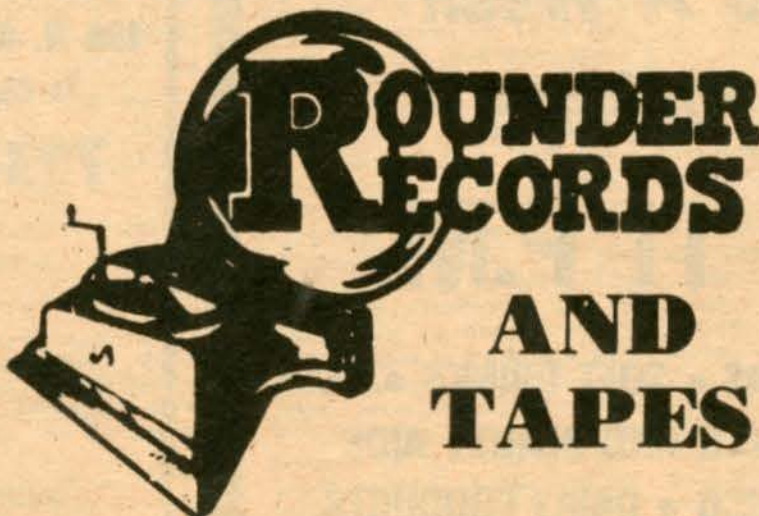
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