10-3-1980

Montana Kaimin, October 3, 1980

Associated Students of the University of Montana
The U.S. House of Representatives approved the Rattlesnake Wilderness Bill on behalf of the Montana campus during the debate Wednesday. The bill now goes to the White House, where swift approval is expected.

The bill includes a controversial no-wilderness corridor 5.5 miles inside the Rattlesnake National Recreation Area and Wilderness just outside Missoula was passed by the Senate Wednesday. The bill would close the road when especially grizzly bears and mountain goats do go down a mountain and gets scared by a motorcycle and runs away, so they can close the road.

Adams also wondered how the Forest Service felt about being placed in such a "hotbed of controversy. They're not in a very clear position, and they're going to be subjected to a lot of lobbying," he added.

The Forest Service, by including the corridor, while Melcher said by including the corridor, while Melcher yielded by redrawing the boundaries of the corridor, would "adequately protect the wilderness."

"In recent discussions with the Forest Service, I am assured that they are going to have a very cautious approach in managing the corridor," Williams said, adding that the most important thing was that the bill got past. Melcher, also interviewed by telephone, said by including the corridor, while Williams and said the corridor "won't make any difference to\n
Energy is his mission

By GREG GADBERRY

Joel Schatz has a mission. He wants people to discuss the future of the world's energy, and he wants them to do it without arguing.

Schatz, the founder of the Oregon Energy Office and a lecturer on energy policy, offered his cooperative theory of energy planning in a talk last night at the University of Montana Science Complex. The talk was sponsored by ASUM Programming and the Student Action Center.

"I'm extremely optimistic," Schatz told the small audience. "The energy crisis could cause a maturation of discussion among people, because we're new facing problems we've never had to face before."

Schatz suggested that new energy ideas could evolve through special seminars.

"When we've held these seminars other places," he said, "we've taken people who are powerful and creative in each community, and before they try to discuss energy policy, they have to agree on a few simple ground rules."

The first, Schatz said, is that they talk about renewable resources. And the second is that they don't argue.

This combat-free environment, Schatz claimed, allows people with varying interests and opinions on energy to come up with positive plans and solutions.

Schatz stressed that USM should take an aggressive role in forming the energy policy of the community, claiming that universities often steer away from community planning.

"There's just no lack of creative exchange going on between the universities and the cities," Schatz observed, "but I think that will change."
Montanans suffer from ignorance

Editor: Ignorance is a disease, a loathsome disease. And I am ashamed that so many Montanans seem to be infected with it, judging by much of what I've read over the past several months. The many issues involving Montana's environment and natural resources have evoked a great emotional response from the people of Montana, and these issues have divided the people as never in our history.

There are the "environmentalists," a group whose label has come to denote something despicable in many people's vocabulary. Often they are called "preservationists," a term with equally unfortable with any organization proclaiming itself a women's group because they have come to associate that kind of organization with the stereotypical, hard-hearted, "women's libbers." It is not an attitude that does much—

For my part, I label this group "ig-noramus." Don't Montanans realize that they do not control their resources, and that they never have? Doesn't the Anaconda Co.'s indifference to the people of Montana anger them just a bit? Can they not see any relationship between ASARCO's current mining and mineral exploration in the mountains of Western Montana and all the greedy, callous environmental exploitation and degradation that has occurred in Montana for over a century? Or have too many years of fat living made these Montanans forget their frontier heritage, forsake their distinctive Westerness, and go begging to their Eastern taskmasters to penetrate this state once again?

Yes, we do need to maintain a climate of economic opportunity for the people of Montana, but for ASARCO? Conoco? Chevron? Do we need to tear up half of the Northern Great Plains and the Rockies in order to keep people employed? The people who keep trying to convince us that we do notMontanans, but out-of-state con artists who have merely to cry "jobs!" and 200 Montanans fall prostrate at their feet to lap up all the lies they spew forth. Before long, these enlightened Montanans start spreading the good word. "Hungry? Out of work? Environmentalists!" We go far as to blame America's energy problems on "obstructionists and radical environmentalists." These are

if any—good. Yes, women have a right to be angry and upset—and scared. They also have a right to ability to learn about themselves, and they are afraid of and to try to overcome the fear.

Any group of women, but especially those living in dormitories where rapes and assaults have occurred, should invite a speaker from Women's Place to come talk to them, answer questions and give advice.

Every woman should make an effort to learn some form of self-defense. A variety of classes and information is available for the woman who wants to learn to protect herself.

And all women should do something to rationally fight against rape and sexual violence. Take a friend, preferably male, to the "Take Back the Night" activities this weekend.

Rape and sexual violence will not stop overnight or even, probably, in a lifetime. Somewhere, some woman will still refer to a woman as a "piece of ass" and some cop will still tell a victim of sexual abuse that she probably enjoyment.

The crime—and the fear—will continue. But fighting back rationally rather than emotionally will go a long way toward winning the war.

Cathy Kradolfer

Letters Policy

Letters should be typed, preferably single spaced. Signed letters occasionally will be accepted; • Mailed or delivered to the Montana Kaimin for publication the following day. Exceptions may be made on a case-by-case basis. Letters should be: • Typed, preferably single-spaced. • A maximum of three paragraphs. • Not exceed 350 words. • Signed with the author's name, class, major, telephone number. Anonymous letters or pseudonyms will not be accepted.

Montana Kaimin

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Erickson: synfuel plant construction could create 'some more Anacondas'

By ALAN ROSENBERG
Missoula Lantern Reporter

The construction of synthetic fuel plants in Montana "would create more Anacondas," Montana State Rep. Ron Erickson, coordinator of the University of Montana Environmental Studies Program, said Wednesday.

Erickson, a professor of chemistry, warned that synthetic fuel plants, which are expected to be a driving force in the state within the decade, could expect to meet the state's energy needs as Anaconda's smelter and refinery.

The Anaconda Copper Co., a subsidiary of the Atlantic Richfield Co., closed its refinery in Great Falls and smelter in Anaconda on Monday, leaving about 1,500 people jobless. The smelter has been in operation since 1902.

Erickson, co-director of a study investigating the impacts of synthetic fuel development in the state, explained that coal use in synthetic fuel production, like copper, shares the problem of being a non-renewable resource.

"The synthetic fuels industry is one that must die," Erickson said. "You can't build a state's economic base on a non-renewable resource.

Erickson said that the 30 percent severance tax levied on coal mined in the state was "incredibly wise." That money, placed in a trust fund now, should eventually be invested in renewable energy to sustain Montana's economy, he said.

Erickson's examination of the economic, sociological and environmental impacts of synthetic fuel development has been completed and the first of two reports, finished in August, has been sent to the state Department of Natural Resources and Conservation. A summary of that report was released Wednesday.

Synthetic fuels, as defined in the study, are "petroleum equivalents" produced from coal through gasification or liquefaction. These synthetic fuels are expected to replace some of the imported oil used in this country for jetline, boiler fuels and natural gas.

Gasification and liquefaction are chemical and physical processes which break down coal into fuels virtually identical to other natural gas or liquid fuels such as gasoline or diesel fuel.

Erickson said the reports will help the state to anticipate issues regarding the siting of coal liquefaction and gasification plants. The report was prepared by an interdisciplinary team of researchers from the University of Montana and Montana State University.

The study, which began in May, was funded by a $45,000 Ford Foundation grant to the Montana University System. The purpose of the grant, according to Erickson, was to get knowledgeable people to work with state government on energy policy.

Erickson said that in January, Gail Kouns, who works in the plant siting division of the Montana Department of Natural Resources, expressed concern that there was not enough information on the possible impacts of synthetic fuel development.

Erickson said the report will help people who write environmental impact statements for the synthetic fuel plants to get a "head start." He said the report presents an assessment of the several types of plants that may be built in Montana and discusses "policy implications" of the development of synthetic fuels. Included is an annotated bibliography and suggestions where further research may be necessary, he said.

Erickson said the report should serve as a guide to what kinds of legislation might be needed to prepare for this kind of develop- ment.

The research team from UM included Raymond Gold, professor of sociology, and William Tomlinson, environmental studies research specialist. UM graduate students who worked on it include Karen Espeseth, Judy Majewski, Gail Bissell and Chrys Kountz, who works in the state's severance tax program.

The UM team was responsible for an overall technology assessment and for studying air pollution and health effects, the effects of solid wastes, the social impact. The Bozeman team, headed by co-director Lauren McKinney, professor of political science, researched the impacts on water quality and quantity, and economic effects.

Erickson who did research in the field of coal gasification and liquefaction in 1972, analyzed available synthetic fuel technology.

"It turns out there are 30 different ways to gasify coal and seven or eight ways to liquefy it," Erickson said.

One of his jobs, Erickson added, was to evaluate which of the processes was potentially "the cleanest." "A gasification plant is totally different from a power plant," he explained. "It looks more like a refinery. There are a whole series of chemical and physical processes," he said.

Although Erickson said he is "convinced as ever that synthetic fuel development is bad for the state," he said that in writing the report, he had attempted to be relatively neutral.

"Although the study has been completed and the funding for it has run out, Erickson said, there is a need for further research. "It's really just getting started," he said.

After the state officials have "digested" the material, Erickson said he will try to find funding for more research.

New charter fare

The $200 price for ASUM's Christmas charter flight to New York, announced by ASUM Business Manager Steve Spaulding and reported in yesterday's Lantern, is incorrect.

The correct round trip price is $350. Interested students can pick up information on the flight Monday, at the ASUM offices in the University Center.

To reserve a seat, one must make a $150 non-refundable down payment and show validated student I.D. The $200 balance is due no later than Nov. 28.

If you had to choose who is to crucify the crowd it will always save Barabbas.

—Jean Cocteau

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Montana Kaimin • Friday, October 3, 1980—3
Rapes, sexual assaults increase

By SUE O'CONNELL
Montana Kaimin Editor

On March 30, Jesse Sandstrom received a 32-month deferred sentence for sexually assaulting a woman in front of Jesse Hall in early 1978.

A Missoula man is awaiting trial now on three counts of sexual assault, one of the only cases of sexual assault and rapes believed committed by him in the university area this spring and summer for which concrete evidence could be gathered.

Late Monday night, a resident assistant in Brantly Hall reported to Campus Security that a man was lurking near the east door of the dormitory. When a Campus Security officer reached the dorm, the man—thought to be a peeping Tom—had left the area.

When classes resume at the University of Montana every fall, reports of sexual assaults increase, according to Mike Weigel, a detective in the Missoula Police Department. In addition, he said about four reports of rapes involving UM women can be expected every school year.

And those are only cases reported to the police. According to figures from Women's Place, a women's group that provides counseling and referral services for various problems, 11 rapes were reported to them in just two summer months—three more than have been reported to police to date this year.

The discrepancy in figures can be explained by FBI statistics that show only one in five to one in 20 rapes are reported to law enforcement officials.

Activities calling attention to the problem of violence against women in Missoula will be sponsored by Women's Place tonight and tomorrow. (See related story p. 4.)

And public concern also was aroused this summer when a pattern emerged that implicated one man in over 20 assault or rape cases that had occurred in recent months. The man was apprehended July 25 by police in Great Falls in what appeared to be a similar assault attempt and is now awaiting trial in Missoula.

By mid-July, two neighborhood groups had formed in areas where the assaults had taken place—the lower Rattlesnake area and an area bounded roughly by Higgins Avenue and Orange Street from First to Sixth streets. Members talked with police to see what they could do to protect themselves from possible attacks.

Lorraine Bond, one of the women who helped organize the meeting in the Higgins Avenue-Orange Street area, said yesterday she and a friend began talking to people during the summer and found that no one really understood the assaults had happened.

"People all around me were getting attacked, and no one knew," she said.

The group talked about forming its own "watch groups" for safety, such as establishing an escort service or "black houses," where a person could go if in trouble. But only about 10 people volunteered to help, so nothing further has been done, she said.

However, she said she plans to attend the march sponsored by Women's Place tonight and ask people to get involved in such groups.

Detective Weigel outlined some precautions women could take to avoid situations in which they would be vulnerable to rape or assault. Those precautions include:

• Never taking walks alone at night, especially in the downtown area. He said the Front Street area between the Orange Street, Higgins Avenue and Madison Street bridges is particularly bad because of the high concentration of bars and transients.
• Walking down the middle of the street if walking alone and screaming if you feel any problem may occur.
• Avoiding hitchhiking home from the bars or even taking a ride home. To Kick Off Fall Quarter

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Weigel did not want to offer specific advice on how a woman could protect herself if attacked
because he said every situation is different and it may not be advisable to fight back in every case. Patricia Palmer of Women's Place said the group always receives a lot of requests for information on protective devices when rapes and sexual assaults receive much media attention. While Women's Place can tell women where spray devices are available, it does not advocate their use because too much could go wrong if using them, she said. Instead, counselors in the office recommend self-defense classes. Spray devices are not the only type of protective devices a woman can carry, however. Ken Willett, director of Campus Security, recently demonstrated a metal device that looked like a small spray can, but actually made a high, piercing noise when pressed. The noise is loud enough to startle an attacker long enough to get away, Willett said.

But the best protection is traveling in groups, he said, adding that staying on campus for any leisure or recreational activities also cuts risks.

Campus Security officers are also on duty 24 hours and a new emergency number—243-4000—was put in to use this fall on the recommendation of the Rape and Violence Task Force, sponsored by the Women's Resource Center. The task force also developed a two-part form all law enforcement groups as well as rape-counseling services are now using in an effort to come up with more complete statistics and information on violent crimes against women.

Women's Place also provides 24-hour rape counseling, by way of an after-hours answering service, in addition to counseling and referral on health, violence and divorce problems.

Rally events

Women's Place is again sponsoring activities to call attention to the problem of violence against women in Missoula. Under the theme "Take Back the Night," rallies scheduled for tonight and tomorrow are designed to teach people about the problem of violence in Missoula and what they can do about it.

Tonight at 8, a candlelight march from the 300 block of East Main Street, by the Missoula City-County Library to the Missoula County Courthouse will take place. A short speech on rape, songs by the Women's Choir and a self-defense demonstration will be held at the courthouse.

Tomorrow's activities begin with a showing of the film "Rape Culture" at the Crystal Theater at 2 p.m. A $1 donation is requested. Barbara Shamas, who teaches a Center Course on self-defense for women, will conduct a workshop at 4 p.m. at Kiwanis Park or, in case of bad weather, at The Danceworks, 506 Toole Ave.

A slide show put together by the Women's Resource Center entitled "Abusive Images of Women in Mass Media and Pornography" will be shown at 7:30 p.m. at The Danceworks. Donations for these events will be requested.

Following the slide show, a panel discussion on rape, sexual assault and media portrayal of violence against women will be moderated by Marc Watson. "Take Back The Night" activities started in 1977 and are held in cities throughout the country.
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**UM Soccer Club starts season**

By PAT SULLIVAN

Montana Kaimin Sports Editor

The University of Montana Soccer Club begins its Northwest Soccer League match play tomorrow in Coeur d'Alene, Idaho against the North Idaho College Soccer Club. Sunday it will take on Whitworth College in Spokane.

The UM club finished with a 1-3 record, sixth of eight teams, last weekend in a tournament at Walla Walla, Wash.

Team spokesman Ken Dermer said the team practiced only one week before the tourney.

UM defeated Reed University 3-1 and lost to Simon Fraser University, 4-0 in Steilacoom, 2-0 and the University of Puget Sound, 2-0.

The first home match for the club is an Oct. 18-19 repeat duel with North Idaho College and Whitworth. UM plays in a league with Central Washington University, Gonzaga University, Eastern Washington University, Washington State University, University of Idaho, NIC and Whitworth.

The club received $1,000 from the ASUM budget. Dermer invited interested athletes to attend the club's practices. Monday-Friday from 4-6 p.m. at the Sentinel High School.

The team will play 14 conference games before the Nov. 22 league playoffs. The top four league teams will advance to an NCAA-sponsored regional tournament.

Members of the UM Soccer club are Gary Stein, Ken Vandam, Ken Dermer, Erik Kleschem, John and Jim Toomey, Jack Kizer, Sam Yang, Chris Smith, Steve Black, Bruce Baker, Tim Morin, Dean Bagley, Frank Behr, Bill Kirk, Dan Gassidy and Steve Braun.

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**Try-outs underway for Grizzly tennis squads**

Although their official league seasons do not begin until next spring, both the women's and men's University of Montana varsity tennis teams are already busy on the courts.

"We had a really good turnaround," Coach Larry Gianchetta said about the men's team. Gianchetta has 20 people trying for his team of 10 to 12 players and women's coach Julie Garcia has 20 players vying for the eight to 10 spots on her varsity team.

Both Garcia and Gianchetta are in their first year as head coaches. Garcia coached for six years in California and Gianchetta, associate professor of business is a long-time tennis player.

The women's team has five veterans from the squad that won in regionals last year while all players are back to anchor the men's team.

Both coaches have their squads establishing skill "ladders" according to matches played with one another. After the initial strength ladders are established, each player will be evaluated as a challenge for a higher position and a place on the team.

Gianchetta hopes to arrange one or two matches this fall for his squad and in the spring, both coaches intend to have their players continue indoor exercise drills and compete on indoor tennis courts.

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**Volleyball team sparks Carroll College**

By RENATA BIRKENBUEL

The University of Montana women's volleyball team improved its record to 8-4 Wednesday night by defeating the Carroll College Saints in three matches, 1-5, 15-7, 15-1.

Coach Dick Scott said the Grizzlies exhibited "outstanding passing" throughout the matches.

"We had steady team performance from Pat Benson and Wendy Ninteman again," Scott said. He added that Benson and Ninteman, along with Jean Cavanaugh, seemed to be the most consistent players on the starting lineup for the first time this year.

Diana Bandel, a transfer from Orange Coast Junior College in California, led the team in sets (assists) with 20, Ninteman had the most individual kills (points scored) with six while freshman Wendy Hoyt went 4-4 in kills.

Scott said he was especially happy with Hoyt, who was in the starting lineup for the first time this year.

Benson was credited with three solo blocks and dizzied the crowd with her mean spiking. She also had three kills.

"I was very pleased," Scott said. "I believe the winter was a great challenge for a higher position and a place on the team."

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**Sports**

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**UM Soccer Club starts season**

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**Try-outs underway for Grizzly tennis squads**

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**Volleyball team sparks Carroll College**

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**SPORTS**

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**UM Soccer Club starts season**

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P.S.—Yes, and how many years can some mountains exist, before they're washed to the sea? 4-1

KEYS TO THE UNIVERSE #2
DID ROBERT grow his beard so that OUR double would still be HIS double? 4-4

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Bottle bill . . .

Cont. from p. 1

industry because they would need additional storage space. Sanitation would also be a problem, she said.

The problems of sanitation are not considered by those "bleeding hearts" who favor the bill, she said. "We are not in the business of collecting garbage," she said.

However, Dinke said she did not know what additional costs would be imposed on the consumer. Taylor said in an interview yesterday that 75 percent of Montanans are in favor of the recycling bill.

Those opposing the bill have said consumer costs will increase if it is passed, she said. Taylor rebutted the claim that costs to consumers and industry would increase. She said in some states, costs for beverages which have recyclable containers has not increased as much as non-recyclable containers.

The idea for the bill was founded by industry which said it could recycle without state restrictions, Taylor said.

"All we're saying is that now is the time to do it," Taylor said.

According to Taylor, those opposed to the bill are grocery stores, distributors and the recycling centers.

Grocers are complaining that they do not have enough storage space and that the bill will mean an additional cost to them, Taylor said. However, consumers will spend the deposit in the store and the grocer will be compensated with a handling fee of one cent for each container with a five cent deposit, she said. Therefore, grocers will benefit from the bill, she added.

Recycling centers will have more business with the addition of the bill and this will create new jobs, she said. Recycling centers report that storage will be a problem, Taylor said, but that all they will have to do is account for the bottles and receive the deposit from the distributor.

By JEANETTE HORTICK
Western Women's Reporter

In celebration of women's role on campus, the Women's Resource Center (WRC) is sponsoring an open house all next week and will have a presentation Monday.

The presentation, "Women on Campus: Past, Present and Future," will be from noon to 1:30 p.m. in Montana Room 306 on campus and will feature three speakers, Diane Sands, Luanne Brown and Maureen Ulrich.

The WRC has moved and is now located in Room 119 in the UC building. After an introduction from University of Montana President Richard Bowers' office, WRC staff members will give a brief history of the WRC and discuss post discrimination and women's status at UM.

Brown, director of the Office of Equal Opportunity and Personnel Services, will give a brief account of the number of women students and staff at UM and discuss traditional and non-traditional job and career opportunities available to women.

Ullrich, an associate professor of management, will discuss the number of women earning undergraduate and graduate degrees, the number of women in UM administration and faculty and their opportunities for research.

The WRC provides education, employment and drop-in referral services for women at UM and in Missoula. Lydia Vizcaya, WRC staff member, said yesterday in an interview that Vizcaya said the purpose of the WRC programs is "to raise the consciousness of individuals concerning issues such as employment, ERA and the changes in sex roles."

This quarter the WRC will also offer skill and non-traditional job workshops and an assertiveness training session.

For more information call 243-4153.
Being an athlete is work. So is being a student. But when you are both, it's downright exhausting. Student athletes at the University of Montana put in long hours of training and are expected to put in as many hours of studying. Montana Kaimin Sports Editor Pat Sullivan went into the back rooms of the Harry Adams Field House and compiled this week's Montana Review on what occurs...

**Montana Review**

Intercollegiate athletics do not simply begin with the first home football game, volleyball match or cross-country tournament.

Competitive sports often require week-round conditioning and practice starts before, on or soon after the day the student athlete returns to campus. In fact, athletes spend many more hours preparing their minds and bodies for the stress of competition than they actually do competing.

University of Montana coaches all have different formulas and schedules for making their charges better athletes, but each stresses one factor — body conditioning.

"Work is the key to all sports," said Mike Van Diest, hired in January as head football coach Larry Donovan to become the UM strength coach.

Van Diest coordinates a full-year weight program for the football team along with coaching the defensive line. He also helps other coaches develop or expand their current weight training programs.

The two UM programs that may spend the longest amount of time in training are the wrestling and men's basketball squads.

The wrestling season begins Nov. 14 but the grapplers have been working all summer. Official practice starts Monday with technique work on the mats set for Oct. 20.

"We have a long, exhausting season," second-year wrestling coach Jerry Hicks said. "It's hard work. We like to get outside early and vary things so it doesn't get too boring," the coach said.

Hicks and his wrestlers run distances of six miles, sometimes up to the "M." three nights a week and spend two nights in the weight room and running staircases. The distance helps the athletes' wind and the stairs are for the leg strength exercises.

Men's basketball began conditioning early this week.

The players returned to the Harry Adams Field House the day classes began, but unlike other sports, the NCAA prohibits any coaching until Oct. 15.

So presently the players are involved in a "circuit training" system that involves an athlete making the circuit of six stations.

The men go in pairs and do three 30-second sets each of step-ups, sit-ups, cross-court sprints, push-ups, jump rope and rim shots.

"The players come back ready because they know how hard the circuit is," Blu Morrill, assistant basketball coach, said about the second-year conditioning program. "It gets them ready for Oct. 15 when coaching officially begins.

Specific drills are also assigned for the summer months. Morrill said this advances their conditioning and allows the coaches to spend the time after Oct. 15 on the "coaching and teaching aspects" of the game.

Good conditioning also "establishes some toughness and discipline," the Oct. 15 to March 5 basketball season. "We don't like to break a body down early," Morrill said about the long season. "We try not to have any drudgery; they compete better if they enjoy it." Women's basketball conditioning methods are a little different from the men but coach Robin Selvig keeps his players busy also.

Selvig said his main conditioning course is playing basketball itself, but he has definitely seen improvements in the play and jumping ability since spring and pre-season conditioning work began.

The volleyball team, coached by Dick Scott, is one area where Van Diest has helped to organize a weight program. "Developing the leg strength is the most important factor of volleyball," Scott said.

Scott also tries to keep his players active year round just practicing volleyball skills.

Scott began working his team Sept. 1 on weights, sprints for quickness, various jump approaches, block jumping and knee falls.

An average pre-season day began at 6 a.m. with a run of several miles followed by more hours in the gym morning and afternoon. Three days of the week are spent in the weight room.

When the actual season is in progress the girls only practice two- to two-and-one-half hours each day. The squad often plays six to 10 matches in a two-day tournament, and Scott said the heavy training pays off.

During the season he concentrates on the "basic skills of serving, hitting and blocking." The coach hopes to get the women involved in spring and summer volleyball camps to keep them conditioned year round.

The most running accomplished by any athletic team certainly is done by the men and women's cross-country squads. Women's coach Dick Koontz started team conditioning Sept. 12 with a one-week stay at the Lubrecht Experimental Forest.

Koontz said the forest is "terrific" for training because of the dirt paths and high altitude.

He also prescribed a summer work-out program for his team and they now run distances five days a week and sprints one day. Fridays are set aside as a rest or travel day.

The team lifts weight three times a week to help the legs and upper body but they "don't gain weight — just strength and endurance."

For outdoor practices the women will run three to four miles just to stretch out and eight to 12 miles for distance.

"We don't train down for any meets," Koontz said. "We try to train through them and peak at the regional meet." UM will host the cross-country regional meet Nov. 1.

Koontz also pointed out that the method with which a runner prepares his mind can make a big change in the race results.

"Mental preparation can make a tremendous difference," Koontz said. "You've got to motivate them in different ways."

Koontz tries to establish mutual respect between himself and the runners and have the athletes "get together" as a team.

Football has a revised training program — courtesy of Coach Van Diest. "It was a pretty weak team when I got here," Van Diest said. But now he indicated that every player, including the freshmen, has shown some weight-strength and speed improvement.

The coach has established a "Griz Power" handbook to help players with day to day conditioning during the summer months and to maintain the strength all year.

The football squad has also been required to run distances, sprints and the grueling run up to the "M" on Mt. Sentinel.

But whatever the process an athletic coach may follow in an effort to physically and mentally condition an athlete, it always involves hard work.

Whether for the team sports of football or basketball, or the individual sports like swimming, gymnastics or tennis, conditioning always plays an integral part in the development of an athlete's skills. And no one can criticize an athlete for not working hard.
Football coach puts academics first

The first responsibility of a Grizzly football player is being a student, and Head Coach Larry Donovan has initiated several programs on campus to make his athletes better University of Montana students. "If he can take care of himself in the classroom then he can take care of himself on the football field," Donovan said.

Donovan has added duties to the Grizzly coaching staff that UM has never had before. Since taking the head coaching job in January, Donovan has required his players to attend a study hall from 7 to 9 p.m., five days a week in the field house. The study hall is mandatory for all freshmen and transfer students and encouraged for any athlete with difficulties in a class. At least one coach is always present to monitor the room and help the athletes with any possible questions.

Donovan said, "If he can take care of himself in the classroom then he can take care of himself on the football field." Since last Winter Quarter — when the study hall was installed — Donovan said the average GPA of the football team is now equal to the average GPA of the entire student body — 2.57.

"We're trying to get some pride for them to be a student at UM," Donovan said. During the fall football season Donovan also requires all his team to live in campus residence halls. After the season only freshmen are made to live in any of the dorms.

The coaching staff also monitors at the 7 a.m. food service breakfast time to insure that every player "starts their day right." A coach checks to make sure that every player arrives for the early meal.

"Forming good habits" is a must for his football players — and Donovan seems to have turned the program around in that aspect. The coach also invites any interested coaches and players to attend a pre-game worship service at a Mis­soula church.

"We're trying to build a program with some direction," Donovan said. "We're not trying to make it stiff and regimented. We just have some goals that must be obtained." Although Donovan's methods are certainly working in the classroom, the gridiron play of his team has raised a few questions.

"The families we recruited them from want us to be an extension of them," Donovan said. "We're not babysitting them...." In preparation for tomorrow's con­ference game with the powerhouse

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Boise State Broncos, Donovan said he "installed a new wrinkle called blocking and tackling."

"We had an exceptionally good week of strong practice," Donovan said.

The Grizzlies will fly to Boise Saturday morning and return home directly after the contest in an effort to save overnight travel money.

The squad will again be without the services of senior tailback Rocky Klever, still out with a shoulder injury. The Grizzlies will depend on one junior and two freshmen tailbacks to carry the backfield load.

"We will try to execute as we started the season," Donovan said, referring to the 60-27 non-conference win over Simon Fraser.

TEAM WORK is the byword both on and off the field for members of the University of Montana football team. Joe Hoggins, freshman in biology, (left) goes over the fine points of algebra with teammate Derrick Williams, sophomore in general studies. (Photo by Mike Dennison.)
Enjoying really bad football

By BOOHER SLOTOWER

It must be autumn again.
The leaves are turning color, the halls of the university are filled with eager young minds and the gridiron once again echoes to the gunﬂoads, thuds and moans that are the hallmark of that autumn tradition — the football game.

Players come and go, but football and bad football are here to stay. Watching good football is interesting and sometimes exciting. It requires a knowledge of the game and an appreciation of football strategy. It takes a real fan to find beauty in a sustained running game or a short pass offense.

Ah, but bad football. There is a game that everyone can enjoy.

A truly bad football team can provide an endless array of situations fraught with humorous potential:

• The confusion of 22 overgrown men scrambling around on hands and knees, trying to control an uncooperative football after a fumble.

• The panic on the face of a son. It appeared, both from statements made by the coaches and from the reactions of the Grizzlies, that our faith in them was not unwarranted by getting humiliated by the University of Idaho.

• The hurried second-guessing of a defense and the misplacing of a blitz.

• The confusion of a referee who can't decide if there was a block or no block.

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A bouncing football is not a well-known fact that all punters are frustrated. An alert watcher can lead to fiasco. An alert watcher is a well-known fact that all punters scramble after a bouncing football for maximum bouncing and sometimes to their early demise. Third down and 25, fourth and inches or blitzing linebackers are times when a bad football team will show its true colors.

Running attacks do not usually lend themselves as readily to crowd-pleasing mistakes as passing games. If the game is played in bad weather, of course, anything can happen. But, in general, if your team is a running team, prepare for a dull season. (My advice would be to buy twice as much of your favorite beverage and start drking heavily.)

Passing games appeal to everyone. Every play is a potential touchdown pass or an interception. The long-pass quarterback is in the same class as the air-traffic controller. They make the call the person wanted — pass, punt or throw an interception, but a truly inspired loss, good football team can make on Saturdays.

Watching good football is in- 

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