

5-9-1984

The Messenger -- May 9, 1984

Roger Williams University

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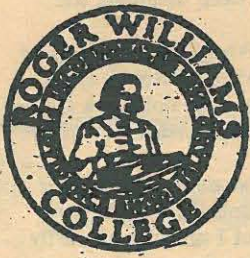


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The Messenger

Volume III, Issue 5

ROGER WILLIAMS COLLEGE

Date: May 9, 1984

Rape victims come forth to benefit others

The names in the story have been changed for the benefit of those involved.

By Lisa Wilt

Mary and Linda are students at RWC and friends who have a lot of things in common. For instance, they like the same clothes, smoke the same cigarettes, share the same zodiac sign, and listen to the same kind of music. Earlier this semester they found they had something else in common; they were both sexually assaulted on campus last semester. For all their similarities, they each reacted differently to the crisis.

Linda told a friend about the assault four days afterward because she was confused about what she had gone through. This friend advised her to seek counseling, which she did. Having someone to talk with relieved Linda's feelings of, as she put it, "filthiness, helplessness, fear, guilt, shame, and depression." Yet, after seven months, sometimes it seems to her as if she had just been molested, and she has to struggle to cope with her rage and frustration.

Mary didn't tell anyone until four months after the rape. She, too, felt unclean, vulnerable, fearful, and humiliated. Because she had been heavily intoxicated and had trusted the man she was with, a friend since the beginning of the semester, Mary believed it was her mistake, and therefore she was to blame. However, Mary stated that she and this "friend" had been platonic "confidantes," and she had never wanted sex from him.

One day, this semester, Linda recounted her experience to Mary. The parallels between the two incidents are startling. Both

assaults occurred in rooms in which the two felt unthreatened. Mary had passed out on her friend's bed, Linda was asleep in her own. In each case, the assailant was a trusted friend.

At first, Mary refused her impulse to tell Linda that she, too, was a victim, but "the need to talk to someone was undeniable." When at last she did, Mary said she knew a "freeness," but bringing the rape up from where she had buried it made it fresh in her mind. On Linda's advice, she is now receiving counseling to help her control her anger and fear.

The type of sexual assault Linda and Mary suffered is called "acquaintance rape," the rape or sexual assault of a person by a relative, close friend, boyfriend, or acquaintance. What bewilders and bothers the victims most is that their attackers are people they never thought would harm them. Like many people in our society, Linda and Mary's view of rape was based on the cultural myth, in which an insane, sexually motivated rapist drags a woman into the nearest dark and deserted alley, and forces her to have intercourse with him.

Perhaps Linda and Mary would have realized that the harm and humiliation they suffered was not their fault if they had known more about their rights. According to the Rhode Island Rape Crisis Center, sexual assault is any type of sexual contact, including petting or fondling, without the consent of both parties involved. It is a

forced or coerced violent act, although the violence is not always physical, with sex as the weapon.

Statistics show that rape is a crime which occurs more often than any other, but because of ignorance and fear, the injustices suffered by the victims, the offense is seldom reported. Women are the victims in the majority of rape cases. One out of every three women will be sexually assaulted in her life time.

The lack of knowledge about the subject of sexual assault/rape is so great that people like Mary and Linda don't recognize the crime even when it happens to them. According to Nancy Hood, RWC Counseling Center, there is a growing need for education about rape/sexual assault in all facets of the campus community. In Linda's case, and in others, the blame was placed on her by the people from whom she sought assistance. This may surprise some, until they consider the way people are raised in our culture.

"In this country, people are raised to believe that men are sexually active and aggressive while women are sexually passive and submissive. Since it is assumed that men can't control their desires, every young woman is taught that she must be the responsible party in any sexual encounter," writes Dianne Herman, a contributor to the anthology; **Women: A Feminist Perspective.**

Continued page 8

Lecture Series

By Krista Mischou

The Roger Williams College Lecture Series ended Monday, April 16 with a Talk by Senator John Chaffee of Rhode Island.

The Student Senate sponsored series also included Attorney General Dennis J. Roberts II on the ninth.

Following an introduction by RWC President Rizzini and Senate President Steve Cardi, Attorney General Roberts talked about his job and what it was like. He is a public official who represents the people as consumers. He deems himself "the people's representative for law enforcement."

The son of a former mayor of Providence and grandson of a former Chief Justice, he has brought back, with his department, approximately 14 million dollars for the people of Rhode Island.

In his third term, Roberts has just finished suing the EPA on Acid Rain.

The Attorney General, who spoke for about an hour, discussed topics ranging from plea bargaining to the FDA and Rhode Island public cases.

Following his lecture was a 10 minute question period from students.

Senator Chaffee spoke before approximately 50 students, faculty, administrators and townspeople in the cafeteria.

Chaffee's lecture was given after a dinner reception at President Rizzini's home. Also at the reception were Vice President McKenna, Bristol town Administrator Thomas Byrnes, Dean of Students Karen Haskell, Dean of Student Services Billy O'Connell and members of the Student Senate.

Senator Chaffee's speech was centered on three trends that will be effecting the nation in future decades. They were water projects, the rising Hispanic population and age longevity. His advice to young people was "learn to speak Spanish, move to the southwest and get a job devoted to people over 65."

Following the lecture was an informal reception for students and visitors to meet and talk with the Senator.

Steve Cardi feels that the series was an "overall success" and he "hopes to see it continued next year."

Cardi also feels that this type of event will get the college name around and prompt more speakers, visitors and student involvement.



Communications Speakers

By Brian McCadden

A joint effort by RWC Public Relations, Career Services and Career Writing brought four respected members of the communications profession to discuss career opportunities in the communications field. The panel of speakers included Art Norwalk, of Leach, Trainor and Norwalk Public Relations, Frank Colletta, a reporter for Channel 10 News, Janet Weissman, Press Secretary to Warwick Mayor Joe Walsh who's now running for Governor, and Hunter Davis, a DJ for WERI radio. The panel spoke before a crowd of about forty on Wednesday, April 25.

The two hour discussion centered on the past experiences of the panel in reaching their career goals and advice to students on how to get practical experience to reach their own personal goals. The main point they stressed was that we can't get jobs in the outside world if we don't have experience. We have to start looking for and getting small jobs in our desired fields now in order to get jobs when we graduate.

Norwalk, the first speaker, discussed the field of Public Relations, trying to convince some skeptical journalists that it isn't huckstering. What it is, according to Norwalk, is a type of image management. Find out the goals and intentions of a company and present them to the public in a positive light. His advice to students was to dig, and dig, and dig. "The way to be under the right tree when the apple falls is to be under as many trees as possible."

Colletta, filling in for no-show Jim Taricani also of Channel 10, gave this advice to T.V. and radio hopefuls; "you have to have a bit of a 'ham' in you and you also

have to have a low threshold of indignation once you get concerned enough to go after the real story, don't let them snow you. Learn the truth." Colletta also said that history and government are good backgrounds for communications because you get an idea of "who runs what, and where the money's going."

Weissman, the third speaker, allowed that in college she had no dreams of getting into Communications, rather she was an art student. She came into the field by accident through a part-time job and fell in love with it. "The job is always different, always exciting. I meet all sorts of people and the hours are not very structured, which is fine for me," she said.

The final speaker was WERI afternoon DJ Hunter Davis. She started her career as a DJ while in college studying English. Her college radio station, like our own, was in the basement of one of the dorms. She never set out to be a professional DJ, but a friend encouraged her and with some pushing and a few connections, she got jobs. Her advice to students was to volunteer, to offer to work even for free if you have to to get that desperately needed experience. She added that to get a job as a DJ you have to have a good attitude, a good, but not overpowering ego, and a good voice.

The evening ended with a question and answer period among the speakers, students, teachers and others in attendance. The entire night's events were arranged by RWC's own Public Relations Intern, Karen Bickford, with some help from our P.R. Department.

Senior Class Officers

By Krista Mischou

The best asset a class can have is good class officers.

The Senior class does

They have excellent ones. The president is Phil Longo and he's a human whirlwind.

Phil, along with fellow officers Vice President Sue Hall, Treasurer Joe Mogelnicki and Secretary Laurie Campbell has created a very successful year for the class of 1984.

The Hat Party, Nut-n-Screw Party and Steak-n-Brew and various specials at the Village Tavern and Gillary's are just a few of the events put on by the Senior "Class" — the biggest being the Commencement Ball.

Phil, who has been class president for the past two years, has been running around in the past year digging up volunteers to sell tickets, bake cookies, or getting everybody to the VT.

As a result of Phil's and the other officers constant hustling, the seniors will hopefully be having a fun, memorable and inexpensive Senior Week — a week not many colleges have.

When you buy a ticket or take a drink you may not notice the "sponsored by the senior class" on the signs, but it's there and the people behind the sign worked hard to bring a good time to the seniors and the rest of the student body.

So, as the final days go by and you seniors see Phil, Sue, Joe, or Laurie, maybe say thanks, their hard work this year wasn't just for them.

What's inside--

1) Dance Concert

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2) R A Interview

Page 8

To The Editor:



Dear Editor,

I would like to take this opportunity to tell the students of Roger Williams College some of the accomplishments of their student government for the 1983-84 academic year. The Senate, with the help of many concerned individuals on campus has been involved in the following:

- For the first time a Student Legal Service was established at RWC it was very successful
- For the first time a student run teacher course evaluation was conducted on campus by students
- started and referred a political lecture series which include such people as: Governor of the State of Rhode Island J. Joseph Garrahy, Greenhouse Compact architect Ira Magaziner, Attorney General of Rhode Island Dennis Roberts, United States Senator John H. Chaffee.
- Published a student phone directory
- This year the Senate paid off \$50,000.00 worth of past mistakes and has insured that it will not happen again
- Put together a proposal that insures club football will exist
- Establish a Student Senate Copy Service
- Has for the first time had the constitution passed by both the students and the Board of Trustees of the college
- Had for the first time in many years two student referendums
- Has also for the first time a non-voting member to the Board of Trustees
- Established a basis for very strong treasury which has run effectively
- Improved on the Appropriations process which has been established as a very fair way to distribute funds.
- Has a strong Parking Appeals Board that is very competent and has helped solve some of the parking problems on campus.
- Established successful Study hours in the cafeteria during finals time for late night studying
- Worked to review the present Judicial System and have suggested important changes.
- Committees running, but not as strong as they could be because of lack of membership
- Involved on Long Range Planning Committee, helping the college to review and change its long range goals.

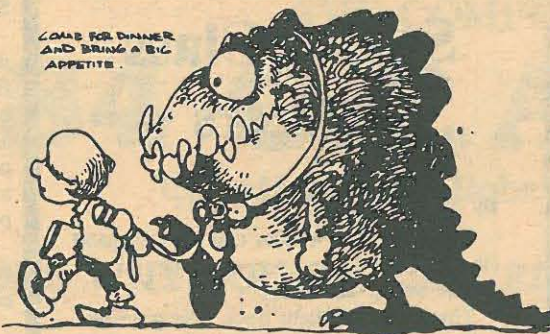
- Improved communication channels between senate and all other sections of the community
- Helped the clubs to have one for the most successful years
- Printed a new club directory
- Had very successful homecoming, open house and club day
- The Senate has been and continues to be an open arena to air problems and concerns it will always be the students sounding board
- The Senate has a strong base on which to work for student's interests both on and off campus
- The Senate has representation on many college committee such as Recreation Building Advisory Committee, Academic Council
- Has a new and stronger advertising policy
- Worked much more closely with the student life staff because of their willingness to develop good relations.
- Has had a successful year!

These are some of the highlights of what has been a successful year. The Student Senate wishes to thank all of the people on campus who made the 83-84 year the success it was! You know who you are, so once again thanks!

Unfortunately, not everyone has been fully informed as to what the Student Senate has been doing for the students of the college. One of the reasons has been completely inadequate coverage of campus news by this newspaper. How can the Messenger cover a Senate meeting in the first few minutes of the meeting after which time they leave. The Student Senate deals each day with campus issues that the Students should know about! Ask yourself why you are uninformed of what the Senate is doing? The Messenger is the instrument which is supposed to inform you of campus events. They did do this the beginning of the year, but now they are not fulfilling their prime function as a campus newspaper!

I realize that there are staffing problems within the paper and that no such undertaking is an easy task. The point is that you, the students are not informed as to the issues that are happening on the campus! This is a problem that has to be rectified. Insist on it!!!

Sincerely,
Stephen A. Cardi
Student Senate President



John Hirschak
Amicus Humani Generis

Furor Poeticus

Well, well, well, this is it. The last issue, the last Wazoo, the last class and the last year. There was so much I wanted to say in this last issue. I wanted to ask about Resident Assistant training, why it is so quick and shallow. Spring weekend would have been a suitable topic as would have the rise of the Architectural reign, but time bids Adieu. So with all the havoc I end my career, momentarily, as a student and I bid farewell to the likes and dislikes of Roger Williams college. For you I offer a bit of **Furor Poeticus** (Poetic Frenzy).

The dawn spilled saffron
on the tilt of the bay
as the light fragmented
with a shimmering sway

The gulls of the air
flowed from left to right
then melted in the distance
like stars in the night

A lone white cloud
swam the sky to the dorms
as the petals of flowers
became prismatic in form

I stood by the union
with an amiable grin
and waited for the crowds
to softly shuffle in

The warmth of the sun
relieved my once cold bones
besides a young robin
I found myself alone

In quite despair
I started to walk
and with the same rhythm
my memory talked

It spoke of the times
with little intent
as I listened neatly
to hear what it meant

"An is" as itself
means not what it means
what's real for you
may be for me dreams

As inside a black hole
you'll find only night
though curt in the distance
there lies lithe a light

Inside the lone light
which dangles so far
is a free opalescence,
a sleep dreaming star

Though the star is alone
drifting through space
there lie unknown atoms
which wish for its place."

I've never recalled
remembering like this
but I understood partly
the nonsensical sense

The walks on the water
skipping rocks off the bay
one, two, three, four
then trickling away

Or the slack dorms party
which ended at one
then stayed in the room
to greet the new sun

But they all seemed over
as summer came round
as Freshman year blues
left prison grounds

The sophomore year roses
exploded with light
as I yearned to return
to the soft college nights

Almieda-Nirvana
with sauna and pool
tennis at noon
and far from the school

Gillary's a walk away
the bank a little so
fast food down the road
no R.A.'s who explode

Sneaking in kegs
or vast killer punch
stash in the bedroom
mushrooms for lunch

The library was hell
four nights a week
Like Dante's **Inferno**
T'was knowledge that reeked

But the best that year
was by the brown pond
when the flowers protruded
from the womb of the ground

The bands were all yelling
an atomized blare
as I waited for jets
to scream through the air

But with the spring showers
which fell from the sky
the year drained away
again I asked why

The third and fourth year
held familiar sights
Newport was closer
and the bars were alright

The times have been good
but like the lone star
there are parts spent together
and parts spent afar

There are times to remember
and times to forget
a lot to recall
and a lot to regret

Though I won't regret all
the four years in making
did I have to share time
with our President Reagen.

John Hirschak

1984 MESSENGER STAFF

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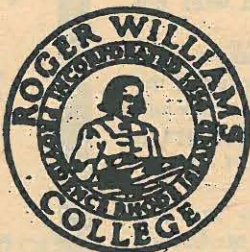
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1984 Messenger Staff

Freedom Summer seeks students

College campuses across the country are the focus of a massive student recruitment drive for an unprecedented voter registration campaign aimed at registering one million low income voters.

The campaign, "Freedom Summer '84," has already gained wide support from campus organizers and leaders including students recently selected as paid coordinators. They will launch a recruitment blitz to enroll 5,000 student volunteers who will register voters at public assistance offices, "cheese lines," health clinics and other social service agencies in 60 cities. The 10-week project, June 1 thru August 11, is sponsored by the United States Student Association (USSA), the National Student Educational Fund and Human SERVE (Service Employees Registration Voter Education) Fund.

The drive marks the 20th anniversary of "Mississippi Freedom Summer 1964," a movement which drew students to the deep South. They played a major role in mobilizing and registering many disenfranchised Blacks, helping to gain passage of the Voting Rights Act of 1964.

Freedom Summer '84 will involve a broader spectrum of statewide student associations, student governments and campus-based fraternities and sororities. They will be supervised by leading voter registration organizations such as the Voter Education Project, Midwest Voter Registration and Education Project, Southwest Voter Registration and Education Project and Project VOTE! Many students will receive course credit, while more than 40 social work departments are placing students as part of field work programs.

"Freedom Summer '84 will be the most important project that students can commit themselves to this summer. It will be an invaluable learning experience and provide the opportunity to move into the forefront of the political arena," said USSA President Greg Moore. "By November, any lingering doubts about the importance of students in the electoral process should be dispelled."

USSA includes 3.5 million members and affiliates on over 300 campuses. Many of the affiliates have already recruited volunteers and are conducting campus voter registration. Freedom Summer Coordinators, selected from every region, will be paid weekly stipends and will launch campus rallies, teach-ins, classroom speaking and other drives to reach large numbers of students.

Human SERVE Executive Director Hulbert James noted that student participation will give significant momentum to ongoing registration drives at social service agencies. Human SERVE is a clearinghouse for agency-based registration within the human service community.

Agency-based registration gives new dimension to the 1964 Mississippi Freedom Summer Campaign. That era marked a peak in student activism fueled by the civil rights movement and anti-war protests. Unlike the 1964 campaign, concentrated in the rural deep South, the 1984 effort will be launched in large urban centers and industrial states where millions are unregistered.

Freedom Summer Registration sites include: California, Connecticut, Colorado, Georgia, Florida, Illinois, Iowa, Louisiana, Maryland, Massachusetts, Michigan, Missouri, New Jersey, New York, New Mexico, North Carolina, Ohio, Pennsylvania, Tennessee, Texas and Virginia. For more information on volunteer registration, contact: USSA-NSEF 202-775-8943/202-785-1856 or Human SERVE 212-280-4053.

Experience Without a Job?

By Anne E. Wagner

"I need a job, but employers only want experienced help. How can I get experience without a job?"

RWC's Co-operative Education program offers a solution to this perplexing problem. The staff assists students in locating employment where they not only get on-the-job training, but also earn academic credit.

"It's a good way to get a foot in the door," says the Director of Co-operative Education Ken Osborne.

It also benefits those who are undecided by allowing them to try out a job before choosing it as a career.

"They often have unrealistic expectations based on media presentations," Osborne explains. "Though exposure to the field, they are better able to decide whether they really want to work in that career."

Co-op Ed offers two plans. Internships require 135 hours of work without pay. Frequently, interns are placed in government agencies or non-profit organizations. Alternatively, students may work full or part time for pay, usually in private firms. Depending on their objectives, they might earn as many as five credits. Co-operative Ed is considered coursework and you must register and pay tuition for it just like any offering.

Eligibility includes completion of your Freshman year (1 semester for transfer students), an academic standing of 2.0 or better, the necessary time and a commitment to the assignment.

According to Osborne, 120-130 students participate annually. All start with instruction in job-hunting skills. Applying those skills, students then compile information on potential employers and positions. Next, they choose where they want to work. After receiving a job offer, the student, his faculty advisor and the employer confer and draw up a contract specifying their respective responsibilities. When the work period ends, the student must verify his experience in a tangible form, usually a written report.

While the Co-op experience is always beneficial, it is not always pleasurable. Osborne tells of students who return disillusioned over the lack of professionalism they witness in the workplace. Others are bewildered by the lack of supervision. Instead of being told what to do, they are expected to figure it out for themselves. Osborne refers to this as "breaking out of the academic cocoon."

It's satisfying to see them grow from timid, unsure persons into confident, assured persons," he says.

Only one other college in the state has such a program. Participation in the Co-operative Education program gives RWC an edge in the job market. Osborne sums it up: "Work experience differentiates RWC graduates from other RI grads. Employers want that."



ACW Awards scholarships

The Advisory Commission on Women in Rhode Island (ACW) will be awarding its second educational scholarship for women announced Bonnie Cimino, Executive Director.

The Women's Equity Scholarship Program (WESP) recipient will receive up to \$250 to be used for child care, travel, materials and/or other support services.

"Applicants must be Rhode Island residents who are seeking nontraditional education or training; teenaged parents or prospective parents who need help to finish high school; prisoners in a state correctional institution or ex-offenders who want to undertake vocational and/or career training, or women who have been absent from the labor market for a substantial number of years and need to acquire skills to re-enter the world of work," said Freda H. Goldman, ACW Chair.

The scholarship will provide an award annually to women who have demonstrated a need for supplementary financial assistance to pursue educational or job training. "The program addresses needs not met by existing scholarships, such as transportation, child care, introductory courses to a program, tutoring and other such costs particularly affecting women students," said Marilyn Horman, Chair of the Scholarship.

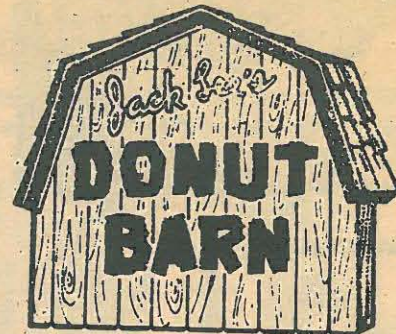
Application forms may be obtained from the ACW office 220 Elmwood Avenue, Providence, and must be submitted by May 15. For information or help in completing the forms, call 277-2744.

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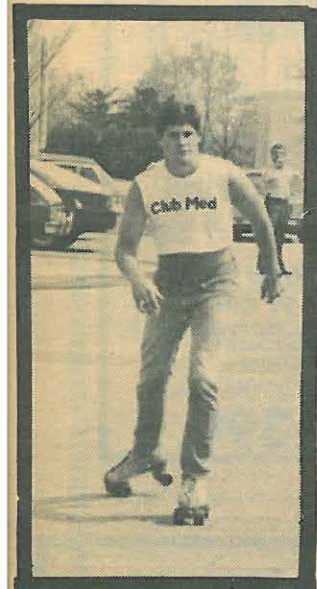
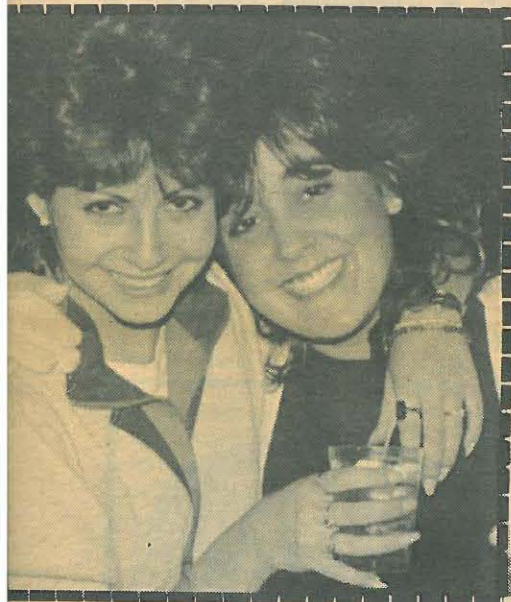
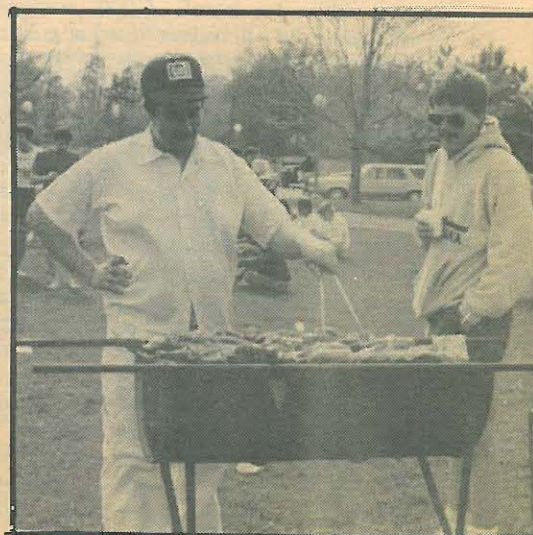
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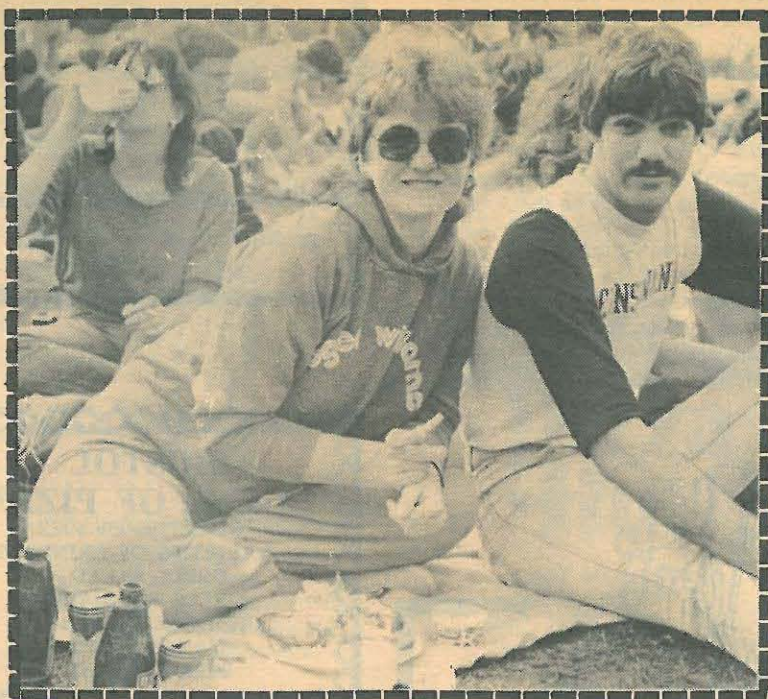
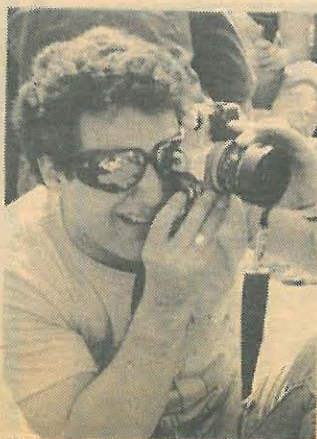
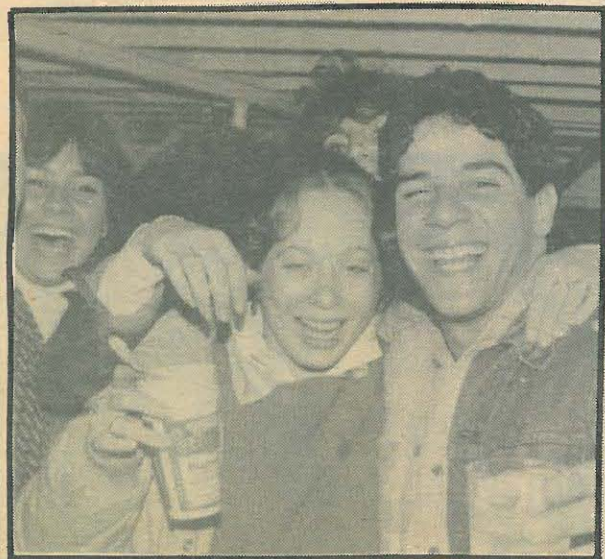
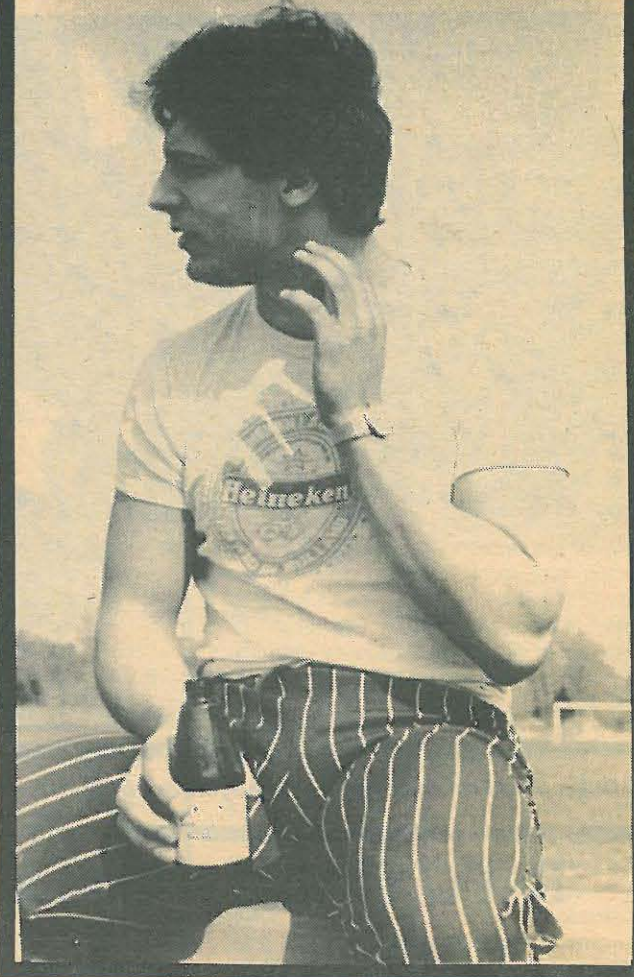
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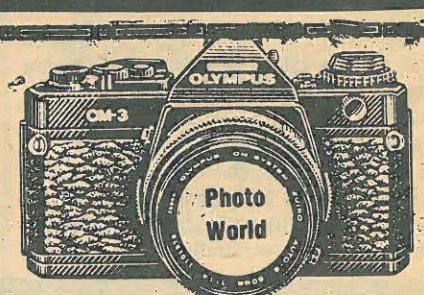
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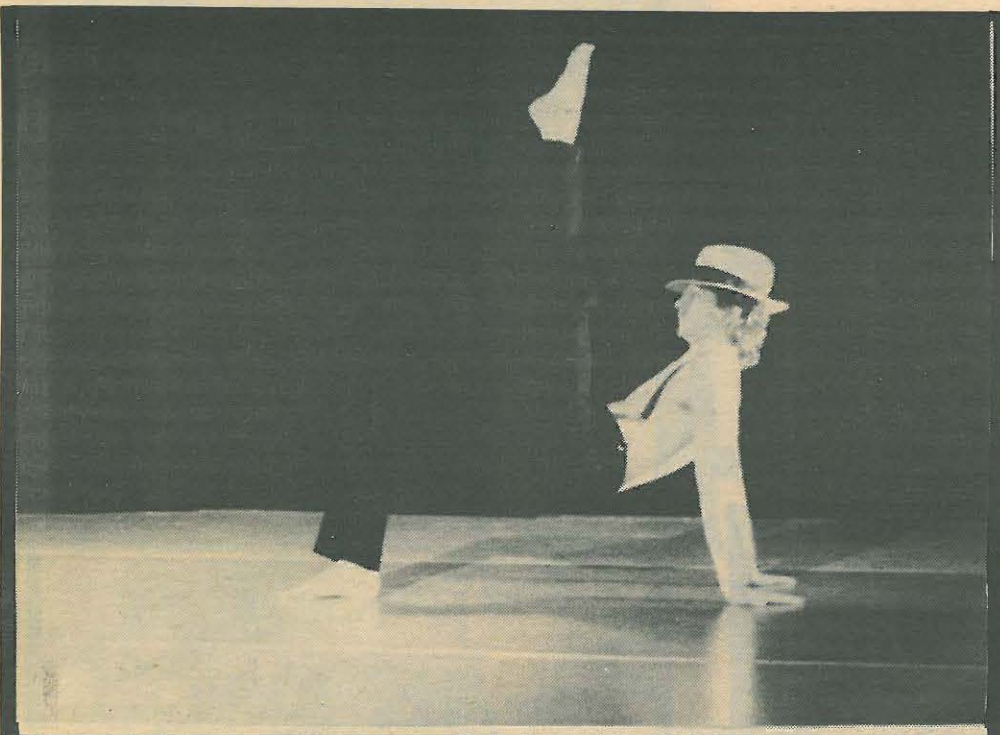
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Campus briefs



Duke; a solo choreographed and performed by Bo Crowell.

RWC Spring Dance Concert

By Jill F. Green

An abastact and unique performance, truly professional; the RWC Spring Concert, a performance by the RWC Dance Theatre on April 26, 27 and 28, was an absolute success.

The show, staged by Director Kelli Wicke Davis and Associate Director Gary Shore, was composed of nine separate pieces, constituting modern dance, mime, and theatrical dance to create a unique and visual illusion.

Unlike previous concerts, of which they've performed seven annually, this show was somewhat zanier. Ethereal music and illumination, coupled with unusual props; vacuum cleaner parts, plaster masks, and sheet plastic, intensified the creative and subtle aspects of the performance.

The multi-talented dancers helped facilitate the entire production. Working together as stage crew, as well as dancers, they set the technical aspects of the production by building and laying the floor, working on light design, choreography, and the audience seating arrangement. The entire process was lenthly and tedious at times but the result — an outstanding performance.

Of the nine pieces performed, three were first performed in the 1983 Dance Theatre Concert. Solo/Solo, choreographed by Kelli Wicke Davis and performed by Laura Bentuba and vocal accompaniment Mark Lauzon; Antore, choreographed and performed by Chic Caron, incorporated Korean dance styles: Tae Kwon Do and Tie Chi; and Vortex, the company's "baby". Choreographed by Davis and performed by Chic Caron, Bo Crowell, and Donna Meierdiercks, this piece premiered last year in New York City and has been performed throughout the region since then. Vortex was recently selected to perform at the American College Dance Festival to be held in March on the campuses of Smith College and the University of Massachusetts. Choreography for this piece was funded in part through a grant from the R.I. State Council on the Arts.

Another solo, choreographed and performed by Bo Crowell, a jazzy, honky-tonk piece accompanied by music from the Beatles was an eye-catcher. The lightest and most comical of the nine pieces, Sprroing, was choreographed and performed

by Heather Ahern. Incorporating mime and intriguing sound effects, she kept the audience in stitches; suiting her character, the piece was short and sweet.

Plastercast, choreographed by Gary Shore and performed by Heather Ahern, Peter Bramante, and Chic Caron was an abstract piece that depicted a story told by accompaniment Will Ayton; Will played the Viola de Gamba. Choreographer Peter Bramante, Donna Meierdiercks and Jackie Squatriglia performed Sycophant, an uncanny piece symbolizing manipulation by the use of vacuum cleaner parts.

Inside/Out, a duo choreographed by dance instructor Dante Delguidice and performed by Peter Bramante and Julia McConaughy was a favorite of the audience. As the dance progressed, the male dominant role was overtaken by the female role; this process was graceful and very moving.

The final piece of the evening Synergy was choreographed by Davis and performed by Heather Ahern, Laura Bentubo, Peter Bramante, Chic Caron, Bo Crowell, Suzette Hutchinson, Fernando Maneca, Julia McConaughy, and Donna Meierdiercks. Another favorite of the audience, "The dance of subatomic particles never ends and it is never the same... (it) is marked by the annihilation of the initial particles and the creation of new ones...." The Dancing Wu Li Masters.

Congratulations to Chic Caron; Special recognition has been given to him, he has been awarded for his excellence and distinguished achievement in dance.

RWC 1984



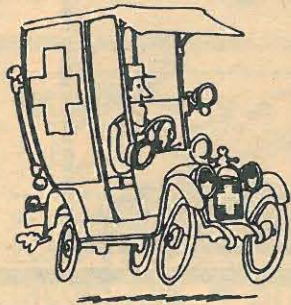
Heather Ahern, Chic Caron and Peter Bramonte perform Plastercast

The Miriam Hospital Is Looking For A Few Good Men

The Miriam Hospital Division of Nutrition and Metabolism has received funding from the National Institute of Health to study the effects of exercise and diet on levels of blood cholesterol.

In contrast to the earlier studies involving endurance athletes, the new project will recruit physically inactive men and place them in an exercise program. Participants must be non smokers, 18-45 years of age and in good health. During the initial period, all food will be provided through The Miriam Hospital's Metabolic Kitchen. Subjects will then participate in a 10-week period of exercise training and be allowed to eat what they want on their own and will then undergo repeat testing when their dietary intake is controlled. Exercise training will be supervised and will consist of running and bicycling. All subjects will be reimbursed for their participation.

The funding will allow The Miriam to continue its research in this area. During the past three years, Paul Thompson, M.D. has been studying the relationship of physical activity to the production of higher levels of high density lipoprotein (HDL) cholesterol by controlling diets and exercise patterns of fifty-six runners who were capable of running ten miles daily. The results indicated that exercise plays an important role in determining HDL cholesterol levels.



High carbohydrate diets markedly lowered the HDL levels of sedentary individuals, but had a relatively small effect on the HDL levels of the athletes.

The types of cholesterol within the blood are varied and each type has a different relationship to the causation of heart disease. Most of the blood cholesterol, approximately 75%, is carried by a group of proteins called low density lipoproteins (LDL). The higher level of LDL, the greater the chance of developing heart disease. Ten percent of the blood cholesterol is carried by very low density lipoproteins (VLDL). Though the role of VLDL in heart disease is not clear, it has little effect as long as total blood cholesterol is normal. The rest of the blood cholesterol is carried by high density lipoprotein (HDL). In contrast to the other two lipoproteins, high levels of HDL cholesterol appear to help prevent heart attacks.

Anyone interested in joining the exercise training program or in obtaining more information, please call Eileen Cullinane at The Miriam Hospital, 274-3700, extension 4630.

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Announcements

Law package indicates concern about graduate education and careers

Students are actively considering graduate education and career options early in their undergraduate years, if responses to The Law Package, a new service introduced in a nationwide poster campaign on college campuses last fall, are any indication.

Developed by the Law School Admission Council (LSAC) and the Law School Admission Services (LSAS) — the people who administer the Law School Admission Test (LSAT) — The Law Package consists of a full program of publications, services and self-evaluation resources, designed to give students a better handle on legal education and the range of legal careers available.

"A full third of the students who ordered The Law Package are in their freshman or sophomore years," said Bruce I. Zimmer, Vice President of the Law School Admission Services.

"We are very impressed with the trend because we believe it is essential that students consider their future career and education plans while they have the time to explore their interests and develop their skills," Zimmer continued. He also noted that the high percentage of juniors and seniors ordering The Law Package shows that students are still searching for information and guidance even as they have to make concrete decisions about graduate education.

As expected, the most common field of study among those using The Law Package is government/political science, with just under 25% in this category. What did interest LSAS was the second most popular major among those considering law school: 21% of all users have concentrated studies in business, accounting, or finance.

"I think this figure indicates that undergraduate students are more career-oriented today," said Zimmer. "And while they are planning careers in business, these students see that legal training will have a real value in those careers."

Another statistic that emerged from the data is that 35% of those who ordered The Law Package are women. Zimmer noted that this number parallels the number of women currently enrolled in law school, which has been increasing significantly over the past decade.

The Law Package was developed in part to help students make some decisions about law school before they begin the time-consuming and costly process of actually applying. "While more than 113,000 people took the LSAT during the 1982 test year, only 42,034 actually entered law school in the fall of 1982," said Zimmer. "Many of the 70,000 who did not enter law school discovered, after investing time and money in taking the LSAT and applying to law schools, that they did not want to pursue legal educations and careers. Students can use The Law Package, early in their undergraduate years, to help decide if law school is for them."

LSAC and LSAS introduced The Law Package on campuses last fall through a nationwide poster campaign, and ads in college papers and national magazines such as *Rolling Stone*, *Glamour*, *Newsweek on Campus* and *Black Collegian*. The poster campaign is underway again this spring. Referring to the poster theme, "For \$10, you can have law school all wrapped up," Zimmer commented. "We are trying to convey to students that for a very small investment, they can receive a great deal of information about law schools, the admission process, and legal careers."

Available from the Law School Admission Services, The Law Package includes:

- **You, the Law and Law School**, a book that describes legal career options and what to expect in law school; key facts about U.S. and Canadian law schools; a bibliography of prelaw readings; preparation materials for the LSAT, including details about the nature of LSAT questions; and a sample LSAT with an answer key for self-scoring.

- **The Test**, a tryout LSAT that students can take and return to LSAC for a confidential analysis of their test results.

- **Information on Five Law Schools** that students designate on The Law Package data form.

- **The Admission Process: A Guide**, a booklet that describes major factors that law schools consider in reviewing applicants; financial aid information; and additional sources of information relative to legal education and the admission process.

To order The Law Package, send a check for ten dollars and your name, college and address to: Law School Admission Services, Box 500-67, Newtown, PA 18940. Students who desire more information before ordering can request "The Law Package Brochure" by writing LSAS at the same address.

J. Edward Fitzgerald Award for Photojournalism

Each year, the Boston Globe presents the J. Edward Fitzgerald Award for Photojournalism in connection with its annual amateur Color Photography Contest.

The award, which includes a cash prize of \$1,000, will be given to a New England amateur photographer, on the basis of an original photo essay reflecting strong interest and promise in photojournalism.

The award honors the late J. Edward Fitzgerald, former Globe Executive Photo Editor and New England Magazine photographer, for his significant contribution to this newspaper and to the world of photojournalism, and in recognition of his long standing interest in the efforts of amateur photographers, especially those of young people.

Enclosed are the rules for both the Fitzgerald Award and the Color Photography Contest. Last year more than 100 aspiring Photojournalists entered the Fitzgerald Award Contest, hopefully this year's exciting contest will attract even more.

If you have any questions, please feel free to call, 929-2649.

Miracle on Ice

By John Mongillo

The next time you hear someone bad-mouth this great country of ours, take him or her to the Student Union, deposit fifty cents into the only game with the plastic bubble surrounding it, and relive the 1980 confrontation between the U.S.A. and the U.S.S.R., known to true Americans as the "miracle on ice".

This electronic game, which the school acquired last semester, is designed by Chexx Company, with the electronics done by Moog Company. Its sound effects resemble those of a real hockey game, and after one deposits two quarters the last stanza of the national anthem is seemingly moaned by the machine before play begins.

Like the '80 team, these six three inch figures have an advantage, though it isn't playing in front a home crowd. At the face-off the puck pops out of the center one and bounces halfway down to the Russian goal mouth where the American center has a clean shot on goal. Talk about a spitball?

The game's scoreboard is attached inside the plastic bubble, and gives the present period besides the score. The letters I—C—E are used to indicate the period. If the score happens to be tied after period E, all three periods will flash simultaneously, the sign for overtime.

When the right participants operate the controls, playoff hockey can be experienced. Your friendly organist blares a familiar "let's go" tune as these miniature Wayne Gretzky's maneuver up and down the rink batting for a black disc, which is larger than their heads. And believe a hockey fan, the Boston Bruins could need some inspiration for next season.

For the violent hockey fan, who is more interested in a 15 round bloodbath than the contest, itself, this game is not for you. First of all, it is very difficult for these players to drop their gloves, since they're permanently holding their sticks. Secondly, it is impossible for them even to start a fight, since they play strictly position hockey.

Besides the fact that Chexx gave each rightwing a larger stick than the other players, the game provides a real life hockey atmosphere so people can almost recreate '80's miracle.

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Lose Weight & Get Into Shape!

By Chris Spaight

With summer just around the corner, many students feel the pressure to look their best in their summer outfits. Skimpy bathing suits, short skirts, and tight pants are all accentuated by a body in shape. Now is crisis time for many and here are a few basic steps to lose weight and get in shape for the summer.

To lose weight, you must expend more calories than you consume. For example, a 170 lb. man can take in 3,100 calories without gaining weight. To lose some he either must limit his intake or increase his metabolism to burn them up more quickly.

Regular exercise not only promotes weight loss, but it increases cardiovascular activity. Exercise such as swimming, running, walking, or dancing, is aerobic in nature. That is, while undertaken, oxygen is being transported to the cells. This increased blood flow carries over into more effective transportation and better physical well being.

Aerobic sports don't build bulk. They tone the muscle tissue. That is why aerobic classes are so popular among women. They also burn calories at a high rate. Swimming for 1 hour at a constant rate of 1 MPH eliminates 1,000 calories. A brisk 1 hour walk burns 750 calories.

Dieting is another way to lose weight. With many books written on the subject, common sense has been replaced by newest fad. You must think of losing weight as an equarion. What you eat equals what you weigh.

A sound medical diet is the "King, Prince, Pauper" Diet. You eat like a king for breakfast, a prince for lunch, and a pauper for dinner. The body needs its most nourishment after sleep. That is what the term "breakfast" means. It is a break from a fast. The body has time to break down this meal over the whole day. The same is said for lunch. The gradual tapering down process takes place until dinner, where very little is eaten. A meal at 6 o'clock, traditionally, cannot be acted upon by the body. That is why a light dinner is desirable.

Snacks should be eliminated if possible. The body can be trained like an animal to receive regular feedings. Once the pattern has been set and followed, the body falls into the regular cadence. By eating properly and wisely 3 times a day, there won't be the growling pangs of hunger some feel on more restrictive diets.

The real secret to staying in shape is to stay with a basic program of exercise and food intake control. The body needs the proper amounts of both. Use your head and forsake junk foods. Read the labels on food products. They give you intake portions and the calories they contain. Keep a log of what you've eaten and the calories they contain.

When exercising, don't try anything too difficult. Take things in moderation and remember that every little thing you do is helping you improve your physical condition. Finally, don't try to lose weight too quickly. Weight lost gradually, in a controlled manner is the weight that stays off. That way, you won't have to go through this torture all over again.



R. A. Interview

By Brian McCadden

As I walked out of breakfast at the Cafeteria I felt a little nervous, for this was no ordinary Wednesday morning. Today I was going for my R.A. interview. The fact that I was wearing my 'good impression' clothes couldn't stop my head from spinning with questions of the unknown. What would they ask me? Would I screw up? I probably would.

The receptionists room in the Student Life Offices was cluttered more with people than anything else; people talking on telephones, looking through mailboxes and files, and running from meeting to meeting. The circus was in town and I was a sideshow. No one noticed I was there.

"Excuse me, "I finally said to the receptionist, "I have an appointment to be interviewed at 10:00."

"Oh, really?," she answered and started shuffling through an appointment book, "You're not on the schedule. Let me check with Cathy."

"Cathy" is Cathy Lombardozi, one of the Directors of Student Life and one of the people I would have to face in my interview. A very cheerful woman with bright eyes and a seemingly permanent smile.

Cathy came out of her office, speaking in a rushed manner, "I'm sorry, I forgot all about your appointment. Could you just wait a few minutes while I gather the other interviewers?"

"Sure.", I said and sat down to wait. I began to feel like a basketball player lined up at the free-throw line, ready to make the winning point in a championship game when the opposing coach calls a time out.

The other interviewers she went to gather were Marc Capozza, a slight, dark haired man with a mustache and a perennial bow tie, Bob Beckett, an athletic man who could pass for a college senior, and Mike Botticelli, a Cornell grad and a GQ throwaway.

Finally Cathy collected them all and I was escorted into Capozza's office, a nook in Student Life with contemporary white couches, light brown paneled walls and sentimental bric-a-brac strewn about. As soon as I sat down, it seemed, they began firing questions at me. I knew right away that I made a mistake by going in blind. Not only was I intimidated by these four people lined up to shoot questions at me, but some were painstakingly difficult to answer. For example, "What would you do to instill a sense of community spirit in your living area?", "Why should we

choose you over everyone else for the R.A. position?", and "How would you change the apathetic attitude of students?" a question I brought upon myself when I brought up the subject.

When they finished with their questions, I gave them a few of my own hoping to impress them with my curiosity and interest, but I'm not sure if it worked. They fielded them and ushered me out with a few ending jokes, obviously ready to get back to previous work. I left the interview feeling very relieved, but still unsure. Hindsight told me I could have done better. I gave it a good shot.

Victims continued from page 1

Mary had been so convinced of the ideology of male sexual aggression that she first accused herself, and turned her anger at having suffered rape against herself. She now knows that no man has the right to force or trick her into any kind of sexual contact, and places the responsibility and blame for what happened on the man whom she once trusted.

Mary and Linda are not fictional characters, although their real names have not been used here for obvious reasons. The descriptions they gave of what they actually went through could not be printed in this paper. This passage from Marge Piercy's "Missoula Rape Poem" may serve as a way of understanding the trauma they will always remember.

"There is no difference between being raped and being pushed down a flight of cement steps, except that the wounds also bleed inside . . . there is no difference between being raped and going head first thru a windshield except that afterward you are afraid, not of cars, but of half the human race."

An alarming number of RWC students have been sexually assaulted and yet there is no specific support group for them on campus. The need for such a group is certain. Until more people realize the education and comfort such a group could give to members of our campus community, the Counseling Center, the Resident Assistants, and the Peer Counselors are doing their best.

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