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Cases of young heart patients increasing

By CHERYLE LOCKE
University Daily Reporter

Recent data released from Methodist Hospital's new cardiac rehabilitation and fitness facility, called The Centre, shows that in the past three years there has been an increase in the number of heart patients ages 20-29.

A three-year average of heart patients discharged from Methodist Hospital showed that 1.5 percent of those who had suffered a heart attack and 2.7 percent of those who had suffered a cardiac arrest were ages 20-29.

Rick Hartwig, new director of The Centre for Cardiac Rehabilitation and Fitness, said there are a number of guidelines for prevention of heart disease.

"You must learn to cope with tension and stress," he said. "Everyone has stress in their life. Some stress is motivational, while other stress is bad. Learn how to deal with it, without it affecting you."

"There are a number of things you can do," he said. "Some people fish, some people exercise and some chant. Everyone needs to find something."

Hartwig stressed the importance of good eating habits.

"Those who suffer from heart problems tend to be overweight and eat deep fat fried foods and every food that is a real no-no, those foods very high in cholesterol, that is."

Foods that Hartwig said are essential to a good diet are fresh fruits and vegetables, as well as lean meats. He added that there are certain foods to stay away from, such as lamb, duck, ice cream and butter. "In other words, stay away from all the good stuff," he said.

Hartwig said health education should begin in the home. He said "if the home

doesn't reinforce it you're fighting an uphill battle. Parents should tell their children why they should not eat certain foods, instead of just saying plain no."

"Heart disease takes awhile to develop. It doesn't let you know about it until it's too late," warned Hartwig. "People need to pay attention to it now."

"Heart disease among women also has increased dramatically. More women smoke, drink and hold high stress job positions."

Exercise is paramount to guarding against heart problems, Hartwig said.

"People need to get into a regular exercise routine. All it takes is three times a week, for 30 minutes each workout. The workout must include exercise from the large muscle group activity, such as brisk walking, swimming, biking and running," Hartwig said.

Dr. Mike Bobo, associate professor of health, physical education and recreation, explained the importance of finding one's maximal heart rate capacity.

"In order to know if you are pushing yourself hard enough when you work out, you must have an understanding of how hard your heart should be working," Bobo said. "Many people perceive they're working at a high level, but they're really not. We put these people on a treadmill and ask them to indicate what they think their level of stress is, and they always think they are doing much more than they actually are."

"Women have a high threshold for sweating, and if a woman begins to really work up a sweat, it can be a pretty good way to gauge whether or not she is really pushing herself."

"People are triggered to do something to change their appearance, especially women, because they tend to

have a more difficult time getting rid of body fat.

"Spas tell us the passive way of getting it off. They tell us to use the sauna and sweat it off, or try and shake it off, or roll it off."

"People need to form a positive addiction to exercise, both psychologically and physically. I figure I need to pay my rent (to my body) three times a week. I'll be able to enjoy my life longer if I work hard at being in shape. I may not live longer, but my life will be more

enjoyable.

"You know, we really fall down in the junior high and high schools. We start working on those lifetime sports. As humans we enjoy air conditioning and not working. We don't want to get hot and sweaty and bent out of shape."

Bobo said people need to run more, use and understand their heart more and learn how to get the most out of their heart.

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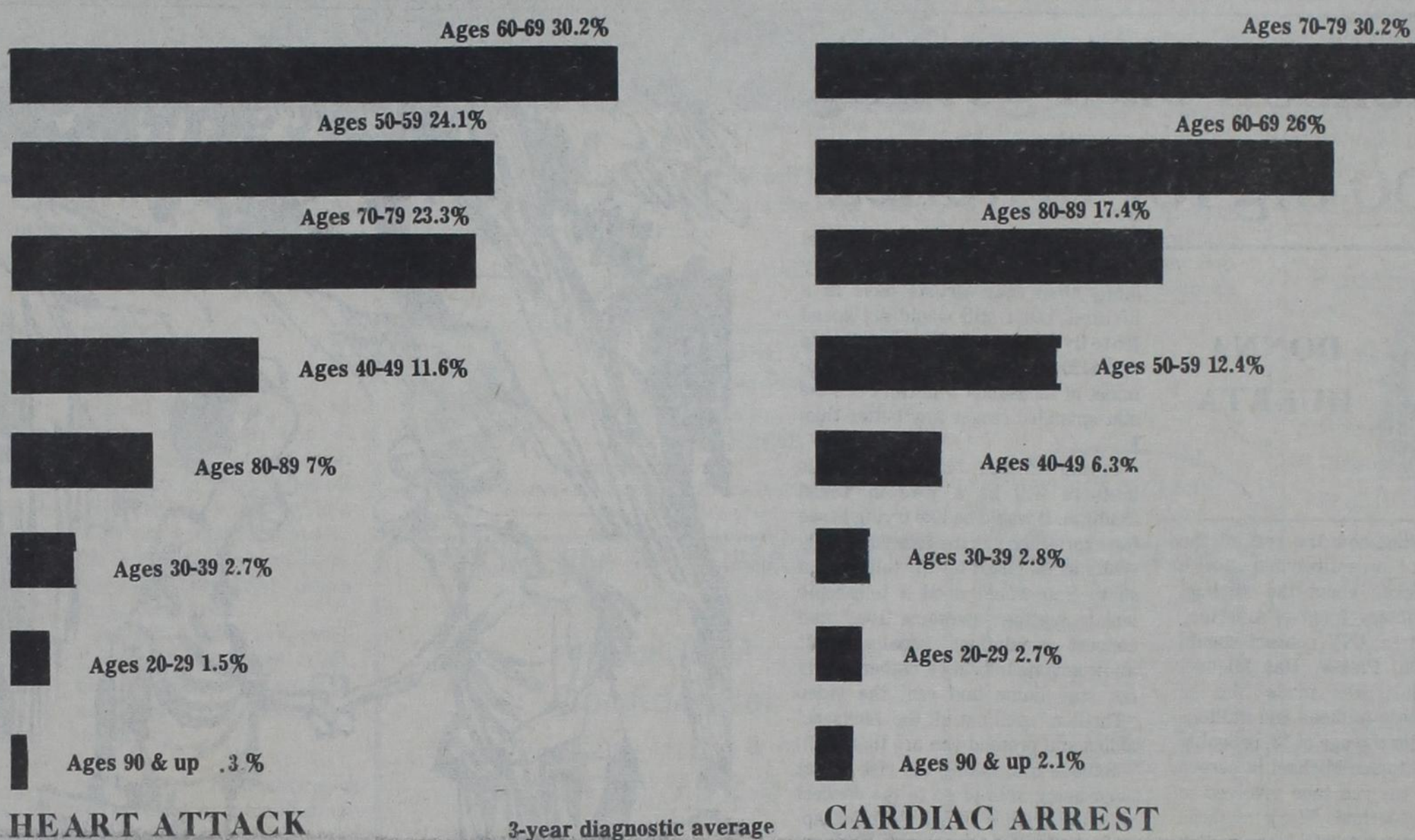
To find your maximum heart rate,

first find your resting heart rate. To do this count the number of heartbeats at the pulse point of your wrist for 60 seconds. This should be done at the calmest point of the day, such as when you wake up. Then subtract your age from 220 and subtract your resting heart rate from that sum. It may sound complicated, but it is a simple procedure once you wade through all the counting and figuring. After you find this total, multiply it by a percentage of your resting heart rate. That percent-

age should be between 60 and 75 percent, depending upon how fit you are.

Once you have this figure, add your resting heart rate to it. That total will give you your maximum heart rate. For someone 20 years of age, it probably will be around 150 to 170.

When you work out, count the number of heartbeats as soon as you stop the exercise, if you have not reached your maximum heart rate, you are not working yourself hard enough.



Mondale advised on running mate

By The Associated Press

AUSTIN — State Treasurer Ann Richards, home from a meeting with Walter Mondale, said Thursday she advised him that picking a woman vice presidential candidate would generate excitement for the Democratic ticket.

But Texas Sen. Lloyd Bentsen is her first choice for vice president, Richards said.

"But I told him if he chooses not to put Bentsen on the ticket, then I felt he needed to do something dramatic such as naming a woman or minority, someone who would lend excitement to the ticket," she said.

Richards was one of a group of about 20 women who met with Mondale at his Minnesota home on Wednesday.

She said that during the two-hour session, Mondale appeared pleased with the advice offered. The discussion ranged from his vice presidential choice to such practical suggestions as making certain Mondale representatives attend local political gatherings.

"When we had finished, he said, 'I don't think I have ever been in a meeting where I felt the people were as well-prepared and as concise as you've been,'" Richards said.

Among those attending the meeting was Judy Goldsmith, president of the National Organization of Women, which at its convention last weekend passed a resolution stating the Democrats should

nominate a woman from the convention floor if Mondale doesn't choose one.

However, Richards said, all the women at the meeting assured Mondale they will support whoever he picks as his running mate.

Mondale has or will interview at least three women in his vice presidential search — San Francisco Mayor Dianne Feinstein, New York Rep. Geraldine Ferraro and Kentucky Gov. Martha Layne Collins.

"I've met them all and I think they all are outstanding in their own ways," Richards said.

Selecting a woman for the No. 2 spot on the ticket would be such a "bold, progressive move," Richards said, adding that it would be difficult to estimate the impact.

"Should he choose a woman, all of the old political measuring sticks go out the window. I just don't think there is a way to measure what is an extraordinary change until it's done."

"There's no way to take an ordinary poll or look into a crystal ball and determine what the results would be. It would offer the kind of impetus and excitement for the campaign that I think is lacking now," she said.

Richards said she realizes that if a woman shares the ticket with Mondale and President Reagan wins re-election, the ticket could be aimed at the woman.

"I think it is possible that a woman would be blamed. That's part of the risk," she said.



The University Daily/Eric Votava

'Baby' Ruth

Calvin Knauer, 2-year-old son of Charles and Kara Knauer, tries his hand at batting during his parents' softball practice. However, the bat was a little big

for the little player's hands. Several campus teams are participating in intramural softball this summer.

JFK Library releases secret tape recordings

By The Associated Press

BOSTON — Almost 10 hours of secretly recorded White House tapes released Thursday show an earnest President John F. Kennedy cajoling mayors, governors and congressmen to accept integration in the South and support his civil rights programs.

The scratchy recordings, made 21 years ago in Kennedy's Oval Office, also include dramatic meetings between Kennedy and Martin Luther King Jr.

"There is a danger we will face the worst race riot we've ever seen," the civil rights leader warns the president in a White House meeting Sept. 19, 1963, four days after a bomb killed four children at a black church in Birmingham, Ala.

King asks Kennedy to send federal troops to protect the city's black community, saying, "Something dramatic must be done at this time to give the Negro in Birmingham, Alabama, a new sense of hope and a good sense of protection."

But Kennedy expresses reluctance at sending troops, saying it is only a short-term solution.

"It doesn't really mean a damn thing," the president tells King. "First of all, we've got to get the white community to take on its responsibility."

The tapes, released by the John F. Kennedy Library in Boston, cover conversations from March to October 1963. Kennedy was assassinated the following month, on Nov. 22, 1963, and King was

shot to death in 1968.

The period was a time of turmoil, when demonstrations and violence sparked by the civil rights movement swept through the South. Bombings and other disturbances led to Oval Office discussions on the use of federal troops to bring peace to trouble spots.

Repeatedly, Kennedy can be heard trying to line up support for his civil rights legislation while arm-twisting Southern officials to hasten integration.

"God, there must be some bright young fellow down there you can get," Kennedy is heard to say on June 18, 1963, as he tries to persuade Allen Thompson, then mayor of Jackson, Miss., to quell demonstrations demanding that he hire black police officers.

Thompson agreed to make the appointments, but added, "When I put a policeman on, I want him to be responsible to me and not to the NAACP."

The conversations reveal a somber side of Kennedy, who worried about the national impact of the racial troubles in the South. In a June 3, 1963, conversation with Louisiana Gov. Jimmie Davis, Kennedy acknowledges that civil rights is a national problem.

"Of course it isn't just Jackson (Miss.)," Kennedy says. "It's Philadelphia and it's going to be Washington, D.C., this summer, and we're trying to figure out what we can do to put this stuff in the courts and get it off the street because somebody's going to get killed..."

"It's going to be the bloodiest thing," says Davis. "It's going to be a civil war."

Holiday traffic death toll exceeds state's estimate

By The Associated Press

The deadly mixture of excessive speed and alcohol pushed the Texas Department of Public Safety's holiday death count beyond expectations, DPS Director Col. Jim Adams said Thursday.

The toll of 20 included a head-on collision that killed four people and a crash that killed two Fort Worth brothers who were trying to transport a shooting victim to a hospital, authorities said.

The DPS had estimated traffic related deaths during the 30-hour weekend period at 11.

"We're very disappointed to see this outcome," Adams said. "We were hoping more members of the public would recognize the consequences of excessive speed and drinking while driving and make this a safer Fourth of July holiday."

The traffic death count ended at midnight Wednesday. Sixty-four people died in accidents on Texas highways during

the 78-hour holiday period last year.

The DPS said that 47 percent of those fatalities were caused by speeding or drunken drivers and predicted that half of the deaths this year would also be related to excessive speed and driving while intoxicated.

Four people died when the car in which they were traveling veered into the path of an oncoming vehicle west of Bremond in Robertson County at 10:10 p.m. Wednesday, police said.

The victims were identified as driver

Theodore C. Budzisz, 20, of Bremond; Darryl Anthony Wynn, 22, of Bremond; Donna Allen Kemp, 17, of Waco, and David William Wynn, 21, of Brenham.

In Fort Worth, two brothers were killed when their car went out of control as they were attempting to transport a shooting victim to the hospital about 2:30 a.m. Wednesday, said police spokesman Doug Clarke.

The victims were identified as Delma Dears, 21, the driver of the car, and Bob-

by Ray Dears, age not known, both of

Fort Worth. They were transporting an 18-year-old man, who had been shot in the back of the head during an argument over the price of a tire, Clarke said.

Among other deaths reported by officials:

Maria Busha, 28, of Houston was pronounced dead at a Houston hospital at 3:40 p.m. Wednesday after she fell on a city street from the vehicle she was driving and was run over by it, a DPS spokesman said.

A 19-year-old San Antonio woman was killed in a two-car collision on North Padre Island and was pronounced dead at 6:41 p.m. at Corpus Christi's Memorial Medical Center. Four others were admitted to the hospital suffering from head injuries, including a four-year-old boy, officials said.

Merry Darnewood of San Antonio died late Wednesday as result of injuries received in a two-vehicle accident on Park Road 22 in Corpus Christi at 6:02 p.m.

City's July 4th celebrations fall short of expectations



KRISTEN KLING

Well — it's finally over. Lubbock's Fourth of July celebration certainly was an experience, if nothing else. If anyone asked me how Lubbock celebrates America's birthday, I would virtually have to grin and try not to cry in my description. How is the "Big Birthday" celebrated Lubbock-style? It started off on a cloudy, overcast day at 10 a.m. Yes — the big parade. Hundreds of little kids and their parents lined the streets to watch cars, horses, bicycles and motor-

cycles go by. The parade was well-organized. First we watched some flag people walk by, cars, horses and more cars and horses. Wow. Sure glad I came to watch a bunch of cars drive by with posters on the side identifying the occupants. And the bands — they were marvelous-looking, but how come they never played? That's what they are supposed to do, isn't it? Of course, there were two men in kilts playing bagpipes. Scottish music on the Fourth of July. Interesting enough.

The parade obviously was mistaken for an advertising campaign. It was a chance for every local business and club to stick a poster on the car and wave at everyone. How impressive. I should have jumped into my own car, put my name and occupation on the side and joined the hoopla. Maybe I could have gotten a job offer or something.

The advertising scheme actually

might have had some effect. Southwestern Bell threw neat balloons out of their car for all the kids. Those kids will be indebted to Bell for a lifetime. Can't help to wonder, though, if our phone bills helped pay for the balloons. Then the Diet Center promoted its cause by throwing out sugar-filled bubble gum. I guess the idea behind this was to get the consumer fat so he has to come to the Diet Center.

Then there were the beautiful and artistic floats. Most of these consisted of a trailer with a bunch of people sitting or standing on the back. Of course, I can understand why the senior citizens had to sit down. What happened to the ingenuity of floats?

Another aspect of the parade that really gravelled me is that I never knew and never found out the identity of some of the organizations represented. What in the world is the Order of the Sons of Hermann in the

State of Texas? Or The Shady Bunch or the Ugly-Duckling Rent-a-Car? Spare me, please.

Probably the best part of the parade was the cute little Boy Scouts. Oh, Snapshot the clown was adorable too, but where was his camera?

The big fireworks display at Buffalo Springs Lake was another attempt for Lubbock to prove its skill at city management. Between 15,000 and 18,000 people fought their way down 50th to get a chance to see the spectacular fireworks show.

For those who jumped into their cars hoping to get to the lake with time to spare, however, the experience was a spectacular hassle. Thousands of people in thousands of cars lined the four miles from the service road of the loop to the lake's entrance. The stop-and-go traffic moved at an average pace of 5 mph, which caused many people to drive along the side of the road in the bushes to

pass the traffic. Needless to say, all the patient people who were passed wanted to injure the lawbreakers.

The traffic jam resulted in many people making quick U-turns and forgetting the fireworks show altogether. Why couldn't the fireworks have been displayed in the city so that traffic could be minimized? Surely the city could have passed a special ordinance for the display, as so many other cities have done in the past.

If Lubbock had done this and organized the whole affair a little better, more people could have attended and more money could have been made. Jones Stadium holds about 47,000 people compared to the 15,000 or so who made it to the lake, not including cars in line, of course. Also, it would be more comfortable and less dangerous.

The display itself started 30 minutes after it was supposed to and

lasted another 30 minutes. Once it started it was maybe 10 minutes in progress before people began to pile into their cars so they could avoid the traffic back to the city. How very pointless it all was. The average person spent an hour to an hour and a half trying to get to the lake, 20 minutes at the lake and another hour or so trying to back into town. Yeah, I like to spend half my life in the car — don't you?

Then there was the grand finale. The moment everyone was waiting for. The grand finale was comprised of a few little splatterings of light that lasted possibly 15 seconds and the playing of the national anthem again.

Whew — what a way to end a night. I had such a feeling of pride and nostalgia I could hardly take it. I CAN clearly remember when I have had a better Fourth of July, but then what can I expect — this is only Lubbock.

Jackson clan getting 'too big for britches'



DONNA HUERTA

Not knowing how the rest of the world feels, I am entirely fed up with all this ruckus about the Michael Jackson "Victory Tour" of America.

NO ticket to ANY concert should cost \$30. Oh, Please. Has Michael forgotten just who made him so famous? Those millions and millions of fans, under the age of 18, probably will not get to see Michael in person because of the red tape involved in promoting this tour. Many of those who are devoted to the Jackson clan are from low-income families who probably spent their last buck on the "Thriller" album. I don't understand how many of them could afford one ticket, much less the required minimum of four.

I think the whole production has gotten extremely out of hand and that Michael and his brothers are just a little too big for their britches.

I admit, I am a Jackson fan,

Michael that is, and I think Michael has given more to the music industry lately than most artists have in a lifetime. But I still would not spend \$95 to fly to Dallas, \$45 on a hotel room and \$120 on tickets, just to sit in the midst of thousands who can't see the star-spangled singer any better than I.

Trying to see Michael and his brothers will be a joke in Texas Stadium. It would be like trying to see the expressions on the faces of Danny White as he gasps for air following a sack. You would need a telescopic lens to see the "awesome five," and concert regulations usually won't allow anyone to bring a camera. Why not stay home and rent the video "Thriller," pull out all the Jacksons' oldies and pretend you are there?

Believe me, taking the risk of not even being able to go to the concert with my friends is not the most appealing thing in the world. Can you imagine having fun, alone, at a concert? Most people I know won't go to a concert unless they know someone who will go with them.

Wait a minute. A late breaking news flash has just informed me that Michael has decided to give all the money from the concert tour to charity. WELL, BLOW ME DOWN.

I take back everything I just wrote. I guess Michael is all right after all.



LETTERS TO THE EDITOR

To the Editor

I am writing this letter in response to the so-called "private opinion" of the uninformed Gary Hart delegate, Mr. Bryan Kesterson, who admittedly was "angry and saddened" over the Lubbock County Jackson delegation "walkout" at the Democratic State Convention. And who contends that he knows what is a "good deal" for Jackson delegates and Jackson supporters of Lubbock. As the Lubbock County coordinator for the Rev. Jackson, I cannot understand how he can know so much about the negotiations between his coordinator for Gary Hart (Ms. Debbie Delahunty) and Mr. Jose Lopez, a Jackson delegate and myself, when he was never present at any time.

Mr. Kesterson, someone has made a

"political prostitute" of you. If Ms. Debbie Delahunty is your "political pimp," she is running true to form. For she is notorious for manipulating the weak-minded, the uninformed and the elderly. Ms. Delahunty has been a hustler of social programs for years in East Lubbock and among all the minority neighborhoods.

Kesterson also stated that Jackson delegates were "promised" a delegate to the national convention in San Francisco, provided that we become Hart delegates first. We know history on promises and written treaties. Mr. Kesterson, I can understand your "sadness and your anger." And now you should feel even worse, because you, sir, have indeed been used by going public with false

information. Mr. Kesterson, I would have a lot more respect for you if the letter had been your "private opinion." But we know that this is second-hand information because we were there. In view of the fact that your letter appeared in all three minority newspapers, The Southwest Digest, The El Editor, and The Hispanic News, we suspect and smell the foul odor that we have smelled many times before. For as minorities, we have keen noses, when the "seeds of discord are sowed."

Now that I have replied to absurdities that didn't dignify an answer, let us tell our Jesse Jackson supporters, and all the people of Lubbock County, why Mr. Kesterson is "angry and sad." The entire Jackson delegation of this 28th

Senatorial District, which consisted of 12 delegates from Lubbock County, eight delegates from Ector County and two delegates from Big Spring, voted solid for Jesse Jackson. This gave us 14.38 percent of the district vote. It was then learned that we needed 10 more delegates to make our 20 percent quota. The Mondale leaders offered the Jackson delegation five of their delegates or votes. But the Hart leader, Ms. Delahunty, wanted us to align and give our delegates to Hart. After a private caucus and negotiations, we all agreed that since our people sent us to that convention as Jesse Jackson delegates, we would not go home as Gary Hart delegates. There would be "NO COM-PROMISE," and we would not align

ourselves with the Hart delegation.

The total count in the district was: Mondale, 50.68 percent, Hart, 31.56 percent; Jackson, 14.38 percent; and 4.3 percent uncommitted.

A 12-year-old could see that the Jackson delegation and the uncommitted constituted well over 18 percent. If the Hart delegation could have persuaded the Jackson and the uncommitted to realign, they could have stolen the show. This goes to show that "greed was of the essence."

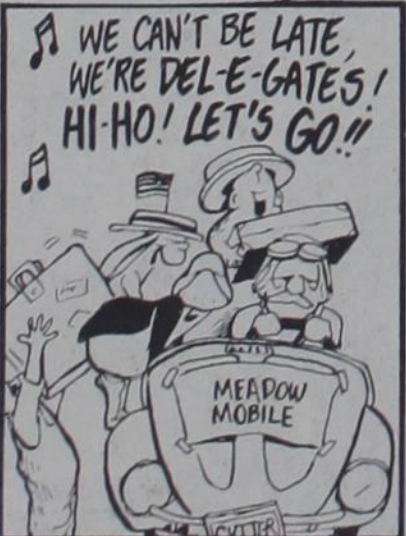
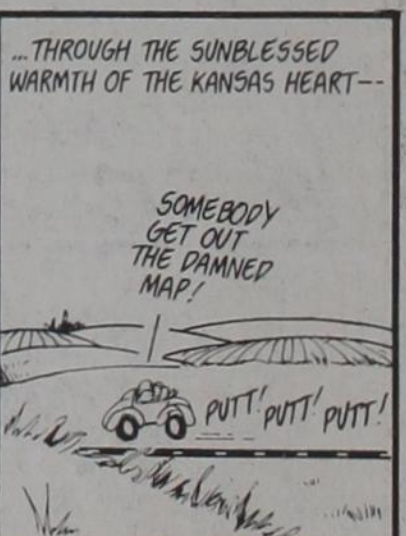
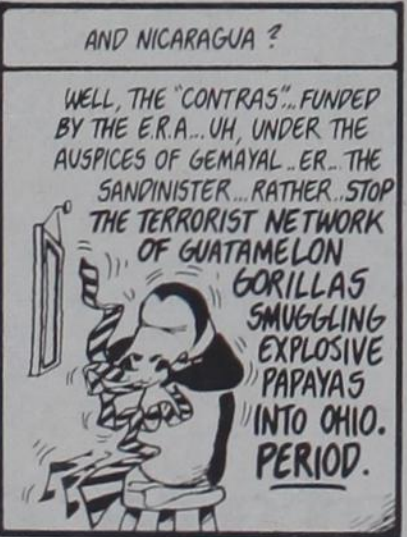
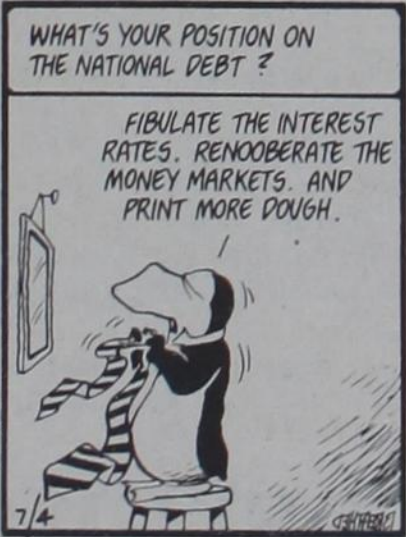
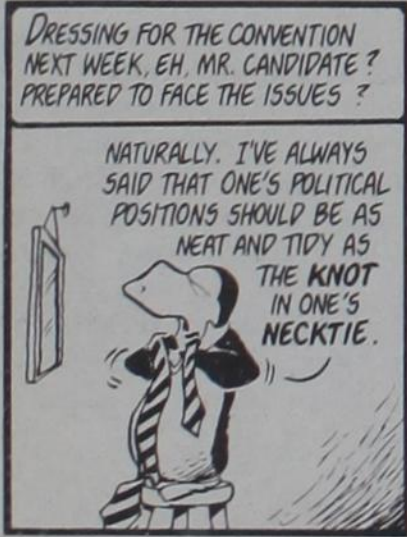
The fact that the Jackson delegates could not be manipulated is what angered Mr. Kesterson. He was saddened because we would not give the Hart delegation our delegates so that they could win in the 28th Senatorial District.

The walkout of the Lubbock County Jackson delegates, and most of the Ector County Jackson delegates, was to send a message to the elected politicians in office, that the Rev. Jesse Jackson's candidacy and the Rainbow Coalition concept is changing the political arena in America today. That minorities should not be taken for granted anymore. That we will not compromise our principles anymore, and sell our people down the river. And to you, Mr. Kesterson, I think that you owe all the people of Lubbock County, and especially black, Hispanic and Jackson supporters, an apology. And to you, Ms. Debbie Delahunty, you owe the minorities of Lubbock County a lot more.

Robert (Bob) Banks

BLOOM COUNTY

By Berke Breathed



THE UNIVERSITY DAILY

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NEWS BRIEFS

Reagan talks to U.S. automakers

PONTIAC, Mich. (AP) — President Reagan told the nation's auto workers Thursday that his economic formulas have created "an American miracle" of prosperity and proven that "there's no compassion in snake oil cures" promoted by Democrats.

Giving his administration credit for rescuing the auto industry after what he said were 20 years of misguided federal policies, Reagan campaigned hard to undercut Democratic support among rank-and-file union members, most of whose leaders have endorsed probable Democratic presidential candidate Walter F. Mondale.

On a three-day campaign swing through Florida, Alabama, Michigan and Texas, Reagan is testing some of the major themes of his re-election campaign: family values, patriotism, economic progress, and jobs.

In a speech here dedicating a new \$600 million automated General Motors Corp. assembly plant, Reagan contrasted his economic record with that of former President Jimmy Carter.

Woman testifies in Spence trial

WACO (AP) — A 19-year-old woman testified in the punishment phase of David Wayne Spence's capital murder trial that she was bitten and raped by the convicted killer after he threatened her with a knife.

The Waco woman and three city police officers were called to the stand by prosecutors, who asked jurors to recommend that Spence be sentenced to die for the slaying of a 17-year-old girl.

Spence, 25, was found guilty of capital murder Tuesday after jurors deliberated only two hours. He had been accused in the stabbing death of Jill Montgomery, a Waxahachie girl whose mutilated body was found next to two other slain teenagers on July 14, 1982.

White trying to resolve oil dispute

By The Associated Press

WASHINGTON — Texas Gov. Mark White said after a Thursday meeting with Interior Secretary William Clark that the two are "much closer" to settling a six-year dispute over the sharing of offshore oil revenue.

The department plans to offer oil leases in the Outer Continental Shelf off Texas on July 18. The law says the federal government must share with the state the revenue from federal tracts adjacent to

state tracts — but it doesn't say how the revenue should be divided.

White told a news conference after his meeting with Clark that he would sue to block the lease sale if an agreement on the revenue split is not reached. White said he was optimistic the suit would not be necessary.

"I don't want to say we're close to settlement, but we're much closer than we were an hour or two ago," White said.

"He (Clark) has made an offer, of a substantial increase in prior offers on the part of

the Interior Department," White said. "However, it is substantially lower than what we would like to have. I have made a counter offer which he took under consideration."

White would not give any figures, but said Interior's previous offer was for "2 or 3 percent."

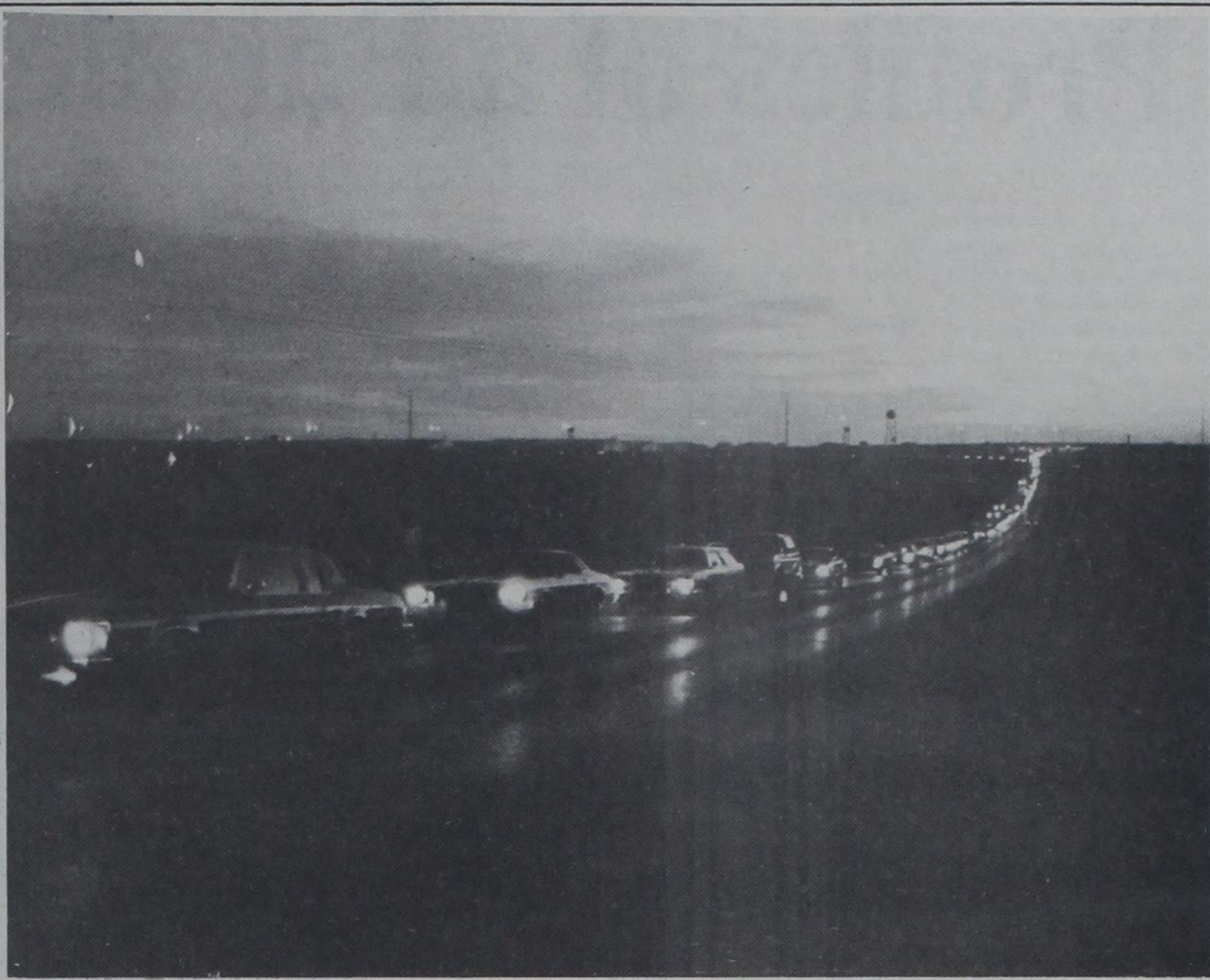
"I thought that we ought to get treated at least as well as the interior states and get 50 percent," White said, but added, "That's a rather aggressive approach."

Under the 1978 law governing offshore oil leasing, states

keep all the revenue from oil drilling within three miles of their coasts. Revenue from drilling three to six miles off the coast is to be divided in a "fair and equitable" manner; the federal government keeps all the revenue from leases further out to sea.

About \$5.3 billion in revenue from the tracts three to six miles out has accumulated in an escrow account during the dispute.

White said he would report on his meeting to the Southern Governors Conference.



String Of Lights

Lubbock area residents fought long lines of traffic Wednesday night on their way to the Fourth of July fireworks display at Buffalo Springs Lake. Many people got tired of waiting in the slow-moving caravan,

however, and turned around and headed home. The display was only one of many events in the area commemorating America's birthday.

The University Daily/Eric Votava

Fundamentalists question orthodoxy of Baylor facility

By The Associated Press

WACO — Mormon Phillip Johnson just doesn't understand how he, as a Spanish professor, can corrupt his Baptist students at Baylor University. "All we do is conjugate verbs," he says.

But Johnson and a religion professor stand at the center of a new round of attacks at Baylor by fundamentalists questioning the orthodoxy of some of the faculty.

The flap began at the annual Southern Baptist Convention in Kansas City when Zig Ziglar of Dallas, a Baptist layman who recently was elected first vice president of the convention, made statements indicating his displeasure with professors not holding traditional Baptist views, said religion professor W.J. Wimpee.

Ziglar said Johnson should be placed "in a caretaker position" away from students because he is a Mormon, a faith considered by many Baptists to be a non-Christian cult.

Religion professor Bob Patterson also has come in Zigar's disfavor because of his acceptance of evolution.

Ziglar, a professional motivational speaker, questioned Patterson's contention that evolution is not necessarily incompatible with the Genesis account of creation.

The Kansas City convention ended with fundamentalists claiming almost total victory in a five-year effort to root out so-called liberalism in Baptist seminaries by gaining majority votes on seminary boards of trustees, Wimpee said.

Wimpee said academic freedom at Baylor may be jeopardized by the victories won by fundamentalists.

"I think there's no question what their designs are. Now they've prevailed at the national level, (they'll) work more intensely at the state level," Wimpee told the Dallas Times Herald.

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Profiles of a Parade



Story By
**ALISON
GOLIGHTLY**

Rain does not slow celebrations

People across the nation Wednesday celebrated the Fourth of July. And in Lubbock, residents celebrated not only the nation's 208th birthday, but the city's 75th anniversary, with festivities throughout the day including a parade, a barbecue and a fireworks display.

Despite slight rainfall, more than 60 groups participated in the Fourth of July Parade coordinated by the Shriners and the Chamber of Commerce. The parade, which began at Jones Stadium

and disbanded at the Civic Center, included floats, marching bands, motorcycle riders and clowns.

At noon, residents were invited to the Early Settlers Reunion at the Koko Palace. Although the public was invited, those who had been residents of Lubbock earlier than 1950 were especially encouraged to participate. The speaker was Dan Kamp, director of the City of Lubbock Parks and Recreation Department. A Community Barbecue also began at

noon at the Civic Center. In the afternoon, judges from the television show "Star Search" gathered at Hollon's Home Furnishings for the 5th Annual All-American July Fourth Festival to select "Star Search" finalists from the Lubbock area. The contestants competed in a variety of categories, including singing, comedy routines and dancing.

The fireworks display at Buffalo Springs Lake attracted an estimated 15,000 to 18,000 people. The show began at dusk and lasted about an hour.

Photos By
**ERIC
VOTAVA**



PE majors unaware of specializations

By KIRSTEN KLING
University Daily Reporter

Many Texas Tech PE majors are unaware of two degree specializations offered by Tech's department of physical education — aquatics and commercial and industrial fitness. The aquatic emphasis, which has been available to students the past four years, is designed for students who wish to help meet a demand for physical education personnel to conduct and manage aquatic programs.

The purpose of the commercial and industrial fitness emphasis, established in April as a new degree program, is to meet the demand for those who do not want to be teachers but want to work in fields where trained and qualified individuals are needed to work in fitness programs. The field includes physical fitness and

therapy and other programs that require a specialized knowledge in the practicality of exercises, said Elizabeth Hall, assistant professor of health, physical education and recreation.

About 10 percent of physical education majors are not in the teacher certification program, and most students do not realize that there are other options, said Mike Bobo, associate professor of health, physical education and recreation.

"There is an abundance of PE teachers without jobs, and the market is saturated," Hall said. A degree in commercial and industrial fitness would be helpful to the student who wants to work in the physical fitness field in areas such as health spas, YWCA, YMCA, boys clubs, or a variety of other management positions. The degree also is a good option for those who want to

work on a one-to-one basis in interaction with patients who need therapy.

"This field will become very popular once people know what it's designed for," Bobo said.

The specialization will allow students to work in a field such as health spas, where qualifications and training are a must. For example, the students are involved in sophisticated research so they are able to learn which exercises are harmful and what exercises should be done for people according to their personal physical problems, Hall said.

There is a great need for qualified management because many health spas do not have the credentials for instructing exercise, Hall said. Most people do not know that knee bends and doing sit-ups with your legs straight can be harmful, she said.

In addition, she said, the protein supplements sold in health spas are not needed. A qualified individual with such a specialization would know that and would be able to properly instruct an individual about his actual needs.

"The new program will better prepare students for what they will be doing and where the job opportunities are," Bobo said.

Students majoring in physical education can enter the aquatic program after completing the elementary aquatics course. Students study 11 areas including swimming, springboard diving, aquatics for handicapped people, skin and scuba diving, small craft and open water activity, competitive swimming, synchronized swimming, games and water activities, lifeguarding, aquatic facilities and management and aquatics administration.

Undergraduates must be proficient in five of those areas.

A student who has met the degree requirements and becomes an aquatic specialist has many job opportunities available in the field, such as coaching, teaching, supervising and managing.

Tech is one of only six universities in the nation that offer such a program, said James McNally, associate professor of health, physical education and recreation.

The job availability is great, and a good portion of the jobs are well-paying, McNally said. He cited examples of Tech graduates with management jobs who have starting salaries in the \$20,000 range.

McNally said he believes the program is a success and that people are unaware of the opportunities in aquatics. "In the future I would like to see more students enter the program, and I would especially

like to attract minority students to get involved," he said.

"Minorities could function well in this area, but because of their background they seem oriented toward other sports like basketball and football. Blacks would rather be taught by blacks, and black communities are just crying out for help in this area since they haven't been exposed to this area.

Another degree emphasis, a specialization in community health, has been proposed by the PE department. If passed, the community health emphasis will establish a non-teaching degree involved in the promotion of good health.

There is a great need for such a program that stresses staying healthy rather than worrying about health when it's too late, said James Fitch, coordinator of health education.

CAMPUS BRIEFS

USDA official joins textile staff

Harvin Smith, chief of the Standards and Testing Branch of the Cotton Division of the U.S. Department of Agriculture since 1977, has been named to the staff of the Textile Research Center at Texas Tech.

TRC Director James Parker announced the appointment effective July 15.

Smith has more than 30 years' experience working with the USDA in cotton marketing, testing and standards.

Smith began his USDA work at the Ginning Research Laboratory in Stoneville, Miss., in the early 1950s. He later was assigned to a similar facility in University Park, N.M., where he directed the cotton testing laboratory.

In 1958 Smith was named assistant head of the USDA Testing Section in Washington. Two years later he was named head of the Standards Section in Washington.

He was appointed head of the USDA's Standard Section in Memphis, where he was promoted in 1975 to head of the section for the agency's cotton division.

In 1977 he was named chief of the Standards and Teaching Branch of the USDA Cotton Division in Washington.

Smith graduated from Tech in 1949 with a bachelor's degree and from the University of Georgia in 1952 with a master's degree, both with majors in agricultural economics.

Tech professor elected to staff

Duane Jordan of the Texas Tech mechanical engineering faculty has been elected vice president of the American Society of Mechanical Engineers with special responsibilities for Region 10.

The 20,000-member region includes most of Texas, Oklahoma, Arkansas and Louisiana and Mexico.

The 120,000-member ASME has chapters worldwide and is concerned primarily with the dissemination of technical information.

Jordan was elected to a term beginning in 1985 but, because of the sudden death of the vice president, George Twilley of Tulsa, he also was named to fill Twilley's unexpired term.

Jordan, who holds bachelor's, master's and doctoral degrees from Stanford University, joined the Tech faculty in 1964. He holds the ASME Robert W. Cox award for contributions to the betterment of educational activities and student affairs in Region 10, and ASME also has awarded him its Centennial Medal.

Bradford in critical condition

Tech Vice President for Development John Bradford was listed in serious condition in the cardiac care unit of Methodist Hospital Thursday after suffering two heart attacks.

Bradford suffered a heart attack Saturday and another one early this week.

MOMENT'S NOTICE

Moment's Notice is a service of The University Daily for student and university organizations. Publication of all announcements is subject to the judgment of UD editors and availability of space. Anyone who wants to place a Moment's Notice should come to the UD newsroom on the second floor of the Journalism Building and fill out a form for EACH DAY THE NOTICE IS TO APPEAR. Notices of meetings may run twice, the day before and the day of the meeting. Notices concerning applications may run three times, once exactly one week before the applications are due and again the day before and the day of the due date.

TECH TOASTMASTERS
Tech Toastmasters will meet at 7:30 p.m. today in 254 Business Administration Building.

ANOREXIA-BULIMIA SUPPORT GROUP
The Anorexia-Bulimia Support Group will meet at 7 p.m. Monday in 120 Home Economics Building. Victims, friends and families are welcome to attend.

Ag Short Course

International students study agriculture, rural development

By KIRSTEN KLING
University Daily Reporter

Texas Tech's department of agricultural economics is sponsoring its second international short course on "Strategies for Developing the Agricultural Sector."

The course, which began June 5, is a six-week program designed to teach a range of topics related to agricultural and rural development to participants from developing

countries, said department chairman Kary Mathis.

Last year, eight people representing Somalia, Tanzania, Liberia, Bangladesh, Kenya and Senegal attended the short course for upperclass and graduate students.

The students take their new knowledge for guiding agricultural development to their home countries, Mathis said.

This summer session, 13 people representing Pakistan, Guatemala, Senegal, Mali, Somalia, Ethiopia, Niger, Haiti, Guatemala, and Kenya are participating in the program.

The students take part in lectures in the morning, field trips in the afternoon and individual project paperwork. The individuals also took a trip to the Houston-Beaumont area to study rice production, which is a major commodity

in world trade, Mathis said.

Agricultural economic professors Hong Lee and Thomas Owens help coordinate and teach courses in the program. Other university faculty members teach in the classroom.

"The short course is well-received by the participants," who are selected by the U.S. Agency for International Development (AID) missions which provide assistance to the under-developed coun-

tries, Mathis said.

AID sponsors the participants and asks U.S. universities to conduct courses. About 47 courses are sponsored by the USDA staff, Mathis said.

The first time Tech participated in such a program was in 1981. Currently, the department of agricultural economics is the only department at Tech offering a course through the program.

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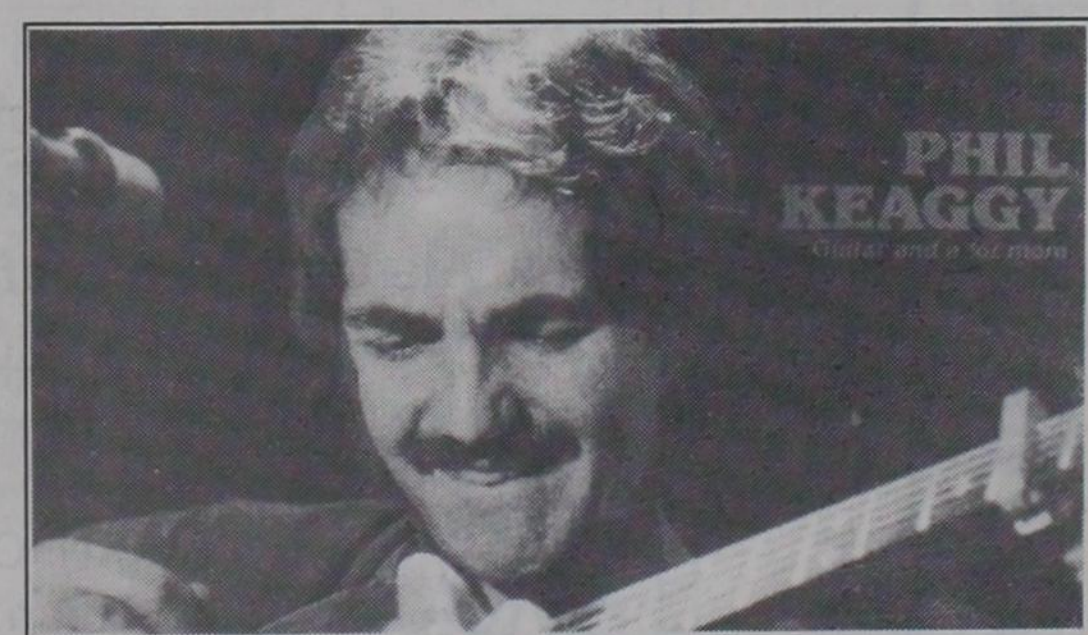
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Dedicated break dancers channel violence into dance



The University Daily/Eric Votava

Breakin'
A young break dancer, identified as Adrian, defies gravity and anatomy.

By CHERYLE LOCKE
University Daily Reporter

Knives and chains used to be the common tools of an angry street fighter, and a raging determination to be the king of one's own turf was an obsession. Now there is something that replaces the conventional weaponry and puts gang competition in a new arena.

Break Dancing teams are what gangs used to be. Although the various groups that settle their "disputes" through competitive dancing seemingly are more serene and less violent than the typical gangs of old, there remains an unmistakable amount of fierce hatred between the groups. But now it is channeled in a more positive force.

Such groups are forming everywhere. Big metropolitan cities are not the only ones that have witnessed the rapid

metamorphosis among gang members. It has spread swiftly across the map, even to the corners of a rather small dusty city out in West Texas; Lubbock, too, has been stormed by the break dance craze.

It was close to dusk, but still hot enough outside to be uncomfortable. Lightning had begun to strike in the distance, and the smell of rain and dust were mingled in the early evening air. "Across the tracks," somewhere in East Lubbock, no one seemed to notice the obvious hint of rain or the unbearable 90-degree heat; at least they didn't seem to notice. There seemed to be something more ominous in the air; something was happening that was much more spectacular and much more mysterious than the simple changes in the night sky.

A group of about 12 kids was gathered in a driveway around a large piece of cardboard. Some were talking and laughing, while others didn't utter a word and only stood there watching intently and moving methodically to the synthesized beat coming from the tape player sitting in the window sill of the house.

There was a small boy in the center of the cardboard. He did not appear to notice the people who surrounded him as he began to spin, pop, wave and break with the agility and grace of a young black panther.

The small boy, whose name is Doug, stopped at once when the music stopped. Everyone

continued to laugh and talk while someone quickly rewound the tape. "Say, Nicky, get outta my kneepads 'fore I pop your ears off," shouted one of the guys to some kid who was out breaking in the middle of the street.

Suddenly an old, large purple Cadillac pulled up in front of the driveway, and three guys known as the Floor Rockers slipped out of the car and motioned to the others to come out in the middle of the street for a challenge. "Hey dog meat, you ain't nothing but slop," said one of the members of the Jammers of the Round Table to one of the Rockers, and with that the breaking began.

The members of one break dance group usually are from the same school and neighborhood. The Jammers of the Round Table are from the Dunbar-Struggs school attendance district, and the Floor Rockers are from the Estacado area.

After the two groups danced against each other for about 20 minutes, they decided to stop and meet for a real contest at the Jamaica, a local night club for minors, where they could find someone to judge them. The purple Cadillac drove away, and the Jammers and their friends set back up in the driveway.

Most of the guys had on baggy sweat pants, plain T-shirts and high tops. A few of them had one ear pierced, and a couple of the younger ones donned Michael Jackson-type gloves on one hand. The tough,



The University Daily/Eric Votava

Poppin'
Mark Pendgraft and Reginald Dotson of the Round Table, contort to the music (foreground), members of the Jammers for onlookers.

almost devilish glaze, which had rested upon their faces only moments earlier when the Floor Rockers had challenged them, disappeared. They all were full of quick, funny one-liners, and everyone seemed to be smiling and laughing all

the time. It seemed eerie that their mood and personality could change so quickly.

"I like dancin' better than fightin', but if I have to fight, I'll fight," said Mark Pendgraft, a 16-year-old member of the Jammers of the Round Table.

"Yeah, it's great because I rather dance than fight any day. That's how everyone feels unless they really criminal. When we say we gonna fight, we all know it means dance. But I'm still just as mad and angry," said Reginald Dotson, a high school sophomore who is the leader of the Jammers.

A homemade mixed version of the two songs "Jam On It" and "Radio Activity Rap" blared out of the jam box, and the Jammers began discussing their new routine they plan to use in a citywide competition.

"Yeah, we'll be doing some Street Walking, the Centipede, the Wave, and some breakin' in our new routine," Dotson said. "Hey, cut that out 'fore you break your head," he shouted to the youngest member of the group, Doug Pendgraft, who is only 12. Dotson continued talking about the routine. "We always wear baggies and hightops when we compete. The best baggies come from the Chess King or Anthony's. If we win the contest we'll get \$100. I think we'll win 'cause man, we already tore everybody up at the Jamaica before."

Did Michael Jackson start the Break Dancing craze? "Naw, he didn't start Breakin', but he started the Back Float, you know what I mean, what white people call the Moon Walk," said one of the guys who was standing

See Dancers, page 7

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20 Harvest
21 Three-toed sloth
22 Shelter
23 Metal tube
27 Son of Heb
29 Ethiopian
30 Part of flower
31 Busy with
32 Label
33 Insignia
34 Use abbr
35 Atmospheric disturbance
37 Declare
38 Macaw
39 Comfort
40 Pappen
41 Tautonic deity
42 Surfer
44 Look fixedly
47 Lying face down
51 Neck-piece
52 Part in play
53 Hebrew month
54 Breadth abbr
55 Advantage
56 Funeral pile
57 Bitter vetch

1 Embraces
2 Region
3 Ape
4 Fever
5 Pallor
6 Traps
7 Mediterranean
8 Walked
9 Rocky hill
10 Devoured
11 Part of soil
17 Symbol for tantalum
19 Chinese distance
29 Male sheep
30 Expend
32 Locks of hair
43 Near
44 Withered
45 Below
46 Dimes
47 In favor of
48 Staff
49 Ancient
50 Sticky substance

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1 2 3 4 5 6 7 8 9 10 11
12 13 14 15 16 17 18 19 20 21 22
23 24 25 26 27 28 29 30 31 32 33
34 35 36 37 38 39 40 41 42 43 44
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Dancers break from traditional fashion

Continued from page 6
around watching the action.
"A lot of people wanted to be like him, and he got everyone enthused," said another young boy sitting on his bike.
"Another thing, Michael Jackson ain't gay. Naw, it's just 'cause of jealousy that people say that."
"Now Prince, in my book he's pretty cool, but he ain't got no influence on dance," chipped in Mark.
"Special K and Ozone, the two dancers in the movie Breakin', they got a lot of people fired up to start breakin'," said Danyelle, one of the few girls standing nearby.
"When I first began I was shy, but once I got the hang of it I'm ready to let go," said Pendgraft, who is definitely the more reserved of the four members of the Round Table.
"Little kids' moves are so much more smooth because they're closer to the ground," Dotson said. The main part in break dancin' is believin' you can do it, no matter who you are. I've only been wavin' six months, but now I'm top in the city because I wanted it so bad.
When asked if blacks can break better than whites, Pendgraft grinned and said, "I sure don't mean to be prejudiced or nothin', but black people have more rhythm. Most parties where I go to and

the majority is white — they don't break or pop, but I guess some can jam."
Dotson laughed and said, "Well, just my opinion, but I say yeah, blacks can break better than whites. We just cold, and we have more dedication to try it anyway."
Adrian, a new guy in town from California, said, "Well, whites are starting to break more. I saw this white boy on B Street once and man, he was good; not better than me (chuckling), but still pretty good."
"Now blacks are getting smarter," Dotson said. "We're in politics; look, we got one running for president. It's good we're moving into politics. I don't want to make a career out of breaking. My career is football and art."
"Yeah," Pendgraft agreed. "Breakin' is a hobby, something you do in your spare time."
They all agreed breakin' could be dangerous, but "if it's something you really want to do, you'll find a way, and you'll be able to do it. Just the way I want to go to college and get my degree; I'll do it even if it's hard. I'll do it because I want it so bad. When you want something, and it's in your heart, I mean really deep in your heart, you find a way to do it," said one of the Jammers.



Vaughan
Popular blues guitarist Stevie Ray Vaughan and Double Trouble will headline a concert July 7 in the Lubbock Municipal Auditorium. The triple billing also includes pop artists Duke Jupiter and the rhythm and blues of Angela Strehli.

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UNIVERSITY DAILY ADVERTISING

742-3384

Dallas nun starts daily jogging habit to watch weight

By The Associated Press

DALLAS — With her new \$35 track shoes, stereo headphones and sweatshirt, Andrea Lacosta looks like anyone else who's hooked by the jogging habit. The only thing different is, well, her habit.

Sister Andrea Lacosta — a jogging nun — has been running regularly in her white habit for about a year.

"I think it's a very calming thing," said Sister Andrea, who has been one of the Daughters of Charity of St. Vincent dePaul for 40 years. "I can think about a lot of things spiritual and otherwise

... It gives me a good feeling to know that I've done some exercise, that I've accomplished something."

The 59-year-old nun started running after she became conscious of her weight while watching slides of herself working as a volunteer at St. Paul's Hospital.

She weighed 171 pounds

then. Sister Andrea said jogging has now cut her weight more than 50 pounds.

"I was afraid to run with all that extra weight," she said.

The registered nurse, who works as a management analyst at the hospital, visited a doctor who treats obesity. She started a diet and began walking briskly each day.

By October, she was thin and fit enough to start running. But Sister Andrea tries to avoid the summer heat because her nun's habit is hotter than the average runner's wear — shorts and a T-shirt.

Sister Andrea said motorists used to stop and gaze at her along the jogging route.

"Now they're pretty used to

me," she said. "Sometimes, a car will slow down to watch. Usually, I wave and they smile and wave."

She said she rises to run "when the birds begin singing" at 5 or 6 a.m.

"I don't meet anybody out there but two cottontail rabbits," Sister Andrea said.

After the morning run, she goes home for a shower, then goes to prayers and work.

In the winter, Sister Andrea dons an orange sweatshirt over her habit and thermal underwear to keep warm.

She said she is working her way up from two to three miles a day, five times a week. Her goal is to reach four miles

a day, and eventually to participate in a 10-kilometer marathon.

"It's really for health purposes," she said. "But I have to keep weight off and diet because the eyes of Dallas are upon me ... I have a set of before and after pictures to remind me of what I need to do."

TEXAS TECH SPORTS ROUNDUP

• The Texas Tech Rugby Team traveled to Corpus Christi last weekend and competed in the 6th Annual Sevens by the Sea Tournament. The Tech team was led offensively by Bobby Medigovich on a stunning 65-yard run for a score, which helped the team beat Corpus Christi 8-4.

• Texas Tech's 1984 baseball recruiting class increased with the signing of outfielder Amory Booker, a transfer from Seminole (Okla.) Junior College. Booker, a 5-10, 155-pounder, batted .365

with five home runs and 23 stolen bases for the Indians last season.

The Raiders also signed Grand Prairie High School shortstop Mike Coulter to a national letter of intent. The 5-7, 160-pound Class 5A all-state player is the third shortstop to be signed by Tech this year.

• The Texas Tech golf team has increased its number of recruits by two with the signing of Rocque Becker and Terry

Jackson, teammates on McClennan Community College's 1984 national junior college championship golf team, to letters of intent to compete for Tech this fall.

• Texas Tech announced last week the hiring of Slaton High School girls' head coach Diana Lewis to fill a vacancy on the Red Raider women's basketball coaching staff.

Lewis, whose teams posted a 103-30 record in four seasons at Slaton, replaces Kathy Harston, who resigned in May to assume

the girls' basketball coaching job at Plainview.

• Robert Sweazy, chairman of the Texas Tech University Athletic Council, has been elected secretary-treasurer of the College Football Association Board of Directors.

Sweazy is director of the Texas Tech Water Resources Center and a professor of civil engineering. His appointment was announced at the CFA annual meeting.

NEXT WEEKS SPECIALS

UC Cafeteria

Monday — Popcorn shrimp with cocktail sauce, small salad, hush puppies \$2.79

Tuesday — Beef tips on rice, green peas \$2.09

Wednesday — Baked cod, winter mix vegetables \$1.89

Thursday — Turkey-broccoli roll Au Gratin, dressing and gravy, seasoned corn \$2.09

Friday — Chicken bits with cream gravy, green beans, mashed potatoes \$2.49

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Root Beer Float 59¢

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