spotlight

Fifteen Years Ago in the Guilfordian

By Laura Peters

Fifteen years ago the Guilfordian's headline revealed "Golf club charged with Racism." A nearby golf club, Longview, was accused of racism by four Guilford staff members. The men claimed that upon arriving at the course, the club's manager looked over Woodward, a black man and denied the four of them use of the facilities. He said that "colored and white cannot play together on this course." A report of the incident was filed by the four staff members to four branches of authority, one which The five lane design, they conwas the Civil Rights Division fined, was adequate for ten of the United States Departemtn of Justice. Other big original seven lane highway news in the 1971 Guilfordian rights amendment which made the following twenty years. 18 to 21-year-olds eligible. The paper examined the possible enough, one of the changes Coalition." Both groups urg- harder ones on the schedule."

crease in liquor sales. This businesses to close down for would result, they asserted, in part of the day. They also had an "increase in the incidence plans to host anti-war rallies in of automobile accidents and a several large cities. resulting rise in insurance

to give lanes. The plan required 30 feet of Guilford Colheld a meeting on the proasserted that the land was not The commission shared their beliefs at the meetings, as well. proposal would allow for

they considered was an in- ed schools, universities and

The year of 1971 also brought news of the campus Also in 1971, the State Judicial Board. Trying a Highway commission had freshman who cheated on a plans to widen Friendly Road paper and a senior accused of plagiarism on a geology term paper. The board also heard lege land. The commission three cases involving violations of visitation rules. Each posal; Guilford's attorney case involved men in Binford after visiting hours. One of "marginal" but historical, these men was charged with exiting improperly through a window.

On the lighter side of the news spectrum: James Taylor years growth, however, the was in concert at the Greensboro Coliseum for \$4.50 a ticket. Guilford had a was passage of the voting changes in Greensboro over cross country team. Our football team lost to Elon 49-9, but we did beat UNCG in soccer, Another interesting article 2-0. The Guilfordian boasted changes that would come with accounted for a meeting bet- "UNCG has the potential of a this new law, now that 18 to ween the "Peoples Coalition very good team, and the 21-year olds would be con- for Peace and Justice and the Quaker coach feels the game sidered "adults." Interestingly "National Peace Action might have been one of the

Living With Heat and Humidity

By Charlotte Schmickle

Welcome back to Guilford and those lazy, hazy of late summer in Piedmont, N.C. For those of you unaccustomed to our weather or if you're trying suddenly to get back into shape, here are some things to remember about the heat/humidity combina-

Most of you are familiar with winter forecasting including the wind chill factor which increases the hazards of the actual thermometer reading according to wind severity. Our National Weather Service now projects a Heat Index (HI) which combines temperature and humidity into an "apparent" temperature. Therefore, the higher the humidity, the higher the apparent temperature. High humidity retards the body's normal cooling system (evaporation) leading to an increased danger of

The table below (with thanks to U.C., Berkeley Wellness Letter) lists some possible Heat Index pairing and dangers.

Sample Heat and	Heat Index	Possible Heat Disorders
Humidity Levels	(HI)	For High-Risk Groups
85° and 20%	80 - 90°	Fatigue during prolonged activity and/o
90° and 10%		exposure
85° and 75%	90 - 105°	Sunstroke, heat cramps, and heat
90° and 50%		exhausation possible
95° and 25%		
90° and 80%	105 - 130°	Sunstroke, heat cramps, and heat
95° and 60%		exhausation. Heatstroke possible
95° and 80%	130° or higher	Heatstroke and sunstroke likely from
100° and 60%		continued exposure
105° and 50%		

As you can see, HI can pose problems not only for those in poor shape but also athletic individuals getting back into/or maintaining high levels of strenuous exercise. When the temperature and humidity are up (indicating a high HI) follow some simple guidelines for your safety:

1. Slow down. These hot days will pass. Don't be like "mad dogs and Englishmen" and exercise in the "noon-day sun." Early morning or late evening is the more appropriate time for outdoor strenuous activity.

2. Try excercising in a pool or air-conditioned room.

3. Light colored/and weight clothing reflect heat and sunlight to keep us cooler.

4. Eat more fruits and vegetables.

5. Drink plenty of fluids while avoiding alcoholic beverages which cause dehydration.

6. Stay out of the sun when possible.

If a person becomes weak, dizzy, dazed or pale with skin cool to touch but with profuse perspiration be sure to get her/him to a cool, shady place, elevate legs and administer light fluids (juice gatorade, soft drinks, etc.)

A healthy start to his new academic year can lead you to gain new heights in your endeavors.

Dorm Improvement Fund

By Susan Chase

dorm. informal Dormitory. improvement. A change or ad- boards? The Dorm Improve- quisition form and submit it to dition by which a thing is im- ment Fund can be used for the Student Affairs Commitproved.

pecuniary resources, as for tunately this fund is NOT for approved. some purpose.

dent Affairs Committee that can be used to make your dorm a better place to live.

fund. A stock of money or your imagination! (Unfor-dorm know if the request is things normally taken care of dorm improvement fund. by Housing or Maintenance Murphy (office in Alumni Money controlled by the Stu-like carpeting or construction Gym) or Susan Chase (P.O. -- If in doubt, ASK.)

tage of this money that can 15.

Would you like a TV in your help enhance dorm life? Take dorm??? How about a micro- your ideas to your dorm presiwave? Any takers for ironing dent, who should fill out a resuch items and more. . . use tee. SAC will then let your

Turn in requests to Dan Box 17097). DEADLINE IS How can you take advan- WEDNESDAY, OCTOBER

'Dentity Ditty

By Amy L. Madison Zubl

Do you remember Alice in Wonderland? I don't mean the pretty blue dress and the little bottle of "drink me" - I'm talking about the really far-out stuff: the Mad Hatter, the Cheshire Cat, the Tea Party that made your head spin. That's the kind of stuff we're dealing with in "Dentity Crisis," the newest Revelers' production. It's absolutely mad. It's funny, farcical, fastpaced. . . confusing, chaotic, and psychotically odd. The cast includes Summers, a neurotic psychiatrist and women, his wife (or is it the other way around?); Edith, a.k.a. Madame Fromage selfproclaimed inventor of cheese; Robert, her father-brotherson- and lover (don't ask); and it all centers around her daughter Jane, a wacked-out suicide case who's probably the only sane one in the bunch.

I can't really tell you what it's about, because I'm not really sure. I can tell you that you'll probably come out of it a little paranoid, very confused, and definitely glad you saw it. I guess the flavor of the show is best captured in Summers' line, "the truly crazy person never thinks he's crazv."

Directed by Joan Zubl, the players Michael Russell, Evelyn Mann, Bert Gutierrez,

roles, and promise to create a self.

Betsy Merton, and Karen head-spinning evening to Ohrem are well suited for their match the Mad Hatter him-



Students rehearse 'Dentity Crisis