The audience participated in Teplitz relaxation demonstration.

Lecture is Relaxing

by MICHELE KUZMICH

"I'm going to take you through an experience, not just a lecture," said Jerry Teplitz, lecturer and relaxation expert.

Teplitz, a former lawyer for the Illinois Environmental Protection Agency, is now a full time teacher of relaxation techniques. He demonstrated three basic ones: deep breathing, visualizing and meditating.

In Hatha Yoga, breath is viewed as the main life force. Teplitz, who is a student of the Temple of Krishna Yoga, took the audience through stretching and breathing exercises to relax them.

Shiatsu, a Japanese finger pressure technique was demonstrated. This technique, which is similar to acupuncture, is used not only for relaxation but to also treat minor health problems. Three members of the audience, with common ailments such as headaches, sore throat and sinusitis claimed they were "cured" or at least relieved. In the teaching process, Teplitz had the audience practicing on each other.

Shiatsu, he explained, works for several reasons. It increases blood flow to the affected area, thus cleansing it. The healing process is speeded up because nerve endings are stimulated. Shiatsu also relaxes and loosens muscles and blood vessels. Dizziness is often caused by tension, according to Teplitz.

Mediation was the last technique demonstrated. Teplitz took the audience through the whole meditation experience. After doing more relaxation exercises, members were instructed in both the "hong nui" and the "object of beauty" methods. People were advised to use the method with which they felt comfortable. After the usual meditation time, 20 minutes, members of the audience were asked to share their feelings.

continued on page 2

Three Credit Hour System

Adjustment Time Needed

by JIM GREINER

Time is needed to adjust to the new three credit-hour system, according to Sister Barbara Hansen, academic vice-president.

The main problem with the new system, as seen by many students, is the reduced credit received for basically the same amount of work required in the past.

So far this semester, the failure of many faculty members to re-adjust the material covered in their courses is the reason for the inequity.

Some instructors have even announced to their classes that they do not intend to decrease the class workload even though students will receive less credit for the same amount of work," stated Mary Bauer, sophomore.

Often, however, teachers are caught in a bind between including information in their classes which they feel is important and deleting material because of the time allowed, according to Gary Robertson, assistant professor of economics.

Aquinas switched from a three credit hour system to a four credit hour system for the regular program in September 1970. The change came as a result of recommendations made by the national self-study conducted from February to May, 1970. The deliberative work of the second section was done by five study groups made up of administrators, faculty, and students with the assistance of a national advisory board.

The recommendation to raise the credit earned for a standard course to four credits was made in order to allow students to take one less class per semester. It was believed they could then spend more time on each subject taken per semester. The four credit hour system was approved by the Board of Trustees in February, 1970.

At-instituted this semester, the three credit hour system is one result of a Board of Trustees mandate made in the spring of 1977 to cut the college's financial expenditures by 2%, stated to the years 1978 and 1979.

In the first year of the mandate, the budget cuts were made by the retirement of Aquinas staff and administration.

In the second year, 78-79, academic revisions are to be completed. With the rebirth of the three credit hour system, less credit is needed to teach so each teacher theoretically instructs one less class.

continued on page 2

Warning Circulated

by JOE STEVE

Last week, Dr. Norbert Hruby, president of Aquinas, circulated a warning to the college community to be careful and more "security-conscious" on campus.

The circular came out of a concern for a student in student awareness towards their safety. Hruby said his concern stemmed, from the fact that "some again, individuals walk on campus unescorted, doors are propped open for someone's later convenience in the case of residence halls, strangers walk down the hallways unchallenged."

The tightened security came after an early after sexual assault on Oct. 5 in Regina Hall. A list of pre­cautions was posted on campus at that time, but it was appar­ent that over the break the community forgot about the dangers.

Hruby said that the community must accept some of the responsibility for protecting themselves and others. He encouraged the use of the escort service during the evenings on campus. Also, he noted that "doors must be locked on both the Plymouth and Fulton parking lots, and are now in working order.

To get an escort the person must call Regina Hall or simply pick up one of the phones in the parking lots which are hooked up directly to Regina's main desk phone.

The college is sponsoring a Safety and Security Awareness Day on Nov. 29. The topics to be discussed will be: Abuse and Neglect, Community action, Violence, Crime Prevention and Rape. Spokes who will appear are from the University of Regina, University of Missouri, Regina Police, Regina Security Administra­tion, Crime Prevention Bureau, Easttown and the Grand Rapid Rape Crisis Team.
Two years ago a piece of legislation that would raise the drinking age to 19 was discussed. It was to be a three-year experi- ment where drinking age would not be enforced if it wasn't enforce- able or practical. There was much publicity on the issue and at that time it was successfully postponed.

The reason for this legislation to raise the drinking age to 19 was delayed was that it was felt that it might be impossible to enforce and that the question was settled in 1972 when voters passed the Age of Majority Law giving 18-year-olds all the rights of adults.

This year on April 4, however, the legislation was passed. But before the experiment could be tried, let it be explained, a group of churches staged a petition drive to get a proposal on the ballot which would raise the legal drinking age to 21. They were successful in getting the signatures needed to put the proposal on the ballot.

Once Proposal "D" made it onto the ballot more and more people got on its bandwagon. The parents of high school and younger children felt it would be good to keep alcohol out of their children's reach for a few more years. Teachers in the high schools thought it would insure that their students wouldn't be drinking.

There were, in favor of raising the drinking age to 19, but apparently 21 seemed to put the problem even farther away. They thought it would insure that their students wouldn't be drinking.

younger children felt it would be good to keep alcohol out of their home and their professors, administrators, students and their parents. Almost all of them were against Proposal "D." And why? The people involved were not consulted and were forced into other rooms. Grant- ed, a questionnaire was mailed to prospective resident students regarding the legal drinking age. But no one was told which floors would have what lifestyle. Furthermore, people are scattered too much to voice any unified and audible opposition to such a plan.

Now that this "better lifestyle" has gone into effect, the university has seen its enrollments rise. So high it is virtually impossible for one to study and/or sleep in the dorms. As I write this letter, the "men" in the room next to mine are drooping firecrackers. I can barely see to write this letter. Stereo volumes in each room compete with each other so I am getting a hiphop education on the hard way. On one night in partic- ular, the fire alarm was pulled and a group of churches staged a petition drive to get a proposal on the ballot.

But before the experiment could be tried, let alone evaluated, the college professors, administrators, students and their parents. Almost all of them were against Proposal "D." And why? The people involved were not consulted and were forced into other rooms. Grant- ed, a questionnaire was mailed to prospective resident students regarding the legal drinking age. But no one was told which floors would have what lifestyle. Furthermore, people are scattered too much to voice any unified and audible opposition to such a plan.

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Suggestions Sought

by JIM WYSOCZYNSKI

President Norbert Hruby announced last week that the college is interested in ideas and recommendations from anyone pertaining to the present parking situation.

He stated his interest early this term in a letter relating the new parking regulations to a recent fire in Regina Hall. The fire set a new flood in the past parking system. Last year cars were often parked in streets that were blocked by fire lanes. The fire fighters who arrived for the fire, concluded, said Hruby, that they were able to arrive much quicker than they have left at the same time last year.

All four of the dispatched fire vehicles arrived in time to avert serious damage to the third floor east room where the fire started.

Problems Persist

Disatisfaction with the system, however, still exists.

The whole problem, said one member of the All-College Traffic and Safety Board, comes down to a number of people who wanted to park in the 67 parking spots of the Wege lot.

Recent findings from a survey presented to Hruby by Security Officer Harold Hikade are that approximately 26 parking spaces are vacant on average days in the Wege lot. Thus, part of the solution could be found in a better way of more effectively utilize the Wege lot.

The letter Hruby sent clerical and maintenance staff members and the administration asked for suggestions to that end.

System to Evalute

Also outlined in the letter were five original purposes of the traffic operation as to open up fire lanes, provide convenient handicapped parking spaces, eliminate illegal parking, provide easy access to parking for faculty and certain students who frequently leave campus, and make it pay for itself.

The letter also included the current budget, according to an estimate by Vice President for Business Services, William J. O'Conner, is $12,000. The bulk of that money he said will also be used to evaluate the present parking lot, said Joe Nowak, superintendent of buildings and grounds, should be "some time in the middle of next summer when the ground settles."

The newly grated lot has been a source of concern because its surface had been turned to mud during rainstorms and there was no sidewalk leading from it.

"If we don't get it (the sidewalk) in the next few weeks, said Nowak, "we won't get it done that fall."

He based his position on the fact that there may be indentments made by then.

Chairman of the All-College Traffic and Safety Board Roger Remington has remained reluctant in dealing with SUNRISE. After baring reports from board meetings, Remington's English week said: "As far as I'm concerned, no interview, I took place here today."

But an interview, in fact, did take place. "I don't think the SUNRISE is out to cover news—I think they are out to make news," he stated.

System to Evaluate Majors Approved

by JIM WYSOCZYNSKI

At least two majors are under consideration for being discontinued and frequent evaluation of all the other major departments will be made begin­ning next spring, according to Dr. Glen Barkan.

Barkan is chairman of an Academic Assembly committee responsible for the study and recommendation of a department's viability. Guideline for the evaluations were approved by the assembly during a recent meeting.

The proposal for department evaluation came as a result of a mandate given the Board of Trustees to install the second phase of a re­adjustment program to reduce operating costs for fiscal year 1978-79 amounts approximately $100,000. It was presented at the April 11, 1977 meeting of the Academic Assembly in which the possibility of a "net reduction of at least three full-time faculty members" was also entertained.

Majors in Communication Arts, because of limited faculty, and International Relations, due to a recent revamping of the program, were also recommend­ed for elimination at that meeting.

International Relations, as a result, will be among the first majors to be evaluated this year. Communication Arts, however, has since been added to the list.

The Committee on Studies recommended departments be evaluated every five years by an ad-hoc committee. It would be appointed by Barbara Hansen, academic vice president, in consultation with the commit­tee for each department under evaluation. A member of the Committee on Studies would also be included.

The committee stressed in its proposal that "it would be unfortunate if this proposal were viewed only as a pruning device, for that would miss its importance as an (odd) agent for growth and development."
Students Selected for "Who's Who" by JIM GREINER

An Aquinas selection committee has chosen to include 30 Aquinas students for recognition as members of Who’s Who Among American College and University Students, 1978-79.

Of the 30 students selected, 18 are juniors and of the total, two are continuing education students. The criteria used by the committee composed of 12 representatives from faculty, staff, administration and students were three-fold. The committee reviewed each nominating student’s participation, leadership roles as well as how generally involved they are. They also looked at the nominator’s opinion about the student’s potential for future accomplishments.

All persons considered had to have at least a 2.5 G.P.A. and be a college junior, senior, or graduate student.

Deadline for fellow student, faculty, and self-nominations was Oct. 9. Committee members could also nominate students they deemed worthy of recognition. Selection of the 30 finalists took place at a Oct. 17 meeting.

Who’s Who, begun in 1934 by Pertus Randolph, head of a multi-state printing company in Alabama. Its original and current purpose is to recognize students who did not have the money for the initiation fees and dues of other organizations. This form of recognition is also to serve as an incentive for students to get the most from their college careers.

Besides recognizing students for what they have already done or what they might accomplish, Who’s Who also provides the business world with a list of outstanding students in the nation.

Those students selected can take advantage of free job referral, graduate school fellowship referrals and letters of recommendation which the program makes available. Also, their name and biographies are included in The 1978-1979 Who’s Who Among Students in American Universities and Colleges bio-volumes. The 1978-79 recipients of Who’s Who recognition are: Kathy Ashby, Bonita Admore, Joseph Aubin, Donna Brown, Edward Buday, Jean Anne Curcio, Margarita Czyzio, Edith Evans, Mary Hentschel, Thomas Heistlan, Susan Hertel, Dean Hill, James Lamerot, Karen Lucarini, James Mitchell, Timothy O'Brien, Michael Ogderko, Rajeenae Parks, Steven Paulus, Mary Pelt, Mary Jane Rice, Linda Salas, Larry Sanders, Dina Sellinsky, Julia Sibbly, Amy Signore, Sheila Wales, Regina Wise, and Barbara Wruble.
Aquinas Offers Nursing Credits

by JIM WYSOZNYSKI

One reason incoming stu­dents at the Mercy Central School of Nursing at Aquinas will be smiling more is because of a new program.

The program, which is now enrolled in the new accelerated 21-month program have the chance to receive transferable col­lege credits with Aquinas College. Currently, 44 full­time students are enrolled.

The program is a prelude to a proposed bachelor of science in nursing and is experimental," said Barkan.

Some students feel more comfortable knowing their credits will transfer freely. Others like the option of being able to work in a chosen field after 21 months of training while still being able to continue with college.

Whatever the case, "the case of a curriculum at Mercy Central is an excellent program... good for those who want a degree," according to Dr. Susan Gillis, visiting assistant professor from Aquinas.

"It offers more clinical time," said first year student Sandy March. "That’s encouraging. I can always go back, get my degree and have college credit."

"One good option," said entering student Kim Bayes. "In the fact that we can go for 21 months and get the important parts of the way. From there, we can either start prac­tioning, or decide whether to go on."

Upon acceptance, applicants must be screened through entrance exams either PCT or SAT, and interviewing. In addition, they must rank in the upper half of their high school graduating class, have one year of chemistry and Algebra and submit two references. Said nursing student Amy Kostrowa: "It’s a selective process. They don’t pick you unless they think you’re going to do well."

Aquinas is also working with Nazareth College toward a degree completion program. The program would enable previously registered nurses to return to the BSN degree.

Dr. Gillis also finds the program "ideally suited for someone who has previous college background." Good study habits, a mature attitude and a strong scholastic back­ground is required.

Any undeclared student hoping to major in an area that gets too crowded will be able to transfer to another school, or choose an alternative, said Barkan.

"Certainly a small college like this cannot offer every­thing to everyone," he said. He added, "What this [depart­mental evaluation] would do, hopefully, is make the catalog more accurate."

Departmental evaluation, said Hansen,... means that there will be periodical and frequent review of departments by college peers as well as administration."

"Present students are best able to examine what’s going on in the classrooms," she also said.

Level of preparation and competency of the majors was also instituted by the Academic Assembly. The evaluations determine what credits each person has earned and what they need to complete the liberal arts re­quirement. Completed evalu­ations are mailed to the stu­dents.

A lot of students are coming in for academic advi­sing as a result of that," said Keller. He added that he felt the increased use of the Academic Advising Office was good.

Applications for declaring a major are available in the Academic Advising Office (AB105). To complete the form a department chairperson’s sign­ature is required.

Chairpersons are the academic advisors to all students with a declared major in their department. This should pro­vide for closer contact between students and chairpersons, according to Keller.

Completed forms should be returned to the registrar’s office.

Applications for degree must be completed two sem­esters prior to graduation. These forms can be picked up and, when completed, returned to the registrar’s office.

Office Supplies School Supplies Art Supplies *Typewriter Ribbons *Photo Copies *Instant Printing

The last Danforth Seminar will be held tonight, Nov. 15 in St. Joe’s lounge. Jerelyn Antony of the Student Civic Theatre will present an act-one play followed by a discussion.

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Spookhouse Truly Haunting Experience

by MAUREEN GEGLIO

More Considerations

Decision Required

Students approaching 75 semester hours of earned credit have a major decision lying ahead. They are required to form­ally declare a major area of study—invoking a few more considerations than past stu­dents have had to take into account.

As a result of action taken last spring by the Academic Assembly, a body of full-time faculty and seven student rep­resentatives, a student is now required to declare a major upon earning 75 semester hours of credit.

Reasons behind the new requirement include keeping stu­dents in contact with the academic departments and help­ing departments plan future course offerings.

Since the recent change in the core credit hour system, which took effect this fall, sophomores, juniors, and sen­iors will have to take special care in choosing courses to fulfill liberal education and major requirements.

Policy affecting which college bulletin a student should follow to determine the require­ments has not changed. Accord­ing to Mike Keller, director of academic advising, the policy is: All students will be held to the Liberal Education requirement for degrees as specified in the bulletin current at the time of registration. Likewise, all stu­dents will be held to the Depart­mental requirements for majors as specified in the bulletin cur­rent at the time of registration as juniors.

According to Keller, the required major decision does not conflict with the college’s philosophy of “trying not to force students into a decision.” The he believes because stu­dents usually reach 75 hours of credit sometime through junior year, usually giving them enough time enough to consider the options available.

In addition to the major declaration requirement, an audit system for non-declared students with over 40 credits will be done through a survey of alumni also also to be included in the report, said Hansen, “will be most significant in revealing what needs to be strengthened.”

Hansen also pointed out that, “What they learn from what credits each person has earned and what they need to complete the liberal arts re­quirement. Completed evalu­ations are mailed to the stu­dents.”

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Aquinas Student Night
Beer Discounts

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Beer Discounts

10 cents off on six pack
Orwants

10 cents off on six pack

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First Jazz Concert Announced

The Aquinas College Afternoon Jazz Ensemble is giving its first concert of the school year in the Wege Center Ballroom on Sunday, Nov. 19 at 7:30 p.m.

Dr. Bruce Early, assistant professor of music, will direct the Ensemble and playing in his own band made up of professionals.

The Aquinas College Afternoon Jazz Ensemble will play next. Then several small combos comprised of Aquinas music students will follow.

The afternoon ensemble’s performance will feature vocalist Edyth Evans, an Aquinas music student. She will be singing “Jazzman” and “Evergreen.”

Billy Joel
52nd Street
Columbia

Billy Joel’s latest effort showcases the fact that he is one of the most creative artists in the rock scene. In this album he takes the listener on a tour of 52nd Street, along the way showing how life is in the big city.

Big Shot is the first song and this takes place in the high class part of the street. It’s a hard-driving, fast moving song about a glamour gal who opened her mouth once too often.

From these Joel takes the listener down the street with catchy melodies and penetrating lyrics. Included are Zanzibar, a song about life in a jazz club, and Rosalinda’s Eyes, a love song about a band member in a small bar in the Spanish part of town.

Finally, in the best song of the album, Half a Mile Away, the listener is taken to the skid row part of the street, where two guys are sitting on the street corner drinking wine saying “my other world is just a half a mile away.”

This album is less commercialized than his highly successful Stranger LP. The songs are a tribute to his versatility, with effective use made of the saxophone and piano.

R.T. Dutkiewicz

Rocky Mountain High in Kalamazoo

If the Wednesday night John Denver concert Nov. 8 in Kalamazoo’s Wings Stadium was anything like his Thursday night show it was the best! “The Kid,” as Denver referred to himself throughout the evening, is more than a country singer; he is a performer of perfection.

Lucky fans received 2 1/2 hours of nonstop entertainment—his songs, stories, jokes, and responses to shouts from the audience made everyone feel at ease and involved with him from the very beginning. Most of the songs he sang were his own country-folk style, but renditions of rock and roll’s “Rocky Mountain High”

B. Goode” and the Beatles “When I’m Sixty-Four” were great!

Denver’s back-up band, as he described them, were also the best. Especially enjoyable were the great sounds from his flute, recorder, and saxophone player named (appropriately) James Horn. When the band took a break just over an hour into the show, John Denver remained on the stage singing and accompanying himself on his guitar (something few stars of his status would consider doing) endearing himself even more to the audience. His foot-stomping, crowd-pleasing “Thank God I’m A Country Boy” received a long, standing ovation.

After 2 hours of singing and talking to us energetically as Denver did, most performers show signs of fatigue—at least in their voices. “The Kid’s” final songs were as clear and fresh as if they were the first songs of the evening, and he looked as fresh, too.

The abounding consensus of those around Aquinas who saw Denver has been the same. An irrepressible smile crosses our lips periodically as we remember and re-experience the great “Rocky Mountain High.” Denver’s “Sunshine” gave us last night. Thanks John, I’ll be seeing you again.

Jean Anne Bega

3130 28th St.
Across from the mall
Open 10-10 Daily 12-6 Sun
949-8141

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°Pots
°Posters
°Records
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°Tapes
°Always growing to serve you better

1411 Wealthy
Open 11-11 Daily
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°Always lots of sale albums
°Pots and Plants
°Low discount Prices on Waterbeds

The Afternoon Ensemble will be leading off and Early’s Evening Band will play next. Then several small combos comprised of Aquinas music students will follow.

The afternoon ensemble’s performance will feature vocalist Edyth Evans, an Aquinas music student. She will be singing “Jazzman” and “Evergreen.”
Recipe is a Success
by BRIAN PLACHTA

Take a tablespoon of frothy and frolic. Add 11 kegs of beer, some popcorn, and caramel apples. Mix in about 800 people. Add as spice a jazz ensemble and some “get-down” country square dancing. Garnish with a beautiful Indian summer day and you have the perfect recipe for another fantastic Maintenance Shack party.

This year’s Shack party, held Nov. 3, was better than ever. According to Joe Nowak, Superintendent of Buildings and Grounds, “They always get better!”

Close to 800 people attended this year’s open house party sponsored by the maintenance crew. Those present enjoyed heaps of free popcorn, nuts, apples, beer and cider all paid for by the maintenance crew. According to Nowak, the maintenance workers all contribute to a “slush fund”, each week throughout the year giving five dollars or so towards the party. The crew also recycles old papers and uses the proceeds from the pop machine outside the shack to defray expenses. Nowak said this year’s party cost approximately $650.

Party participants definitely seemed to enjoy this year’s open house. As the sounds of the “Sinclair Jazz Quartet” filled the early afternoon air, alumni, faculty, students and administration mingled among the crowd and left with a beer or cider in one hand, typically, and some popcorn, pretzels or a fresh apple in the other hand.

At the afternoon dawdled on and the crowd became a bit more boisterous, Betty Taylor lead an hour and a half of some foot-stomping, turkey-callin’ square dancing. Students eagerly gathered, squared off and swung their partners as they square-danced the remainder of the afternoon away.

All in all, it was a fantastic party with beautiful fall weather, plenty of free food and drink and carefree people ready to enjoy.

The Maintenance Shack Party, “Was great!” said junior Tony Signore, “I heard I had fun.” - now that’s a recipe!
To the Bare-footed Foreign Athlete

I love turtles. They're rather small, but I don't know what all you, Collect soon. Love from your friends for whatever.

Bob, Bob, and the girls

Dear Student,

We call the other day, but we had to talk to your nice
pet snake. Don't you. love us any­

but only got to talk to your new

AQ Cross Country, please reconsider! Don't you remem­

P.S. We smelled FISH over the

Maggie L. is a Genius at K.C.C.

World Traveler.

No. 1. You'll smile when you

Big Tina,

Dearest Bea,

P.S. We smelled FISH over the

love to your sweetie, Big Tina.

—The Deaf & Blind Dog and

The Cat with six legs & no meow.

Welcome to the World!

The Cat with six legs & no meow.

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Welcome to the World!

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Thanksgiving Mass
by PATRICE MILLER
A committee of Aquinas students and faculty have planned a special Thanksgiving liturgy for Nov. 19 in the Parish of St. Andrew Bobola.
The liturgy will center on remembering that all of our gifts come to us freely and that our responsibility as a people is to share these gifts with others. The words of Sister Wanda Estop, coordinator of the masses held at the Pastoral Center, are:

The theme of the mass will be brought out in the homily, as the church prays for the healing of the masses. A choir formed of Aquinas students, headed by Kevin Ryzicka and Lisa Mateland, will be providing the music for the celebration.

The communion meditation will take the form of a liturgical dance. Two baskets will be provided for a special collection. Students, faculty, and friends are asked to write down on a slip of paper something or someone they are thankful for and place it in one basket. The other basket will be provided for monetary gifts which will symbolize a willingness to share.

The entire Aquinas community is welcome to share in this celebration of thanksgiving.

Alternate Lifestyles and Celebrations Examined
by PATRICE MILLER

"With the run away commercialization of our times, we need to come to grips with a corporate life style examination," says Sister Joannes Flumerfelt, head of the Social Action Commission at Aquinas College. "We need to examine ways to de-commercialize Christmas."

For the reasons stated, the Social Action Commission has decided to focus on alternative ways of celebrating and alternative life styles. Celebrations, according to

Friday Is Here...
by CATIE HANULCIK

Friday is here, and you've got a whole week of homework, studying, lectures and tests and notes behind you. After all of that, you deserve a night out. Here is a rundown on where to start your TGIF weekend... .

Locally, the Intersection of River and Michigan, which feature live bands every weekend. Here are a few suggestions for local nightclubs to try out:

- Snug Harbor, 501 River St.
- Jolly Trolley, 1830 E. Michigan Ave.
- Last Chance Saloon, 604 Michigan Ave.
- Frolic Bar, 630 Michigan Ave.

A sure cure for disco fever is the Alibi. Disc jockeys Dave Scott of Fox 101 and Erek Uss play the top disco hits to the finest light show in Grand Rapids.

For students with access to a car, there is an even greater variety of places to start your TGIF weekend. Have fun!

Students Needed to Assist Elderly
by PATRICE MILLER

Many senior citizens and handicapped persons who qualify for property tax rebates never receive the money because they have difficulty completing the paperwork.

To prevent this from happening, the Michigan Treasury Department, Senior Neighbors Inc., and the Voluntary Action Center, jointly offer the Property Tax Assistance Program. This program uses volunteers to assist the elderly and the disabled in filling out their Property Tax Rebate forms. Volunteers will be located in area complexes, Senior Neighbors Centers and other selected sites to be announced.

The Michigan Treasury Department provides complete training for all interested volunteers. Tax aides are asked to work at an assigned site for three hours a week either days, evenings or weekends. Volunteers are also needed to visit homebound individuals and to assist them in filling out their tax rebate forms. Either way, it is a rewarding activity for those who offer their services, and a welcome assist to those who need help the most.

If you enjoy working with people and are good with figures call the Voluntary Action Center, 459-3447.

Cooking
by PATRICE MILLER

Last Chance Saloon and Frolic Bar. These are great places to meet students from other colleges.

Now you've got a list of places to start your TGIF weekend. Have fun!

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Fall Baseball Shows Talent in Old and New

by DAVE HUIZENGA

If last year’s performance and this fall’s workouts show anything, Aquinas’ baseball team will be on their way to another sensational season.

Coach Terry Bocian stressed the importance of a fall program, which allows the players to improve, to see future competition and to have the new players meet their other teammates.

Bocian should know. After seven years at Aquinas, his teams have compiled an incredible record of 198 wins and 75 losses—one of the best records in the Midwest. Including last year’s season record of 40 wins and 8 losses, the second best win-loss record in the nation.

The team lost eight players to graduation but will have 15 lettermen returning including the bulk of the pitching staff. Junior pitchers Tom Zoerhoff, Tom Rentschler, and Dan Sherman are returning as is senior Rick Heuvelman, a 1978 All-State catcher, and senior outfielders Mark Frederickson and Tom Shupe, last years leading hitter with a .414 average.

The new transfers include infielders Dan Goeree from Grand Rapids Junior College, Rusty Brand from Kalamazoo Valley and Jeff Berg from Kellogg Community College. The outfielders are Rick Filush from Grand Rapids Junior College and John Zuk from Kellogg Community College.

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The fall program consisted of four weeks of open tryouts, intra-squad games and scrimmages with Grand Rapids Junior College and Kalamazoo Valley College.

“We will be young, only three seniors on the team, but I think we will do all right again this year,” said Coach Bocian.

Nationals Cap Off Cross Country Season

by JIM ELLIOTT

The Aquinas College Cross Country team has a date at Rock Island, Ill. for the NCAA Division III National Finals Saturday, Nov. 18.

Saturday, Nov. 11 the Saints qualified for the Nationals by finishing third at NCAA Division III Regionals in Cleveland, Ohio.

This caps off a successful season for the Saints who were 3 and 0 in dual meets, and finished in the top half of invitations.

The qualifiers are: Seniors Mike Woodbeck and Stan Sidor, and Sophomores Jeff Brazier and Randy Parrish along with Freshmen Matt Sliva, Dave Foster, and Bob Anderson.

“I'm hopeful that we can do well as a team and possibly have a few All-Americans on the team,” said a confident Brazier. Woodbeck added, "I was surprised that we qualified as a team . . . I'm confident we can do well.”

Cheerleaders Selected

This year, 26 people tried out for the newly created cheerleading squad with five girls and four guys being chosen. The girls include freshmen: Carrie Smith, Nancy Shirley, Michele Lattke, Monica Holloran and sophomore Andrea Urda. The guys chosen were freshmen Blaise Di Donato, Jack Risher and sophomores Brian Plachta and Jim Ympa.

Doing the judging were Patti Tibaldi, Jill Fitzsimmons, Sue Haas, Mike Gallagher, Leslie Ryder and Karen Stefanick.

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P.O. Box 84396, Los Angeles, CA 90073
The Cross-Country team's dramatic victory over Spring Arbor has to rank as one of this school's most exciting victories. Coach Mike Gallagher needed a super effort from every runner, and everyone contributed to the victory.

As for next year's squad, Mello will lose only two players, seniors Bill Wagner and Amado Arceo. Fifteen players will be returning next year along with some new recruits. "I know the players I need and I hope to get them," stated Mello.

Mello hopes to attain a home field instead of playing at John Ball Park, which he described as, "a neutral field to us. With a field on campus we would gain great crowd support."

Also, next year Coach Mello plans to have his team participate in out of state competition.

Finally, Mello stated, "With 15 players returning and at least a year of experience under their belts and more depth, I do not see a season over .500 as an impossibility."
Mama's Pride vs Penthouse Plus

Interceptions and passing were the deciding factors in the Penthouse Plus victory over Mama's Pride, 13-6.

It looked as though it would be an easy win for Mama's Pride as they dominated the first half. Mike Thering scored the lone touchdown of the first half, making the score 1-0 at the whistle.

Mama's Pride, 13-6.

Down of the game.

The Italian Stallions to victory over the second half scoring 13 consecutive points. Seven points were scored from passes from quarterback Randy Repic.

An interception by Larry Kleitjahan, assistant professor of psychology, led to Mama's Pride's first touchdown by Mike Thering.

Dan Brennan sprinted the length of the field for Italian Stallions' last score.

And Mike Thering concluded the scoring with another touchdown.

Brickhouse 19 E.Z. Knights 0

Brickhouse shut out E.Z. Knights 19 to 0 with the help of split end Annette O'Brien.

For Brickhouse's first tally of the afternoon quarterback Jean Pelak completed a 25-yard pass to Mary Clark who scored easily.

Once again it was Pelak teaming up this time with O'Brien, who scored on a 20-yard pass play.

O'Brien finished the Brickhouse scoring with a 45-yard punt return.

Sunday, Nov. 5th

69'ers 18 Penthouse Plus 12

Bill Badgerow and Paul Pearson keyed the 69'er's 18-12 upset playoff over Penthouse Plus.

Speck Tower tossed a short pass to Phil Cozens who eluded 69'ers defenders and raced 45 yards for Penthouse's first completion pass.

But the 69'ers came right back with a 20-yard scoring completion pass.

With only seconds remaining in the first half, Badgerow threw a pass that was apparent­edly going to be intercepted. Pearson, however, tipped it to himself away from a Penthouse defender and raced 35 yards to put the 69'er's up 12-0 at the half.

The 69'ers scored once again as Badgerow hit split end Jim Lamerato on a 17-yard touchdown pass.

The 69'er's scoring 13 consecutive points had nine of their eleven passes completed.

The Inferno started to score in the first half with a pass from Myszka to Gumowski. The extra point, a pass from quarterback Randy Repic, was no good.

Kielich, assistant professor of psychology, led to Inferno's first touchdown by Myszka.

The Inferno's second touchdown was successful off a pass from quarterback Randy Repic.

An interception by Larry Kleitjahan, assistant professor of psychology, led to Mama's Pride's first touchdown by Mike Thering.

Dan Brennan sprinted the length of the field for Italian Stallions' last score.

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Brickhouse vs Mama's Pride

The previous un

Mama's Pride threatened late in the game with a 45 yard throw from quarterback Steve Sherlock to Mike Thering. But John Jakobowski, in the key play of the game, intercepted the ball at the goal line and ran 60 yards for the final touchdown of the game.

A pass from Spence Tower to Jim Lamerato added the final point of the game.

Sixty-Niners vs Rams

The second half of the game may be remembered for the injuries which occurred.

On the first set of plays during the second half, Mary Clark intercepted a pass for Brickhouse. On the following play Clark tackled the Rams' quarterback into the endzone for six points. The extra point attempt was successful for not only Brickhouse but also for Mary Clark who injured her hand in a collision with Jean Pelak.

The Last Chance came right back to score with a pass over the middle and Mike Lecours to Mimi Stefaniak who ran for six points. The extra point attempt was successful for Brickhouse but also for Mary Clark who injured her hand in a collision with Jean Pelak.

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The Last Alliance defeated Inferno 15 to 14, in one of the most exciting games of the season.

The first score, a touchdown by Last Alliance, came during the first half with a pass from Karen Myszka to Maryann Gumowski. The extra point, a pass from Karen Myszka to Mary Clark, was successful.

The Last Alliance capitalized on the mistakes of the Inferno which eventually lead to a safety scored by Lorie Hohnewinkel.

In the following set of plays, the Last Alliance scored once again with a pitch to Mary Jeter who ran it in for a touchdown. The Last Alliance had two attempts to score the extra point, due to an Inferno penalty, but both were unsuccessful. The Last Alliance led 15-0.

The Inferno started to look alive on their last offensive series of plays, during the first half. But this was interrupted by an interception by Mary Jeter.

When the second half began the Inferno looked like a new team. On their first set of offensive plays, the

Mike Thering of "Mama's Pride" makes a grimacing catch.