

beacon

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April 3, 1979

Cut expected in tuition

By MIKE OLOHAN
Staff Writer

Tuition will rise \$32 at New Jersey's eight state colleges if Governor Brendan Byrne agrees, as expected, a Joint Legislative Appropriations Committee recommendations passed 17-6 last Tuesday.

Almost 85,000 students at the eight state colleges would have been hit with a \$64 million increase in September had the committee not acted.

Assemblyman Harold Martin (D-Bergen) and Walter Rand (D-Camden), sponsors of the resolution to slash tuition costs, believe, however, that a small tuition "jump," is necessary to meet rising costs.

The six Republicans on the 23-member joint legislative committee voted against the resolution, stressing tuition should not be increased despite inflation. The 17 Democrats, however, called the plan for not tuition increases "unreasonable." WPC students will now pay \$736 a year, up from \$705 this past year.

before the new tuition rates are

implemented, the Legislature and governor must approve them. Besides the revised rates at the eight state colleges, the 45,000 students attending Rutgers and 7,000 attending the New Jersey Institute of Technology will now pay \$832 a year, down from \$914 under the original proposal, but still up \$72 from last year. The 3,000 students at the College of Medicine and Dentistry will pay \$4,500 per year now, a \$500 increase, yet still \$500 less than the initial tuition proposal.

Students pressure state

Political pressure by hundreds of protestors over the past two weeks underlies the committee's quick action to cut the first tuition hike proposal, which links tuition costs to a set 30 percent of the "average educational and general expenditures," of colleges. Under the plan, college tuition will rise as prices and inflation increase.

New Jersey Students Association President Mike Mintz, who represents 70,000 of 85,000 state college students, has

urged the legislative committee "to separate the tuition policy from the tuition increase." Impromptu rallies at state colleges and student governments' lobbying in Trenton sparked opposition to the "30 percent formula," now being championed by Higher Education Chancellor T. Edward Hollander.

The joint legislative committee's 1979-1980 tuition "compromise," will distribute an unexpected \$2.73 million to state colleges to overcome a predicted \$1.67 million tuition revenue loss caused by the lowering of the tuition increase.

Fearful of enrollment declines caused by soaring tuition, several college presidents, including WPC's Seymour C. Hyman, recently prodded the committee to budget more for rising fixed costs and inflation to lessen future tuition rises.

NJSA Executive Director Dave O'Malley has stated that since nearly 50 percent of financial aid money will not help middle-income students, the tuition increase can be averted by reducing financial aid funding.

While lobbying in Trenton, O'Malley said because 1980 is an election year, legislators will not vote for a large and unpopular tuition increase.

Byrne cites \$290 million deficit

A projected \$290 million state budget deficit has caused governor Byrne to mandate cut backs in state agencies and trim all proposed 1979-1980 state expenditures. Hollander's backing of the 30 percent tuition policy appears to be the first state move to cut back on higher education costs by fixing a definite percentage to be paid by students.

"We (NJSA) are appalled at the state's attempt to start a long-term tuition policy. To cloak the political and economic facts of a tuition increase behind the respectable robes of policy is a farce and must be exposed," said Mintz at a joint legislative committee hearing last week. Mintz said a 30 percent tuition policy will "cause many students financial hardship and cause them to take out loans. Loan-financed higher education is not a desirable prospect," he said.

NJSA requests student funding

By DARIA HOFFMAN
Staff Writer

This spring during general elections, WPC students will be asked to vote on two referendums. The first involving a request for an additional \$1 from each student a semester to go to the New Jersey Students Association. The second is approval of the revised SGA constitution.

At last Tuesday's meeting the SGA General Council approved a motion to allow the referendum to appear on the ballot, after NJSA President Mike Mintz explained the problem the organization is facing. The NJSA is a corporation which represents and supports legislation favorable to students. Its most recent lobbying efforts were to fight the tuition increase.

Mintz said that because of shrinking enrollment in NJSA and the formation of many new SGA clubs, the NJSA is having trouble getting the estimated \$4,000 a semester it needs to operate. "This is causing an extreme difficulty in maintaining its effectiveness," he said.

Six of the eight state colleges, as well as Douglass and the New Jersey Institute of Technology, are part of the organization.

Mintz pointed out that referendums were already passed at four other schools and that Rutgers students pay \$2.75 a semester to NJSA.

One member of the council wanted to clarify if the amount was \$4,000 a year or \$4,000 a semester. Not all colleges pay the same amount. Often the fee depends on available funds.

Another member asked what funds were needed for. Mintz said that the SGA Board keeps track of all expenditures. In addition to paper, supplies, subscriptions to the Legislation Index and other periodicals, necessary to keep the members informed, he noted a recent \$245 bill for lawyer fees. The bill was a result of an injunction which was almost filed against striking faculty. "But our biggest problem is manpower. There are very few students involved. With the money, we could hire a director of the NJSA and a lobbyist. We could have people working regularly on campus-rather than just in emergency situations," said Mintz.

Few SGA or class candidates

While the referendums will definitely be on the ballot for elections, as it stands now, there may be very few candidates running for office.

Bob McGrath, chairman of the elections committee, announced that with nominations ending April 3 there has been very little response. At that time he had received three nominations. Others were nominated at the meeting.

Nominated for SGA President are Jeff Belinski, SGA vice-president, and Glenn Kenny, Beacon arts editor. President Loree Adams was nominated, but declined. Sandy Balunis is running for SGA Vice-President.

Nominees for Sophomore Class President are Bryan Booner and Kenneth Smagowicz; for Sophomore Class Vice-President are Steven Buchanan and Peter Carmean; for Sophomore Class Treasurer are Billy Pong and Tennyson Walters.

Other matter decided at the meeting were the approval of \$1750 requested by ESSENCE, for the spring issue of the magazine which will be out by the end of April.

The council approved to provide up to \$225 of the \$360 requested by the newly formed Circassian Turkish Club, which is currently without a budget. The club requested the monies to cover expenditures for the showing of the edited version of the controversial film, "Mohammed, Messenger of God."



Dave O'Malley beacon file photo

index...

Are you being subliminally seduced? Take another look at the ads in magazines. For a report from a lecture on subliminal techniques, see pg. 3.

"The Shirts" will be performing at WPC April 22 with some of the "freshest and most innovative music to appear in a long time" For a preview of the band, see pg. 8.

The arrival of spring brings an increased number of sports enthusiasts. For advice on getting the most out of exercise read the new column on fitness on pg. 15.

happenings

Today

Committee for the Whole Person-gay/bisexual and others. Dr. John Money will speak at 4 pm in room 200 Science Complex.

Inter-varsity Christian Fellowship invites everyone to attend a bible study action group at 12:30-1:45 in Student Center 308.

Suburban Savings & Loan-recruiting reminder.

Wednesday

Committee for the Whole Person-gay/straight/bi. We meet every Wednesday at 12:30 in room 208 Raubinger. Join our small group.

Early Childhood Organization will get together for a general meeting and conference at 3:30 in room 324 Student Center.

Inter-varsity Christian Fellowship invites everyone to attend a bible study action group at 12:15 and 12:30-1:45 in Student Center 308.

Marion Laboratories-recruiting date canceled. All students who signed up must notify the Career Counseling & Placement Office, room 22 Raubinger.

O.L.A.S.— Origin of Latin American students meeting in room 325 Student Center. All are welcome.

Veteran Association-general meeting at 12:30 in room 205 Student Center. New members welcome.

Women's Center will hold a meeting to discuss career exploration planning and information. If you are an older woman returning to former education, please join us in room 262 Matelson. For further information, call ext. 2282 or 2491.

Thursday

Boy Scouts of America-recruiting slots still available for seniors. See secretary in Raubinger.

Inter-varsity Christian Fellowship invites everyone to attend a bible study action group at 12:30-1:45 and 2-3:15 in room 308 Student Center.

Equestrian Team-meeting at 4:15 pm. Attendance mandatory for all those riding in the West Point Horse Show.

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Friday

N.J. Blue Cross/Blue Shield recruiting for accounting/business major. Prefer high GPA. Slots still available. See secretary in room 22 Raubinger.

Saturday

Equestrian Team-competition at USMA, West Point, N.Y. Meet will cover 12-6 pm Saturday, and 8 am to 6 pm Sunday. Coras out and support your team.

General Happenings

The Intramural staff is sponsoring a "Bunny Trot" a cross-country race at 4 pm, April 4. Any interested students, faculty and staff may sign up in room 214B Student Center. There will be a 50 cents entry fee. For more information call 595-2518.

If any student did not receive the New Jersey Financial Aid Form (NJFAF) 1979-80 in the mail from the Financial Aid Office, they may pick up the form in Hobart Manor, Room 7, between 8:30 am and 4:30 pm. The deadline for filing is May 15, 1979.

The Director of Academic Advisement urges each student to contact his advisor before submitting the Course Request Card to the Registrar's Office. Course selections should be discussed with the appropriate advisor who must sign the Course Request Card. If you are unable to contact your advisor, please call the advisement Office, 595-2211, 595-2205 or 595-2537 and an appointment with your advisor will be made for you. For more information call Alan H. Toat, Director of Academic Advisement, Raubinger Hall room 26, 595-2211.

Military credit explained

Veterans' affairs administrators discuss evaluating military experience for college credit at a workshop at WPC Monday, April 9.

Designed to inform participants about the new "Military Education Program" for veterans provided by the American Council

on Education, the workshop, held in Room 205 of the Student Center, explores the procedures used in evaluating military experience.

"The importance of thoroughly understanding this policy cannot be overemphasized," commented Curt Claus, director of veterans affairs and workshop coordinator. "This workshop clarifies many of the questions administrators may have about the program."

Topics discussed include "The Background of the Military Education Program," and "The Evaluating Process and Interpretation of the Exhibits and Credit Categories".

Guest speakers are Judith Cangialosi and Penny Suritz, program associates from the American Council on Education, Washington D.C.

For more information, contact the Office of Veterans' Affairs at WPC at (201) 595-2102.

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Key tells of 'subliminal seduction'

By DOROTHY RYAN
Staff Writer

Have you ever seen an orgy in your dish of clams? You may well have, according to Dr. Wilson Bryan Key, who lectured on Subliminal Seduction last Tuesday in the Student Center Ballroom before a crowd of about 200.

Key is the author of two books, *Subliminal Seduction* and *Media Sexploitation*, which deal with the use of subliminal techniques in advertising that stimulate people into buying items they don't need by using subconscious cues such as sex and death symbols.

Techniques such as placing drawings of small death masks and skulls in liquor and tobacco advertisements are common, said Key. Many of these drawings resemble the hallucinations of alcoholics going through withdrawal.

The ice cubes in liquor ads are particularly popular repositories of subliminal images, as are the backgrounds and sides of liquor bottles. On one Johnnie Walker Black Label Scotch ad, there were eight of these images.

The drawings are cleverly done. The artist will make an airbrush painting, depicting a glass with ice cubes in it. Then, skulls will be added on the sides of the ice cubes, or phallic symbols in the liquor, as it pours down from the bottle into the glass and over the ice. A person reading the magazine will see the ad,

but will not consciously realize exactly what is drawn into the picture. The person's subconscious, however, is very sensitive to oddities of this sort, particularly to motifs depicting sex and death. The subconscious will immediately grab the image and retain it. The next time the person sees the product, he will remember this image and will be tempted to buy the product without having the slightest idea why.

"I think this constitutes a sever danger on the society by which you don't even know something's been done to you," said Key.

The technique works well on record albums, too, said Key, if you look closely at the bridge of Barbara Streisand's nose on the cover of the album "A Star Is Born." you will see the letters S E X lightly outlined. The word is repeated near her ear.

Ritz Crackers are sold the same way. A mosaic of SEX is stamped on both sides and is still visible after baking, if you look closely.

Howard Johnson's Restaurant had placemats depicting a plate of fried clams. Some of the clams seem to be rather strangely shaped. Subliminally traced into the plate of clams are eight people and a large animal entwined in various sexual positions.

Bell Telephone also uses these devices. In

one of their telephone books there is an ad featuring a girl of about twelve standing on a telephone book. Near her leg is the question "Are you using your telephone book properly?" The girl is standing on her toes, her arms in a reaching position above her head and her skirt is up around her hips. Lightly drawn on the girl's leg are the words SEX and FUCK.

Muzak Corporation, which supplies background music to offices and stores, has something they call "environmental management". Under the music are commands such as "don't steal" which aren't audible to the conscious mind, but which the subconscious mind hears just fine. Within a six-month period, theft had been reduced in test-stores by 50 percent. As Key points out, if it can be used to force people to stop shoplifting, it can be used to manipulate people's feelings in such issues as who should be the next President.

These devices are against the law, but are so difficult to detect that the law is almost impossible to enforce. Attempts to enforce this law usually gets involved in the question of freedom of the press. So far, Belgium is the only country in the world that is making a serious attempt to control the use of subliminal techniques.



beacon photo by Miguel Mendosa

Dr. William Bryan Key

China trade viewed

Executives, consultants and other business professionals discuss trading with China at a workshop at WPC Thursday, April 5.

Held in Room 205 of the Student Center, the workshop explores the politics and economics of establishing commercial relations with the Chinese.

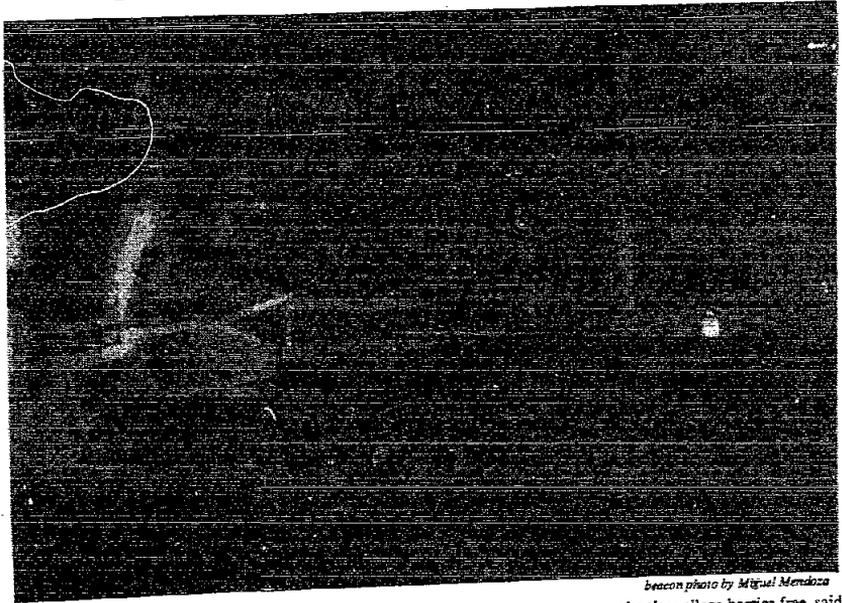
"The American business community is excited about the prospect of trade with a country of one billion people," commented Steven Wasylo, trade specialist, U.S. Department of Commerce, and conference coordinator.

"Recognizing this current interest in China, the workshop provides an opportunity to explore and appraise the new market in terms of particular products and services."

Topics discussed include Chinese business practices, Sino-American commercial relations, and marketing in China.

Individual cases are also analyzed by recognized specialists in the field including Suzanne Lotarski, deputy director of People's Republic of China Affairs, U.S. Department of Commerce; Nicholas H. Lidlow, director of publications and research, National Council for U.S. China Trade, and Mary Ames Wadsworth, project manager, Chase Pacific Trade Advisors.

WPC 'beautification'



beacon photo by Miguel Mendosa

The steps of Shea Auditorium are undergoing construction as part of a campus beautification program planned in 1977.

Dennis Santillo, director of college relations, said that "several hundred dollars" have been allotted for the purpose of the refurbishing.

Santillo said that the cement steps were badly in need of repair, and very large portions are being replaced. The building was constructed in 1969.

During the past year, a ramp was constructed into Shea to accommodate wheelchairs. This was done in an effort to

make the college barrier-free, said Santillo.

Santillo said shrubs are also being planted near the auditorium to form a mini-mail.

The beautification program was originally planned by William Duffy, director of facilities.

Scholarship for returning women

The Pequannock Branch of the American Association of University Women is now accepting applications for its Awards in Continuing Education. Scholarships will be given to women over 25 who are either enrolled in a degree program, or who already hold a degree and are returning to

school for refresher courses. Scholarships are open to women from Wayne, North Haledon, Lincoln Park, Pequannock, Pompton Lakes, Butler, Kinnelon, West Milford, and Riverdale.

The award recognizes involvement in community and school affairs, career goals,

motivation to succeed, and scholastic standing. Application forms for the scholarships may be obtained from Dr. V. Cavalluso, 3 Schuyler Avenue, Pequannock, N.J. 07440. Deadline for applying is April 1.

SUPER DISCO

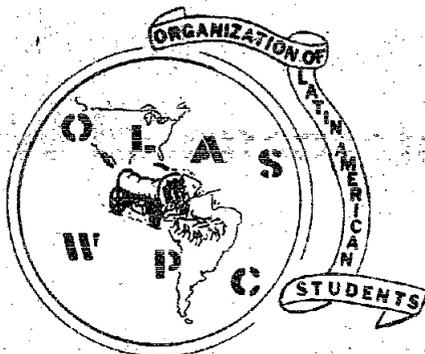
'79

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Feminist music written by Hayes, sung by WPC'er

By **DOREEN CONLIN**

"Last year out of a repertory list of 44 composers funded by the Rockefeller Kennedy Center for the Performing Arts of America, only one composer was female," said Doris Hays.

Doris Hays, a music composer, performer, and educator introduced her music last Monday in Wayne Hall. Her music was performed by Loretta Goldberg, the Phoenix Trio and sung by Sheryl Overholt.

"Womens music has been retrained through the years because of the political dichotomy of being a house wife or mother and an artist," Hays said.

"Now we have emerging women artists basing their music on the phrases of woman going thru menstrual period, birth, and menopause, such as the composer Anne Lochwood," she said.

There have been a lot of women composers in the past such as the 12th century composer Helergard Voningern, who is finally gaining recognition. Some women composers in the past composed music under the names of male composers,

such as Clair Shulman and Fanny Mendleson.

Hays has written music for the ballet, "Uni" for the American Ballet Company and has had her music performed at the Lincoln Center "Out of Doors" Summer Festival. Well known as a pianist here and abroad, she has also directed the concert series "Meet the Woman Composer" at the New School of Social Research.

Loretta Goldberg performed the piece "Daniz Del Gaucho" which received a big applause. Goldberg, an adjunct teacher at William Paterson has been performing concerts in public since the age of 12. She has studied under the notable Claudio Arrau and Rafael de Salva. She also worked under the direction of Hilda Soner, foremost interpreter.

goldberg says "Woman composers are not pushed as much because of their conflict between domestic activity and career interest, however this is the first century allowing women to liberate themselves and pursue their expression in music. The twentieth century is a process of political liberation, not one of repression."

Bellamy to speak to grads

By **TERRY DUL**
Staff Writer

WPC will present three with honorary degrees at the 145th commencement to be held May 24.

Carol Bellamy will receive a Doctor of Laws degree; Dr. Claude W. Burrill, a Doctor of Humane Letters degree; and Rabbi Martin Freedman, a Doctor of Humane Letters degree. Bellamy was chosen by the Commencement Committee to be the keynote speaker.

The committee, chaired by William Willis, consists of two administrators, three faculty members and four students. When looking for a speaker Willis asked the students to "check as extensively as they could with their constituents" to try and find

one speaker that the senior class members wanted at their graduation.

However Gary Yacono, Senior class president, said a random sampling of seniors he knew was taken, but a senior class meeting was not called to discuss the subject.

The committee compiled a list and brought it to President Seymour C. Hyman for his approval. Willis said that Bellamy's name was at the top of the list.

Yuanco said that Barbara Walters was also on the list, but that her schedule was too tight and she couldn't attend the commencement exercises. "We thought it would be nice to have a woman speaker, although men were also on the list, because we have a woman SGA president and a woman editor of the Beacon," said Yuanco.

COME TO THE FAIR

Health Fair - Thursday - April 19, 1979

Student Center Ballroom

Sign up for S.M.A.C. - 23 Blood Screening

Sequential Multiple Analyzer uses one blood sample for 23 computerized tests that include cholesterol, total protein, blood sugar, tri-glycerides and other chemistries.

Pre-registration and pre-payment - \$5.00- by check or money order made out (National Health Laboratories) is required.

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April 2 - 18, 1979 - 9 a.m. to 9 p.m. - Student Health Center White Hall

April 16 & 17, 1979 - 12 noon to 2 p.m. - Student Center Lobby

Minimum 10 hour fast from all food and drink required.

Results of tests can be forwarded to physicians.

For additional information please call 595-2360.

College and general community invited to participate in all Health Fair activities.

Lisbe announces findings of campus sex survey

These are some of the results of questions asked by students and answered by Dr. Susan Lisbe, chairperson of the nursing and allied health department. The answers are based on the replies of 90 women and 83 men whose average age is 21. The answers were computerized and recently presented to the Eastern Division Alliance for Health Education conference held in New York.

The virgin ratio on campus is 17 percent male and 19 percent female. The survey indicated most hadn't had the opportunity or didn't believe in sex for moral reasons.

Oral sex was preferred by 33 percent of the men and 43 percent of the women. However, 49 percent of the men preferred intercourse and oral sex equally while 40 percent of the women enjoyed both.

Anal sex was experienced by 27 percent of both sexes with 35 percent of the women enjoying it and 82 percent of the men enjoying it. Of those who experienced anal sex 53 percent of the men wanted to while 24 percent of the women felt the same way.

Attending an orgy involving three or more people was experienced by two percent of the women and nine percent of the men with 58 of the men and 10 percent of the women wishing they could.

Homosexuality was experienced by seven percent of the women and 17 percent of the men while 92 percent of the men and 97 percent of the women claimed to be heterosexual. Bisexuality was claimed by three percent of the women and seven percent of the men, while one percent of the men said they were gay but no women claimed to be gay.

Nervousness was experienced by 58 percent of the men and 44 percent of the women the first time they had intercourse. The average age for women was 16 and for men 17.

Missionary position preferred

The face-to-face "missionary position" was preferred by 49 percent of the men and 51 percent of the women while 39 percent of the women have tried more than four positions and 29 percent of the men have done the same.

While making love 27 percent of the women said they wanted their partner to show affection while 37 percent of the men wanted their partner to be uninhibited. Nonetheless orgasm was faked by 50 percent of the women and 11 percent of the men. An orgasm by their partner was noticed by 44 percent of the men and 42 percent of the women. It didn't matter who initiated love making to 97 percent of the women and 84 percent of the men but "one nighters" were approved by 48 percent of the men with 70

percent of the women saying they never experienced "one nighters".

Masturbation was not practiced by 42 percent of the women but 20 percent of the men said they masturbate twice a week.

Female answers

This section of the survey was answered by women only.

Penis size doesn't matter to 65 percent.

Performing fellatio was enjoyed by 59 percent and 57 percent said they would swallow semen. Oral sex was performed on 86 percent.

Orgasm was experienced by 85 percent with 12 percent saying they experienced climax between 50 and 90 percent of the time.

Manual stimulation helped 52 percent reach orgasm but it took 27 percent between four and six minutes to do so. Multiple orgasms were experienced by 44 percent.

If asked in an "honest and straight forward manner" to go to bed, 49 percent said they would say no.

Mens view

This section of the survey was answered by men only.

An average penis size was claimed by 75 percent and 75 percent said they liked to perform cunnilingus.

It took 27 percent between two and five minutes to reach orgasm with 56 percent claiming to have two orgasms "in any given encounter". Climax was experienced by 78 percent during oral sex.

It was claimed by 54 percent that they could consciously delay orgasm with 41 percent saying they were sympathetic to their partner who didn't climax. After having an orgasm 75 percent said they tried to satisfy their partner.

Being taught "things" about sex by a woman was "appreciated" by 79 percent and 82 percent said they asked their partner what they would like to do sexually.

Sexual activities changing

"People are doing more sexually now. Things have changed since the 60's," said Lisbe. He cited the women's movement and the media as two of the biggest causes of a "new sexual awareness" which has developed during the 70's.

"Men and women basically have the same sexual needs. Old myths and beliefs are becoming destroyed by research," said Lisbe, although he admitted that a double standard still exists.

Union topic of discussion

Labor leaders, union officials and other specialists discuss public employee unions at a two-day workshop at WPC Saturdays, April 21 and 28.

Designed to review the special legal and organizational problems faced by municipal unions, the workshop, held in Room 210 of Raubinger Hall, offers a review of the special legal and organizational problems encountered by municipal unions.

Also discussed at the workshop are ways to combat the forces of fiscal conservatism allied against the movement of public unions.

"These unions form a dynamic sector of the labor movement today," commented Clyde Magarelli, sociology professor and conference coordinator. "Their continued growth depends on the effort of strong union leadership."

Topics covered include "The Background of the Movement," "Organizational and Legal Problems Unique to Public Employee Unions," and "Combat Tactics For Public Employee Unions."

Participants may register for one undergraduate credit, one graduate credit, or on a non-credit basis.

Interested in Chinese Culture?

Join the WPC Chinese Club
Weekly meetings on Wednesday
at 12:30 on Hunziker 207

or
visit us in SC 301

We look forward to meeting you!
(If we are not there, leave a message
on our bulletin board).

Chinese Club Events International Week April 23

10 am Mr Peter Massardo, NJEA member, will discuss his observations and present slides of his trip to the People's Republic of China (1976).

12:30 Kung Fu Exhibition
Academy of Koei-Kan Karate-Do

2 pm Observations of Chinese Culture presented by WPC Chinese Club Members from their experiences with the International Management Honors Program Trip to Taiwan and Hong Kong (July 3-July 18, 1978)

feature

The young child: one dish

By DAVE DROHAN
Feature Editor

"I haven't always worked," explained the mother of two children who will speak next Saturday at the Conference on the Young Child in Shea Auditorium. "Nor have I always worked full time. I needed to work for the money. It was harder to work full time, but I managed."

She works as a legal assistant and will give a short three minute speech on what it is like working while raising children, at the open forum session of the conference along with seven other parents. Each parent will base their talk on a single topic, "What happens to my child when I go to work?"

Her youngest child, age 11, is mentally retarded and while he is perfectly ambulatory, adequate child care is necessary since he is not totally independent. Therefore, she has turned to the Bergen County Community Action Program who provide a list of babysitters available at times convenient to her work schedule. Her

it as a 'grass roots' basis of format with speakers from organizations and community services involved in discussing topics, problems and answering questions.

"This is one of the few programs," said Claire Nyandoro, chairperson of the Early Childhood department, "where people involved with day cares can go to hear some top-notch people to speak on an assortment of topics."

"This is a very hot issue," said Coletta, who described the conflict working parents have between working, and earning a living, or staying home and caring for their children despite financial conditions or the parent's desire to pursue a career. He explained the theme of a book, "Every Mother's Birthright," written by Selma Frabbig saying, "it is very important for the mother to stay with the child for at least the first three years." However, some argue that as long as the child care is adequate, the parent is not bound to the home.

In addition to parents, the program is being offered to members of schools, pre-schools, day-care and co-op programs;

"Each speaker chosen has a lot of energy discussing this topic - and they have a lot they want to say."

Dr. Anthony J. Coletta

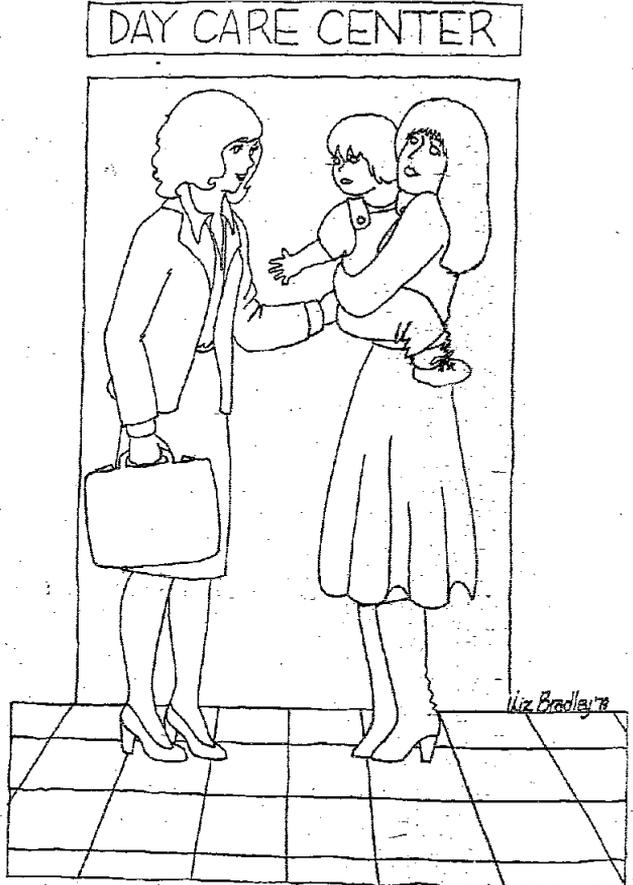
older child, age 13 is capable of caring for himself and she will describe how she must provide for her children during her talk.

The Conference on the Young Child, sponsored by the Early Childhood department at WPC, is in its fifth year, and directed by Dr. Anthony Coletta, assistant professor of early childhood education. The conference features 27 workshops on an assortment of topics including Assessing Learning Problems in Young Children; The Value of Play; Nutrition Related Problems between School and Home, and Child Abuse. Only three of the workshops will be run by WPC faculty, the rest will be members of off-campus groups including Planned Parenthood, Paterson Public Schools and Head Start. Coletta describes jobs for financial reasons. One Englewood man, interested in pursuing his own career as a writer, turned to a day care center for help and soon became active in the community advisory board of a day care center and is currently vice-president of the Vincent Tibbs Day Care Center in Englewood. Over two years ago, his daughter was killed in a car crash. He began taking care of her three boys and reported that he was extremely satisfied with the accommodations made for him by the child care center. "The day care sort of bridges the gap," he said of the center. "This

people who work with children of working parents. Almost 800 people are expected for the conference.

In addition to the workshops, visitors have a choice of either attending three slide-tape presentations, or a talk with keynote speaker, Dr. Thelma Harms, director of curriculum development, Frank Porter Graham Child Development Center of the University of North Carolina. Dr. Harms has also written five books on topics to be covered at the conference and will speak at one workshop; Self-Assessment: Teacher Interactions With Children, Staff and Parents. Her introductory speech will be "Assessing the Quality of Preschool Classrooms."

(continued on page 7)



Sociology of arts discussed

WPC will be the site of a National Conference on the Sociology of the Arts, Friday to Sunday, April 20 through 22.

Individuals who share a common interest in analyzing the arts from a sociological perspective participate in the three-day conference, held in Room 205 of the Student Center.

Lectures, panel discussions, exhibits, films and question and answer periods

highlight the conference, as the arts are approached from both a theoretical and empirical level.

"Artistic careers, artistic organizations, and art styles have always been influenced by societal institutions, values, and definitions," commented Rosanne Mantorella, sociology professor and conference coordinator.

Topics explored include "Theoretical approaches to the Arts in Society," "Patronage and the Arts," "Social Change and the Arts," and the "Sociology of Music".

Contributing speakers include Jeffery Goldfarb from the New School for Social Research in New York; Vera L. Zolberg,

Purdue University; Galen Cranz, University of California at Berkeley; and Steven C. Dubin, Chicago Council of Fine Arts.

Sponsored by the Department of Sociology, School of Social Science, Office of Research and Academic Development, and Office of Continuing Education, the conference also offers Indian dance demonstrations, photography and calligraphy exhibits.

Participants may register for one undergraduate credit, one graduate credit, or on a non-credit basis. For more information, contact the WPC Office of Continuing Education at (201) 595-2436.

Business men crack-up

(ZNS) A American business psychologist is alleging that the average corporate executive is "five-sixths of the way toward a nervous breakdown."

Doctor James Gallagher of Career Management Associates in New York City reports that most people crack up when they reach what he calls a "stress score" of 300.

Gallagher says that a majority of business executives he has interviewed have stress scores hovering around the 250 mark.

To figure out how you get to that magical number, Gallagher gives you, for instance, a stress score of 100 if your wife dies, or 75 if you get divorced. Business and financial uncertainty also add points to your stress rating.

If life looks rosy in your corner of the business world, however, don't be too confident. Gallagher also gives you 50 stress points just for having a happy marriage.

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meals for the working parent

(continued from page 6)

He will be among the speakers during the Open Forum session, which Coletta feels is the most important part of the conference.

"Here, specific examples of people who are dealing with this situation are shared. All nine speakers (parents) work full time. They come from various geographical areas as

well as different income levels to illustrate many situations, problems and solutions.

"The people selected to speak," continued Coletta, "have a lot of every speaking, on this subject, and they have a lot they want to say." Coletta also explained that the conferences will be 'community based', as a result of the philosophy of Theodore Provo, dean of the school of education and

community services, of getting out into the field and reaching out.

One working parent, Grace Greco, has opened her own child care center on Alps and Rater Roads, in Wayne, which she reports is doing good. She has an Early Childhood certificate and plans on earning her Masters degree in Early Childhood at WPC. "I had to work," she explained,

adding that her son was involved in the Head Start program while she was teaching several years ago. What she is concentrating on at her day care center, is accomodating people with different hours and schedules.

"What we are trying to do," Coletta added, "is avoid presenting only one single point of view, and to shed some light on the situation, instead of heat."

The displaced homemaker: alone and ignored

"At present, there are no groups organized to support these people," said Dr. Sherie Boone, assitant professor of psychology, about the displaced homemaker. A conference focusing on the single adult who has lost his or her spouse either through divorce, desertion or death, will be held tomorrow in the Science Complex.

Boone explained the crisis met by individuals who, perhaps for the first time in many years, find themselves alone in the world facing problems not only of depression and loneliness, but social, economic and legal difficulties that need the attention of professionals.

As coordinator of the Conference on the Displaced Homemaker, Boone has invited speakers and experts from various sociological, psychological, economic and legal professions who, according to Boone, "can provide some insight." The conference is designed primarily for professional practitioners who work with single homemakers.

"These are professionals who are working and designing programs for the displaced homemaker and deal with specific types of cases," he said. "The displaced homemaker

doesn't necessarily mean only women are affected," he explained. However, it is more commonplace among women between ages

Nowhere to turn for help

"What kind of support is available?" he pointed out. Most of the benefits usually attributed to seperated and divorced women, or widows, are not always available, or sufficient. "She may be too young to become eligible for social security, or she may wind up having to go on welfare," he said. "The solution is not always clear cut."

The conference tomorrow will be held from 9:30 am until 4pm in rooms 200A and 200B in the Science Complex. Here, Dr. Mildred Weil, dean of the school sciences, Father Joe Ryan, director of the Catholic One Parent Organization and Assemblyman Carey Edwards of the New Jersey State Assembly, among others, will speak and answer questions.

"The purpose of the conference," said Boone, "is to awaken the community and stimulate some interest among public servants about this group.

Often, especially among middle-aged women, Boone explained, the displaced homemaker may have to return to work after many years. She may not have actually worked at all.

The single parent has not totally been left

The keynote speaker for the conference will be Dr. Sam Proctor, professor of philosophy and education at Rutgers University. He is a well-known educator and minister at the A basinia Baptist Church, and is the author of several books on ethics and morality.

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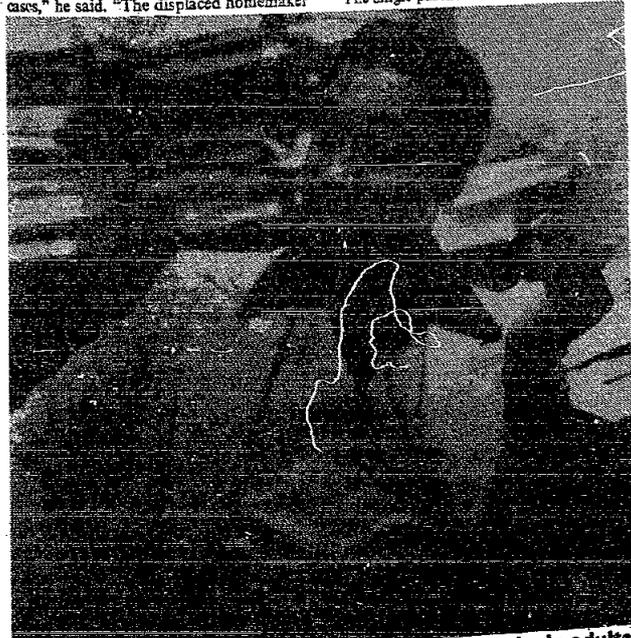
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arts SAPB puts on Shirts

The Shirts, one of the lesser known bands to emerge from the New York Rock Scene in the last couple of years, will be performing at Shea Center on Sunday, April 22. The line up of The Shirts is as follows: Annie Golden, vocals, Ron Ardito, guitar and keyboard, Arthur La Monica, guitar and keyboards, Robert, Racioppo, bass, John Piccolo, guitar and keyboards, and John Criscione, drums.

In 1972 The Shirts were auditioning in neighborhood clubs and bars, inexperienced teenagers, picking up work wherever they could. "We were the worst copy band in the world," laughs Ardito. "We'd always do the Stones and Led Zeppelin. We were terrible."

By 1978 the copy band had transmuted into a six-member group whose debut album on Capitol contains some of the freshest, most innovative music to appear in a long time, *The Shirts* (August 1978).

Golden, Ardito, LaMonica and Racioppo first banded together in 1972 with Criscione and Piccolo joining the group a few years later. Ardito, Racioppo and Piccolo are cousins. LaMonica, Ardito and Racioppo grew up in the same neighborhood, attended grammar school together and graduated to playing in the same high school bands. Golden entered the picture after LaMonica heard her sing one night in a bar. "Hey, you have great voice," he remembers telling her. "You ought to get yourself in a band." A short while later the group he was in disbanded and The Shirts were formed—with golden as their lead singer.

Since the early Seventies were a time for pretentious names in rock and roll

LaMonica explains that The Shirts picked their name because "it was simple. An anti-name."

In the beginning they played block parties and back street clubs to earn a living. "One gig I had to stand on a chair because only the drummer could fit on stage," recalls LaMonica. The band also remembers a topless bar where the clientele went wild over "You're So Vain". And then there was the Hells' Angels hangout. "We used to play 'Sympathy For The Devil' there and they would go nuts," Ardito adds.

Eventually, enough became enough. The Shirts stopped playing dates, rented a loft, worked at day jobs to buy good equipment and concentrated on developing their own sound. One night the six visited CBGB's, the Bowery club that was earning a reputation as the underground showcase for new bands in New York. They liked the club and decided to audition there, talking a friend into acting as their manager. When Hilly Kristal, the club's owner (and now The Shirts' manager), saw the band's equipment, he warned, "if you people make too much noise I'm going to pull the plug." So they turned their amps against the wall and played.

Two weeks later Kristal called them with a date and then with another and another. As word of mouth spread, The Shirts played dates at Max's, Club 82 and just about every club in the New York area that catered to the burgeoning new music scene.

And so it went until late '77 when The Shirts became the first band ever to sign a dual contract with EMI and Capitol

Records.

The Shirts describe themselves as "street musicians." Tremendously prolific writers and self-taught musicians, they work together in every combination possible to create their highly original and diverse material.

A perfect match for the soaring, churning power of the band, lead vocalist Annie Golden can catch a note and mold it with the very best. And with acting credits as "Jeannie" in the Broadway revival of "Hair" and in Milos Foreman's upcoming film version of the musical, Golden adds a sense of drama to The Shirts that helps to make them one of the most interesting and individualistic bands around.

"Our music is somewhere, everywhere at once," says LaMonica, explaining that the group has come a long way since those early days at CBGB's when they contributed three tracks to the seminal *Live At CBGB's* LP.

"We started out trying to do things differently, to create different types of chords and just play them. Now we've learned how to arrange, how to simplify our music. We've created a base. Now we can build."

Casting about for someone to produce their first album, The Shirts chose Mike Thorne (of Wire, Roxy Music credits) and journeyed to England to record. The result of this coupling is *The Shirts*, an album that mixes sophistication with simplicity, depth with fun. Written by The Shirts, the ten tracks on the LP range from exciting, intense rock and roll to airy pop and beguilingly melodic ballads.

Above, the musical team of Rosen brought their jass tinged brand of hall coffeehouse last week in a pro SAPB.

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the
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Season photo by Frans Jurgens

Above, a work from the ongoing "Painting on a wall" series, now at Ben Shahn hall. This exhibit is unique in that it features the works of various artists that are actually painted onto the walls of the gallery.

'Despair': an interesting failure

By **GLENN KENNY**
Arts Editor

When word first spread that the enfant terrible of German cinema, Rainer Werner Fassbinder, was going to team up with the estimable British playwright Tom Stoppard for a film version of the late Vladimir Nabokov's novel, "Despair", cineastes the world over sat up and took notice, eagerly anticipating the work, which was to be Fassbinder's first venture into big-budget filmmaking. Well, "Despair" is now here, and playing in New York. And while it certainly has its moments of brilliance, it is basically a disappointment.

Dramatically, the film is unfocused. In telling the story of Herman Herman, a man obsessed with finding and murdering his "double", Fassbinder (or Stoppard) can't seem to decide whether he's making a comedy or a psychological melodrama. Nabokov would have bristled at the very idea of one of his works being made into a psychological melodrama-and this is a big problem. While in certain scenes the filmmakers seem to share in Nabokov's vision, in others they stray from it wildly. They should have taken the work and decided what they *really* wanted to do, but it seems that they didn't because the film's tone is so uneven that it produces mostly confusion in the viewer.

While many scenes glow with that inimitable Nabokovian wit (most notably those between the protagonist, played by Dirk Bogarde, and his intolerably stupid

wife, played by the Rubenesque Andrea Ferreol.) others bog down in the mire of social commentary. The film takes place in Germany during the late twenties, and while the many references to Hitler may be defensible in the context of a period piece, they often veer away from establishing time and place and end up editorializing. And if Nabokov found anything repulsive, it was social commentary in art.

It is this irreconcilable dichotomy that makes "Despair" an artistic failure, albeit an interesting one. Technically, the film is brilliant; Fassbinder fills the screen with marvelous images and highly clever visual motifs. Despite the many things wrong with it, "Despair" still stands out as a highly creative effort which is genuinely worth seeing in this day when most films released give new meaning to the word "cipher".

bencon photo by Dorinda Mei

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Film: "Careers & Babies"
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3:30-4:15 - Rape - Ballroom
Film: "Union Maids" - rm 203
rm. 203.

7 p.m. - Evening of Women's Poetry
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'Marigolds' bloom in shadow of disaster

By JOE De CHRISTOFANO
Staff Writer

What is the half-life of Cobalt 60? What is the half-life of a person? What is the future of atomic power? The WPC Theater Department's production of Paul Zindel's Pulitzer Prize winning *The Effects of Gamma Rays on Man-In-The-Moon Marigolds* asked these questions with a different twist. The last week of performances was done in the shadow of the near disaster (knock-on-wood) at the Harrisburg, Pa. nuclear energy plant. The exterior events questioning the safety of atomic energy stole the only glimmer of hope that Zindel wrote into *Marigolds*. They failed, however, to take away from the excellent portrayals offered by Eleanor A. Lewus who played Tillie, a young girl overwhelmed with the mysteries of the atom and M. L. McNamee who played Beatrice, Tillie's mother, who is taunted by an unfulfilled past, a dismal present and expectations of an empty future.

This production is definitely one of the better non-musicals performed at WPC in recent history. Dr. Will Grant put together a well-balanced, emotional show that ran smoother than a Swiss watch. The set design of James Barg and the lighting and sound by Gene Louto were crucial and effective in setting the mood and feeling of the play as they complimented action well. Superior costuming by Hazel Toney Gaines should also be mentioned. Beatrice's robe and feathers, as well as Tillie's assembly dress and bow were just what the scenes called for.

Visually, the most effective scene in the show was in act one, scene four. Here the shabby kitchen-livingroom set is bathed in an eerie blue light as lightning flashes

through the window and the thunder roars. Excellent supporting performances were offered by Jean Cavanaugh who portrayed Ruth, the catatonic older sister of Tillie, and also by Maria C. Abascal, who handled the difficult part of the silent "half a corpse" Nanny.

The play is centered on the contrasts between Tillie and Beatrice. Lewus was more than convincing in her role as the homely, studious Matilda (Tillie). Lewus's performance accentuated the awkwardness of the character and proved very effective in drawing the image of a suppressed, unloved child.

McNamee, a WPC adjunct teacher, provided a powerful, emotional performance of the "trapped by her own mistakes" Beatrice. She expresses a hate of who and what she is in a convincingly forceful way around her to suffer too. McNamee's strong delivery of her cutting lines penetrated the emotional levels of the audience as she maliciously taunted Nanny with her discontent and continually hurt her children with her self-centered fears and expectations.

Also deserving mention is Shari Knoll, who played Janice Vickery, a girl who was competing against Tillie in the Science Fair and comically described how she boiled the fur off a cat and also Peter, the cute rabbit who fertilized Beatrice's bedroom.

Next Beacon

Because of the Spring vacation next week and the Easter Holiday, the Beacon will not be on the newsstands until Tuesday, April 24.

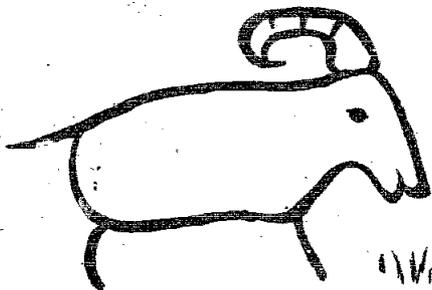
The Beacon wishes everyone an enjoyable and happy vacation.

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12 — Course Banquet
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35 E. Broadway
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Saturday 28, 1979 6:00 p.m.

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No Refunds after April 24.



Price: \$8.50. (Transportation included)
Bus leaves at 2:00 p.m. at Gate 3
There will be a short tour of
Chinatown before dinner.
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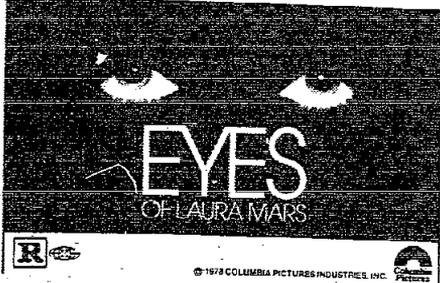
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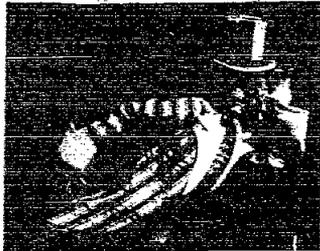
Thurs. April 5 2 & 8 p.m. SCBR
50¢ W/WPC ID \$1.00 guests

Spring Week May 7-11-
Clubs interested in participating see
Tom Forte Rm 315 SC or
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Freshman Orientation-
Applications for group leaders are
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Fri April 20. 4 p.m.

Cinema -

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Exec. Bd. Meeting
Wed. April 4 4:00 p.m.
Rm. 315 S.C.

General Council Meeting
Thurs April 5 5:00 p.m.
Rm. 205 S.C.

Wed 9:00 - 12:00

Pub

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Playing April 4

Thurs, April 19
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Sunday April 22. Concert



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valid WPC ID — \$5.00
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the William Paterson
beacon
Serving the College Community Since 1936

The William Paterson Beacon is published during the fall and spring semesters by the students of the William Paterson College of New Jersey, 300 Pompton Road, Wayne, New Jersey, 07470, with editorial, production and business offices located on the third floor of the Student Center. Content of the newspaper represents the judgement of the staff of the Beacon in accordance with the Beacon constitution and does not necessarily represent the judgements or beliefs of the Student Government Association. The William Paterson College of New Jersey or the State of New Jersey. Opinions in signed columns and letters to the editor are not necessarily the opinions of the editors.

Any nominations?

Apathy—a word used too often to describe or explain student involvement at American colleges today. A number of articles and editorials have been written on this subject that is as strong an attitude held by today's college students as revolution and political involvement was to students in the 60's. Although everyone was relieved to see the turmoil of that era end, the apathy that has replaced it can have just as harmful results.

Students' interest in how their college is being run has, in many cases, disappeared. All that students had fought for earlier they're now just giving away. The cry for student parity in college departments is getting weaker and weaker. Student representatives in those departments are getting harder and harder to find.

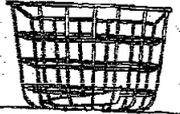
WPC is usually a victim of apathy during SGA elections when indifference leads the voters. There is no apparent concern about who will represent the students' interests. More recently, however, apathy has appeared in a new dimension. Nominations for SGA and class officers close today, April 3. As of Sunday, there were only a handful of candidates. Only three of them were for SGA executive officers: Jeff Belinski, current SGA vice-president, and Glenn Kenny, Beacon arts editor have been nominated for SGA President. Sandy Balunis is Kenny's running-mate as vice-president. It seems to us that there are no students interested enough about the student body to represent it. Several capable students have turned down the nominations. The viability of others appears doubtful. For example, Kenny ran last year as the "Darth Vader" or "Psychokiller" candidate. He received eight votes in the election. This year's strategy remains to be seen.

We hope that all realize, however, that the situation is serious. Because of the widespread apathy already on campus, we can't afford to lose a concerned and effective SGA. We need an actively working group of students, representing us in the NJSA, in Trenton, and in interaction with the college administration.

Today is the last day for nominations. Are you concerned enough about your college to act as its student voice in government? Do you think you can be a service to students? Are leadership, responsibility, and service qualities you have? If so, all students need you, so get involved. Don't let apathy rule again.



DROP ALL SGA NOMINATIONS IN THIS BASKET



L.B. 79

Letters to the editor

Know nukes

Editor, Beacon:

A couple of weeks ago, I worked as a projectionist at a program held in the Student Center Ballroom. The program was one on Nuclear Energy. There were a couple of lecturers, a folk singer, and a film on the program. And there were very few people in the audience: most of the SMC, and a couple of other interested people. Nobody else seemed to care enough about the topic; they were busy elsewhere.

This week, there was an accident at a nuclear power plant in Harrisburg, Pa., that had (and perhaps still has) the potential to become a major catastrophe. People ran around, wondering why they didn't know anything about the possible dangers of nuclear power plants. And I'm sure that many students of this college were wondering the same thing.

The point of all this is obvious. The WPC students had the means to knowledge easily within their grasp; but they decided to ignore it in their pursuit of more hedonistic ambitions. It took the Harrisburg incident to show them that an accident at a Nuclear Power plant could put a severe damper on their aforementioned ambitions. Why is it that people will never pay attention to a cry of alarm until the cause for that alarm is visibly demonstrated to them?

The Harrisburg story is not finished yet.

But this near disaster may have accomplished something positive in showing us that some issues we see as "dull" or "boring" or "not interesting to me" might eventually have drastic effects on all our lives.

G.T. Kerec

Absent teacher

Editor, Beacon:

Armed with leaflets and picket signs, my professor turned me away at the door when he decided to suspend classes during a teachers' strike. Fortunately, the event was halted rather quickly, yet the respect of the consumer, I the student, was violated when classes were suddenly stopped at the discretion of the professor.

Only one day was lost in each of my classes. Both the union and the state are on good faith to avoid turmoil, but what happens when classes are missed at the student's expense? Add this to the days missed in light of teacher illness, personal holidays and individual unexpected occurrences which leave notes on doors of classrooms, or scribbled incoherently on blackboards informing students of cancelled classes.

This total adds up to an unexcusable loss of valuable class time, instruction and money. I must pay rising tuition and taxes, yet no credit is allocated for unprofessional ineptitude on behalf of my instructors.

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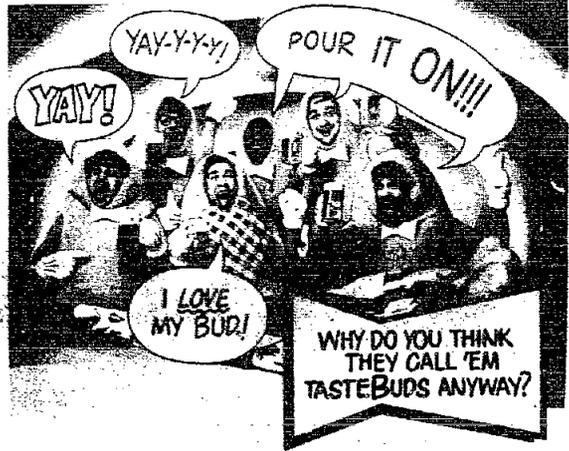
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"PIZZA"



Tennis club wants to be called 'team'

By DOMINICK COPPOLA
Staff Writer

The men's tennis club shall be known from here on in as the men's tennis *team*, because in the words of freshman Dwight Rome, "that's what we are, a team."

The WPC men's tennis club...uh...team is in full swing. They've been practicing hard for the past three weeks in preparation for their season opener against Jersey City State on Friday, April 6.

Coach Ray Spadaro, also an assistant soccer coach, expects the team to do well despite the presence of tough opponents on the team's slate. Teams such as Kean, Ramapo, Upsala and Monmouth will test WPC for all their worth, but the men have confidence and will be ready.

The men's tennis team is laced with talented freshmen such as Shawn "Mark" O'Hare of Morris Knolls, Joe Homer from Midland Park and Rome out of High Point Regional. These freshmen should blend nicely with veterans Frank Quadrel of Montclair H.S., Angelo Lootta of Abraham

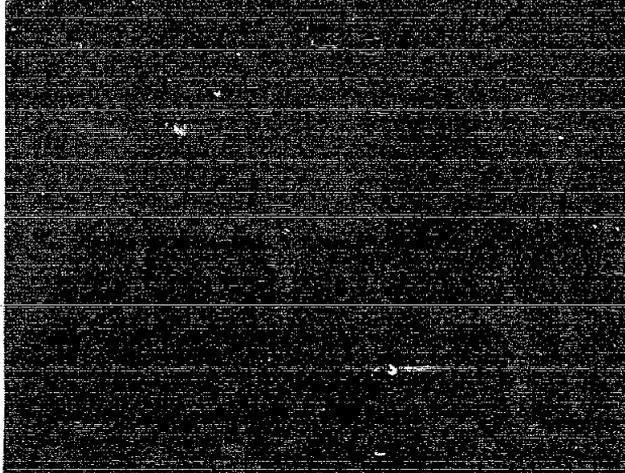
Clark H.S. and Tom Cimicata from St. Mary's Rutherford.

Last year's number one singles player Alan Frankel out of Indian Hills H.S. should be hard pressed to retain his number one spot, but is pleased with the development of the team as a whole. Joining Frankel are two more veterans Dominick Coppola of Middletown North H.S. and Wilfred Pierre.

Last, but certainly not least two tennis team first timers Tom Patire and Steve Applebaum. These two hope to make significant contributions to the team.

This year's edition of the WPC men's tennis team should be exciting, skillful and always competitive. Next year the team hopes to achieve varsity status and if they receive fan support, feel they can do it.

Drop Shots: WPC's men's tennis team would really appreciate support at it's first home meet of the year on Monday, April 16 at 4:00 pm. The team hosts Bloomfield and hopes to achieve a rousing victory.



Members of the men's tennis team.

Beacon photo by Frans Jagers

Equestrian team finishes second

The WPC equestrian team finished second in a 25 school Intercollegiate Horse Show at Briarwood Farms in Oldwick, NJ Sunday. WPC picked up 23 points in the show, which was sponsored by Jersey City St.

Olivetti won a first place ribbon for WPC. Carla D'Augustine and Andree Trojans won second place ribbons, and Allen Hassett took a third place ribbon.

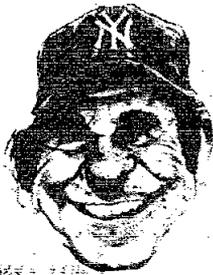
The WPC team was awarded a ribbon as Reserve Champions, which is the title given the second place team. West Point came in first with 28 points.

In the Advanced Walk-Trot Class, ribbon winners for WPC were: Gail Verderese (1st place), Anthony Corpeulli (3rd), Ann Pulsinelle (3rd) and Laurie Rohner (3rd).

The equestrian team will compete in a two-day show sponsored by West Point Military Academy in Warwick on Saturday and Sunday.

In the Beginner Walk-Trot Class, Natalie

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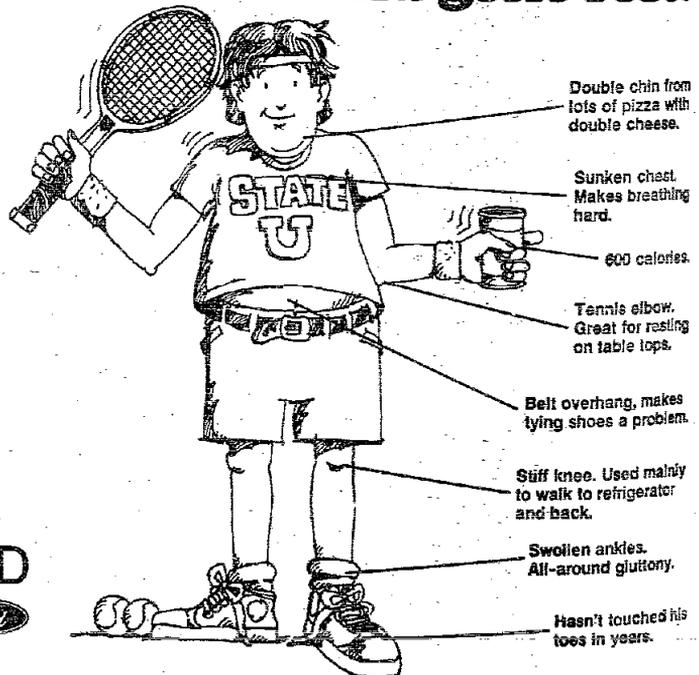
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FORD DIVISION

Start to 'spring' into action now

By JOYCE KUHEN

The following is the first of a bi-weekly series of articles written by members of the Physical Education clubs:

The fair weather of spring brings with it an increased number of sports-conscious persons each year. Whatever their motivation—the upcoming swimsuit season,

loss of no longer needed "warmth weight", or the pure celebration of the great outdoors—these enthusiasts have one goal in common, getting fit. As a result they may be seen doing anything from jogging to playing frisbee football.

Regardless of the path one takes toward achieving a higher level of fitness, certain precautions and principles must be

recognized for a successful outcome. The most beneficial type of exercise is that which develops the cardiorespiratory (heart and lungs) functions in the body. Greater capacity in this area allows the cells of the body to increase their ability to utilize

oxygen and nutrients and remove their waste products by the blood. Including reducing the risk of heart attack, the advantages of good cardiovascular fitness are many. In time, positive results will be noted in changes of total body mass, volume of oxygen consumption and proportion of fat weight to lean body weight.

Intended rate of exercise is then estimated and checked at intervals during the activity by counting the number of heart beats per minute. Pulse can be taken at the base of the thumb or the carotid artery on either side of the front center of the neck with the index and middle fingers. A 20-year-old wanting to attain a workload of 75% of maximum

heart rate would follow this system: $220 - 20 = 200$ (maximum heart rate). $.75 \times 200 = 150$ (beats per minute for a 75% workload). The beginner will soon be able to recognize his own pace necessary to achieve a training effect.

Logically, the duration, frequency, intensity and initial fitness levels regulate improvement in cardiorespiratory efficiency. The non-athlete potentially has more room for improvement than the trained individual, but would not be able to withstand the same degree of intensity of exercise in the initial stages. A greater amount of work can be accomplished with less chance of injury if the novice applies moderate activities for a longer time rather than strenuous work in less time. Thus, walking 2 miles in 25 minutes provides the benefits of jogging a 9 minute mile.

Whatever method you choose in achieving your fitness goal it is important to keep all of these concepts in mind and be consistent weekly and monthly for lasting benefits. Have fun!

Pioneers win three

(Continued from page 16)

Manhattan Slam Dumps WPC

That one bad pitch came in the ninth against the Jaspers, with the bases loaded, two out, and the score tied 9-9. It was thrown by WPC reliever Stu Schmelz and hit by Manhattan's S. John Bianco. It traveled for over the right field fence at Wightman Field and after two bounces—hit the tennis courts. Manhattan won the game, 13-9.

The grand slam came minutes after the third WPC comeback of the day. Trailing 9-6 in the eighth, Kendel walked to open the inning. After Ross doubled to put runners on second and third, Kendel scored on an infield out. Cardaci followed with a walk, and Labrador's infield out scored Ross and moved Cardaci to second. Brennan's pitch-hit single scored Cardaci and tied the game.

WPC had 10 hits on the day, two each by Kendel and Ginter. Kendel also drove in three runs. The Pioneers were hardly as efficient in the field, however, and committed four errors which accounted for four unearned runs. Manhattan also committed four errors as both teams were affected by the cold, windy weather.

"Our big problem is playing down to the level of our competition. It's something we have to get over if we're going to be considered contenders in our conference," summed up Albies.

The Pioneers open up their conference slate this weekend, with back-to-back games against Jersey City on Friday and Saturday. The first game is at Jersey City and Saturday's game is home at 1:00. The Pioneers also travel to Queens on Thursday,

To get the most out of an exercise program, it is advisable to follow guidelines which have been set by the American College of Sports Medicine from reviews of studies on athletic and non-athletic persons. Aerobic (use of oxygen to the cells) activities should be performed and include walking, jogging, bicycling, rowing, swimming, running, dancing, hiking, rope-skipping or games that can be maintained over a period of time. A training effect is achieved depending on the duration, frequency and intensity of the exercise. At least 15-60 minutes of activity 3-5 days per week is recommended with an increase in heart rate between 60% to 99% of maximum. Measurement of maximum heart rate can be found by subtracting your age from 220.

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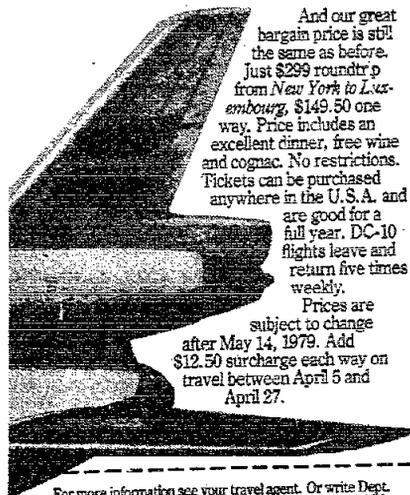
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sports

Pioneers win

By DAVE RAFFO
Sports Editor

The Pioneers swept a doubleheader from Staten Island, 3-1 and 10-2 on Saturday, nipped C. W. Post 6-5 on Friday, after suffering their first setback of the season last Wednesday, when Manhattan won a 13-9 decision, at Wightman Field.

It was the young pitchers that led the way against Staten Island. Freshman Doug Hook went the full seven innings in the first game, limiting the Dolphins to five hits and walked four and struck out six. More than

The Dolphins picked up a hit, a walk, and an error to load the bases once again in the bottom of the fourth, and Mike Thomas' sacrifice fly brought home their only run of the game. Hook settled down, after the run scored, however, and held Staten Island to one hit the rest of the way.

The Pioneers got their runs early off starting pitcher Charley KBernardo. Alan Anderson, Jim Kendel and John Ross opened the game with consecutive walks and Joe Brock's long fly ball scored Anderson for a 1-0 lead. WPC added two more in the third when Frank Labrador's triple scored Kondel and Mark Cardaci. Labrador had two of the Pioneers' three hits in the first game.

The Pioneers hitting picked up in the second game, as WPC scored in every inning but the sixth. Leading 3-0, the Pioneers broke the game open in the fourth. Senior Les Cirelli started the rally off with a walk, stole second and went to third when catcher Ken Wright's throw went into centerfield. Cirelli was bunted home by Charley LaNeve. Freshman Joe Gaiccio doubled home LaNeve and later scored on a Ross Signal for a 6-0 lead.

Sophomore pitcher Tom Warzynski started for WPC and pitched out of bases loaded situations in the first two innings, but his lack of control caught up with him and he gave up two runs in the fourth. Warzynski, half of those hits and walks came in the third

and fourth innings, when Hook ran into trouble.

Staten Island led the bases with nobody out in the third, but Hook got the next two batters to pop out and struck out cleanup hitter Bob Corbin for the third out, who had been sick all week, tired after four innings and was relieved by Bob Nissle. Nissle was impressive in his two innings work and picked up the win. Mike Arecchi worked the last inning.

Offensively, the Pioneers banged out 10 hits, two each by Ross, Kendel, and Paul Trizuzzi. Trizuzzi, Ross, and Cirelli all drove in two runs and Cirelli, LaNeve and Jim Brennan all scored twice.

Although WPC swept the doubleheader, Pioneer coach Jeff Albies felt his team should have had an easier time against the winless (0-4) Dolphins, especially in the first game.

"Sloppy, but we'll take the wins," was Albies' first assessment of the afternoon, but he quickly added, "We showed we have pitching. We won a Doubleheader with freshmen and sophomores pitching."

Come From Behind to Nip C. W. Post

It was another sophomore pitcher—Brian Mannain—who picked up the win against Division II C. W. Post. The Pioneers supported Mannain with three home runs and turned five double plays, but still found themselves down 5-4 in the bottom of the ninth.

With one out in the ninth, Cirelli walked and stole second. Anderson reached on an error and also stole second, putting runners on second and third. After Trizuzzi popped out to third, Ross laced a base hit to left, scoring both runners to win the game.

Ross, who went 3-for-5 against C. W. Post, has been the clutch hitter the Pioneers lacked a year ago. The transfer from Bergen Community went 6-for-17 in four games last week, drove in five runs, and smacked a double, triple, and home run.

Ross, Labrador, and Brock all hit homers

three of four

against C. W. Post. Unfortunately for the Pioneers, all three came with no one on base.

Mannain gave up 10 hits and five runs while going the distance, but those numbers could have been bigger if not for the left-hander's ability to quickly get out of trouble. With the aid of his infielders, Mannain picked up five doubly plays-four on ground balls—and picked off a runner to get out of another inning.

Everybody in the infield had a hand in at least one DP, and shortstop Cirelli played a big part in three of them. In the first two twin killings, Cirelli took ground balls, stepped on second and threw to first. In the third inning, Cirelli helped Mannain complete a 1-6-3 double play.

K Ross S(thirdbase), Ed Ginter (secondbase), and Hook (firstbase), turned the other ground ball double play and Hook caught a pop up and nailed a runner at the plate for the fifth DP.

The C. W. Post game was the big win of the week for WPC, but it didn't come easy. C. W. Post scored three runs in the second and the Pioneers never held the lead until Ross' game-winning hit.

"The C. W. Post game showed that the kids could come back," said Albies. "We also came back three times against Manhattan. It was just one bad pitch that killed us."

(continued on page 15)



beacon photo by Miguel Mercedes

WPC Shortstop Les Cirelli dives back to first to avert being picked off against C. W. Post.

Exhausted track team places second

By FRANS JURGENS
Staff Writer

The WPC track team experienced an exhausting day on Saturday, when they met Glassboro and Stockton in a triangular meet at Camden Community College. It was a day of many ups and downs, with the Pioneers breaking two school records and turning in several personal bests.

Glassboro dominated the meet with an astounding 135½ points. WPC finished second with 23 points and Stockton trailed with 21½. The meet turned out as expected since Glassboro is one of the best Division III track teams in the country. Last year the Profs took second in the NCAA championships.

The pioneers were not intimidated, however, and set a school record in the first event—the 440 relay. The WPC team of Clarence Cox, Henry White, Dana Tilghman, and Walter Watson finished third, but turned in an excellent time of 43.6

WPC coach Bob Smith considered the 440 relay a testing event and Smith said he was very nervous before the start of the race, but was pleased with the Pioneer performance.

"Our time for the 440 Relay was faster than the winning time last year at the same meet," Smith said.

Most of WPC's points were earned in the

field events. Mark Thalasinios battled for first place in the shot put and led after the third round with a 47'1" throw. In the finals, however, his 47'7½" and 47'8" throws were only good enough for second place.

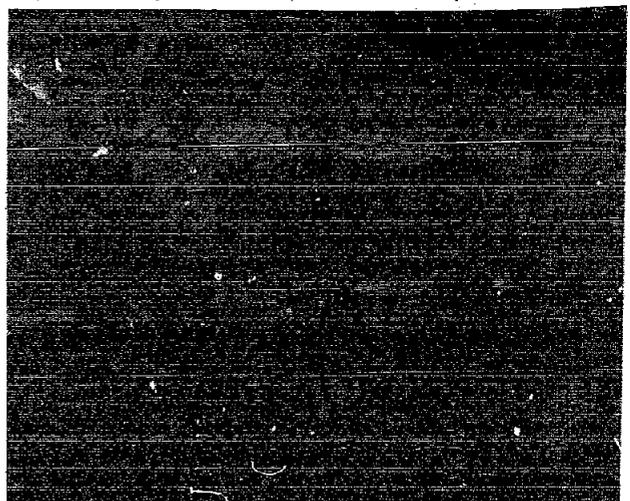
In the high jump, Ed Harris cleared 6'7" to win the event and pick up five points for WPC, but missed the NCAA qualifying height by an inch.

Tony Ciccone and Anthony Smokes each obtained a personal best in field events, Ciccone in the long jump (27'8") and Smokes in the triple jump (40'10").

Glassboro dominated most of the events and the javelin was no exception. Glassboro's Mike Juskas, the defending NCAA champ threw the javelin 234'5" to win the event, and WPC's Mike Maday finished second with a heave of 193'4".

On the track, record-setting George Lester (49.4 in the 440) was disappointed with his time in his main event—the 880. "I feel disgusted, upset at myself. The whole team is a little tired. The coach worked us hard all week and it was my fault I did badly in the 880," said Lester.

Lester took his competition lightly in the 880 and went out too slow in the first quarter-mile. As a result, he finished third with a time of 1:58.5.



beacon photo by Frans Jurgens

Members of the track and field team jog during practice. Left to right: Tony Ciccone, Clarence Cox, Henry White, George Lester, and Al Lester.