

Fat Fellows Out; Swift Gridders In

Fat has become "a negative business" on the gridiron as coaches look more and more for the speedy, shifty athlete. Putting the finger on fat is becoming precise. Players no longer can lug excess blubber around the football field without a coach knowing about it. Calipers, the instruments used by draftsmen to measure distances and diameters are being used by coaches here to measure fitness and fatness. A coach can consult his caliper measurements and know the fat content of a player's body. To know the fat content is to know something about the player's physical condition because an active player has less body fat.

Calipers are used here to measure the thickness of the skin and the fat beneath the skin in three key spots: the back of the upper arm; above the shoulder blade; and at the waist-line.

These three "skinfold" measurements give a fairly accurate estimate of how much of a player's total weight is flabby fat.

UNC coach Jim Hickey has caliper measurements to back up his early season statement that his Tar Heels reported for fall practice in the best physical condition of any squad since he's been coach here.

Calipers were used on each player when practice ended last spring and again when practice resumed this fall. The spring measurements were used to assign players a suggested weight at which to report for fall practice.

With the exception of two players, everyone returned

from the summer layoff within the assigned weight limits.

Dr. Joseph L. Dewalt, team physician, explains that no more than 15 pounds of fat should be measured in every 100 pounds of total body weight.

Some of this year's Tar Heels, particularly those in the backfield, measured in this fall with only four or five pounds of fat for each 100 pounds of body weight.

"These players," Dr. Dewalt declared, "are in an ideal situation as far as the cardiovascular system (the heart and blood vessels) are concerned."

"If they could maintain this throughout life, their chances of cardiovascular accidents would be lessened considerably."

Medically, heaviness is not nearly as important as fatness. With the skinfold tests, doctors can pinpoint the fact that a player is not just heavy but fat.

With caliper measurements, a player can be shown that a definite proportion of his weight is unneeded and a detriment to his health.

From a coach's standpoint, the caliper measurements are an incentive for players to stay in shape.

"With the short time allotted for training in the fall," says Dr. Dewalt, "there's not much time for a boy to be conditioned. He's got to stay conditioned."

From a team physician's standpoint, measuring fat content may help spot the players most likely to be injured. Players in the best physical condition may be less likely to be hurt.

"We're going to use routine caliper measurements to try and correlate a relationship between boys in poor physical condition and significant athletic injury," Dr. Dewalt explains.

"If this correlation exists, this would be pointed out to the coaches, and boys in poor physical shape would be rested more than the others."

Finding out if a correlation really exists between fat content and injury will take from three to five years. Meanwhile, beginning next spring, football players here will be subjected to another test to determine their physical conditions.

They will be given a prescribed amount of exercise and then checked to determine how long it takes for the pulse and heart rates to return to normal.

With the caliper measurements and the recovery-time tests, we should know something about the players' general conditioning and the condition of their muscles," says Dr. Dewalt.



HOLY UMBRELLAS! — But wait, these are no ordinary umbrellas, they're BANGASAS! A box of said Japanese silk-and-bamboo umbrellas arrived in the DTH office Tuesday. Otelia Connor. (we knew she'd be in on this!)

had them sent to UNC by a dealer friend in New York. These Bangasas which seem to be taking the campus fashion scene by a storm, can be had by ordering from Town and Campus. —DTH Photo by Jock Lauterer

U.S. Experiments With F5s But Will Not Purchase Any

WASHINGTON (AP) — The use of F5 Fighter jets to help escort President Johnson in Asia marks another step in the plane's curious story. It's the world's most widely distributed warplane and the Air Force still isn't buying any. Sent to Viet Nam in the Fall of 1965 on an experimental

basis, a squadron of U. S. F5s is still on the job today—flying mostly in close air support of ground troops in the South.

U. S. officials have pronounced themselves pleased with the small but relatively unsophisticated plane's performance in Viet Nam, but

have decided to invest heavily in the larger, more expensive, A7 Corsair attack plane. Yesterday the Pentagon announced a \$19.1-million contract for procurement of a number of A7Ds for the Air Force that will be similar to the Navy's version of the A4 now in wide use in Viet Nam.

Defense Department planners, however, have ruled the F5 suitable for modernization of Air Forces of U. S. allies and have sent the plane under military assistance programs to Iran, Ethiopia, South Korea, South Viet Nam, the Philippines, Nationalist China, Thailand, Greece, Morocco and Turkey.

In addition, the Air Forces of Spain, Canada, Norway and Holland have decided to purchase the F5 on their own, choosing it over various versions of the A7.

Some industry sources, noting that 1,200, of the F5s are now on order and 22 are being produced monthly at the Northrop Corp.'s Hawthorne, Calif., plant, believes Secretary of Defense Robert S. McNamara is using the tiny plane as a safety reserve.

"It's the most widely distributed airplane in the world although the United States doesn't buy any," one source said.

"The Air Force has a real ace in the hole in that they can fall back on the F5 production," he added. "They're now committed to the A7 and F4 but they can get the F5 anytime they want to."

The F5, also known as the "Skoshi Tiger" or "Freedom Fighter," has a range of about 1,350 miles, a top speed of 1,000 MPH and can deliver up to 6,200 pounds of payload.

McNamara told Congress recently that the F5's relatively short range and weak payload rule it out for U. S. Forces. But the secretary said the plane is suitable for allied forces for these reasons: —It is easy to fly.

—Its maintenance cost is low and its reliability is high.

—"It is a highly effective aircraft in certain roles that foreign air forces carry out complementary to our own air force."

It Was A 'Happening'

NEW HAVEN, CONN. (AP) — Pies were tossed at the "Green Berets," marshmallows flew in a "race riot." Marching songs blared and war films flashed on the wall.

It was a Halloween "happening" for Robert Cook, staged in a coffee house by some youthful supporters of the Yale sociology teacher who is running for Congress as an independent, mainly as a critic of the Viet Nam war.

At one point, three long-haired young men dressed to resemble Special Forces soldiers charged in, picked out three "Viet Cong" in the audience, and pretended to execute them.

A clown dressed as a cook drove off the Green Berets by tossing pies. Then a cowgirl, saying she was from Texas, challenged the cook to a duel and received a pie in the face.

There were dancing girls waving American flags, men dressed as monks and carrying incense, and a ballerina leaping about.

The sponsors said it was an attempt to apply new techniques in the theater to a political campaign.

Cook said today he is searching in his campaign for new methods to "break through our everyday lives and show us what is going on around us." Monday night's "Happening" would have been more effective if it had been harsher, he said.

"I feel the level of hilarity was a little too high," he explained. "It may be that art can no longer mirror the absurdity of life."

Cook, 32, is running against Robert N. Giaimo, a four-term Democratic Congressman, and Republican Stelio Salmons.

Salmons said he has no intention of trying anything as far out as the Cook affair. "I'll conduct my campaign the way I think is best for me," he said. "Every man to his own approach."

Giaimo declined to comment on Cook's methods.

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NEW YORK (UPI) — Direct telephone dialing between the United States and the U.S. Virgin Islands will be formally inaugurated on Sept. 19. By dialing area code 809, persons in the continental United States will be able to reach the islands of St. Thomas, St. Croix and St. John.

DTH WANT ADS

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MUST SELL — Electric guitar, Gretsch and Bigson Amp. Excellent condition. 968-9053 or 968-9307. George West.

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Campus Calendar

TODAY
The Student Committee on Mental Health will meet from 4-6 p.m. in Roland Parker III. All members are urged to attend.
A Joint Duke-UNC physics colloquium, featuring Dr. E. G. D. Cohen of The Rockefeller University, will be held at 4 p.m. in 215 Phillips Hall. The topic will be "Some New Effects in Statistical Mechanics." Tea and coffee will be served at 3:30 in the Lounge, 277 Phillips Hall.
The UNC Chess Club will meet

from 7-11 p.m. in Roland Parker III. All people interested in playing chess are invited.
The MRC will hold a short meeting at 7 p.m. on the fourth floor of New East to elect a treasurer.

THURSDAY
There will be a meeting in 202 Y. Building at 5:00 for all those interested in working on the Collegiate Council of the United Nations.
Entries for the swim meet to be held November 8 are due Thursday at 4:30.

The Carolina Christian Fellowship will hear Paul Beckwith, editor of *Inter-Varsity Hymns*, speak at 6:30 p.m. in the Epsilon room of Chase Cafeteria on "Material Problems." This is the first of a three-part series entitled, "Christ's Answers to Problems Faced by Christians in Today's World." Everyone is invited. Rides are available by calling 968-2238 or 967-1313.
The Graduate History Society will hear Charles F. Lambeth, President of the N. C. Affiliate of the American Civil Liberties Union at 7:30 p.m. in the Dey Hall lounge. The speech concerns "The Historian and Free Speech: Rights of Historians Under the First Amendment" and is open to the public.

Gardner Says 4th Needs New Voice

By LOU HECKLER
Special To The DTH
Fourth district congressional hopeful Jim Gardner said Monday night it is time to have a congressman in Washington who is "in tune with the views of the district."

Gardner and incumbent Harold Cooley were interviewed by a panel of newsmen from University of North Carolina Educational Television's "North Carolina News Conference."

Gardner was asked if he would have voted for the recent Medicare, Higher Wage, and Higher Education Bills. He said that he would not have, because, "one of the worst problems we now face is growing federal control in every way of our daily lives."

Cooley, 69, is seeking the congressional seat for the 17th consecutive time. How long does he want to stay there? "I wouldn't want to decide that," he replied.

Gardner said he did not envision running for 16 terms as Cooley has, because he is "not a politician." He said he was "concerned" over things happening in politics today.

Cooley was asked if he was victorious this year would he run again in 1968. "I have no plans for the future at all," he said.

Cooley said he was not a "Johnson Democrat," but was

a North Carolina Democrat and that he doesn't "know of any better on earth."
In a like manner, Gardner was asked if he was a Goldwater Republican and answered, "I'm running on Jim Gardner's philosophy of government."

The incumbent, and current Chairman of the House Agriculture Committee, was asked if he would accept campaign contributions from a lobbyist.

"I have taken none, nor have I been offered any," he answered.

Would Gardner, a Rocky Mount businessman, have voted against any bills that Cooley specifically voted for? "The Foreign Aid Bill," he replied. "Our foreign aid program is one of the most abused today. Many of the countries are aided where it does no good at all."

North Carolina News Conference is broadcast every Monday night at 7 on WUNC-TV.

LAST DAY! MORGAN!

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