Koch fears impact of CI-27

By TAMARA MOHAWK

TAMARA MOHAWK

If property taxes are abolished in Montana, the University of Montana would lose the amount of money required to fund the schools of business, education and fine arts, according to UM President James Koch.

Koch used those schools as examples in an interview Tuesday to illustrate how Constitutional Initiative 27, which would abolish property taxes, could affect UM if it is approved by the voters of Montana in November.

"It would really end the university as we know it," Koch said, adding that 3,396 students are enrolled in the programs he mentioned as examples.

Local governments and public schools derive much of their income from revenue gained by the statewide property tax.

About $17 million from property taxes went to the state's six college campuses this fiscal year, Koch said.

Montana State University President William Koch has also criticized CI-27 as having potential to financially cripple MSU.

Koch said UM received about $44 million — or 12.2 percent of its budget — from property taxes this fiscal year.

"The impact would just be staggering," Koch said. "It would be a tremendous blow.

He said he did not yet know which programs and services might be eliminated to meet the budget cut if CI-27 passes.

But he said the amendment's consequences for UM would be felt the first year property taxes are abolished.

Koch said recent polls showing that CI-27 is not likely to pass, UM is "taking it very seriously.

He said he has been talking with Rotary clubs and other groups in several cities, including Great Falls, Billings and Kalispell, about the damage CI-27 would do to UM.

"We're trying to tell the university's story and the effect of the initiative, he said.

Overcrowded parking may soon end

By KEN PEKOC

KIM ENRIO

Overcrowded parking at the University of Montana will be alleviated this year if three on-campus areas are ready to open, Ken Willett, UM safety and security manager, said Tuesday.

Two of the areas, a lot on the north side of Adams Field House and a portion of Campus Drive from the Physical Plant to Van Buren Street, were closed when construction began on Washington-Grizzly Stadium.

The parking areas will reopen when construction is completed.

About 195 parking spaces will be available in those areas, Willett said.

The stadium will likely be completed by the end of the year, Bob McCraley, project manager for Washington Construction, said Tuesday.

He added that poor weather conditions have slowed stadium construction and could push the finish date to sometime in 1987. The stadium, however, should be ready for football games this fall.

The third parking area is a new lot which will be built in phases south of the Health Sciences building. The lot will add about 200 spaces when completed.

The lot will be bordered on the north and south by Keith and Beckwith avenues, respectively, and on the east and west by Helena and Maurice avenues.

Work on the new lot could begin by the end of October, Willett said, and a dirt or gravel surface could be ready for parking this year.

Three homes in the area, which are owned by the university, will be removed to build the lot, Willett said. Before the lot can be completed, two other homes must be purchased.

Willett did not know when the final phase would be finished.

Until the new lot's completion, people searching for parking spaces will have to wait for nature's cooperation.

See 'Parking,' page 8.

Staff photo by Sean Turec

TERRY WEBSTER, a graduate student in geology, participates in the Red Cross blood drive in the Field House. Tuesday's goal of 150 donors fell 40 short.

Good exercise for a good life

Doctor-turned-runner touts exercise for body and mind

By MELODY PERKINS

KIM ENRIO

Exercise right. Eat right. Live long.

That's the advice Dr. George Sheehan gave about 150 spectators Tuesday night in the University of Montana Underground Lecture Hall.

The 67-year-old physician-turned-runner from New Jersey presented his speech "How to Feel Good 24 Hours a Day" in the first of the ASUM Programming fall lecture series.

Formerly a practicing cardiologist, he now writes books on physical fitness and running, tours the country giving lectures and competes in races.

Sheehan told his audience his mission was to promote "the generic drug, which is exercise. Your life depends upon it."

See 'Sheehan,' page 8.
Fill a specimen bottle for someone you love

University of Montana athletes won't have to submit to drug tests this season because testing would be too expensive.

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Human dignity will survive for at least another year, even if it owes its remaining life to a money shortage. But the possibility of a mandatory drug test program has already cast a degrading shadow upon the university. UM athletes in future years may have to prove their worth by scoring negatively on a lab analysis instead of positively in character or ability.

Athletic Director Harley Lewis said recently that periodic testing of athletes could cost his department as much as $150,000. He said he expects UM to establish a testing program when one becomes affordable.

Whether the UM athletic department can pay for a mandatory drug test program is moot. But whether individuals on campus will ever be pressured into filling urine sample jars is critical.

Drug abuse is a problem. People die from it. But forcing individuals to submit to such tests assumes they are guilty of drug abuse before proven innocent. Student athletes on the whole, Lewis said, "have no problems" with the prospect of drug testing.

Those who have no problems with the prospect should fill one jar for themselves and one for someone who does.

Lewis says college athletes voluntarily place themselves in the public eye and they should do everything possible to keep themselves in a position that is publicly acceptable. Nice theory. Bad solution.

Demanding submission to drug tests while holding the threat of a lost scholarship over an athlete's head is invasion of privacy on its lowest terms.

The athletic department should not establish a policy of suspicion with its people. It should practice trust.

Lewis said the department this year will administer a test only when an athlete is found to have "a documented drug problem."

The athlete with the problem would be subject to confidential "spot testing."

Lewis said one hopes athletic department officials will use more than "spot judgment" when deciding whether to invade the privacy of the innocent people.

Kevin McRae

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Wanted: On-campus Freshpeople

Reagan blinked. Danloff was freed. The nation breathed a sigh of disgust. Time now to talk student government.

Abraham Lincoln or John F. Kennedy or Amy Carter once said that people get the kind of government they deserve. Someone else said that dogs end up looking like their owners.

These observations suggest one conclusion: student government is boring. There is no need to belabor the point, but why not?

For example, no honorable person ever hangs out at Central Board meetings. The handful or fingerful in the audience are invariably 1) conspiring politicians, 2) looking for money, or 3) newspapermen. Everybody has an ulterior complex.

But there student government is, year in and year out, practicing leadership and spending money.

Three delegates to Central Board have resigned or otherwise disappeared since last spring — and understandably so. Minus those deletions, the membership of the board is now at 20. Not one of those members is a freshman.

The long-suppressed truth is that the constitutional rights of freshys are being downtrodden. They have been for years. The rules are wildly unambiguous, but Central Board sits around like an over-turreted turtle with its head in the sand.

The multi-talented ASUM constitution has this to say:

"That portion of the representatives from the dormitory district which corresponds to the percentage of dormitory residents who are non-freshmen shall be chosen in the spring election. The remaining delegates from the dormitory district shall be chosen in the fall election."

In broken English, this means that fresh elections should drop from heaven in the near future. There is just no why otherwise.

Ross Best

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Montana Kaimin

The word Kaimin (pronounced KEE-meen) is derived from a Salish Indian word meaning 'something written or 'message.'

The Montana Kaimin is published every Wednesday, Thursday and Friday of the school year by the Associated Students at the University of Montana. The UM School of Journalism owns the Montana Kaimin for practice purposes only, but students are not controlled over policy or content. The opinions expressed on the editorial page do not necessarily reflect the views of the student, the editor or the university administration. Subscription rates: $5 a quarter. $20 a academic year.

The Kaimin publishes appreciations of all stories from its editors. Letters should be no more than 250 words long, typed and double spaced. They must include signatures with mailing addresses, the number and student year and major. Anonymous letters will not be accepted. But if the volume of letters received, the Kaimin cannot guarantee publication of all letters. Every effort, however, will be made to print selected material. Letters should be mailed or brought to the Kaimin office in room 300 of the Journalism Building.

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Environmental groups protest rain forest destruction

World Bank funds destructive development, groups say

By Deborah Richie

The World Bank is funding tropical rain forest destruction with American tax dollars, John Zealany, coordinator for Environmental Study Advocates, said at a demonstration Tuesday in downtown Missoula.

"The World Bank is the most powerful bureaucracy that exists," Zealany said. World Bank funding projects have contributed to the current loss of rain forests at the rate of 40 million acres per year, he said.

University of Montana EVST Advocates and Montana EarthFirst joined forces to protest the World Bank's involvement in tropical rain forest destruction.

Banners with slogans such as "World Bank, Friend or Foe?" and "Rain forests: Our Responsibility," about 15 demonstrators in front of the Federal Building were part of a nationwide protest organized by the Rain Forest Action Network in San Francisco.

The event coincided with new World Bank President Barber Conable's address to the bank's board of directors in Washington, D.C.

The World Bank, the United Na-

5 to receive honors at homecoming

Four University of Montana graduates and one professor will receive awards during the 1988 UM homecoming festivities, Oct. 2 through 4.

The awards will be presented Oct. 2 at 8 p.m. on the steps of Main Hall.

Distinguished Alumnus awards, given annually to outstanding UM graduates, will be awarded to the following alumni:

• Sterling "Jim" Soderland, a 1950 graduate in journalism, who is the vice president of planning for Dow Jones & Co. He was a Rhodes Scholar and studied philosophy, politics and economics at Keble College and Oxford University. A native of Raperie, Mont., he now lives in Short Hills, N.J.

• William M. Allen, who is being posthumously honored, was a 1922 UM graduate in economics from Loio, Allen, once the chairman of Boeing Aircraft, died last year. He received a law degree from Harvard and an honorary doctorate from UM in 1994. His wife, Mary, will accept the award.

Young Alumnus awards, which honor graduates who are 35 or younger, will be presented to the following alumni:

• Shelley A. Hopkins, a 1992 law school graduate who also has a political science degree. Hopkins, from Butte, is an attorney with Poore, Roth & Robinson, P.C., of Butte and has received such awards as the UM Alumni Award of Excellence and the Thomas E. Muloney Scholarship.

SARAH TILTON, DAN LaCrosse, Heather Todd and Kathy McKay protest World Bank financing of development in rain forests in front of the Federal Building Tuesday. Their groups, EVST Advocates and EarthFirst, say such development is destroying the tropical ecosystems.

Jake Kreilick, EVST graduate student who helped organize the protest, said private banks lend three times as much money to developing countries. People concerned about rain forest destruction should also boycott these major banks, he said.

"Right now, developing countries are using up their resources to repay loans and only digging themselves a deeper hole," Kreilick said.

Richard Fritz-Sheridan, professor of botany, said after the demonstration that the World Bank has made progress by supporting formation of National Parks within developing countries as an exchange for money owed by those countries.

Fritz-Sheridan said he teaches a course in tropical botany and has lived and researched in tropical rain forests of the French West Indies and Lesser Antilles.

In the delicate rain forestecosystem, he said, where over two-thirds of the world's plant species are found, natural disturbances are minimal, Fritz-Sheridan said, but when rain forests are cut, burned and grazed they could take 1000 years or more to regenrate. He added that data on regeneration are very poor and research on tropical forest ecology is lacking.

The World Bank has assisted in moving landless people into rain forest areas, where farming and cattle ranching have destroyed rain forests, according to a Rain Forest Action Network news release. The World Bank loaned nearly $600 million for an Indonesian colonization program and over $400 million to developing the Amazon Basin in Brazil, the release said.

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Homecoming ‘Swingtime’ events begin Thursday

The wild and war-lorn era of the 1940s is the theme for this year’s Homecoming celebration, dubbed “Swingtime in the Rockies.”

Homecoming starts Thursday with alumni events and the traditional lighting of the Oval, crowning of the homecoming royalty and presentation of the Distinguished Alumnus and Panzter awards.

Events continue through Saturday, including the homecoming parade and Grizzly football game against the Eastern Washington University Eagles.

The “Swingtime” theme, a variation of the Benny Goodman song titled “Springtime in the Rockies” from the 1940s, was chosen to honor UM’s graduates from the 1940s and 1950s, for whom a “decade reunion” will be held.

The “decade reunion” was organized because World War II forced many students of the era to spread their college educations over most of those years, according to Trudy Bachman, Alumni Office coordinator of the reunions.

“It was a very sentimental, hard time for all involved,” she said. “One former student I spoke with said he spent his whole two years at UM at the Burlington Northern Railroad, saying goodbye to people going to war or welcoming those coming back.

Bachman said that despite sadness associated with war years, the reunion and homecoming events will “stress the positive.”

Alumni events include a 1940s style show, complete with uniforms, dances and a radio program and a “Swingin’ 40s” barbecue.

Bachman said the unique gathering of alumni from an entire decade should attract more alumni than usual for homecoming.

In addition to gatherings planned for alumni and for members of the reunion classes, the following is a partial schedule of homecoming events:

Thursday

- Alumni and friends bus tour of Missoula and UM campus. 1-5 p.m. Details from the Sheraton, 200 S. Pattee.
- Lighting of the Oval, singing on the steps of Main Hall, Homecoming royalty coronation, presentation of alumni awards. Begins at 8 p.m. Friday
- Exhibit, UM Mansfield Library Archives. Missoula-area business and industry records and photos. Includes materials from local banks, the Missoula Mercantile Co., Worden and Co., the Bonner mill and other segments of the western Montana lumber industry. Opens at 10 a.m.
- Departmental receptions for alumni, faculty, staff and students. To discuss developments on campus in various areas of academic interest. 10 a.m. to noon.
- Lighting of the “M” on Mount Sentinel, followed by a pep rally.
- Wine and Cheese reception at UM President Koch’s home, 1325 Gerald Ave., for UM alumni and friends. 9 p.m.

- Student Alumni dance, featuring the band “The Maxx,” in the University Center, at 9 p.m.
- Pre-parade, no-host breakfast for all UM alumni, 8 a.m., at the Sheraton.
- “Swingtime in the Rockies” parade begins at 10 a.m. The parade will run from the Burlington Northern depot down Higgins Avenue to University Avenue and end at Arthur.
- Homecoming football game between UM’s Grizzlies and the Eastern Washington University Eagles. 1 p.m., Dornblaser Field.
- All-Alumni Dance at the Village Red Lion. The Don Lawrence Big Band Orchestra will play music of 1940s greats such as Glenn Miller, Benny Goodman and Les Brown. 10 p.m. to 2 a.m. Sunday.
- No-host alumni brunch at the Village Red Lion.
- For more information, call the UM Alumni Office at 243-5211.

Koch to address Central Board tonight

University of Montana President James Koch will address Central Board tonight during the board’s first meeting this quarter.

Koch, who came to UM last month from Ball State University in Muncie, Ind., is expected to discuss his UM administration, according to ASUM President Paul Tuss. Also during the meeting, ASUM Business Manager Dan Henderson will report on ASUM’s general fund and discuss a special allocation session to take place soon.

CB has plans to distribute an estimated $15,000 to some student groups not given money during the regular Friday, April 27 budgeting session last Winter Quarter.

Tuss said CB is also likely to resume discussion from spring quarter on the Women’s Resource Center. An audit, ordered last May by ASUM, was conducted this summer on the student group for its alleged violation of financial and grant application policies.

The meeting starts at 7 p.m. in the University Center’s Mt. Sentinel Rooms.

Yes, Ladies and Gentlemen, The Kalmin’s panel of operators is hard at work and awaiting your call. If you have newsworthy story ideas, we would like to know about them.

Don’t hesitate — call
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6 P.M.

There are still some things we have yet to imagine.

SOPHIE'S CHOICE

8 P.M.

Coming Wed. Oct. 8
Hill says Soviet scientists suppressed

By ANGELA ASTLE

Soviet scientists are not challenged because they don't have the opportunity to communicate freely with foreign scientists, University of Montana chemistry professor Walter Hill said Tuesday.

Hill recently returned from an international scientific conference in the Soviet Union where he presented his findings in ribosome research. He was one of six Americans invited to attend an eight-day conference on biological macromolecules held in early September.

Hill said one Soviet scientist asked him to read a journal report to check for mistakes in the English translation.

Before the Soviet gave him the report, Hill said, he cut off the bottom of the title page that listed his name.

He told Hill that removing his name would lessen the risk for them being accused of handling secret non-transferable documents.

"I felt like Daniel," Hill said of the incident. "But then, I thought, if they want to create international incidents, there are more prestigious scientists than me."

The conference was held in Pushachino, a community of nearly 25,000, about 50 miles south of Moscow.

"I'm not sure why I was invited," Hill said. "I sort of felt like I was out of my waters, because there were some really famous people there."

He was invited to the conference by a colleague, Dr. Alexander Spirin, director of the Institute for Protein Research.

Hill, with a team of nine graduate students, has been researching for the past four years how ribosomes work. Ribosomes are macroscopic particles in cells of the body that manufacture proteins.

"The make-up of proteins differentiates every person from each one," he said. "It will define body build and height, but will not determine the color of hair and eyes, he explained.

Hill's research includes seeking out a method to block production of proteins in ribosomes. According to Hill, an antibiotic does this to kill diseased cells inhabited by bad proteins.

"Whether it'll come to mean a cure for cancer or AIDS is unknown," he said.

Hill's excursion to the Soviet Union was his first time in the country and a chance to observe first-hand Soviet scientific advancements.

"They do excellent work because they have the numbers," he said. "But they lack innovation and motivation."

Hill said the Soviets are also well-supplied with excellent equipment and technicians, but that they are lacking in computer services.

"These guys should be able to do science like mad," Hill said. "But we run circles around them."
UM harriers shine; McRae named top athlete

By DAVE REESE

University of Montana cross country runner Loren McRae was named by league coaches as the Mountain West conference Athlete of the Week.

McRae finished first among 27 team competitors at the Montana State Invitational last Saturday, but actually came in 10 seconds behind Lorie Sax, who did not represent a team.

McRae's time for the three-mile course was 17:35.1. UM finished second behind Montana State, followed by Idaho State and Utah State.

Lady Griz head coach Dick Koontz was pleased with McRae's performance last weekend. "This was by far the best three-mile race that Loren has run this year," he said.

McRae placed second the week before at the University of Montana invitational in Missoula.

This weekend, the Lady Griz runners will travel to Moscow, ID, to compete in the Mountain West Pre-Invitational, where they will be joined by two other teams: Conference rival Idaho and non-conference opponent Washington State.

The invitational will be run on the same course that will be used for the conference championships.

In men's cross country action last weekend, the UM harriers defeated Washington State 15-40, taking all five places.

Rugby club ties twice

By FRITZ NEIGHBOR

In its first two matches of the season, the University of Montana Rugby Club tied the visiting Butte Grabs twice Saturday at UM's River Bowl.

In the first match, club president Kenny Hill scored the first try for UM, good for four points, and Jack Spencer kicked for two extra points. Garrison Wyse also scored a try, his first in five years.

Spencer added a 3-point penalty kick for a 13-13 tie.

The second contest had an identical score, with rookie Jacques Manonian and Paul Pilskalns scoring one try each, and Spencer adding one point-after and another penalty kick.

Hill singled out Spencer, saying "he had an outstanding game." He added that Spencer played fullback, one of the more difficult positions in rugby, and that he "stayed tight on the ball the whole game."

The second game was mainly to give the new players, such as Pilskalns, experience.

"The first half (of the second match) was really shaky," Hill said, but added that in the second half, the new players "seemed like they all pulled together."

Pilskalns had only two matches' experience with last year's team, Hill said.

The UM club is trying to schedule a match for this Saturday with Kalispell, but no match has been confirmed Tuesday. If the match is played, it will be at 2 p.m. Saturday at the River Bowl, Hill said.

A tough match is expected from Kalispell, which beat the Missoula Maggots earlier this year. Hill rates the Flathead team as "one of the best in the state."

Intramural rosters due

Those people at the University of Montana playing intramural volleyball and touch football have until Friday to turn in team rosters.

Rosters are due at noon on Oct. 3, at the Campus Recreation Office in McGill Hall, Room 109. These two sports have men's, women's, and co-recreational divisions.

Play begins for football on Monday, Oct. 6, while volleyball play begins on Oct. 7.

Other sports to be offered later in the quarter for men and women are: 3-person basketball, a punt, pass, and kick contest, indoor soccer, a turkey race, and a racquetball singles tournament.

A women's indoor soccer clinic is also planned for Oct. 20 at 7 p.m., with no registration necessary. In addition, touch football, volleyball, 3-person basketball, and the turkey race all count in competition for the All-Sports Trophy, given to the most successful men's and women's teams.

Further information can be obtained at the Campus Recreation Office.
lost or found

A jacket found in the office. Leave Paul Dunville near 60-100. To claim: call 243-9947 with a description. 4-3

Found: pair of glasses, pair of crocs and child's sleeping baby doll. Call 243-4010. 3-3

personal

Pets: a new addition can submit a request to the20000 Love Paul PLANNED PARENTHOOD, 768-5206. 4-1

Congress to the new pledges of PGT. Good luck men. 4-3

Robin from Ohio, where are you? There is a fee beyond the handshake. Please call: 5-2

New Phi Delta Theta pledges please join us last jaguar. 4-3

Phi Delta pledges. Why the power of Thornton now you ask. 4-3

College Teachers Union. Srs. Grail. Insure Agents are among the highest paid professionals of any career. Why wait to graduation to see this in the career you? Our college intern program lets you try it out while earning your degree. You can work full time in summer and part time in school. Contact Western Methodist U. 726-6898. 2-4

Rights for guys only! Jim Bigrust Professional Women's Rugby Tuesday nights, 9-11 p.m. Montana Rooms. For more info call Shawn 721-2012 or Sheri 721-5206. Music On. 3-4

help wanted

Need a part within 5 min. walking distance of the Missoula campus. 251-2093. 4-3

Camp Fire volunteers needed in Missoula area for a agent. Great opportunity for ex-Camp Fire members, education- recreation, child development majors. Others call 549-1229 to volunteer. 4-2

Grizzly Basketball manager needed. Responsible and some manager knowledge preferred. Phone 243-5399 Blaine Taylor. 4-3

RUGBY player/quarterback needed. Call 726- 5070. 4-3

Help needed: call 549-8177. 5-3

Student Account Center accepting applications for Volunteer coordinator, two project coordinators, advertising manager, assistant director. A.W.C. 115. 1-4

Work Study Jobs: Probably the best place to work. The Campus Recreation Dept. is hiring the following positions: Pollock Recreational Center. Contact A.W.C. 115. 1-4

DENTAL AIDS preferred. Graduate from a dental hygiene school. For information call 243-9947. 2-3

Want: Graduates in Accounting. Full time positions available at MUGF Hall 106. Apply today and avoid the mop! 3-4

Work Study students work as teachers' aides in day care center. Commitment to campus, $600 per day. Call 549-7476. 4-2

Student Legislative Advisors: New and accepting applications for staff positions. Deadline is Oct. 1. For more info stop by ASUM. 2-3

SHI: FREE MAKE-COMMISSION. Sell jacket. Need the greatest all value in the West has this season's experience necessary. For interview call the Snow King Required: 50-247. Ask for sales department. 2-3

SITTER NEEDED in Lima home. Needed morning hours for 21 yr old. 721- 3025. 2-3

Brazil Rent-A-Car is looking for a country man. Must be neat organized person to work 15-20 hours/week. Evenings and weekends. Bob Taylor Experience preferred. Send resume to: R.O. Box 7876, Missoula MT 59807 or call 796-5290 between 8-6 M. Monday thru Friday 2-5.

Technical assistant for ongoing science research project. Experience writing programming FORTRAN experience. Must be work study qualified. This week $60-243-5092. 4-4

automotive

1967 VW Volkswagen Beetle engine. Dependable writer call 549-3073. 2-5

1871 Maverick excellent condition and came with 7 wheels and 2694 or after the brand new snow tires $2025 726- 1178. 5-4

typing

FAST ACCURATE Venus Brown 347- 7530. 2-8

BIG PAPERS, rate papers. what have you. Current typing, experienced, etc. $1.20 per page. Contact Brown 542-0816. 2-3

Shawnee Service Services Let Our Fingers Do Your Typing 251-3122 251-3204. 3-4

instruction


Dentists Brown Dairy Classes. First Street Dance Center 721-2715 or home 7-771. 5664. Teanagar. Adult Ballet (Classical & Character) Spanish (Classical. Regional & Flamenco) Jazz (jazz modern and contemporary) for adults only. (9-2)

transportation

Transportation to Garnet Ghost Town principal. you race and social. Save Simor 160. 4-2

wanted to buy

NEED: roses and 'Human Gestures' Michelle 721-1692. 2-4

counseling

PARADISE HISTORICAL SOLUTIONS. missing career. contact. 721-3771 for appointment 2-4

miscellaneous

wanted for sale

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2118 South Higgins Avenue

October 1, 1986
Sheehan
Continued from page 1.

What he’s preaching has been around for centuries — from the Greeks of fifth century B.C. to the American transcendentalists of the 1800s. Physical fitness has been the key to good health and mental sharpness, he said. In Plato’s gymnasium young Greeks learned philosophy and lifted weights, he said, while Hippocrates treated his patients with diet, exercise, proper climate and rest.

Continued

Pavement

Week,

Campus

Excercise

Road

Paving

May

1.

1980

B.C.

Changes

40

40

McCraley.

1.

2.

will

“Every hour you

Continued

events, you live an hour

longer,” he said.

In the 1980 U.S. census, 5

million Americans were alive

who should have died from

cardiovascular ailments, he

said. More than 50 percent of

these people were alive be-

cause they changed their life-

styles, he said. They became

active.

That activity, he said, not

only helps create a healthy

heart, it can help create a

healthy mind. The best way to
cope with stress, for example,
is through exercise, he said.

He said a psychologist will

recommend exercise as the

“absolute best way” to deal

with stress. The United States

“should have mental institu-

tions that are like boot-
camps,” he said.

With stress under control,

he said, exercise releases the

mind’s creative ideas.

“We want white-water in

our minds,” he said. Without

exercise, he added, “what we

get is a trickle.”

Exercise takes over the

body and frees the mind, he

did.

Quoting from the Bible,

Sheehan said, “The glory of

God is man fully functioning.”

Through exercise, he said,

“we become the person the

Creator had in mind from the
day we were born.”

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Meetings

The University of Montana Circle K Club

will be holding its first meeting of the year at

3 p.m. in the Montana Union on the U of M.

Everyone is welcome. More information will

be given at the meeting.

Centuries later, Ralph Waldo

Emerson said, “Be first a

good animal.”

Using this quote, Sheehan

told his listeners to tone their

bodies to physical fitness.

“It’s a great idea to be the best

possible you,” he said.

Humans have “lost our origi-

nal splendor,” he said, and

the way to regain that splen-

dor is exercise.

“We must go back, step by

step,” he said, to the condi-

tion of early humans for

whom exercise was part of

everyday life.

Exercising for two hours a

week will make a person fit,

he said. For ‘every hour you

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