

Books to help the Disabled

Literature for the active individual, ranging from health and fitness to vacationing and relaxation.

Those with physical limitations or no use of their lower body now can exercise sitting down. "Keep Fit While You Sit" is a video designed to teach and benefit the disabled. The aerobic exercises work the arms, torso, neck and shoulders, and they are designed to improve cardiovascular endurance as well as to increase upper body strength.

The video was developed by Allen Myerson, disabled in a roofing accident 12 years ago; and Alex Slabo, an independent producer. The exercises were drawn up by physical therapist, Karol Brumit. The program runs about 45 minutes including warm-up and cool-down.

"Keep Fit While You Sit" can be purchased for \$29.95 plus \$4.50 shipping from the Disability Bookshop, P.O. Box 129, Vancouver, WA 98666, or order by credit card toll-free (800) 637-2256. For more information, call (206) 694-2462.

Helen Hecker, registered nurse and seasoned traveler, is enlightening agents and travelers through her new book *Travel for the Disabled (A Handbook of Travel Resources and 500 worldwide Access Guides)*.

This 192-page guide is full of detailed and easy-to-understand information for disabled persons, travel agents and health professionals. Travel books, magazines and guides to parks, campgrounds and special camps as well as helpful hints for traveling by air, bus, car, cruise ship and train are noted throughout. The access guides list hotels, motels and other facilities that have minimal or no mobility barriers. Most guides listed are free.

Travel for the Disabled can be purchased for \$19.95 plus \$2.00 shipping from the Disability Bookshop, P.O. Box 129, Vancouver, WA 98666-0129; it is also available on three audio-cassettes for the same price. Or order toll-free (800) 637-2256 (U.S. and Canada). For more information, call (206) 694-2462.

The Disability Bookshop, a shop-by-mail bookstore stocking hard-to-find titles covering a wide range of health topics for the general public and matters of interest to disabled persons has just published their new catalog.

This free catalog has something for everyone; it will help those with vision and hearing impairments, physical and mental limitations those with general health problems.

Founder Helen Hecker, the author of several books for disabled persons, says each book has been carefully reviewed for appropriate content, ease of use, and type size.

The Disability Bookshop Catalog includes books about AIDS, aging, sports education, arthritis, sexuality, employment, technical aids, children's needs, personal experience, shop-by-mail sources, resource directories, self-help/inspiration and starting a business at home. Many books are in large type.

To receive the catalog, send \$2.00 for postage and handling to: The Disability Bookshop, P.O. Box 129, Vancouver, WA 98666-0129. For more information, call (800) 637-2256.

This catalog is also available on two 90-minute audio-cassettes for \$7.00 postage and handling.

Young Republicans rally at convention

By Ralph Powell and Chris Lindstrom

On Feb. 19, the College Republicans from St. Andrews ventured to Greensboro to serve as delegates at the North Carolina Federation of College Republicans annual convention.

The group included Ralph Powell, chairman, Chris Lindstrom, 1st vice chairman, Mike Zaccaro, 2nd vice chairman, and David McInnis, club admission counselor.

The Federation, under a current chairman Mark

Flemming a senior at nearby Campbell University, has grown from 4 colleges to 19. The Federation has increased from 25 delegates last year to 120 this year.

At the convention, there were several speakers, including Joe Bostic, former lineman for the Phoenix Cardinals, newly elected Guilford County commissioner Sim De Lapp, who is a former St. Andrews' student, and candidate for the North Carolina Republican party chair, and Chairman of the Young Republicans, Bill Spodea.

While at the convention, the young politicians participated in the election of new officers, amending the College Republican's constitution, and reviewing amendments.

The highlight of the convention came when St. Andrews' College Republicans won the Federations Club of the Year award. The selection process was hard, but due to St. Andrew's hard work and determination they were chosen from 19 other colleges for this prestigious award. Club chairman Ralph Powell was appointed by newly elected state chairman, Dee Stuart, as Eastern Regional Director.

The Young Republicans have a full calendar of projects slated for this year. They plan to host several conservative speakers on campus, to promote the Scotland County Republicans, to send delegates to the State Republican Convention in May, and sending representatives to the National College Republican convention in Washington, D.C. during July.

'Great Scots!' The Scottish are coming

A Caledonian Foundation exhibit, "Great Scots," will be on display at St. Andrews March 5-7. The exhibit consists of photographs, biographical material and excerpts from the writings of 85 outstanding personalities, and celebrates the contributions of Scots, Scots-Canadians and Scots-Americans to the United States and the world. It can be viewed by the public at no charge from 9 a.m. to 5 p.m. in the main lounge of the Belk Center.

The Caledonian Foundation is a nonprofit corporation dedicated to preserving and strengthening ties between Scotland, Canada and the United States.

On March 6 at 10 a.m. The Caledonian Foundation will present a seminar, "Scotland: Now and Then," also open to the public at no charge. The Scottish seminar will be held in the

Belk Center and will include a talk by Isabelle Smith on the influence of traditional Scottish design on current fashion. Smith is president of Scottish Connections and has a shop in Boston featuring Scottish merchandise. Other speakers include Col. Jack E. McDonald of Stuart, Fla., High Commissioner, Clan Donald, U.S.A., and Jack Smith of Boston, who is an authority on travel in Scotland. Nona Macdonald Heaslip of Toronto, president of the John Graves Simcoe Historical Association, will bring a Canadian perspective with her talk, "Toronto Celebrates the 200th Anniversary of its Founding by John Graves Simcoe."

The Caledonian Foundation planned its exhibit and seminar to coincide with the timing of St. Andrews' annual Scottish Heritage Awards Banquet on March 6.

Reminder

All Warner Hall Scholars are invited to attend a social hour and dinner honoring the 1993 E. Hervey Evans Distinguished Fellow, Dr. J.A. Ross MacKenzie, Director of the Department of Religion, The Chautauqua Institution, Chautauqua, New York, on Monday, March 8, 1993 at 6 p.m., Belk Patio. Please see Dr. Carl Walters for more information, or call him at 268-3165, as soon as possible.

Former professor honored

St. Andrews is proud to announce that it is honoring one of its most distinguished professors, Dr. G. Tyler Miller.

Dr. Miller led the planning and development of the college's distinctive science programs and facilities.

During his tenure at St. Andrews, Dr. Miller provided bold, new leadership in creating the core science program. The John Blue Science Laboratory is one of the projects

that Dr. Miller's ideas helped to provide.

While teaching in the science curriculum and interdisciplinary general education programs at the college, Dr. Miller further developed his ideas and research in environmental studies. Quickly, he became a pioneer in his thinking and judgement of environmental issues.

In 1976, he left the college (though he remains adjunct professor) to pursue a career

in writing texts and monographs in this field. Since that time, he has published many textbooks in some twenty-one editions, used in nearly three-fourths of all colleges and universities in the United States, as well as over seas. His most popular text, *Living in the Environment* is in its 7th edition.

This most distinguished professor is being honored by St. Andrews with an Honorary Doctor of Science degree.