WARNING SYMPTOMS WHILE EXERCISING, AND WHAT TO DO ABOUT THEM

Having begun your exercise program, certain situations may occur which indicate that you are doing too much. The warnings listed below are not cause for panic, but rather for cooling down and stopping exercise, evaluating and readjusting your program, and sometimes for consulting with your physician.

<table>
<thead>
<tr>
<th>SYMPTOM</th>
<th>CAUSE</th>
<th>REMEDY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Abnormal heart action;</td>
<td>Extrasystoles (extra heart beats), dropped heartbeats, or disorders of cardiac rhythm</td>
<td>Consult physician before resuming exercise program. He may provide medication to temporarily eliminate the problem and allow you to safely resume your exercise program, or you may have a potentially harmless kind of cardiac rhythm disorder.</td>
</tr>
<tr>
<td>e.g.</td>
<td></td>
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<tr>
<td>- pulse becoming irregular</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- fluttering, jumping or palpitations in chest or throat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- sudden bursts of rapid heartbeats</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- sudden very slow pulse when a moment before it had been on target. (Immediate or delayed)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Pain or pressure in the center of the chest or the arm or throat precipitated by exercise or following exercise. (Immediate or delayed)</td>
<td>Possible heart pain.</td>
<td>Consult physician before resuming exercise program.</td>
</tr>
<tr>
<td>3. Dizziness, lightheadedness, sudden incoordination, confusion, cold sweat, glazed stare, pallor, blueness or fainting. (Immediate)</td>
<td>Insufficient blood to the brain</td>
<td>Do not try to cool down. Stop exercising and lie down with feet elevated, or put head down between legs until symptoms pass. Later consult physician before next exercise session.</td>
</tr>
<tr>
<td>4. Persistent rapid heart action near the target level even 5-10 minutes after the exercise was stopped. (Immediate)</td>
<td>Exercise is probably too vigorous.</td>
<td>Keep heart rate at lower end of target zone or below. Increase the vigor of exercise more slowly. If these measures do not control the excessively high recovery heart rate, consult physician.</td>
</tr>
</tbody>
</table>

The following warnings are not a cause for panic, but rather for cooling down and stopping exercise, evaluating and readjusting your program, and sometimes for consulting with your physician.

SYMPTOM: Abnormal heart action; e.g. - pulse becoming irregular - fluttering, jumping or palpitations in chest or throat - sudden bursts of rapid heartbeats - sudden very slow pulse when a moment before it had been on target. (Immediate or delayed)

CAUSE: Extrasystoles (extra heart beats), dropped heartbeats, or disorders of cardiac rhythm. This may or may not be dangerous and should be checked out by physician.

REMEDY: Consult physician before resuming exercise program. He may provide medication to temporarily eliminate the problem and allow you to safely resume your exercise program, or you may have a potentially harmless kind of cardiac rhythm disorder.

SYMPTOM: Pain or pressure in the center of the chest or the arm or throat precipitated by exercise or following exercise. (Immediate or delayed)

CAUSE: Possible heart pain.

REMEDY: Consult physician before resuming exercise program.

SYMPTOM: Dizziness, lightheadedness, sudden incoordination, confusion, cold sweat, glazed stare, pallor, blueness or fainting. (Immediate)

CAUSE: Insufficient blood to the brain.

REMEDY: Do not try to cool down. Stop exercising and lie down with feet elevated, or put head down between legs until symptoms pass. Later consult physician before next exercise session.

SYMPTOM: Exercise is probably too vigorous.

REMEDY: Keep heart rate at lower end of target zone or below. Increase the vigor of exercise more slowly. If these measures do not control the excessively high recovery heart rate, consult physician.
Editorials (and other such lies)

Over the course of this term, we have noticed a subtle, yet distinct, shift in attitudes at Caltech. People are acting more forcefully and more purposefully than at any time before Christmas break. This may be partly due to "second term letdown"—the medical term used to describe the apparent length of the second term. But most of the blame lies on a common enemy of mankind: lack of humor.

We, at the Tech, admit to fostering some of this scourge, and feel helpless about the situation; on the one hand, we must run articles submitted by all folk, humorous or not. On the other, we cannot drastically alter articles (i.e. omit verbs, transpose columns, typeset in drably). On top of all this, we are then forced to add in Hackneyed, Dry.

Most of the problem, we believe, lies in the weekly columns. Examine the paper carefully: there is "The Body Shop"—Health Center stuff with slight tinges of humor. There is "Billie andIch"—special interest column for bikers. Not even "the naturalist" nor "Christopher Robbins" can aDy this problem. Ideas and methods have become commonplace, hackneyed, dry.

What is needed to alleviate this problem is something new and/or spontaneous. What is needed is a certain combination of vitality and randomness, which we will call "Bounciness" (the stuff that is produced every week in puerile unwittentional). All we need is the wit and sharp humor (to protect the author’s identity, we will abbreviate his name D.as in DunD). M. (as in Mahoney) of R. (as in Random) N. (as in Numbers). Here is an example of bounciness. For the epilogue of his column, he wrote:

On 11.29-79, Duncan G. Mahoney discovered that he was incapable of typing with his nose.

Or we’d even take something like "Jelloh":

I reached Dabney House and got a foot stuck in the wheel of a bicycle. I slid to a stop on my stomach...

continued on page 4

The Body Shop Cont’d

<table>
<thead>
<tr>
<th>SYMPTOM</th>
<th>CAUSE</th>
<th>REMEDY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. Flare up of arthritis</td>
<td>Joint trouble</td>
<td>Use anti-inflammatory drugs</td>
</tr>
<tr>
<td>6. Nausea or vomiting after exercise</td>
<td>Not enough oxygen to the intestine</td>
<td>Exercise less vigorously and take deep breaths</td>
</tr>
<tr>
<td>7. Extreme breathlessness after exercise</td>
<td>Exercise is too taxing to your cardiovascular system</td>
<td>Exercise less vigorously</td>
</tr>
<tr>
<td>9. Shin splints</td>
<td>Inflammation of the fascia</td>
<td>Use ice packs on the leg</td>
</tr>
</tbody>
</table>

50¢ ASCIT members Baxter Lecture Hall 1:00 All others

FRIDAY NIGHT ASCIT MOVIE 7:30
TONG: Slaughterhouse Five

All-you-can-eat dinner for 5.95!
Colonel Lee’s Mongolian Bar-B-Q

You can make your selection from four kinds of meat and fish, nine fresh vegetables, and ten different Bar-B-Q sauces. The sliced meat and fresh vegetables are cooked on our special Mongolian grill in just one minute, right in front of your eyes. Come and try it once. Our luncheon menu ranges from $2.50 to $3.95, and dinner is $5.95 for all you can eat.

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FRIDAY, February 20, 1981

the Body shop Cont’d

INT (RND (0))

Page Two
Page Six

 continues on page 6

THE CALTECH Y fly-by

Saturday, February 21, 1981. Another trip to go YACHTING! Those of you who are going must meet in front of Winnett Center at 8:00 am. (You’ve got to suffer for a little fun.)

Tuesday, February 24, 1981. KINGS vs. EDMONTON HOCKEY at the Forum. Those who signed up and won the lottery must pay the $5.00 per ticket by noon Monday, February 23, or else they go to someone else. Limited transportation can be provided by The Y, so be sure to ask about the details at The Y office.

Tuesday, February 24, 1981. THE PHOTO WORKSHOP LIVES ON! At 4:15, in Clubroom I of Winnet, Dr. A.M. Razum will talk on “Centers of Interest and Simplicity.” This program is for those who have enrolled in the Photography Workshop.

Tuesday, February 24, 1981. AN EVENING DISCUSSION focusing on CONTEMPORARY MEXICO. Tonight’s speaker is Thomas G. Sanders of the American Universities Field Staff, formerly an Associate Professor of Religious Studies at Brown University. At 7:30 p.m., in Winnett Lounge.

Saturday, February 28, 1981. A Trip to MY FAIR LADY. 25 tickets are available for the 3:00 matinee show, at $15.00 per ticket. Sign-up at The Y Office on Tuesday, February 24, and Wednesday, February 25. The tickets will be distributed by lottery if necessary.
By C.R.G.

This is the first of a series of articles intended to be entertaining, informative and thought-provoking.

You will be given a series of events and a position of authority in the scenario. Confused? Try this one:

You are the President of the United States and the following information has just been given to you:

Soviet airborne units have just secured the airfields at Lodz, Wroclaw, Warsaw, Gdansk, Gdania, and Poznan. Soviet naval forces have taken control of the following ports: Gdansk, Gdania and Szczecin. East German based forces are crossing the Oder and Neisse rivers at Forst and Frankfurt (East Germany). Czechoslovakia based Soviet troops are crossing the border at Ostrava. The bulk of the invasion force is coming from the U.S.S.R. border from Lwow, Brest, Grodno and Vilnius.

"Well Mr. President, Russia has just invaded Poland, what are we going to do?"

Give it a little thought.

Listed below are the consequences of a few choices:

a) Do nothing. This view would result in the loss of tens of thousands (possibly over a hundred thousand) lives. As well as giving Russia total control of Poland. We would also partially lose face with the rest of the world, but no U.S. citizens would die.

b) Aid the Polish forces with arms and munitions through third party countries. In a realistic sense, this would only prolong the war. Russia would still have its 60 divisions. Poland would not have an organized military; most of the resistance would come from guerrilla forces deep within the Polish forests. Third party tactics would only result in more lives lost, but no U.S. citizens would die, and the U.S. wouldn't lose as much face as if we did nothing.

c) Intervene with conventional weapons in Poland. This would be a very costly maneuver. Millions of dollars and thousands of lives would be involved (and at stake). The RDF (Rapid Deployment Force) may not be able to get the men and equipment there in time. (Reagan is planning to devote millions of dollars to the RDF in the next few years as part of his increased defense spending promise). After (and if) you get the troops there, you have to worry about supplying them with food, fuel and ammunition. (The Polish winters are very cold!) The U.S.S.R. could have as many as one million troops. We could only send in a few hundred thousand. We'd be outnumbered in a foreign country fighting an enemy that's trained for exactly this type of war. We'd most likely lose. Loss of life: high. Expenditures: high.

d) Nuclear strike against U.S.S.R. Not a wise move. Russia would counterstrike in a matter of seconds and in half an hour millions of people are dead.

e) Conventional strike against Russia (not very effective). Russia would probably counter with a similar attack. Loss of life: high. End result: loss of life period.

(Do not lose track of what you're trying to get out of this).

There are other answers, but just think them through. Interesting, huh? How could the U.S. come out on top? Can the U.S. come out on top? Well, what would you do?

Future articles in this series will try to deal with many subjects from religions to the creation of artificial life. And so, for this week, what would you do?

P.S. This article sparked quite an argument when it was read in one of the houses after it was completed.

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The California Tech
**THE CALIFORNIA TECH**

**Bike Lane Billie und Bikes**

"They parked their bikes in the hall, and without turning on the lights felt their way into her bedroom..." - Bernard Fischman

The Man who rode his 10-speed Bicycle to the Moon

Well, we were planning to report on the riding conditions and places of interest in the Pomona-Claremont area this week. Unfortunately, over a week ago, I sprained my ankle while playing frisbee on skates and Lynnette at the Health Center thought that it should be rested another week. Oh, well, I hope Billie can wait another week or two because she wants to go out there as much as I do.

In last week's column, I sort of put down California. Although riding in the L.A. area certainly has its bad points, it does have some good ones too. The most obvious fact is the quality of the roads. Although the arrangement and the general layout generally have much to be desired for bike riding, you will not encounter the problems you find in New York. After all, you do not have to constantly dodge potholes in L.A. It is almost like flying over the Rhine in 1943. Falling into one of the fabled New York potholes can be a disaster whether you are on a bike or a taxicab. (I haven't tried an XM-1 yet since they usually break down before they get to N.Y.)

Although many people think that the weather out here is a big plus for biking, I feel otherwise. As many fresh have recently learned, it DOES rain in Southern California. Also, the factors that keep this rain away most of the time create a lot of wind or makes the air dangerous to breathe. It should also be pointed out that greater solar flux and temperatures create problems for bicyclers. Aside from overlooking one's body and the constant need for fluids, the bike may also be affected. I have had two flats due to over-pressure from heating. Also, some rim cements for sew-up tires can melt in hot weather. Just remember to be careful if you are not used to riding in this area.

By far the best part of riding in this area is the mountains. I can think of nothing better to admire while riding other than a certain type of mountain ahead of you. Unlike the ocean on the most part, the mountains will seem to change as one moves along, especially in a direction parallel to them. It is almost as though the mountain is alive. Also, if you are familiar with the orientation of the peaks, you can use them as navigational aids. Try to remember in your head the image of Mt. Wilson and Mt. Harvard from the campus in case you get yourself lost.

Last term Billie and I headed out toward Claremont on a lazy Sunday. There was a lot of wind from the East to provide me a strong but steady headwind. There is a saying among bicyclers, "Always ride with the wind and an uphill," which makes the return trip easier. Although the wind shifted around San Dimas to force our return, this still turned out to be a special ride. On that day, there was a fire in San Gabriel Canyon, about a mile north of foothill. Because of the strong winds, this fire was spreading out of control. I had to ride through the smoke and the ashes from the fire. Also, watching those Privyboxers and Flying Bocars do their water bombing, I was quite impressed.

By the way, Billie and I are writing this column for Exchange because we feel that this can use some interesting material to print. If you have something to say or add to what we say, just find us by our nicknames and chat us. Any type of feedback will be greatly appreciated.

---

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**History**

by Pliny the even Younger

Excerpts from this week in the history of Caltech taken from the pages of the California Tech.

19 February, 1948


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**TAT(Radio)**

Inside the dining room, lunch was still going. Was it possible that nobody had heard yet? "Dushar's been murdered," I screamed. They all looked at me. I stared back. I noticed that some of them had been in the class when Dunbar got it.

This has bounciness; it flows, while being random, it has humor and a point hidden deep inside. Bounciness applied in the correct amounts will help revitalize the Tech, and for this reason, besieging the abovementioned writers to perhaps lay aside past differences and contribute once again. Hopefully, within a month of this bombast, a new Tech may spring up and bounce with new humor. - Tracey 'Terrance' Furutani

---

**From Two**

Vol. LXXI, Number 10, November 30, 1979, p. 2.

On March 1, 1981,

The California Tech will have a new business manager.

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Sign up on Theresa's door for this outstanding opportunity in the world of high finance and corporate fiscal responsibility.

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Send your resume to Dr. Daniel E. Gladkowski at The Charles Stark Draper Laboratory, Inc., 655 Technology Square, Dept. C, Cambridge, MA 02139.

Candide opens the twenty-seventh.

Caltech students prepare for the upcoming performances of this year's musical, Candide, by Leonard Bernstein. Chris Kingley as the hero, Candide, is joined by Alice Crotchlow, who doubles as Assistant Director, R. C. Colf orne, Grace Konowski, C. J. Begg and hiding behind a Turkish Turban, Chris Linablad, who doubles as Student Producer. All line up to have their nets checked by Flora Biever, returning from Mills College (on her vacation time) to help with wardrobe fittings. Candide will play Friday, February 21st, Saturday, February 28th and Sunday, March 1st, with matinees scheduled for both Saturday and Sunday afternoons at 2:30 p.m. The Sunday afternoon performance will be interpreted for the hearing impaired. Get your tickets soon, as all live performances in Rama Auditorium are sold out every year.

-----------------------------
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AEROSPACE DIVISION
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Pomona, California 91767
(714) 593-3581

THE CALIFORNIA TECH
Friday, February 20, 1981

DECLARATION TO FLEMING

To the Editors:

In the past, I have held an obviously distorted view of the world in general and of contemporary Caltech social interaction in particular. However, after perusing The serious California Tech and reading in detail the most genuinely entertaining, engrossing and superlatively enlightening epistle by President Crowe, I have come to realize my will ful and wanton misunderstand­ing concerning the reality of the situation, a reality intuitively obvious to the most casual observer.

Hitherto, I had groundless­ly assumed that Fleming House in general and flems in particular behave with malice and contempt toward the rest of the Caltech community. I can only thank God for the tremendous insight of the flems, who, in the face of almost insurmount­able opposition, have discerned correctly that their posture of obnoxious arrogance toward the rest of the campus is a natural expression of house pride and of the strong feeling of unity within the house. Further, I now understand that it is indeed they who are righteous, and that, excepting for flems, the whole world is out of step.

Henceforth, I shall conduct my intercourse with flems critically based upon my newly found due regard for the mutual trust between students here, guided by the true knowledge revealed by these amazing people.

Sincerely,

-Randolph Scott Lloyd House
cost more than the previous one, and after some discussion, he agreed to compute the estimated cost for the suggested staggering method.

Mr. Bauccio also stated that since meals are already used in the entries, although he confirmed that the students would have to pay more for a conceivable increase in the quality of food served. Upon request by the students at the meeting, he also agreed to assemble a sample list of expected entries for 5, 10 and 15 percent increases in the current price of meals. Another comment made by many was the lack of variety in the meals served. Several waiters presented the meeting claimed that Mr. Kevin Mulcahy, manager of Saga at Caltech, had been very cooperative and an evidenced toward suggestions made by the waiters. The current contract provides for action by Saga in response to reasonable suggestions made by students.

As the meeting proceeded, Mr. Bauccio explained that in the previous year Saga had lost approximately $18,000 at Caltech, primarily due to high maintenance costs. When asked why Saga seemed so anxious to renew the contract, Mr. Mulcahy explained that Saga felt that better relations with Caltech could yield a potentially profitable contract. The possibility that money paid by students for lunch in the university dining halls for Chandler Dining Hall (also run by Saga) was either confirmed or denied when Mr. Bauccio stated that he had used both for the student dining halls and for Chandler Dining Hall. The meeting came to a close when another Mr. Bauccio formally denied Mr. Mulcahys suggestion that Saga was serving low-quality food to students for the past unprofitable year.

Even with the apparently high prices that we are charged for meals (about $6.25 per day), financial difficulties for Saga at Caltech are by no means inconceivable. Saga Corporation was formed in the late 1940s as a food chain, constructed around the concept of unlimited helpings. The largest part of Saga's business comes from serving universities, hospitals, and corporations. This food service aspect of Saga Corporation comprised 69% of its revenues for 1980, the remaining 31% provided by the three restaurant chains owned by Saga. Food service, while being the original business of the company, is not nearly as lucrative as it once was, and accounted for only 14% of Saga's earnings in 1980. Currently, Saga is obviously troubled with declining profitability of its food service establishments and is trying to reverse this trend.

Mr. James Minges, who represented the Caltech administration at the meeting, appeared to believe that Saga has been doing a reasonable job, while acknowledging the possibility of improvement in Saga food service. Unfortunately, the administration seemed very hesitant to consider any alternatives to Saga, namely other food service corporations or private dietician arrangements. During the discussion, Mr. Bauccio explained that the contract in spite of some alternatives with which some universities have had considerable success.

Since the meeting with Saga, the Food Service Committee has met twice to assemble a list of suggested entries from Saga's recipe file, to be used by Mr. Mulcahy on a trial basis. Another meeting with Mr. Bauccio and Mr. Minges is planned to discuss financial issues in greater detail, and, more pertinent, to decide whether to renew the contract with Saga for another year of food service.

Working at Disneyland is a really special experience for Mike. There are a lot of reasons, but one seems to stand out. People. You'll work with some great people and share more with them than just a job. Employee recreation programs. Organized sports. And all the other benefits that come with being a part of Disneyland, whatever role you may be selected to play.

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El ambiente de trabajo en INTEVEP es dinámico y estimulante. Los investigadores son en su mayoría jóvenes, altamente comprometidos con el reto que tiene planteado la organización. Los niveles de remuneración y beneficios sociales son muy atractivos. El Centro está ubicado en Los Teques, localidad a 30 kilómetros de Caracas, en una zona montañosa de hermosos paisajes y excelente clima.


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B-Ball Beavers Score Victory

By P. G. Hephzibah

After 12 straight losses, it seemed that the Caltech basketball team had forgotten how to win a game. Every time the Beavers would close in on an opponent, the Caltech coefficient of choke would take over and turn the momentum back in favor of the "other guys." For a while it appeared that last Friday would be no different.

Playing against Pacific Christian, the Beavers jumped out to an early lead. Pat McMurtry scored ten straight points, and it appeared that Caltech was really going to win big for a change. But nooo. Pac Christian continuously came back to keep the game close.

Frank Janecek scored 17 points and had 13 rebounds to lead Tech but it almost wasn't enough. Pacific Christian tied the score at 61-61 with 30 seconds left to play in the game. Bob Golden, after missing two free throws, scored the winning bucket to give the Beavers a 62-61 victory. The Beavers' next win will be tomorrow night against La Verne. Game starts at 8:00 pm at the Caltech gym.

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MSEE's, Physicists, Materials Scientists, Scientific Generalists, Chemical Engineers and Computer Engineers:

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The Body Shop

<table>
<thead>
<tr>
<th>SYMPTOM</th>
<th>CAUSE</th>
<th>REMEDY</th>
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<tbody>
<tr>
<td>10. Insomnia which was not present prior to the exercise program. (Delayed)</td>
<td>Exercise is too vigorous.</td>
<td>Stay at lower end of target range or below. Increase intensity of exercise gradually.</td>
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<tr>
<td>11. Pain in the calf muscles which occurs on heavy exercise but not at rest. (Immediate)</td>
<td>May be due to muscle cramps due to lack of use of these muscles, or exercising on hard surfaces. May also be due to poor circulation to the legs (call ed claudication).</td>
<td>Use shoes with thicker soles, cool down adequate. If &quot;muscle cramps&quot; do not subside, circulation is probably faulty. Try another type of exercise; e.g. bicycling instead of jogging in order to use different muscles.</td>
</tr>
<tr>
<td>12. Side stitch (sticking under the ribs while exercising). (Immediate)</td>
<td>Diaphragm spasm. The diaphragm is the large muscle which separates the chest from the abdomen.</td>
<td>Lean forward while sitting, attempting to push the abdominal organs up against the diaphragm.</td>
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<tr>
<td>13. Charley horse or muscle-bound feeling. (Immediate or delayed)</td>
<td>Muscles are deconditioned and unaccustomed to exercise.</td>
<td>Take hot bath and usual headache remedy. Next exercise should be less strenuous.</td>
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(Taken from Exercise Your Way to Fitness and Heart Health by Lenore R. Zohman, M.D.)

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Yes, Les, There is a Lit 15 meeting!

Tommorrow at 12:15, 128 Baxter, par usual.

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Contact the Placement Center for an appointment.
Once, when the world was younger than 'tis today, a great kingdom flourished, and its name was Lennut, the fairest kingdom ever wrought by the hands of mortals, for it was here that the gods of Music did reside, playing continuously their sweet sounds for all to hear.

There were also other delights to be sought in the kingdom; it was said that in all of the other kingdoms of Aned Aasp one could not experience the joys to be found in Lennut; even the air itself was delicately scented with scents to stimulate or to promote profundity.

But there came dark times, for with the downfall of the then-ruling lords of Lennut came a horde of creatures, those who scoffed at the sweet sounds of Lennut, those who mocked the offerings of incense, and above all those evil, most insidious graymen.

(For ye who know not of the look about ye and those whom you can not, save by extreme effort, discern; these be the graymen who will work to your undoing.) They were like unto a hole in the sky, into which color and sound were sucked, never to reappear, save for fleeting death throes during the feast of the First Day of the Cycle of Sani. Lennut became a mockery of its former self, a shadow that painfully hung on to the last thread of existence.

Time and again, the spirit of Lennut was overpowered by the dark side of the mana, that drew power from the demons of Kute; yet the demons could not completely suffocate the spirit of Lennut out of this plane of existence, for embedded within the very walls where once Lennut stood were the strangely drawn symbols that kept Lennut alive, if not well.

And now, may the graymen be thrice cursed, Lennut stands in its final hour. I pray unto ye, those whose blood still carries the memory of Lennut, to help our kingdom in this, its most bitter hour, to carry the light once again for survival. Strike truly and strike well, for your fate has been cast from the laps of the gods into thine own strong hands. Godspeed.

— the realist

The Chinese New Year (of the Rooster) was received very well by the members of the Caltech community. Sponsored by the Master's Office, the event attracted a fair number of extra-Tech people. Many attractions, such as the martial arts dancers, the dragon train and a real barbeque style dinner, heightened the atmosphere of the evening. But can you spot the differences between the two photographs above? There are several.

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Our representative will be on the Caltech campus on February 24, 1981. Please see our sign-up schedule in the Career Planning and Placement Office.

The realist

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EQUAL OPPORTUNITY EMPLOYER
Contemporary Mexican Politics Examined

By Joseph A. Garcia, Jr.

This upcoming Tuesday, Feb. 24, The Caltech Y will present a program, at 7:30 pm in Winnett Lounge, highlighting political and economic changes occurring in our previously obscure southern neighbor, Mexico. The program will focus on issues in contemporary Mexico. In particular, the discussion will explore the organization of the Mexican political system; effects of the recent Echeverriia and Lopez Portillo administrations; and the political and economic development Mexico is heading for. The focus will also be directed towards the problems Mexico still faces in the areas of agriculture, population and education. Comments will be made on the political and economic policies Mexico currently is pursuing in the hope of solving these problems.

However, for all of their economic and political problems, Mexico is not a "third world" nation the U.S. can continue to overlook. The recent discovery of vast petroleum resources off the shore of Mexico has caused many an oil company to rear its ugly head due south. Fortunately, the Mexican government is prepared for this onslaught. They are not going to allow American corporations to exploit their resources at a cost to their people as many of their unfortunate Latino cousins have. In fact, recent statements from the Mexican government, in terms of political and economic actions, have strongly established a Mexican policy which, at this point, does not include the giant U.S. corporations. The government of Mexico has made it clear to the world, and to the U.S. in particular, that they will deal with other nations on Mexico's terms when these issues concern Mexican resources. It would be wise, on behalf of the U.S., to change the existing attitude of pretentious ignorance towards Mexico if we are to be included in an undoubtedly bright Mexican future.

The guest speaking host this program is Dr. Thomas G. Sanders, currently a member of the American Universities Field Staff. Sanders, formerly an Associate Professor of Religious Studies at Brown University, received his A.B. in history from Duke University in 1952 and his Ph.D. in religion from Columbia University in 1958. Sanders has spent time in both Brazil and Chile investigating the changes taking place in Latin American Catholicism. Since joining the Field Staff in 1968, he has concentrated chiefly on Brazil, Chile and Mexico. Dr. Sanders has authored several publications dealing with Latin American religion, population, education, and politics. Dr. Sanders' current emphasis has been directed towards research and writing on human rights and the political process in Brazil. Once again, the program is at 7:30 pm in Winnett Lounge on Tuesday, Feb. 24. Hope to see you there.

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* mathematics

See our representative for an on campus interview February 27

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The Preservation Hall Jazz Band played at Beckman Auditorium last Saturday night. When the band members walked on stage, they looked more like retirement home residents than jazz musicians. But, once they started playing, all doubts were pushed aside. These septuagenarians can really play.

There was no set program for the evening; instead, the band led by trumpeter Kid Thomas Valentine played what they thought the audience would enjoy. These versatile musicians played everything from blues to swing, but they didn't confine themselves to the latter. The audience wanted to dance; instead, they thought the entertaining to music. The audience was treated to a high sock shoe from trombonist Worthia Thomas and some general clowning around from Kid Thomas and banjoist Manny Sayles.

The Preservation Hall Jazz Band has a very high standard of musicianship; most of the members have been playing jazz for over 50 years. The band provided a framework of tight playing on which individual performers could freely improvise. Saxophonists Emanuel Paul, Manny Sayles and Worthia Thomas gave especially fine performances. The Preservation Hall Jazz Band claims to be "the happiest show of the year." No one in the audience wanted to dispute this statement; they were too busy having a good time.

-- Lisa Green
Important Notice
For All Those Bored With Life

Hello. This is your wonderful Tech editor, with an absolutely fabulous opportunity for you who are, like me, extremely bored with this mediocre, wretched existence. Everyone hits this snag at least once, and the results may be fatal. Fortunately, when I reached this point, third week of first term, I glanced at an issue of the Tech, and, lo, there was an ad which promised me: fame, fortune, drugs and women! Taken by surprise (and armed with some knowledge of spelling), I followed the ad up, and soon found myself in Winnett Center, a layout troll. Now, I'm an editor and never have a dull moment; like me, you can troll seven weeks' worth of flicked homework at the end of the homework, much to your roommate's chagrin. But if you want to start off small, drop by the Tech office (across from Theresa) in Winnett, and see us or leave a note, and we'll see what we can do.

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The Bank of America as Trustee under the Jack C. and Mary E. Linsky Scholarship Fund has funds available for $1000 interest-free, ten-year loans to male student applicants. Applications will be considered from two categories of students: 1) male students currently in their senior year at Caltech and who are planning on pursuing a Master's or a Doctor's degree either at Caltech or at any other university or college in the State of California, 2) current graduate students in pursuit of a Master's or a Doctor's degree either from Caltech or from some other university or college in California. Applications are also restricted to U.S. citizens or permanent residents.

Please contact the Office of Financial Aid (208 Dabney) for applications and further information on the Jack Gilbem Scholarship Fund. The Office of Financial Aid will recommend each candidate for a scholarship loan upon review of all completed application materials. Applications are due by February 15 for returning all completed applications and letters of recommendation for this program to the Financial Aid Office is Friday, May 1, 1981.

**Free Music!**
Tuesday, March 3, at 8:00 in Dabney Hall, Michael Walsh will be giving a concert of original music. The program consists of several chamber ensembles of a neo-classical nature (no, this ain't New Wave). It's free. Be there.

**Use It Or Lose It!**
Any organization that was budgeted money from ASCIT for fiscal year 1980-81 must pick it up by Feb. 28 or it will be gone. This gives you only eight days! Contact Dan Winnett, 231 Lil, or phone 796-1698.

**SURF's Up!**
During the summer of 1981, there will be an opportunity for at least 25 Caltech undergraduates to participate in the Summer Undergraduate Research Fellowship (SURF) program. The fellowship will pay a stipend of $2,000 per student for a ten-week project to be undertaken under the supervision of the Caltech research community. The student will be expected to attend a weekly discussion meeting and to present a brief oral and written report at the end of the summer. Selection will be based on perceived merit of the student and of the proposed research project. Choice of sponsor is at the discretion of the applicant, and the research project should reflect the mutual interest of both the applicant and the sponsor. The program provides only the stipend for the student; other research expenses are to be borne by the sponsor. Applicants must be Caltech freshmen, sophomores, or juniors in good standing who plan to attend Caltech in 1981-82. Application forms are available from Carolyn Merke in 207 Thomas, ext. 4285. Applications must be submitted before March 25, 1981. Final decisions will be made by April 15, 1981.

**ASCIT Money Requests**
Any student organization desiring ASCIT funds for the coming fiscal year must notify ASCIT in writing by February 27. The request should include the organization's name, the number of ASCIT members in the organization, what the money is to be used for and any other sources of income the organization has. Send the requests to: ASCIT treasurer, Winnett Student Center, 103-5556.

**Struik Talks at Tech**
Dirk J. Struik, professor emeritus at MIT, will speak on Wednesday, February 25 at 7:30 pm in Winnett Lounge on the topic "Colonial Science in New Spain and California." Struik, a differential geometrician and historian of mathematics and science in general, studied at the University of Leiden under H. Libra Lorentz, P. Ehrenfest, and J. A. Schouten. He is a founding member of the History of Science Society of America and of the Mathematical Association of America. His books include Yankee Science in the Making and A Concise History of Mathematics which is now in its third edition and has been translated into twelve languages.

Professor Struik’s talk will range from the early maize growers to Friar Junipero Serra and the foundation of the San Francisco. The Office of the Vice President for Student Affairs invites all twenty-five undergraduate students to join Professor Struik and members of the Caltech faculty at the Athenaeum on Wednesday evening. Sherry will be served in the main posted on Theresa's door at 5:30 pm, followed by dinner at 6:00 pm. The final to-do list for the hosts will be sent out by 105 Winnett until noon Tuesday. You are expected to arrive no later than 6:30.

**Queck wants you!**
Anyone interested in working on the National Educational Policies Committee and helping publish the TOPR (the organization's newsletter), get free donuts and dinner once a week in the Spring Quarter, should sign up on Queck's board or see John Quakenbush in Fleming 67. Thank you, Queck.

**Reminder**
**Be Sure to Attend The Kickoff** for the Staff Opinion Survey Noon—Winnett Quad Thursday, February 26

*find out*

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