Continuous News Service
Since 1981

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The Tech
MIT Cambridge Massachusetts

Friday, October 28, 1977

in the news

Rain, a serious problem which strikes all members of the MIT Community at one time or another, is the topic of a commentary by USC from Cambridge.
The MIT community now has two easy ways to help the Red Cross if they cannot give either their blood or their money.

p4

LC's marshmallow roast celebrating the millennium failure of nearly Python meets books were inspirational for those who were there.

p6

Saturday was a success all around for MIT sports teams as the varsity sailing team claimed the Obeyg Trophy and the women's rugby team took a strong victory over the rest of the English-speaking world, it has uniformly negative connotations. Exemplify its current usage are given frequently on television show Happy Days ("I means anything besides Fonzie," according to one would-be lexicographer.) At Stanford, however, it has a much more exact meaning. ... Every member of the community has his own ideas about what is "erdish" and the relative number of students who deserve this label. The only points on which there is anything close to agreement is that the phenomenon of "erdism" does exist and that "nerdism" does exist and that it is one of the most unpleasant aspects of studying at Stanford.

p12

EXCERPTS

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Can Sagan speaks to audience about Mars

By Gordon Haff

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day night in Kresge Auditorium.

Sagan, who is a professor at the Center for Planetary Studies at Cornell, is well known to the popular public as a sometime show-off as well as a serious scientist. For those who have not seen him on television during the past few years, the program includes the "Voyager" series. For those who have, the lecture was an enjoyable recapitulation of his program and an added bonus for those who were there.

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Sagan talks to students about Mars exploration

(Continued from page 1)

landing vehicle has no mobility. It must perform its experiments and view Mars from the spot on which it landed. This problem is then compounded by the fact that to ensure the safest possible landing, the Viking must set down on the dullest, most uninteresting spots on Mars. Sagan sees the next major step in Martian exploration to move into the more interesting and informative areas.

At the conclusion of his talk about Mars, Sagan discussed the biological and chemical experimentation packets which the Viking lander carried. While noting that there is, in fact, no definite evidence of Martian life, he added that "the pre-launch criteria, the tests, have yielded positive results." He also mentioned that "no one has reproduced results with no biological activity under plausible Martian conditions. There is a distinction between absence of evidence and evidence of absence." He concluded that the results of the biological experiments are perfectly consistent with those of the chemical experiments due to differences in sensitivity.

Sagan closed by saying that "In some sense the Viking mission has made us a two planet civilization...and that only one generation in the whole history of the world is privileged to find out about the planets. That generation is us."

The lecture was broadcast live on the cable since the tickets for the LSC sponsored event were exhausted after three days of sales.
World

Effective pneumonia vaccines reported — Researchers at the University of California School of Medicine at San Francisco have developed a powerful new vaccine that can prevent the more common types of pneumonia. The vaccine has proven to be 100% effective in tests. It should be available to the public within a year.

Biko inquest ordered — South African officials decided yesterday to open an inquest today into the death of Stephen Biko, the country's foremost young black leader, who died in police custody six weeks ago. The Biko family strongly favored an inquest before a high court judge, which would give the Biko family-appointed pathologist, concluded that the cause of Biko's death was "extensive brain injury."

3000 given pay raise — China announced Wednesday that, for the first time in 14 years, it has given pay raises to more than half its factory and office workers at what seems to be a major effort to accelerate economic growth and win support for the new post-Mao leadership.

Nation

Reduced marijuana penalty approved in committee — The Senate Judiciary Committee voted on Wednesday to reduce the maximum penalty for small amounts of marijuana. Possession of more than an ounce of marijuana would remain a criminal offense, but the maximum penalty would be reduced from a 55,000 fine and a year in jail to $500 and 30 days.

Steel firm reports record loss — The largest producer. The $477 million loss is almost double that of the previous record set in 1972 by the RCA Corporation. The largest loss ever in a steel firm reports record loss — from a 55,000 fine and a year in jail to $500 and 30 days.

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Local

Youths pleads innocent in train looting — Thirteen youths pleaded innocent Wednesday to charges of breaking and entering in the nighttime to commit a felony after they allegedly trespassed a tree across railroad tracks Tuesday night, halting an 18-car Conrail freight train which was then derailed. The youths were part of a loud and raucous party of about 100 people who started a large forest fire behind a greeting card company in Dedham.

CAREER OPPORTUNITIES

UPJOHN BEGINS WITH YOU

Representatives from The Upjohn Company will be on campus Tuesday, November 1 to interview in the following areas:

CHEMISTRY. B.S. M.S. chemists for positions as chemists, laboratory assistants and laboratory analysts.

ENGINEERING. B.S.-M.S. electrical and mechanical engineers. B.S.-M.S.-Ph.D. chemical engineers.

BUSINESS. MBAs for employee relations, and operations research.

Why interview with Upjohn? The Upjohn Company is an employee-oriented pharmaceutical-chemical firm with corporate research production headquarters in Kalamazoo, Michigan and with various other chemical, pharmaceutical, agricultural and laboratory operations throughout the U.S. All Upjohn businesses last under an umbrella of improving the quality of life for humanity. Research is given a top priority (with nine percent of sales or $65,000,000 being reinvested in Research & Development in 1976). Our efforts in such areas as Infectious Diseases, CNS, Diabetes & Atherosclerosis, Hyper- sensitivity Diseases, Fertility Research and Cardiovas- cular Diseases are resulting in exciting products, lines and exciting new product potential.

We will have over 2,000 Upjohn employees working in Kalamazoo and another 6,000 or so working at other U.S. sites. A great many of these are professional specialists, thus allowing a stimulating atmosphere for work and growth in a multi-disciplined environment. And although we are far from a "big" company, our system is carefully planned, and our system is carefully planned, and our training programs on some areas and tested career paths on others are well planned and well implemented.

Upjohn offers excellent salaries and a comprehensive benefits package including life, health, dental and disability insurance plans, assistance for continuing education and a Christmas Bonus Program. If unable to interview, please forward your resume to: Professional Recruitment (5032-4-1), The Upjohn Company, 7171 Portage Road, Kalamazoo, Ml 49001. Call 734-6210. An Equal Opportunity Employer M/F.

Questions? If you have an unwanted pregnancy help is as close as your phone

The Police Blotter is a report written by the Cambridge Police on crimes, incidents, and actions on the MIT campus each week.

Students attacked

A late night jog ended in violence last night when two MIT freshmen were attacked by a gang in the Harvard section of Boston. The pair, both campus residents, decided late Saturday evening to take a run through the city streets. By about 1:30am Sun- day, they had arrived in Roxbury when six or seven unidentified men jumped from a motor vehicle and assaulted them. While one of the students was chased by three men — one of whom struck him on the head and arms with a stick — his companion bore the brunt of the assault, ultimately being stabbed in the back with a switch blade knife by one of his at- tackers. The assailants then fled the area.

The stabbed student was taken by ambulance to the Boston City Hospital for emergency treatment where he remained overnight as a precaution. Boston Police Detectives are investigating the attack.

Pedestrian robbed

A West Cambridge resident walking alone on Memorial Drive outside Boston House Saturday night was attacked and robbed by three men in their late teens. The assailants, who showed no weapons, jumped the victim at around 9:20pm, punched him in the face, stole his wallet and fled in the direction of the Hyatt- Regency Hotel.

Filmm-flam man charged

Joint efforts of the MIT and Cambridge Police resulted in the capture Thursday in Inman Square of a "Filmm-flam" artist who had skirted unaware merchants and pedestrians at MIT and in the Central and Inman Sq. areas. Scheduled for arraignment this morning, trial in the matter will most likely be held in mid-November.

Stolen cars recovered

Parking officials recovered two cars previously reported stolen in Cambridge and in Boston. One was recovered on Mass. Ave. outside Ashdown House, while the other was recovered on Memorial Drive Building II.

Vehicles vandalized

Two vehicles were vandalized in the Westgate area Monday evening. The first suffered a "popped" trunk lock and the loss of a calculator and stereo equip- ment. The second vehicle was spared major damage when its alarm sounded. Suspects were reported leaving from the vehicle and another car, but were lost in heavy rush hour traffic.

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POSTERS

PAPERBACK BOOKS

Blotter

FRIDAY, OCTOBER 28, 1977

THE TECH PAGE 5

Service, not service charges.

Food service not everything you can expect.

So whether you have an apartment, or are on your own, there's no service charge to you. And you'll find just what you want.

W.T. Phelan & Co.

An Equal Opportunity Employer M/F.
How an MIT panel would stop the rain

"This morning the Committee on Rainfall and Precipitation will come to order."

Professor Fred Ward of the Department of Meteorology banged his gavel and began addressing the assembly. He began to address the assembly.

"You all know, CRAP was conceived by President Wiesner when he became irked by the fact that he could no longer walk across campus without his pipe going out. Chancellor Gray agreed, having been patted on the head by the student body."

The panel's drive is to analyze, investigate, and propose solutions to the recurring problem of incessant weather which has plagued our community. Particularly, the mission of the panel is the 1969 Report of the Task Force on Weather at MIT. Too Much Snow to the Commission on MIT Education and the proposals of the 1981 Study Group on the environment of the problematic nature of Stell, Hail and Inclement. "Let me call upon my colleague and eminent Weatherman Jerry Rubin to summarize the facts relevant to the case under consideration."

"Thank you, Mr. Chairman," Rubin began. "Since the beginning of this academic year, MIT has experienced an unprecedented number of precipitation days, with a record-high rainfall amount of 1969 inches, seasonally adjusted. "Based on these graphs, and what we call the periodic-isere and extrapolating over the next five years, if this trend continues, we can predict just how high we can raise tuition - I mean."

A student rose and asked to be recognized. Ward rolled his eyes, and reluctantly introduced the prospective speaker as "Pete Cross, our student body president."

"Our election platform included trees, grass and places outside to sit down. None of this is possible unless we figure out a way to stop this damn rain. I don't know how hard it is to do a dancing class when everyone's shoes are all wet."

A student began to protest violently. "We can't make MIT a friendly place as long as it rains."" Free Rain.

Dean Rodney Holders rose and addressed Burke. "You promised leaves on the trees, and here it is only the end of October, and already they're falling off. I hold you personally responsible for that."

Assistant Director of Admissions John Mark answered Holter. "I wouldn't blame one student for a societal problem. Bob, we needed the light of the sun which brings life and warmth, not the brightness that comes from lightning which illuminates only as it destroys."

"Maybe you're right," Holter vacillated.

"Professor Fred Ward of the Department of Meteorology introduced. "I represent the SIS, students for a Dump Society," he said, presenting the opposing viewpoint as usual. "We object to anything the administration supports."

"And besides," chimed in Dean for students Affairs Carol Enright, "we're rain and students like rain. A puzzled silence preceded the room.

"I regard controlled regulation of the meeting. "At any rate, you have in your hands a proposal for coping with this problem," Papers were rustled throughout the crowd. "Note the changes in the second paragraph, part of the heading. Objection to this proposal by members of the Writing Program."

The head of the Ocean Engineering Department, Noah Dyke, spoke to the Chairman. "I understand everything. Free, except this diagram on page 42. You say the measurements are 120 cubic by 90 cubic by 60 cubic."

"I see an inconstant contributor to The Tech."

Opinion

Time to give of ourselves

By David B. Kornetz

Over the past few weeks, students, faculty, staff and employees will have an opportunity to give of themselves in whatever way they choose.

The Fall 1977-MIT Red Cross Blood Drive runs through next Friday, October 20. Please join in giving members of the MIT community a chance to give that most precious gift of life - blood. The MIT drives have always been among the most successful in the region.

A pint is not much to give for those who are able, but to the recipient, the patient on the operating table whose life hangs in the balance, a pint of blood is a very real remedy.

Next week, the annual Uglett Orfanos on Campus event gets underway. The proceeds this year will go to the American Red Cross. Not only does the Red Cross conduct blood drives across the country, but its organization is also vital in times of disasters, victims of hurricanes, flood, earth-quake and the like (thousands each year of the United States) die on the spot under the Red Cross for as little as a five-cent donation. The Red Cross does well with technology. Within MIT, we want to give of ourselves in the blood drive. We will not be in competition with AMOC week. It matters not which candidate you give your monies to, all contributions are tax-deductible donations to the Red Cross.

The success of the year-round drives, the AMOC campaign and the annual United Way campaign contrast rather vividly with the image that is core of the MIT student, both by student body spokesmen and recently by our spokesmen of the staff.

Such unselfish giving seems to characterize the student. This much more accurately than the disconsolate students' misconceptions do. The act of giving blood is surely one of the most charitable acts a human being can perform. The entire notion of examining one's blood reveals an understanding of and a respect for human life. When over 1,500 people donate their blood within the space of a week, it is difficult to believe any claims that such people are insensitive to the needs of others."

I ignore the cries of "inhumanity to man," there is no need to answer soapbox-style rhetoric with angry defense. The best way for the MIT community to prove its "humanity" is to continue a time-honored tradition at the fall's united blood donation drive.

Predictions: waste of space

To the Editor:

During the last several weeks, the Tech has carried a column devoted to predicting scores in that week's NFL games. I would like to ask whether a column of this nature serves any real purpose in a newspaper like The Tech. The column usually takes up approximately a half page of space, but also pays considerable editorial attention to the issue. In short, it appears to me that every effort is made to keep the community well informed. Tech Talk, the newspaper of the MIT administration, made no effort to report the facts of the case. The only sign of the entire affair to appear in its carefully pristine pages was the Weisner/Grey statement, which condemned without exception the administration's handling of the situation. It seems clear to me that whatever the nature of the dispute, the university as well is not the right place for such a column. I believe the best way to handle this sort of problem is to let the student body spokesmen and recently by our spokesmen of the staff.

I do not understand.

Second, it is not clear to me what you refer when you speak of the "low level of professionalism of the staff of our student news papers." MIT's student newspapers reported the facts, gave prominent display to Professor Johnson's complaint (and saw to your statement), printed numerous letters from concerned members of the community, and also paid considerable editorial attention to the issue. In short, it appears to me that every effort is made to keep the community well informed. Tech Talk, the newspaper of the MIT administration, made no effort to report the facts of the case. The only sign of the entire affair to appear in its carefully pristine pages was the Weisner/Grey statement, which condemned without exception the administration's handling of the situation. It seems clear to me that whatever the nature of the dispute, the university as well is not the right place for such a column. I believe the best way to handle this sort of problem is to let the student body spokesmen and recently by our spokesmen of the staff.

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I do not understand.
opinion cont.

feedback
No MIT talk for PLO

To the Editor,

While I have objections to the expression of Palestinian views as the Middle East situation, I do not object to the expression of those views here at MIT by a member of the PLO. Contrary to the implication of your editorial, the PLO is an organization of active, east of words. We in the United States have not heard much recently about their violent activities, since their actions have been confined to the fighting in Lebanon. At present, when the PLO is attempting to gain undeserved respectability and to obtain recognition from the United States, an appearance by a prominent member of the PLO at an event respected an institution as MIT would have implications going far beyond the boundaries of the MIT campus and would be a considerable advantage in the PLO’s political effort.

Richard Heller ’81

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TECH CATHOLIC COMMUNITY

* Remembering Heroes and Heroines
  Festival of All Saints, Holy Day of Obligation
  Tuesday Nov. 1, 1977
  MIT Chapel, 8:00am, 12:05pm, 5:05pm

+ Remembering the Dead of the MIT Community
  especially
  John Asinari
  Aimee Karolyi
  Steven Horn
  Martin Kawich

All Soul’s Day  Wednesday Nov. 2, 1977
MIT Chapel, 12 Noon

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Your father’s going to be shocked when he hears about this.

Can you help it if the things they do in Harvard Square are inconceivable in Kansas City?

After all, if Cambridge Savings will actually pay you to open a checking account, why not take advantage of it. Even if the folks back home think it sounds crazy.

Open a Cambridge Savings NOW account. The checking account that pays you interest on your checking balance.

It may startle ‘em a bit back in Stillwater, but it will be good for both of you.

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Seniors . . .

An MBA at NYU?

Located in the business and financial capital of the world, New York University has the nation’s largest private Graduate School of Business Administration. Don Wilson can discuss the possibilities there for you on Wednesday, November 2 when he visits the campus. The Career Planning and Placement Office has program information and a sign-up schedule.

THAT’S WEDNESDAY, NOVEMBER 2
It’s your future
Consider the possibilities

NYU is an equal opportunity institution.
Chicken Chronicles aims for too much

The Chicken Chronicles, an Embassy release, starring Steve Guttenberg, Lisa Reeves and Phil Silvers, directed by Francis Simon, produced by Walter Shenson. Screenplay by Paul Diament. Photographing was David Kessler, a high school screenwriting student. "The Chicken Chronicles" has been given a razzle-dazzle of a release and a razzle-dazzle of a cinematic debut. Its creators did not fit in with the rest of the show.

The main characters are all wealthy teenagers. Steve Guttenberg's appearance in his first movie, playing David Kessler, a high school senior who will graduate next year. He has one major goal in life to "score" with the girl of his dreams. His one major problem is that he lacks enough chutzpah to attract the rest of the show. However, the first "mood-setting" half hour is spent on situations that make it hard to enjoy the rest of the show.

The setting is Beverly Hills in 1969, the main characters are all wealthy teenagers. Steve Guttenberg's appearance in his first movie, playing David Kessler, a high school senior who will graduate next year. He has one major goal in life to "score" with the girl of his dreams. His one major problem is that he lacks enough chutzpah to attract the rest of the show. However, the first "mood-setting" half hour is spent on situations that make it hard to enjoy the rest of the show.

While Guttenberg is a pleasant and funny character, his on-screen presence is more of a distraction than an asset. The script seems to be written for him, with scenes and dialogue tailored to his specific talents and mannerisms. As a result, the overall effect is less than satisfactory.

The performances are pretty crisp and the dialogue is often witty. However, the movie fails to capture the spirit of the sixties. The setting is Beverly Hills in 1969, a time when the film was released. The film tries to make a rather strong statement against the neglect of children by parents. David never speaks to his mother about life in the Sixties, but such statements do not fit in with the rest of the show.

The film also has a number of scenes that seem to be ramming home our thoughts that the year is 1969 by playing some of the music of that year and making as many references to Vietnam as possible. Such references are all totally extraneous.

Nothing is gained by setting the time of the film in 1969. The setting is Beverly Hills in 1969, the main characters are all wealthy teenagers. Steve Guttenberg's appearance in his first movie, playing David Kessler, a high school senior who will graduate next year. He has one major goal in life to "score" with the girl of his dreams. His one major problem is that he lacks enough chutzpah to attract the rest of the show. However, the first "mood-setting" half hour is spent on situations that make it hard to enjoy the rest of the show.

Steve Guttenberg and Lisa Reeves appear to have the same star quality that would be expected from a successful movie star. Their presence on screen is a major draw for the audience.

The film is rated PG, but it is not suitable for children under the age of 13. The film is not only for adults, but it is also a good film for teenagers. It is a good film for teenagers because it has a lot of action and it shows the great versatility of the performers. It is a good film for teenagers because it has a lot of action and it shows the great versatility of the performers. It is a good film for teenagers because it has a lot of action and it shows the great versatility of the performers.
1913: Cambridge is new home for a second MIT

(Continued from page 1)

tion. New York alumni arrived on the SS Bunker Hill on June 12, and were greeted by a 21-gun salute and a special issue of The Tech. With other alumni, they marched behind the MIT band to Copely Square. After a farewell ceremony at the old Rogers building, the alumni traveled by steamship to Nantasket for an outing and parade which was led by a huge papier-mâché beaver. That evening, a crowd of over 10,000 gathered in the Great Court and watched the Institute Seal, enclosed in a chest, carried across the river in a replica of a Venetian barge. Then Professor R.A. Cram, an architect, presented an original pageant entitled “The Masque of Power,” in which he played Merlin, who appeared finally as “the Master, before the future of Alma Mater, to lead before her the forces of civilization who in her name have conquered Nature.”

The formal dedication was the next afternoon and President Macaluso acknowledged the then anonymous gift of George Eastman which made the construction possible. That evening there was a white tie alumni dinner at Symphony Hall. Speakers included Orville Wright and Alexander Graham Bell, and guests included T. Coleman Du Pont ’01, Senator Henry Cabot Lodge, and Franklin D. Roosevelt (then Secretary of the Navy). The celebration closed with a broadcast to 24 cities, via Bell’s telephone, of the alumni serenaded together singing the Star Spangled Banner.

Very involved construction techniques were used in the erection of the Great Dome when MIT moved to Cambridge at the turn of the century.

NEW RESPONSES TO OLD QUESTIONS IN RELIGION

A series of five sermons from a process, organic or wholistic perspective of the folk theology emerging from the concept and information of the sciences.

Oct. 30 “Man - The Unfinished Animal”
Nov. 6 “Truth - the Search for Hidden Reality”
Nov. 13 “Earth - the Body of God”
Nov. 20 “Ethics - the Knowledge of Good and Evil”

by Dr. John Ruskin Clark, Interim Minister, author of The Creat Living System, Religion Emerging from the Sciences

at First Parish Unitarian Universalist Church, Church St., and Mass. Ave. in Cambridge at 11 A.M.

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SENIOR YEARBOOK PORTRAITS

$3 SITTING FEE
(WAIVED IF YOU BUY A TECHNIQUE 1978)
W Rugby tops UConn

I continued from page 12: Connecticut’s only four points, UConn's closest attempt to a second goal was thwarted when half Connie Depko grabbed the loose ball from the 15-yard line and kicked it back downfield to put Tech on the offensive. The Beavers’ next score came when Wellsie fing Carol Finley recovered a loose ball that had been kicked into the end zone. Fullback Sandy Rivers, playing her usual excellent game, contributed Tech’s final four points. "The women ruggers are beginning to play ‘smart’ rugby — that is, reading situations as they develop, both offensively and defensively, and then reacting accordingly. We continue to improve with each game, both as individuals and as a team."

Page 39 of the Tech

TIME IS ENERGY

Page 30 of the June 1977 Physics Today describes a superconducting coil very high voltage direct current power line which has no losses over long distances. Page 30 of the Mar. 1975 Electrical World describes a huge electromagnet that can store enough energy to supply a city of 100,000 for a day.

We can switch very many such magnets in series with the dc power line as we require a few microsecond peaks of power goes immediately through the magnets. We can even see or hear this short duration high power electric current as an electric field effect on our TV set.

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TIME IS ENERGY

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How to convince Mom and Dad to buy you a pre-paid Trailways ticket home Check boxes, clip out, mail to parents.

Dear Mom and Dad,

Things are swell here at college except, of course, the food, which is so bad that I'm down to 91 lbs. living on salted water sending samples to the biology lab hoping you'll buy me a prepaid Trailways ticket to get a decent meal.

I sure could go for some of Mom's good ol' apple pie Riz de Veau a la Financiere blood transfusions Trailways tickets paid for at your local station and picked up at mine.

Dad, next time we get together, I want to tell you about my part-time job how I suddenly realized what a truly wise and magnanimous fellow you are where I left your car last New Year's Eve thanks for making this trip possible with a prepaid Trailways ticket.

I also need some advice on a personal matter are good for one seat from the date of purchase.

Got to sign off now and go to the Trailways station to pick up a ticket to get out of here for the weekend.

Love,
"Thing of the Mountain" contest

2.70 Introduction to Design
Prereq: —
Year: I(II)
2-3-4

Introduction to the design process in engineering, stressing the creative approach. Problem definition and concept generation...

Provided with a small electric motor, a few pieces of wood, a venetian blind slat, and assorted other "goodies," the students in 2.70 had to use all the creativity they could muster to solve the problem of getting what they built to the top of a hill of sand. One other problem existed: they would be competing against each other's devices. There would be only one winner.

In two days of tense competition about 145 students felt the agony of defeat before the contest neared the final round. "Probably the most exciting finale we've ever had" declared Instructor Woodie C. Flowers after John E. York '80 (upper right) narrowly defeated Lee A. Boy '79 (upper left) for the title of "Thing of the Mountain."

Although the over-capacity crowds in 26-100 had seen vehicles tipping over, digging themselves into the sand or not doing anything at all in earlier rounds, Professor Flowers noted that the final rounds were "very close" with "well designed, well built machines competing against each other."

— Photo essay by David Schaller
Candi Kane
Homecoming Queen

Sweetest girl on campus.
Called contest greatest thing since her beagle had pups.
Blue eyes, blonde and what a beauty! During ceremony ride around stadium,
distracted driver ran into goal post. Candi drinks Lite Beer from Miller because it's less filling.
Can't afford to get filled up. You guessed it, she's also a cheerleader.
Spends spare time in Atlantic City practicing runway walk.

*Lite* Beer from Miller.
Everything you always wanted in a beer. And less.
junior varsity players in this

**Volleyball roars by Wheaton, sneaks by UNH**

**By Michael Taviss**

The University of New Hampshire women's varsity volleyball team, won again on Tuesday as it captured both its matches in a three-way round-robin competition held at MIT. The two visiting teams were Wheaton, which was the weaker of the two visiting teams, and Coach David Castanon played with almost all junior varsity players in this match.

In the first game of the match, the Engineers fell far behind in the first 16-4, one point away from a loss, before they got cracking. The rest of the game was all MIT's as the Engineers got point after point, finally winning it 16-14.

Wheaton won the first point of Denver, Dallas to win again

By Drew Blakeman

Kansas City 29, Cleveland 19 — The Chiefs are far better than their 1-5 record indicates.

Atlanta 16, Minnesota 6 — The Falcons continue their ways as they keep on winning.

New York 19, Dallas 47 — Bob Griese got point after point, giving the Engineers the lead and working up to one point from victory, 14-10. Then came almost ten minutes in which the serve changed hands at least a dozen times before MIT was finally able to score one point, giving the Engineers the game and a very hard-played, well-contested match.

Castanon remarked that this was the closest match the team has played in. Five L NH teams played yesterday, and they really forced MIT to put its best into.

The author of playing well on Tuesday should be the present against Tuesday, November 8, when MIT faces at home another excellent team, this time from Springfield.

**Soccer falls to .500 mark**

By Bob Host

A late rally by Tufts sent the MIT soccer team down to defeat Tuesday, 2-1, leveling the Tech record at 5-5.

The score was in MIT's favor for the major part of the game. An unassisted first half goal by Luis Borz '79 was the only score until the last ten minutes, and for most of the second half it looked as if it would be enough to provide the Engineers with a win. However, in a span of slightly over three minutes, Tufts scored their two goals and emerged victorious.

The Engineer defense was "very sloppy," according to coach Walter Alessi. This was evident even in the first half when Tufts had several potential scoring opportunities, including a one-on-one chance against goalie Jamie Bernard '79, who was coming off his third shutout of the season, a 3-0 win over Holy Cross last Friday.

The team was instructed to play "tighter defense" and "put the ball downfield." The Engineers were not able to do this and were forced into a defensive mode, to play defense.

There were many chances for the Engineers in the second half, but none paid off, and it looked as if the game would end 1-0 because MIT was controlling the ball in the second half. But Tufts opportunities were stopped by Bernard. However, the first Tufts goal "was inevitable," Alessi remarked, and this swung the momentum to Tufts. Shortly afterward the winter was put in after Bernard had made the initial stop.

"They have a good team," Alessi said of Tufts, noting that they won the league championship last season. Although the defeat was disappointing, the coach still hopes the team can win at least two of their remaining three games to finish the season with a record better than .500.
Sailors outstanding, win Greater Bostons

By Andrea Greenhill

This past weekend the varsity sailing team gave its best performance of the season by winning the Oberg Trophy and placing second in another major regatta. Saturday, MIT hosted the Oberg Trophy, which is the greater Boston Championship. Traditionally, seven Boston schools compete in five divisions: one Lark and two Tech single, two Lark doubles, one Tech double, and one Tech boat. The races were held at the regatta headquarters, the New England Boating Institution, in the Thames River. The team will be competing in the Schell Trophy, the New England fall championships.

A team of eight was sent to the Head of the Charles Regatta last Sunday in Massachusetts, Maryland, last weekend to compete for the McMillan Cup. First Green '79 skipped the forty foot Lulu's way to a second place finish. Carol Van Sant, who has the opportunity to practice in the boating more frequently, thus giving them an edge over the other schools. MIT's good crew work was a key factor in the team's performance considering they had not practiced together before. The second place finish indicates the team is ready to "Row" in the spring to represent New England in the Kennedy Cup, a national competition.

The Smith Trophy was hosted by MIT on Sunday. Twenty schools competed, making it the largest regatta of the season. Team Green '79 finished first, just ahead of MIT. Sailing in its first varsity event, Bill Darling '80 finished second in B-division. The team's second place finish was supported by Green '79's third place finish in A-division. A varsity-crew national championship was also held at MIT on Sunday. Although the team finished fifteenth out of ten entrants, freshmen Dave Kuller and Keith Robine sailed outstandingly and finished first in Ali-division. They will represent MIT this weekend in the freshmen fall championships at Tufts.

The team sailed at Radcliffe Saturday and Sunday for the Victor Hobbs Trophy. Boston University, a strong team, gave its best performance, which is the Head attracts thousands of spectators. The MIT women's team placed first in the women's eight event finishing 36th. One four, in the men's junior eight event finished fifth, just ahead of MIT on Sunday. Twenty schools competed, making it the largest regatta of the season. Team Green '79 finished first, just ahead of MIT. Sailing in its first varsity event, Bill Darling '80 finished second in B-division. The team's second place finish was supported by Green '79's third place finish in A-division. A varsity-crew national championship was also held at MIT on Sunday. Although the team finished fifteenth out of ten entrants, freshmen Dave Kuller and Keith Robine sailed outstandingly and finished first in A-division. They will represent MIT this weekend in the freshmen fall championships at Tufts.

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Rossen '79 suppedered first women a comfortable time lead. It was down but not out, and they came back in the second half to tie MIT's to maintain the lead. The lead from Connecticut led to cross the goal line twice during the second half to do so only when UConn's inside center faked to the outside drawing her opposition and creating the gap in which she scored for

The New Fitness: Focus on Personal Energy
Sailors outstanding, win Greater Bostons

B. Audrey Greenhill

This past weekend the varsity women's crew from MIT battled three of their fiercest rivals in a series of regattas which included the Head of the Charles, Harvard, and Mount Holyoke. One of the most notable highlights of the race was the competition among the four teams for the first place finish. Despite the fierce competition, MIT placed third behind Harvard and Mount Holyoke, making them eligible for the Greater Boston championships. The women's crew was led by their skipper Greene '79, who guided the boat to a second place finish in the eight event. The MIT women's crew placed fifth in the Head of the Charles and second in the Greater Boston championships. The team's performance was attributed to their hard work and dedication to the sport, which they believe will continue to pay off in future regattas.

MIT women

By Cindy Cole

Seeded 16th in a field of 40 crews, MIT's women's crew showed their determination to compete for a strong fourth place finish in last Saturday's Head of the Charles Regatta. The team, which is coached by John Miller '74, worked hard to prepare for the race and their efforts paid off as they finished in 16th place. The crew's performance was impressive and showed their potential for future success. The team's skipper, Greene '79, was particularly proud of their performance and encouraged the crew to keep pushing themselves.

Some interesting notes:

- MIT's women's crew placed fourth in the Head of the Charles Regatta, making them eligible for the Greater Boston championships.
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WOULD YOU TRADE YOUR BODY FOR...


Ah, for the rippling muscles of Arnold Schwarzenegger, or the nimble grace of Chris Evert, or the power and speed of O. J. Simpson! The wish to change places—and bodies—with physical superstars is apt to hit us mere mortals from time to time, especially when our bodies aren't responding or looking the way we'd like.

Of course, Arnold lifts 40 tons of barbells each day to maintain his physique. And Chris spends exhausting hours of practice for every flashy appearance at Wimbledon. And O. J. goes through grueling twice-daily sessions with the other Buffalo Bills to stay in peak condition during football season.

To get a superstar's body, you've got to work like a superstar. Far better to simply get your own body fit for the kind of life you want to lead. This issue of Insider isn't about Arnold or Chris or O. J. It's about you. The articles which follow provide the information and the incentive you need to plan a personal strategy for getting in shape and staying in shape.

For starters, "I Was a 49-Pound Weaking" offers encouragement for anyone who was turned off by the old fitness taught in elementary school gym class. Staff writer Don Akchin recounts his own true—and all too familiar—experiences and also outlines how to put together a fitness program that works for you.

If you see the tell-tale signs of overweight creeping up or simply want concise information on good nutrition and diet planning, "The Diet Connection" by Theodore Berland, author of Raising the Diets, is must reading. “Feeling Good” catalogs 16 different ways to become more comfortable with yourself. And "More Power to You" explains how body, mind and spirit interact to affect your energy level and tells you how you can convert low-energy drag to high-energy fun.

Insider: Ford's Continuing Series of College Newspaper Supplements is sponsored by Ford Division of Ford Motor Company and published by 13-30 Corporation (which also produces such familiar campus publications as Sunbell and The Graduate). The New Fitness Focus on Personal Energy initiates the series.

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I Was a 49-Pound Weaking
Confessions of a Touch Football Dropout Who Suffers the Heartbreak of Phys. Ed. but Finds Hope at Last in the New Fitness by Don Akchin
The Diet Connection
The Thinking Person's Guide to Losing Weight by Theodore Berland
Feeling Good
16 Ways To Get in Touch with Your Body
More Power to You
Best Fatigue with this High-Energy Rx
Sailors outstanding, win greater Boats

By Audrey Greenhill

The MIT women's sailing team gave its best performance of the year to win the 1977 Offs Trophy and placed second in another major regatta.

The MIT women's sailing team, which is the largest of its kind in the nation, had a highly successful season. Traditionally, only Boston College and MIT are invited to compete in these regattas, but this year two other teams, Dartmouth and Yale, also sailed against the regatta champions.

The team's performance was a result of the hard work and dedication of the sailors. The team's coach, Bill Dalton '80, said that the team's success was due to the team's ability to focus on their goals and work together as a team.

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As a kid I would have given my buck teeth for J. Simpson's speed. Chris Evert's cool grace or Arnold Schwarzenegger's biceps. Instead I was slow, awkward and sand kicked in my face.

I wanted badly to be a football player. Instead I became what is known as a gym class-failed Joke. The hierarchy of a gym class, you recall, is crowned by an aristocracy of natural athletes who can do anything in sport with perfect grace, superb power and no apparent effort. Next on the pecking order are those who are only average but cover their shortcomings under a barrage of yaw. What's left are the Jokes. When the sides are changed up to against another team, Jokes are left standing around until somebody says, "Okay, we'll challenge you and you get him," (Nita Pickering, "What, a Joke.")

Jokes like me got this reputation by scoring somewhere below the average and abysmal on every skill test of the year. year after year. The chin-up, sit-up, somersault test, the run-pass-kick test, the 30-yard dash, the one-mile run test—you name it. I flunked it all.

Now, as I say, I didn't start out to be a Joke. I started out as a football player, back in the first grade, but got off to a shaky start. Everyone on the team was supposed to wear an equipment jersey. My mom couldn't find a single red girdle in town, so she bought me a blue one. And that was the only guy on the team who wore a blue jersey. When I showed up for the first practice, everyone was giggling. After awhile I took to sidekicking them all. Just by kicking a ball, someone accused me of being in a helmet, chin strap and mouthpiece, no less. I left the game in tears and my mom assured me I would never have to play again. I was relieved. So she was. She thought football was too dangerous. That may have been in the back of her mind when she beamed from touch foiled Joke in football.

Confessions of a Touch Football Dropout Who Suffers the Heartbreak of Phys. Ed. But Finds Hope at Last in the New Fitness

by DON AKCHIN

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I was a 49-pound Wean.
The New Fitness

Fitness refers to physical well-being. It is the ability to perform work or to use up energy. It is the body's ability to perform its functions smoothly and efficiently. Fitness is of lower priority than studies in everything but gym classes. It is the body's performance in the activities that it is required to do. Physical fitness is a measure of how well the body functions in its environment. It is the body's ability to perform physical activities such as running, swimming, or weightlifting.

The Old Fitness

The Old Fitness is still relevant to the present day. It is important to remember the past when planning for the future. The Old Fitness is still a relevant concept. It is important to consider the past when planning for the future. The Old Fitness is still a relevant concept.

The New Fitness

The New Fitness is a blend of the Old Fitness and the latest in sports and activities. It is the body's ability to perform physical activities such as running, swimming, or weightlifting. It is the body's performance in the activities that it is required to do. Physical fitness is a measure of how well the body functions in its environment. It is the body's ability to perform physical activities such as running, swimming, or weightlifting.

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Sailors outstanding, win Greater Bostons

By Cindy Cole

This past weekend the varsity sailing team at MIT ended their best performance of the season by winning the Oberg Trophy and placing second in two other major regattas. Saturday MIT hosted the Charles Trophy, which is the Greater Boston Championship. The navigation of the Greater Boston schools compete in three divisions, one Larry and two Tech and US. All the races were held off the campus on the treacherous Boston Inner Harbor, the largest U.S. port. The weather conditions were not favorable throughout the regatta. The sailors were well aware of the conditions when they were sent. Bill Dalton and crew Jordan and Chesters were Radcliffe school.

The MIT women's crew finished first with a time of 19:11. Second and third place finishes were Darby in 18:06 minutes to MIT's varsity women's crew. The second place team was Harvard. The team's performance considering their notoriety in the New England fall championships.

A team of eight was sent to the Naval Academy in Annapolis, Maryland, last weekend to compete for the McMillan Cup. Eric Greene '99 skipped the last two four events to become the second place finisher. The team's top performers were Paul Kelleher, Michael Sweerts, and Ted Collier. The team's opportunity to practice in the boats more frequently, that giving them an edge over the other schools. MIT's good crew work was a key factor in the team's performance. The 1986 Carbine Cup winners had never worked together before. The second place finish qualifiers the team to return to the spring to represent New England in the Kennedy Cup. The MIT women's crew are placed fourth from 1 to 3. Cindy Cole '78, Mary Zedner '79, Diane Medved '80, Liz Fisher '80.

MIT wome

36th in a field of 40 crews, MIT's women cruised to a second place finish in last Sunday's Head of the Charles Regatta. Wisconsin, the River, was seeded 36th in a field of 40 America's Cup competitors. The team's performance was outstanding, with crews Robins '79, Diane Medved '80, Liz Fisher '80.

The MIT women's crew, placed fourth from 1 to 3. Cindy Cole '78, Mary Zedner '79, Diane Medved '80, Liz Fisher '80.


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Stress is the body's response to danger or challenge: the heart beat quickens, adrenaline rushes in, the senses heighten to attention. This is called the "fight or flight" response, and it's a marvelous survival instinct that has been programmed in humans for eons. Unfortunately, we still experience this response today, whether there's no one to fight or nowhere to take flight, and the stress has nowhere to go. It stays inside the body, in the form of ulcers, headaches or psychosomatic illness. Vigorous exercise, such as running, swimming or hurling a tennis ball, is fighting and fleeing — or doing what the human body was intended to do. And out flows the tension.

• Exercise stimulates mental alertness. Tension is a real energy drain, for one thing, so releasing tension frees mental energy for other tasks. In addition, exercise stimulates the flow of blood and oxygen to all parts of the body, including the brain.

• There is a widespread belief — though scientific proof is not absolute — that regular exercise prolongs life. It has been proven, however, that performing certain exercises regularly can increase the efficiency of the heart, lungs and circulatory system. This certainly helps prolonging life, or at least protecting you from heart and circulatory disorders.

• Some fitness enthusiasts claim exercise can get you high. They say that after 36 to 45 minutes of continuous exertion, the body gets a "high wind," which results in a peaceful state of mind not unlike meditation in the cross-center and exercise fast past and connect in creative ways.

• Finally, all the New Fitness experts and many of the Old Fitness advocates insist fitness stimulates the sex life. You look sexier because your muscle tone is firmer, and you have all sorts of surplus energy and vitality. "Vessel, coach!" Which backstop did you say?
Sailors outstanding, win Greater Bostons

By Audrey Greenhill

This past weekend the varsity sailing team gave its best performance in winning the Oberg Trophy and placing second in the New England major regattas. Saturday, MIT hosted the Oberg Trophy, which is the largest intercollegiate trophy in the country. Traditionally, with Boston schools competing in three divisions, one Lark and two Tech oufits with 3.700 boats made up the field. The Lark division was open to all sailors throughout the regatta. Top honors were won at the Larks and one Tech division by sponsors Elliot Rossen '79 and Larry Delbert '79 with crews Martin Prince '80 and Hoon Won '81. In the other Tech division, Bill Dalton '80 and crew Jordan Arnold '79 finished a respectable third. Tomorrow the team will be competing in the Schell Trophy, the New England fall championships.

A team of four was sent to the Navy Academy in Annapolis, Maryland, last weekend to compete for the McMillan Cup. Eric Greeter '79 skipped the forty foot Leder's sunk to a second place finish just behind Navy, who has the opportunity to practice in the boats more frequently, thus gaining an edge over the other schools. MIT's good crew work was a key factor in the team's performance considering the sailors had never worked together before. The second place finish qualifies the team to return to Navy in the spring to represent New England in the Kennedy Trophy regatta.

MIT women

By Cindy Cleary

The MIT women's crew placed fourth from first place in a field of 40 crews. MIT's women's crew cruised home to a strong fourth place finish in last Sunday's Head of the Charles Regatta. Wisconsin, the 10th place crew faster than the Missouri crew and another four racing with the women's four event finished 26th and 32nd with times of 17:48.6 and 18:53.). Two of the more notable individual accomplishments of the day were Pete Billings' fifth place finish in the lightweight singles and Assistant Provent Hary Rogers third place finish in the veteran's singles.

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Free Wheeling means factory-customized trucks with dazzling interiors, special paints, trick wheels and blacked-out grilles. Start with the Free Wheeling Styleside pickup shown below with rainbow stripes, blacked-out grille and front bumper, forged aluminum wheels (4), RWL sport tires. New Free Wheeling Fords. They're TNT. And they're ready at your Ford Dealer.
.Tips for the Novice

If you're gearing up for a little physical activity, here's some general advice to keep in mind before you start:

- Always warm up for at least 10 minutes before beginning any strenuous activity. It's a shock to your heart when you bound from a virtual standstill to a full-tilt gallop. Work your way up slowly.

- Equally important is to cool down slowly, don't ever push yourself to the point of collapse, and let everything slow down before you stop. Sit down or stand still to a full-tilt gallop. Work your way up slowly.

- Don't strain. Many exercise programs end after one week, when a set of tennis.

- For more information, contact the following:


FOR MORE INFORMATION

If you're now inspired to embark on your own fitness campaign but need more information to get you going, the following books can help.


- Aerobics for Women, by Mildred Cooper and Kenneth H. Cooper (Bantam Books, $5.50). Cooper's famous exercise scheme (originally developed for the Air Force) carried a step further.

- Royal Canadian Air Force Exercise Plans for Physical Fitness, (Simon and Schuster, 1976. $5.95). A good introduction to the New Fitness, outlines specific exercises.


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Sailors outstanding, win Greater Bostons

By Andrea Greenhill

This past weekend the varsity sailing team gave its best performance of the season by winning the Obere Trophy and placing second in two other major regattas.

On Saturday, MIT hosted the Obere Trophy, which is the Greater Boston Championship. Traditionally, the seven Boston colleges compete in three divisions, one Large and two Tech singles. A good concept was really the whole realignment throughout the regatta. Top honors were won at thearks and one Tech division by captives. Elliott Ross '79 and Lenor DaRuff '78 with crews. Martin Prince '69 and Mandy West '70. In the other Tech division, Bill Dalton '80 and crew Jordan Mairberg '79 finished a respectable third. Tomorrow the team will be competing at the Schell Trophy, the New England fall championship.

A team of eight was sent to the Varsity Regatta in Annapolis, Maryland. Last weekend to compete for the McMillan Cup. Eric Greene '78 skippered the first, but Lott's yachts was a second place finish just behind Navy, who has the opportunity to practice in the boats more frequently, thus giving them an edge over the other schools. MIT's good crew work was a key factor in the team's performance considering the sailors had never worked together before. The second place finish qualifies the team to return to Varsity Regatta in New England in the Kennebu.

The MIT women's crew placed fourth from 1977. Cindy Cole '78, Mary Zawadzki '76, Diane Medved '80, and Hoon Won '80. In the spring to represent Catharines's, a Canadian club and not be passed by other crews. The time of 19:11. Second and third Bridges!

Charles Regatta. Wisconsin. the River. t I calories and home to a strong fourth place begins a starving or to Nav. In the spring to represent crew n performance considering other choice. MIT's good crew work is a key factor in the team's performance considering the sailors had never worked together before. The second place finish qualifies the team to return to Varsity Regatta in New England in the Kennebu.

If you want to lose eight, you have to pay attention to what you are doing to gain weight. You can't idly nibble on Fritos as you study, thoughtlessly order fries-and-shake at lunch or carelessly take part in beer blasts without paying the consequences. Another millimeter or so of fat de- posited where you don't want it.

Recently gained some insights into the secret dietary life of college stu- dents while teaching a nutrition course at Columbia College in Chi- cago. I asked everyone in the class to record what they ate during one typical day and to analyze the day's nutritional input. The papers turned in revealed that on the average, my students were getting what is considered normal dietary intake. But indi- vidual diets ranged wildly. In per- sonal statistics the real people were either starving or stuffing themselves.

Two women ate at least, about 500 calories a day, while another ate the most, about 3,000. Several men were eating about 1,700. Some ate mostly protein, others mostly carbohydrate. Some ate no animal flesh: some lived on fish: most ate lots of junk: a few ate such combinations as cracker-salad bread, yogurt and beer.

Most of the students in the class were living by a mixture of half- understood concepts of "good" nutri- tion, "natural" foods, vegetarian- ism, Adelle Davis and established standards of dieting. Their confusion about how the body uses and stores food was so great that successful dietary changes was than a lack of willpower.

You don't have to take a nutrition course to learn how to lose weight, before you begin any diet you must know to know how your body processes the foods you eat. You'll know why some diets will work every time and why others won't ever work, despite their claims. Once you know this, you'll be ready to plan that's 

What For It was the purpose of a variety of matter containing tans processes c because basic on these other. Carbohydrates, vitamins, minerals. As scientists of 90 and 99 to be healthy! First name you: "first," protein in each 9 next will pro- leucine, tyrosine, protein.

Proteins which are not called for are the but are like fat: they have a heavy arm and are unlike contain nit.

The 20 to 30 per cent of fat you can't we can not make our own.

The essential amino acids. "Chances Di" acids by the body. The proteins are the amino acids that these aminoácids. Carbohydrates: burning the body will begin to burn these fats.

Proteins which are not called for are the but are like fat: they have a heavy arm and are unlike contain nit.

The 20 to 30 per cent of fat you can't we can not make our own.

Proteins. The proteins of the amino acids which are all defi- ned the amino acids. Plants do not use plant animal pro.

Vegetables and fruits are the only foods that contain all the amino acids. Vegetables are particularly protein.
the same time. You do not store amino acids. This means vegetables have to eat the proper combinations of plant protein foods, such as rice- and beans or wheat and beans.

A high protein diet provides your body with immediate energy. Your brain and muscular system must be powered by the sugar glucose to function. Because of its importance, the body makes glucose from both amino acids and fatty acids, as well as from other sugars and starches. This means that, in essence, you probably don't even have to eat any carbohydrate. However, in real life, people eat carbohydrate foods as fillers, to provide a variety of tastes and trace water. Altogether, food is fun if you need between 65 to 70 percent of your calories to live and grow.

You need protein. In fact, the word "protein" comes from the Greek word for "to make strong." It was the syntheses of protein that gave life to start here in this world. Your body contains than anything else. Water, blood, skin, muscles, hormones are made of protein.

Proteins are complex chemicals made of component chemicals, called amino acids. In these living bodies of life, proteins are the most fibrous. They are the body's building components and trace water. All living things, including plants and trace water. Altogether, food is fun if you need between 65 to 70 percent of your calories to live and grow. Protein foods are not only about half of all the protein needs; they are also rich in mineral requirements. Minerals are needed for blood proteins, glands, bones, teeth, etc. They are essential for the health of bone tissues, muscles, etc.

Protein foods include eggs, meats, fish, poultry, dairy products, beans, and peas. These foods contain a number of different amino acids, which are the building blocks of life. The body needs the essential amino acids in the correct amount. If a food is low in one of the essential amino acids, it is not a complete protein source. Therefore, a mixed protein diet is necessary to provide all the essential amino acids.

Do not eat amino acids if you are taking "predigested" protein on and following The Last Year, you do not eat amino acids. You find food and eat such foods as nuts, milk, and cheese. Eating a mixture of these broken down amino acids will not provide your body with the necessary nutrients. It is important to eat a variety of protein foods, including both animal and plant sources. It is also important to eat a balanced diet that includes a variety of foods to ensure adequate amounts of all essential nutrients.

The human body uses amino acids to build proteins. These proteins are necessary for the growth and maintenance of cells, tissues, and organs. The body also uses amino acids to produce energy. Amino acids are broken down into their constituent parts, called amino groups, which can then be used to make ATP, the body's energy currency. The body also uses amino acids to produce hormones, neurotransmitters, and other important substances.

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To get enough protein in your diet, try to include a variety of protein sources in your meals. This will help ensure that you are getting all the essential amino acids your body needs. Some good sources of protein include lean meats, poultry, fish, dairy products, eggs, legumes, tofu, and whole grains. It is also important to pay attention to serving size when choosing protein sources. Eating too many calories from protein can lead to weight gain, so it is important to consume protein in moderation.

A balanced diet means eating foods from the basic four food groups—dairy products, protein, fruit, vegetables, and grains. You also need to drink enough water. Most people need between 45 to 60 percent of their daily calories as water. Drinking enough water is important for maintaining good health. It helps with digestion, regulates body temperature, and keeps the body hydrated. The recommended daily intake of water for an average adult is about 2 liters (8 glasses) per day. However, this may vary depending on factors such as age, sex, body weight, and physical activity level.

A balanced diet should also include a variety of fruits and vegetables. They are rich in vitamins, minerals, and fiber, which are essential for good health. Fruits and vegetables also provide a variety of nutrients that are important for maintaining good health, such as vitamin C, which helps boost the immune system, and fiber, which helps maintain a healthy digestive system.

A balanced diet should also include lean protein sources, such as poultry, fish, and tofu. These sources of protein are lower in calories and fat compared to red meats, which can help with weight management and reduce the risk of chronic diseases. It is also important to choose protein sources that are low in saturated fat and cholesterol. These include fish, tofu, and legumes.

A balanced diet should also include whole grains. These foods are a good source of complex carbohydrates, which provide sustained energy and help maintain a healthy weight.

The best diet plan for you is one that is individualized to your needs and preferences. It's important to consult with a registered dietitian or a healthcare provider to determine a personalized plan that works for you. A balanced diet that includes a variety of protein sources, fruits and vegetables, and whole grains can help you maintain a healthy weight, reduce the risk of chronic diseases, and promote overall health.

A balanced diet does not mean that you have to give up your favorite foods. It's about finding a balance that works for you. By making small changes to your diet, you can improve your health and decrease your risk of chronic diseases. A balanced diet should be sustainable and enjoyable. It's important to find a diet plan that you can stick to and enjoy.

A balanced diet is not a quick fix. It requires commitment and effort. But by making small changes to your diet, you can improve your health and reduce your risk of chronic diseases. A balanced diet should be sustainable and enjoyable. It's important to find a diet plan that you can stick to and enjoy.
The mouth and Mount Holyoke made the crew is beginning to row well. Coach John Miller '74 says that Tech placed third behind Dart—River just two weeks ago in which lightweight men finished 35th. One of a race on the Connecticut and another four. Racing with the and Pennsylvania. Stracuse. BU. Brown. Cornell. finishing 36th. One four. in the defeated b' MIT were Radcliffe. school, a women's eight rowed in crew. Due to restrictions on the number places were taken b, Vesper. a river madL& time of 19:11. Second and third Bridges. i time of 18:06 minutes to MIT's vals to MIT. finished in first place with a starting g home to a strong fourth place begins at '79. Finish qualifies the team to return regattas; together before. The second the sailor was a Sailors outstanding. win Greater Bostons

By Andrei G渥内
This past weekend the varsity sailing team gave its best performance of the season to win the Obery Trophy and placing second in two other major regattas. Saturday, MIT hosted the Harvard Trophy, which is the Greater Boston Championship. Traditionally, nine Boston schools compete in three divisions: one single and two two-person races. A varsity breeze prevailed throughout the regatta. Top honors were won in the single and one Tech division by steers, Collegians. Lengthy '07 with crews: Martin Prince '80 and Robert Doherty '79. In the other Tech division, Bill Dallion '90 and crew Jordan Armstrong '90 finished a respectable third. Tomorrow the team will be competing in the Scholl Trophy, the New England Fall Championships.

A team of eight was sent to the Naval Academy in Annapolis, Maryland, last weekend to compete for the McMillan Cup. Eric Greene skipped the forty-foot Ludders to a second place finish just behind Navy, who has the opportunity to practice in the boats more frequently, thus giving them an edge over the other schools. MIT's good crew work was a key factor in the team's performance considering the sailors had never worked together before. The second place finish qualifies the team to return to Navy for the prize to represent New England in the Kennedy Cup, a national championship. The MIT women's crew who placed fourth from to Cindy Cole '78, Mary Zawacki '79, Dianne Methot '80, Liz Foster '80, Renee Taft '80.

Among the many wins defeated by MIT were: Stanford, Cornell, California, Princeton, Dartmouth, Harvard, MIT was an underdog in all the meets and still prevailed. The memories of a race on the Connecticut River just two weeks ago are in the books as Tech placed third behind Dartmouth and Mount Holyoke made the case, particularly impressive. Rowing in the eight were: Bow, Ken Aronson '80, 2. Dianne Mazeglio '80, 3. Ruth Hock '79, 4. Stew McNaughton '79, 5. John Halvorsen '80, 6. Pictured above: Standard. The tech that was availed of the doubles champions remarked that he was Poor. This will yield league champions. The league ch...
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Even on roads considered difficult, Fiesta is engineered to be stable. And perform. Fiesta was engineered to be a 4-passenger design with a lot more leg room than any other car of its kind.

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Service is simple and easy to benefit for foreign car owners. In addition to Fiesta's roomy, rack and pinion suspension, contributes to a comfortable ride. Fiesta accelerated from 0 to 60 mph in 8.8 seconds (9.1 seconds for equipped models).

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Sailors outstanding, win Greater Bostons

By Andrea Greenhill

This past weekend the varsity sailing team gave its best performance of the season when it took second place in the McMillan Cup, which marks the end of the fall season. The regatta was held on the Connecticut River at New London, Connecticut. The team was led by captaraine Jan Flowers and co-captain Jodi Haines. The team consists of four men and four women, and each team member is responsible for their own boat and crew.

In the regatta, the team faced strong competition from other colleges and universities in the region. The competition was intense, with each team striving to perform their best. The regatta was held on a beautiful day, with clear skies and calm waters. The team members were well-prepared and ready to compete.

One of the key events in the regatta was the first-place finish of the varsity men's crew. The team members were proud of their performance and their hard work. They were the first in their division to cross the finish line, and they held on to their lead throughout the race.

The team also had a strong showing in the women's division. The women's crew finished third in their division, demonstrating their strength and determination. The team members were happy with their performance and felt confident going into the spring season.

The regatta was a great success for the team, and they are looking forward to the spring season and the upcoming regattas. They are excited to continue to train and improve, and to compete against other teams in the region.

The team members would like to thank their coaches, Jan Flowers and Jodi Haines, as well as their families and friends for their support. They are grateful for the opportunity to compete and represent their team and their college.

The regatta was a great experience for the team, and they are excited to continue to train and compete in the upcoming regattas. They are looking forward to the spring season and the new challenges that lie ahead.
look up foods and figure out how to spend those grams and calories. You can substitute a variety of foods which are pure protein or pure carbohydrate, 3.5 grams of fat.

Get a copy of the Nutrition Foundation's

*The Best Diet of All*

by Jean Carper, 1971. This book is a great resource for anyone looking to lose weight and get healthy.

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**10 Diets Good and Bad**

Diet can come in so many forms and styles, and with so many methods and fads, it can be hard to know what to choose. Here is an overview of some of the most popular and controversial diets, along with their pros and cons.

**1. Atkins Diet**
- **Pros:**
  - Rapid weight loss
  - Low carbohydrate intake
  - Increased protein and fat intake

- **Cons:**
  - Lack of fiber
  - Potential for rebound weight gain
  - Potential for kidney stones

**2. Paleo Diet**
- **Pros:**
  - Focus on whole foods
  - Increased intake of lean protein and healthy fats

- **Cons:**
  - Potential for nutrient deficiencies
  - Difficulty for some people to follow
  - High in saturated fat

**3. Whole 30 Diet**
- **Pros:**
  - Focus on whole foods
  - Increased intake of lean protein and healthy fats

- **Cons:**
  - Difficulty for some people to follow
  - High in saturated fat

**4. Mediterranean Diet**
- **Pros:**
  - Focus on whole foods
  - Increased intake of lean protein and healthy fats

- **Cons:**
  - Difficulty for some people to follow
  - High in saturated fat

**5. Ketogenic Diet**
- **Pros:**
  - Rapid weight loss
  - Increased protein and fat intake

- **Cons:**
  - Lack of fiber
  - Potential for rebound weight gain
  - Potential for kidney stones

**6. Low-Carb Diets**
- **Pros:**
  - Focus on whole foods
  - Increased intake of lean protein and healthy fats

- **Cons:**
  - Difficulty for some people to follow
  - High in saturated fat

**7. Vegan Diet**
- **Pros:**
  - Focus on whole foods
  - Increased intake of lean protein and healthy fats

- **Cons:**
  - Potential for nutrient deficiencies
  - Difficulty for some people to follow

**8. Plant-Based Diets**
- **Pros:**
  - Focus on whole foods
  - Increased intake of lean protein and healthy fats

- **Cons:**
  - Potential for nutrient deficiencies
  - Difficulty for some people to follow

**9. Mediterranean Diet**
- **Pros:**
  - Focus on whole foods
  - Increased intake of lean protein and healthy fats

- **Cons:**
  - Difficulty for some people to follow
  - High in saturated fat

**10. Whole 30 Diet**
- **Pros:**
  - Focus on whole foods
  - Increased intake of lean protein and healthy fats

- **Cons:**
  - Difficulty for some people to follow
  - High in saturated fat

**Conclusion**

Choosing a diet is a personal decision. It's important to consider your lifestyle, goals, and overall health when deciding on a diet. It's also important to talk to your doctor or a registered dietitian before starting any new diet plan.
Sailors outstanding, win Greater Bostons

By Audrey Greenhill

The MIT weekend regatta sailed on a field of 40 crews. MIT's women's crew cruised home to a strong fourth place finish in last Sunday’s regatta on the Charles River at Cambridge, Mass. The regatta was held in conjunction with the A-Team Regatta and the Boston University Invitational.

The MIT women's crew was placed fourth in the varsity women's division with a time of 17:55 minutes, finishing just behind the Harvard Women's crew. The MIT men's crew was placed third behind Dartmouth and Brown in the varsity men's division with a time of 15:53 minutes.

The MIT men's crew, led by co-captains Brian Egan and Brian McMillan, started strongly in the first race and did not look back. They were followed closely by the Dartmouth crew, who finished in second place. The Brown crew came in third, leaving the MIT men's crew with a strong finish.

The MIT women's crew, led by co-captains Diane Medved '80 and Liz Fisher '80, started strongly in the first race and did not look back. They were followed closely by the Harvard Women's crew, who finished in second place. The Brown Women's crew came in third, leaving the MIT women's crew with a strong finish.

The MIT men's crew and MIT women's crew were both invited to compete in the Great Bostons Regatta, the first of its kind, which was held in conjunction with the A-Team Regatta and the Boston University Invitational. The regatta was held on the Charles River at Cambridge, Mass.

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A growing number of young people are looking for ways to feel more at home inside their bodies. This has triggered a new surge of interest in exploring both ancient Eastern disciplines and newer Western methods of working with the body. These systems are often grouped under the umbrella term of "sensory awareness"—the process of tuning in to the body's needs and sensations.

As many experts tell us, our emotions, attitudes and past experiences are all linked to physical responses in the body. Often, we ignore these body messages until serious illness or breakdown occurs. It's as if the body and the mind were tied together by a fragile cord and slowly wandering in opposite directions. Eventually, the body yanks on that cord with a sharp dose of pain or disease to finally grab the mind's attention. Sensory awareness systems aim to avoid these crisis messages by keeping mind and body in constant communication. The idea is to help the body put through a continuous flow of signals about its need for food, rest and exercise—while the mind sends back its own signals to control the body's functions and stir up new reserves of strength and energy.

Because the vast majority of these methods are rooted in centuries-old Chinese, Japanese and Indian philosophies, the same basic techniques tend to surface again and again. For instance, deep breathing, stretching exercises and mental concentration to relax various body parts are techniques used in dozens of body systems. Overall, these systems tend to fall into several distinct categories of body-working methods—from massage to martial arts. Here's a micro-view of some of the most popular approaches to bringing mind and body back together:

**Movement**

**BIOENERGETICS**

Alexander Lowen based his bioenergetics system on the theories of psychoanalyst Wilhelm Reich. Reich believed that in growing up each person develops a "character armor" of past experiences which are reflected in his postures and movements. This means that past traumas and frustrations remain locked up in the body, preventing free and easy movement. Lowen developed a series of exercises to break down this character armor. For example, arching the body in forward and backward bows is used to bring new awareness of sensations, while deep breathing and body tensions release tension. Lowen also used a series of sharp, active movements such as striking a bed or couch and kicking or flailing with the arms. These actions help the person recall his childhood ability to abandon himself to movement and release emotions physically instead of keeping them bottled up inside.

Since Lowen first developed his methods, the term bioenergetics has been broadened to include a variety of approaches, from movement by the individual to manipulation of the body by a trainer or healer. However, the major goal remains the same—to lessen blockages and patterns of behavior which interfere with the free, open use of the body.

**FUNCTIONAL INTEGRATION**

This movement system, invented by physicist Moshe Feldenkrais, concentrates on controlling body functions and alleviating stress. More than a thousand elaborated exercises, each with approximately 40 variations, are designed to help the student develop precise awareness of the operation of his body. He learns how to monitor the flexing of his muscles, control his breathing and feel many other body functions. The aim, according to Feldenkrais, is to organize your own body to work with minimum effort and maximum efficiency.

Most of the exercises are performed lying down. A student typically begins his session by checking where and how various parts of his body touch the floor. From here, exercises are done slowly, with no straining or effort. Some movements are performed totally inside the mind. The linking of mind and body is a mental rehearsal of activity. Those who have tried the method report heightened awareness of body functions and elimination of stiff, tight muscles. It's easy to resist this anxiety about future events by using the technique of mentally performing them ahead of time.

**YOGA**

Yoga, a Hindu discipline which dates back to prehistoric times, is probably the world's oldest system of physical and mental development.

**Feeling Good:**

16 Ways To Get in Touch with Your Body

The word yoga means "union"—the linking of mental and physical energy with prana, the universal life force. The usual techniques most often associated with yoga are actually parts of one branch of the discipline called Hatha yoga. Hatha yoga combines a number of postures, or asanas, with pranayama, or
Sailors outstanding, win Greater Bostons

By Sydney Greenhill

The 38th annual Greater Boston regatta, held on the Charles River in Boston, Mass., last weekend to compete for the McGinnis Cup sponsored by the Charles River Yacht Club, attracted 178 entries. It was the largest entry in the history of the event. The regatta consisted of three divisions, the first two to be sailed on the Charles River and the third, on Lake Boston.

The regatta started with a light breeze, but as the sun rose, the wind increased to a gale. The race was won by the MIT team, with the Harvard and Yale teams coming in second and third, respectively.

The MIT boats, which were the largest in the regatta, sailed well in the heavy conditions. The Harvard and Yale teams also performed well, but were unable to match the speed of the MIT boats.

The regatta was held in honor of the late Charles McGinnis, a prominent Boston sailor and yachtsman who died in 1910. The McGinnis Cup is awarded to the team that finishes first in the regatta.

The MIT team, which had been training for several weeks on the Charles River, had a strong team of experienced sailors. The team consisted of:

- Captain: John Miller '74
- First Mate: Bill Bodine '79
- Second Mate: Rob Page '79
- Third Mate: John Greenhill '79
- Crew: Bill Healy '79, Bill Bodine '79, Rob Page '79, and John Greenhill '79

The MIT team sailed well in the heavy conditions, and were able to maintain their lead throughout the race. The Harvard and Yale teams, while competitive, were unable to match the speed of the MIT boats.

The regatta was a great success, and the MIT team was thrilled with their victory. They were proud to have won the McGinnis Cup, and were looking forward to the next year's regatta.
Coordinating Mind/Body Signals

RELAXATION RESPONSE. Dr. Herbert Benson's concept of the "relaxation response" is designed to provide everyday relief for the anxieties of our achievement-oriented, hyper-typed-up, pressure-ridden society. Tension or stress produces a "fight or flight" response in the body originally designed to help primitive man fight off saber-toothed tigers and related problems. In our modern, highly stressful society, that response is produced so often that it causes illness and disease.

According to Benson, each of us also possesses a natural mechanism which allows us to turn off this fight or flight response and its harmful effects. To produce the relaxation response, Benson suggests that the individual pic a calm, quiet environment, kick off his shoes, loosen any tight clothing and sit in a comfortable chair. He then listens to the mind float along, refusing to focus on any noises or other distractions. The next step is to repeat a calming mental device—such as a word, phrase, prayer or meaningless sound—spoken silently in the mind or in a slow, gentle tone with each exhalation. Practicing this response for 10 to 20 minutes a day can result in increased oxygen consumption, lower blood pressure, slower heart rate and an all-over sense of well-being. This exercise is essentially a form of meditation. Package, as what differently, it's also practiced by students of Transcendental Meditation and Zen Buddhism.

TRANSCENDENTAL MEDITATION. The most popular form of meditation taught today is called "Meditation in Silence." It is an ancient system of health-giving exercises rooted in Chinese religious teachings. Literally translated, "Meditation in Silence" ultimately means "to play out the Chinese Yung-Yang concept of balance between opposing forces, with the slow descent the shift of body weight from one leg to another. The term "chi" looks like a graceful, effortless smile, especially if you watch a class moving through the forms in unison. Although some tai chi styles can be used for combat at advanced levels, the discipline is most often practiced for exercise and relaxation. There are 126 movements, traditionally practiced at dawn and dusk. Many carvings, names such as "White Snake Sticks Out Tongue" or "Golden Cock Stands on One Leg." An abbre-

Martial Arts

TAI CHI CHUAN. T'ai chi ch'uan, sometimes called "Meditation in Motion," is an ancient system of health-giving exercises rooted in Chinese religious teachings. Literally translated, "Meditation in Silence" ultimately means "to play out the Chinese Yung-Yang concept of balance between opposing forces, with the slow descent the shift of body weight from one leg to another. The term "chi" looks like a graceful, effortless smile, especially if you watch a class moving through the forms in unison. Although some t'ai chi styles can be used for combat at advanced levels, the discipline is most often practiced for exercise and relaxation. There are 126 movements, traditionally practiced at dawn and dusk. Many carvings, names such as "White Snake Sticks Out Tongue" or "Golden Cock Stands on One Leg." An abbre-

THERAPY. INTENSIVE JOURNAL WORKSHOPS are run by the researchers at the Chronobiology Clinic and are designed to enable individuals to observe and understand their own biorhythms. The workshops emphasize the idea that everyone has their own pattern of functioning, and that the best way to understand this pattern is through keeping a written record of your own experiences. By carrying on a mental dialogue with your inner self and keeping a written record of the conversations, the student gets some insight into his own feelings about his body.

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BIODEFEEDBACK is a highly scientifically based and non-invasive intervention program that uses hardware to measure and control the user's physiological responses. The software is designed to help people achieve specific goals, such as reducing stress, improving concentration, or enhancing athletic performance. The program works by providing real-time feedback to the user about their physiological responses, allowing them to make adjustments to their behavior. For example, if the user is experiencing symptoms of anxiety, the program may provide feedback on their heart rate, blood pressure, or breathing rate, and suggest strategies for reducing these symptoms. The user can then practice these strategies in the context of the program, with the goal of achieving specific goals.

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Sailors outstanding, win Greater Bostons

By Audrey Greenhill

This past weekend the varsity team impressed at their first regatta of the year, the New England fall regatta hosted by Dartmouth College in Hanover, New Hampshire. MIT placed third behind Dartmouth and Williams College, finishing in 18:06 minutes to earn the trophy.

The crew that topped the field of 40 was a team consisting of both men and women, from the MIT sailing team. The crew included bow Dan Medul!, stroke Liz Fisher '80, 7th through 10th seat Peter O'Connell, and coxswainm Jen Kitson. The crew finished 26th overall in the varsity event and 36th in the combined event.

The regatta was held on the Connecticut River in Hanover, New Hampshire, and was attended by teams from across the country. The weather was excellent, with a temperature of 60 degrees Fahrenheit and a steady wind of 10-12 miles per hour.

The MIT crew performed exceptionally well throughout the regatta, coming in third overall in the varsity event and 36th in the combined event. The crew trained hard over the summer, and their efforts paid off during the regatta.

The crew went on to win the Smith Trophy, which is awarded to the team with the highest overall score in the regatta. The crew also placed second in the McMillan Cup, which is awarded to the team with the highest overall score in the varsity event.

The crew's success was the result of hard work and dedication throughout the season. They trained six days a week, focusing on technique, speed, and endurance. They also participated in a variety of other sports, such as tennis and basketball, to improve their overall fitness.

The crew's next competition will be the Schell Cup, which is held in New York City. The crew is looking forward to the challenge of competing against some of the nation's top teams.

The crew's success is a testament to the strength of their team and their ability to come together and work towards a common goal. They are a true example of what can be achieved through hard work and dedication.
Importantly, it is often taught that object intact and pass that object. It takes a tool to learn the sometimes self-defense tool. Most experts, unless you're not, you should sit over the body. Kicks, at 30 years ago, probably the art of all the martial arts. Use force to strike, the aim to sense of an attack, quick, circular turns to turn to throw oneself with the universe, and its graceful, more calmly forces. Most martial artists a lot of use. But never cannot often quickly.

From Slade, 1976. 5:55)

I think I present a novel, as if teams can't from some leadership to play and retreat to match. Con-try teams in each termi- or win- of A. someth- than
More Power to You!

Beat Fatigue With This High-Energy Rx

Diana Dynamo is the kind of person who leaps out of bed at 7 a.m., jumps into the shower, and positively bounces into her 8 o'clock class. Ahh, you say, a morning person. Not so. Diana Dynamo is a perpetual motion machine all day long. She is always bursting with energy, alive and animated, sparking with wit and full of good cheer. As evening falls and other mortals are winding down, D. D. is just getting her second wind. There's so much more to do—suppose, visitors to entertain, Friday night football games to attend, before dark, plus homework. And in her spare time, D. D. manages to devour an average of three movies and two books every week.

Where does she get all her energy? You wonder, as you drag out of bed, barely pull yourself together and have your showered and dressed by 8 a.m.? She may find this hard to believe, but you probably have just as much energy. As Diana Dynamo can attest, the difference is that D. D. is maximizing her personal energy supplies.

You can use your own energy resources to better advantage, too. The payoff is tremendous. When you drag, life drags; a good mood bores you. lively books put you to sleep. You need some, though it's pretty clear, for example, that getting enough sleep makes you live longer and not always in obvious ways. It's your system is interlocked with other aspects of your life.

To understand this, visualize yourself as a whole system. Just as an ecological life chain, every component of your system is interlocked with other parts. A change in one affects others, and not always in obvious ways. For example, a pretty clear, for example, that getting less than three hours of sleep will leave you less than perky the next day. But did you ever think that there could be a connection between fatigue and concerns about your sex life? Or that a change in eating habits could possibly make you feel less sleepy at odd times? The links of your system that affect your energy level fall into three broad components: the physical, the emotional, and the attitudinal. Maximizing your personal energy means bringing all three components into harmony.

1. Get Your Body in Good Working Order

It's easy to see that your physical condition affects your energy level in a multitude of ways. For instance, doctors say that the people who are most likely to report fatigue are the very fat and the very thin—obese and underweight. Eating puts extra weight on your frame, which increases the burden on your muscles and organs and tends to wear you out faster. An undernourishment short-changes the system of its basic needs for daily functioning. Crash diets or occasional fasts can be physically exhausting simply because they don’t provide the system with enough energy supply to keep it going normally. Quality counts as well as quantity. Junk food can provide quick bursts of energy. For more sustained efforts, though, such as a full day of attending classes, or thinking through a term paper, our system needs protein and vitamins and minerals and all those other good nutrients.

Sleep also has a direct effect on energy levels. Although, some might say it is impossible, to say how much is enough, how much. Everyone’s needs are different. To gauge what’s right for your body, much of your personal energy. For more sustained efforts, though, such as a full day of attending classes, or thinking through a term paper, our system needs protein and vitamins and minerals and all those other good nutrients. Sleep also has a direct effect on energy levels. Although, some might say it is impossible, to say how much is enough, how much. Everyone’s needs are different. To gauge what’s right for your body, much of your personal energy.

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Scoring Board

Sunday: Sailing 2nd Annual Fruit Cup Women’s 2nd in Girls Trophy

Monday: Track and Field at Whitman 0 2

Tuesday: Volleyball at Williamsburg 2

Wednesday: HSSK Intramural Program - Two-Eagle League

Thursday: UMass 2 0

Friday: Football at WPI 1 1

Saturday: Baseball at St. Lawrence 1 1

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The emotional component of fatigue does not lend itself to quick fixes and instant cures (though some sufferers turn to drugs with exactly that in mind). But there are a few things that you can do to help release the energy you are investing in stress, worry and feeling blue.

One exercise is stress that has not yet left behind tense muscles, high blood pressure and shakiness of breath. Exercise releases the "fight or flight" mechanism as it was intended to be released--flying down the spider track, beating a tennis ball's brains out. Exercise drains tension from the muscles and acts as a soothing tranquilizer (in addition to restoring alertness as mentioned earlier). It also takes care of the high blood pressure and shortness of breath, if you exercise regularly enough to build up your heart and lungs. It is covered in more detail in the article on exercise on this page.

Another way to counter stress is through relaxation. Deep relaxation techniques can help you to relax the mind and allow the body to rest. Deep relaxation is covered in more detail in the article on exercise on this page.

Stress is a major factor. Stress is a necessary part of our lives and an important survival mechanism, but often it is handled destructively into distress.

Like your prehistoric ancestors, you frequently respond to personal threats by way of the "fight or flight" response--muscles tense, breath quickens, the heart pounds and adrenalin rushes into the bloodstream to provide extra energy. Unlike the cave men, the heart pounds and adrenalin is a major factor. Stress is a major factor. Stress is a necessary part of our lives and an important survival mechanism, but often it is handled destructively into distress.

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Sailors outstanding, win Greater Bostons

By Audrey Greenhill
This past weekend the varsity sailing team gave its best performance of the season by winning the Obrey Trophy and placing second in the other major regattas.

Saturday, MIT hosted the Obrey Trophv, which is the Greater Boston Championship. Traditionally, seven to nine Russian schools compete in three divisions: varsity, junior, and two Tech lengths. A good constant breeze prevailed throughout the regatta. Top honors were won by MIT and one Tech division by Bill Dalton '80 and crew Jordan Schirmer '79 who finished a respectable second third. Tomorrow the team will compete in the trophy, the New England Fall championships.

A team of eight was sent to the Naval Academies in Annapolis, Maryland, last weekend to compete for the McMillan Cup. Eric Greene '79, skippered the forty foot Ludgers to a second place finish just behind Navy, who has the opportunity to practice in the boats more frequently, thus giving them an edge over the other schools. MIT's good crew work was a key factor in the team's performance considering the sailors had never worked together before. The second place finish qualifies the team to return to New England in the Kennedy Cup, a national competition. The Smith Trophy was hosted by MIT on Sunday, as many schools competed, making it the FORD MUSTANG II

FORD

Both live.
And once bitten, there is no known cure. How was a long quick drive down a back road when the Curtiss II can show off its rack and pinion steering. Not to mention its all-terrain four-speed transmission, and a 2.3 litre engine, with front turn signals, which delivered back and forth, this year, Lane. One has a smoke that doesn't have to be a skin. So, when you're looking for some bite really, see your local Ford Dealer.

The MIT women's varsity eight, placed from 1 to 4. Cindy Cole '79, Diane Medved '80, Liz Fisher '80, Mary They were Radcliffe, Harvard, Brown, Cornell, and Pennsylvania. The memory of a team from the Harvard River just two weeks ago in which the team placed third behind Dartmouth and Mount Holyoke made the victory particularly pleasant.

Saturday in the math was behind the curtains. In the women's four event finished 26th and another four, racing with the lightweight men finished 35th. Coach John Miller '74 says that the crew is beginning to row well. "We are nowhere near the level of conditioning we should reach by the spring racing season," he added. Part of the improvement in the year-3 veteran team is due to the strong freshman class which Coach Doug Lawless "4 developed very well."

Several of the varsity men's boats did very well. Finishing Billings's ninth place finish in the lightweight singles and Assistant Provost Harley Rogers' third place finish in the veteran singles.

By Cindy Cole
Seeded 36th in a field of 40 crews, MIT's women's varsity eight rowed in finish in last Sunday's Head of the Charles Regatta, Wisconsin, the only college crew faster than MIT, finished in first place with a time of 18.66 minutes to MIT's time of 19:11. Second and third places were taken by Vesper, a Philadelphia Club crew and St. Catharine's, a Canadian club crew.

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Among the many eights defeated by MIT were Radcliffe, Mount Holyoke, Dartmouth, Syracuse, St., Brown, Cornell, and Pennsylvania. The memory of a team from the Harvard River just two weeks ago in which the team placed third behind Dartmouth and Mount Holyoke made the victory particularly pleasant.

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The MIT women's varsity eight, placed from 1 to 4. Cindy Cole '79, Diane Medved '80, Liz Fisher '80, Mary They were Radcliffe, Harvard, Brown, Cornell, and Pennsylvania. The memory of a team from the Harvard River just two weeks ago in which the team placed third behind Dartmouth and Mount Holyoke made the victory particularly pleasant.

Among the many eights defeated by MIT were Radcliffe, Mount Holyoke, Dartmouth, Syracuse, St., Brown, Cornell, and Pennsylvania. The memory of a team from the Harvard River just two weeks ago in which the team placed third behind Dartmouth and Mount Holyoke made the victory particularly pleasant.

Saturday in the math was behind the curtains. In the women's four event finished 26th and another four, racing with the lightweight men finished 35th. Coach John Miller '74 says that the crew is beginning to row well. "We are nowhere near the level of conditioning we should reach by the spring racing season," he added. Part of the improvement in the year-3 veteran team is due to the strong freshman class which Coach Doug Lawless "4 developed very well."

Several of the varsity men's boats did very well. Finishing Billings's ninth place finish in the lightweight singles and Assistant Provost Harley Rogers' third place finish in the veteran singles.

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