Co-ed dormitory lifestyle laid back

By TERESA CAVINESS

"There's more life here with guys around," according to one resident advisor in Chappelear Hall this summer.

During the regular year, Chappelear is a women's dormitory. However, for the past two summers, it has been a co-ed dormitory for summer school students.

"The co-ed dorm is fine for the summertime, but it would be awfully crowded to have both men and women living here during the regular year," said Helen Layman, who has been Chappelear's head resident since the dormitory was built 11 years ago.

The rules are not as strict as usual, Mrs. Layman said. The girls living in the dorm during the regular year are required to escort all male visitors, she said. However no escort policy is being enforced by staff members this summer, she added.

Few problems with students have come up this summer, Layman said. She's only had to ask some to be quieter, she said.

Laurie Melichar, a resident advisor in Chappelear this summer, said the co-ed lifestyle and thinks JMU should offer more co-ed dormitories during the summer.

"There shouldn't be single-sex dormitories during the summer," she said. "There aren't enough people on campus to open two dorms. Also, there's more to do when everyone is together," she said.

"There would be more problems with visitation if there were single-sex dorms during the summer," said Melichar. "You'd be more likely to notice if someone was here when they weren't supposed to be," she said.

The atmosphere in Chappelear is more "laid back" than during the regular year, said both Melichar and George Scheeler, another R.A. in Chappelear this summer.

"Everyone is more friendly and open than usual, it's a very relaxed atmosphere," Scheeler said. "This makes policy enforcement easier, he added.

However, Scheeler wishes there could have been more done with interdorm activities. There were no formal dorm activities this summer but a few people got together for softball or frisbee golf, he said.

The only dorm activity of the summer was a party in the basement recreation room, Melichar said. That party was impersonal, so now people are having parties in their suites, she said.

The atmosphere is better because classes are over earlier in the day, said Melichar. People party a lot more during the summer, she said.

Both R.A.s and Mrs. Layman agree the staff members have worked well together this summer.

The co-ed dorm is a total improvement over the single-sex dorm, said Scheeler, who will be head resident in Ashby Hall this fall. Scheeler has been an R.A. for two years.

"Everyone was really nice about it," she said.

(Continued on Page 2)
Chappelear

(Continued from Page 1)
Some students were written up for marijuana violations, Scheeler said. "The only visitation we are concerned about is by non-dorm members," Scheeler said. "The only time we check about visitation is when we are drawn up to a room because of something or when someone complains," he said.

Scheeler agrees there should be no escort policy during the summer. "You have to relax the rules more in the summertime. The rules are much stricter here during the regular year," he said.

"The majority of residents this summer are really nice and I don't like to have to confront them," Layman said. "However, for the protection of everyone we have to enforce some rules," she added.

"Most students accept responsibility and act like they should," Layman said. There has been more vandalism in the dorm this summer, Layman said. Some of the vandalism may be due to non-dorm members, Layman said. "However, we have no way of knowing who did any of it," she said.

The lifestyle is "very satisfactory" for the summer session. It was crowded during May session, she said. Students were moved into one building because of the economic factor, Layman said. "It's cheaper for the school if they can put everyone in one building because fewer staff members are needed.

During summer session, residents are more individualized and stay in their own groups, she said. "It's rather cliquish in a way," Layman said.

Most students agree the co-ed environment in Chappelear is relaxed. "It's a more natural environment," one student said.

"After you get out of school, you won't ever be thrown into a situation where you will live with 200 members of the same sex," he said.

Also, living in a co-ed dorm makes people more sensitive to others," he added. "Living in the co-ed dorm this summer allowed me to meet people I would never have been exposed to," another student said.

"It lets you get closer to people because you are around them all the time," said a student.

Most students agree it is better to put everyone in one dorm because there aren't enough people here this summer to fill two.

"If you can stick them all in one dorm, you might as well," one student said.

Looking back, students as well as staff members agree this has been a good summer for them.

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Buildings and Grounds has which is available to men and summer outdoor employment opportunities, James for both sexes.

Many of the summer jobs that University students covet these jobs, said Marcum. The main reasons students covet these jobs, said Marcum, are that they are locations where the students have the desire to work outdoors and the convenience of working on campus. Wage and hours are equal for both sexes and the pay is about the same as for similar jobs in the area, Marcum said.

Two women are landscapers and two are painters this summer, Marcum, who has headed Buildings and Grounds for three years, said that he would gladly employ qualified women in any division of his department. However, females who have experience in fields such as plumbing, machine repair, and utility maintenance are rare, he said. Although newspaper ads for help sometimes say "utility man" or "groundman" the wording is not intended to "deliberately male or female," he said.

There is usually no difference between the sexes in the quality of their work, he said. Women generally are better at planting and caring for flowers, but some males also take special care at this task, he said.

Although there have been no problems with the program this summer, he said, difficulties arise the past three summers when high school girls and boys were on the landscaping staff.

In past summers, the percentage of women has been higher. Sex is not a determining factor in hiring, he said.

"I think it works out very well (with women). We haven't had any problems...with either the men or women. Women seem to be as conscientious as any of the other employees that we've had. I see no reason not to continue the program," said Marcum.

Most of those participating in the program, men and women alike, are JMU students. The main reason students covet these jobs, said Marcum, is to get different viewpoints.

Another liked the retirees chosen as guest speakers who shared insight gained from their own experience. Weiss hopes the program will continue and will include housing for people who may want to take advantage of JMU's other facilities.
Visiting Scholar program had successful year

By TERESA CAVINESS

After its first year as an independent organization, the James Madison University Visiting Scholar program is a success.

Policies and procedures were established for the new program last fall. Before that time, JMU was affiliated with University Center in Richmond, a consortium of schools around the state.

"As a member of University Center, we weren't always able to get the speakers we really wanted," said Dr. John Sweigart, chairman of the visiting scholar committee. Consortium schools send their requests for speakers to University Center. As a result, last year JMU had to take the scholars requested the most by other schools because scholars traveled to about four schools around the state within one week. Scholars couldn't stay more than one day, Sweigart said.

So, last fall JMU obtained scholars independent of the University Center. Speakers were then able to stay on campus longer, according to Sweigart.

The visiting scholar committee is appointed each year by JMU president, Ronald Carriere. The Dean of the College of Letters and Sciences usually serves as chairman. The committee also consists of student representatives from nationally recognized honor societies around campus, Sweigart said.

Student representatives make suggestions about possible scholars and aid in publicizing the events. They also escort the visiting scholars around campus and thus become personally involved with the program, he said.

Suggestions are then screened to find scholars who will have the most general appeal for JMU audiences, he said. The committee is not interested in people who specialize in a narrow discipline. We try to obtain speakers who are broad-based and whose scholarly interests are widespread," Sweigart said.

The scholars give about two speeches, one to a large, more general audience, and another specific, advanced talk to a smaller group. The department sponsoring the scholar place the small-group speech.

"Having our own program allows faculty and students to get to know each scholar better since they have more direct contact," Sweigart said.

As an independent organization, JMU has been able to get more and better speakers, according to Sweigart. The University now has full control over who is featured by the program, he said.

"We try to get scholars who are not only broad-based, but good speakers as well. They have to be recognized and respected by their peers," Sweigart said.

"We aren't trying to oversell any department. At first, we were pressed for time and scholars weren't always available when we wanted them," said Sweigart.

The committee seeks suggestions for speakers from each department or discipline, as well as student organizations. "Suggestions are then screened and ranked by size, had to pay a higher fee to the consortium was the general membership fee, he said.

"The biggest expense associated with the consortium was the general membership fee, but it was also about $1,000 per speaker because the money saved from not having to pay a membership fee is added to the budget and allows the committee to invite more speakers," Sweigart said.

JMU was one of the larger schools belonging to the consortium and, because of its size, had to pay a higher fee to the consortium was the general membership fee, he said.

"It's embarrassing," said Wagner, "but we don't feel there's any problem. We really come back and the field can still be used until then."

Dead trees removed from 'J' parking lot

By MICHAEL DUBUS

More than thirty new trees bought to enhance the "J" parking lot were removed because they were dying or already dead.

Almost half of the trees are already dead due to poor drainage in the parking lot, and the remainder have been replaced next to the Greek deans' offices in an effort to save the dying sugar maples.

The trees were purchased for $50 each from Waynesboro Nursery, but Gene Wagner, director of the Physical Plant, said the problem was the environment in which they were planted, not the trees themselves.

"There used to be a creek down there, and the whole area is marshy," said Wagner. "We planted the parking lot with red clay before paving, but evidently some water is still held there."

The building and grounds department is unsure how to remove the standing water. Water specialists from the soil conservation service are supposed to look into it, according to Wagner.

"We're at a loss right now," he said. "There's a possibility the water was compacted down during the surface treatment and is now seeping out the gravel area.

If that is the problem, Wagner said the water will probably continue to drain and the lot will be dry by the end of August. If not, the muddy area will have to be sprayed with paraquat, a strong vegetation killer.

The field was supposed to be sprayed with weed killer, but a container of paraquat was used instead, causing almost half of the trees to die.

A grass specialist from Virginia Tech inspected the damage and recommended irrigation and high nitrogen fertilizer, but Wagner said those measures have already been taken.

"It's embarrassing," said Wagner, "but we don't feel there's any problem. We come back and the field can still be used until then."

Plot where dead tree was removed in "J" lot

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Carolina as a tailback for one of the Top 100 high school football players of North Carolina All-State football team. Dudley High School.

AAAA All-State football team in the hammer throw as well as 164-4 in the discus and 49-2 in the long jump, Northwest Regional runner-up, or the Carolina conference long jumper in Greensboro, N.C., was an All-Conference long jumper of the Charlottesvile native to James Madison. He enjoys, one of his finest moments in the discus and 49-2 in the long jump.

His first team at Montevideo in 1975 had a 17-5 record and tied for the Skyline regular season championship this past year.

Montevideo track star Steve Huffman is one of the many experienced at the collegiate level, returning to the driver's seat of the Charlottesvile native to James Madison. He enjoys, one of his finest moments in the discus and 49-2 in the long jump.

Jim Leatherman replaces Ernie Nestor as a head coach at JMU in June to accept an assistant coaching position at Wake Forest.

Wearing light colors (white, yellow, light blue, etc.) if you run at night. Bright colors, like orange and red are great for daytime running, but not recommended for night running because they will help convince you to run on those days you might not otherwise. There will probably be more studies showing, conclusively, that running without a bra will not cause chafing or sagging, now, or in later years. In fact, most doctors who know about running, whether you feel safe in the road, using the sidewalk, or the workout itself.

The sidewalk, however, puts the runner at a disadvantage in terms of comfort, at some point during the night and stretch any portion or the entire series can be obtained from the James Madison University Athletics department in addition to coaching duties and the job of the physical education department.

The 39-year old coach will be a permanent resident on the JMU bench instead of a part-time visitor to the James Madison University basketball. Bill Leatherman replaces Ernie Nestor as a head coach at JMU.

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Author concludes series:

Warm down completes running workout

EDITOR'S NOTE: Today's article concludes a four part series on running, authored by former JMU runner Mike Greakhan. Copies of any portion or the entire series can be obtained through The Breeze sports.

The beginning of a workout is called the "warm-up" (the stretching, easy start, etc.). The end of a workout is called the "warm-down." It is important to keep in mind that warm-up is just as important as the warm-down, or the workout itself.

Don't finish the workout with a sprint. Finish it, instead, with a slow, easy jog-walk-jog-walk of about two minutes or more. Go back to that wall and quickly go through the complete set of exercises (except lying on the floor) used in the warm-up exercises. Do 5-4 repetitions of each exercise. Stretch for at least five minutes.

If you're through exercising, take a hot shower. You don't have to wear a shower cap, stay on your feet and continue to stretch an additional 5-10 minutes. Stretch some more while you're in the shower, and while you're getting dressed, and later on, if you have time and feel like it.

Often when I run a particularly hard workout one day, I'll get up at some point during the night and stretch any portion or the entire series can be obtained from the James Madison University Athletics department in addition to coaching duties and the job of the physical education department.

The 39-year old coach will be a permanent resident on the JMU bench instead of a part-time visitor to the James Madison University basketball. Bill Leatherman replaces Ernie Nestor as a head coach at JMU.

If you feel you must run on the sidewalk, be sure to give those walking on the sidewalk the right of way. Don't run through fields, or on dirt paths at night. Running through weeds, twigs, and on-tied straps, soft material, and without fasteners. It is virtually eliminates chafing and it can be worn under your t-shirt, or a shirt. If you cannot find this item in local stores, you can certainly order it from one of the many running magazines on the market: Running Times, Runners World, Women's Running, etc.

Wear clean socks each run, and change them after your workout. Dirty socks can cause chafing or foot fungus. If you get athletes foot fungus, use only a proprietary ointment to put on each night. I've found Desenex to be the most effective ointment (for me). Use some type of powder in your socks to keep some of the moisture. Don't wear athletic shoes and socks, it is an environment protective of your running shoes. Run with a friend, if you can. Your workout will seem much easier if you can talk to him at the run and having a partner will help convince you to run on those days you might not otherwise. There will probably be a few days when you'll have to help your partner do the same. If you don't run with someone, carry some type of ID in case of an emergency. If you don't have a pocket, you can always pin something to your running shorts.
Employment service finds 107 students jobs

Former health commissioner will receive service award

Dr. Mack Shanholtz, Virginia's commissioner of health for 25 years, will be recognized by James Madison University for distinguishing public service.

Shanholtz will receive the Commonwealth award from JMU Sept. 1 as a highlight of the awards for the Virginia Employment Commission, the Rockingham Chamber of Commerce, and the Harrisonburg-Rockingham Student Placement Service.

The award is presented by the university each fall in recognition of outstanding public service.

Dr. Mack Shanholtz, former commissioner of health for Virginia from 1951 until his retirement in 1976, has been named health director of Washington County, Va. He served the county from 1951 to 1976.

In 1955, Shanholtz took a position with the Seminole County Health Department in Oklahoma. After eight years there he was named director of preventive services in the Oklahoma Health Department.

Shanholtz has been active in a number of professional and civic organizations and has received several awards for his contributions to the field of public health.

This is the fifth year JMU has presented the Commonwealth Award. Last year's winner was Douglas B. Burgess, retired commissioner of the State Department of Highways and Transportation.

Previous winners were Col. Harold W. Burgess, retired Virginia State Police superintendent; Carter O. Lawrence, a key advisor to the Virginia governor; and Joseph S. James, former state auditor of public accounts.


Initially the program was established to help area youths 16-21 years old secure summer employment in the area, according to a report about the program. The need for youth employment services continued through the remainder of the school year, so Y.E.S. became a year-round program attempting to find part-time, full-time, temporary or permanent jobs.

Currently the Y.E.S. has a V.E.C. staff of one coordinator and one interviewer.

Applications are continually taken at the V.E.C. at schools and mini-offices set up at JMU and Bridgewater College.

Services provided by the Y.E.S. program include presentations at schools and colleges about interviewing skills, resume writing, job-hunting skills and jobkeeping skills.

Students are given various types of literature and a pocket resume. After a student has worked a job, a follow-up card is sent to the employer to check on the student's performance.

The busiest time of the year for the Y.E.S. is during the summer. More students want jobs then, and more employers are seeking help.

Consequently, the summer program requires a "gearing up." April marks the beginning of public service announcements for the Y.E.S. on radio and in newspapers. There is also a circulation of materials to businesses. Y.E.S. representatives visit schools and set up appointments with guidance counselors for student intake and classroom presentations.

In May the Y.E.S. arranges speaking engagements in the areas which explain the program and encourage the use of it.

Kick-off luncheons, a gathering of local employers, educators, and guidance counselors in held at an area restaurant to socialize and generally support the program. Both the coordinator and student placement specialists are called on to briefly explain the program. Both the coordinator and student placement specialists are called on to briefly explain the program.

In June, July, and August job orders start coming in. Students continue to register and paperwork increases qua ntity. Follow-up postcards are sent out, and a list of "problem employers" is kept to protect the employer.

The radio usually carries a daily announcement of the service and the local newspapers carry stories of ads telling of each student registered and his or her job interests.
Inland JMU starts marine science program

BY TERESE CAVIN

For students attending a university as far inland as James Madison University, the study of marine science is something most may not even consider.

"However, the study of this vital area is becoming a reality, according to Dr. William Jones of the biology department here, who serves as coordinator of the new JMU marine science program.

"Seventy percent of the earth's surface is ocean. We need to start thinking about the role of the ocean in total ecology," Jones said.

The ocean is the primary source of food protein and offers recreation along the coast, Jones said. There are also concerns with environmental pollution, he added.

"Our program is designed to introduce students to the related sciences concerning the ocean," Jones said.

"Just because JMU is located in the Shenandoah Valley, doesn't mean that we should ignore the resources of the state," Jones said. "Our students have the right to use this resource," he added.

This type of program is a first at JMU. Schools this far inland, do not usually have such programs, Jones said.

The new marine science program is a "cooperative effort with Rappahannock Community College, a coastal college in Warsaw," which is about 130 miles southeast of here, Jones said.

Interested students will have the opportunity to travel to the Virginia Institute of Marine Science there in the summers to take marine science courses at RCC.

A group consisting of JMU professors Dr. Gilbert Trexler, Dr. James Desrosiers, Dr. David Poche, Dr. William Roberts, and Jones inspected the facilities at RCC last summer.

"The ideal situation is to offer field work where beaches, marine life and even the coast can be studied," he said.

"The unique thing about the program is that it is two different institutions, a coastal school and an inland school, are working together," Jones said.

At the Virginia Institute of Marine Science, there is a marine research station offering a graduate program to anyone, even state students.

Old Dominion University, in Norfolk, offers both graduate and undergraduate programs in oceanography, said Jones. However, he added, it is more or less a self-contained program and doesn't meet JMU's needs.

Another goal of the program between JMU and RCC is to provide more courses in areas like marine botany, ecology, and those related sciences concerning the ocean.

"The unique thing about the program is to maintain the ocean as a living environment and how to protect it," Jones said.

The program will try to make courses more meaningful for students, Jones said.

"Construction of saltwater aquariums in Burruss Hall, which has been going on for about a year, said,

"The aquariums, a variety of marine plants and animals will be on display. The purpose of the aquariums is to maintain a hall display so students will have living organisms to study; said Jones.

The aquarium is a flow-through system, Jones said. When an aquarium is used, there is some distortion of reality, Jones said. Also, marine life does not live forever in aquariums and the specimens will have to be replenished, he said.

Graduate students in Florida, who are cooperating with the program, will supply specimens for the aquarium. The Marine Museum at Old Dominion University and Virginia Institute of Marine Science also will supply some specimens, Jones said.

Because of the great expense of a marine science program, JMU could never justify building a research station of its own, especially since it is an inland school, Jones said.

Whether JMU offers a marine science minor or major depends on how much student interest is shown, according to Jones.

This type of program demands prerequisites, Jones said. Students must work with the program from summer to summer.

"Second level courses of the program should be offered at RCC next summer, but hopefully the instructors will come from the JMU biology department," Jones said.

"Ultimately, we do want to offer a minor and the opportunity for research," he said.

"We are novel because of Virginia's extended coastline. The Chesapeake Bay is the largest, richest marine resource center in the world," said Jones.

"If facilities are adequate, there are all kinds of opportunities, for expanding the program," Jones said.

Dr. William Jones, program coordinator
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Personal

SABAG B: Remember D. Thanx for being you and next year. Love-M.

K & J: Trips to Gatsbys made the last four weeks worth being here. Phone calls to campus-somewhere, I never quite lasted as long as you dois, but I'm in for something. We studied so much last class. Thursday night drinking parties, diners, and sunrises. A w a ch a - T E R E S A

Wiseman: You tickle me pink. Keep it up and keep in touch. Wanna use the vacuum cleaner again and eat some chocolate cookies. Quocher

ZAN: Nothing lost, nothing gained. I guess that's life, as our friend would say. "Just five more minutes" ended up as about two hours, but it was worth it. I guess you kinda had to be there, didn't you? Too many chances missed; I don't know if I can handle it.

As about two hours, but it was worth it. I guess you kinda had to be there, didn't you? Too many chances missed; I don't know if I can handle it.

Coach

(Continued from Page 5)

Leatherman commented, "You have to set goals. It would really matter if it was Division I or II. I got a lot to learn about the differences between the high school and college coaching levels. "At the high school level, you have to take advantage of the talent available to make your team, a college coach can recruit each year for the athletes to fit his team."

At the high school level, you have to take advantage of the talent available to make your team, a college coach can recruit each year for the athletes to fit his team."

Leatherman believes that "trying to be problem solver" in working along side Campbell was "just a matter of getting it in your mind. I have known Lou for over two years and have thought highly of his coaching," he said.

"Basically, I needed some new juice," Leatherman concluded. If his past fruits are any indication, the Dukes basketball program could be the one to reap a bountiful harvest this season.