

Strike for peace

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constitution, are the two UNCC Freshman Basketball Coaches, the Varsity head and co-head cheerleaders, and the cheerleaders' advisor.

This amendment resulted largely from Junior Class President James Cuthbertson's accusation that the original constitution's section on judges was discriminatory.

After a lengthy and-at time-explosive discussion on the Constitution of the Junior Varsity Cheerleaders, the Legislature voted to amend the document, including on the panel of cheerleader judges two representative each from Belmont Abbey, Davidson, Barber Scotia, and Johnson C. Smith. Other judges, as cited in the original

In the President's report, Alan Hickok spoke concerning

Sophomore Representative Stan Patterson's earlier resolution concerning male visitors to Sanford Hall. Patterson's suggestion was that UNCC males need only to show their ID cards at the hostess desk in Sanford to be admitted to the residence floors; the hostess would phone only those girls whose visitors are not UNCC students.

Hickok stated that, if this rule is to be changed, it must be done by the residents of Sanford Hall.

On Campus
with
Ron Foster



President Friday sets pace

Having spent a most enjoyable Friday this past week, I thought I would share with you some of the reflections which passed through my mind during the Recognition Day affair.

The luncheon was a pleasant surprise in that the food was unusually good considering that it was fixed by our own food service. It was chicken on pastry smothered with what I thought was a creamy sherry sauce. John Ryan eloquently relinquished his duties as the first president of the Friends of UNCC. Mr. Ryan, who I first met in a photo store downtown, never disappoints me (or anyone else for that matter) as an organizer and master of ceremonies.

It was a star-studded cast that was in attendance with such notables as: Luther Hodges; former governor and Secretary of Commerce, Dan K. Moore and family; the Belk bros., Irwin and our mayor John; Dr. Garinger; Miss Denny; and President Friday.

Chancellor Colvard remained joyous throughout the festivities; while Miss Cone, just as happy, remained more or less in the back ground. Nevertheless, the expressions of pride on her face were there for everyone to view.

It was President Friday who set the pace for the Day of Recognition as he expressed confidence in a young institution flexing its muscles before the community and state. Not always certain whether we would make it this far, Friday commended our making it and in record time. He also commented that there would be a continued emphasis on this sanctuary of higher education.

At my table sat the President of the League of Women Voters, whose name I don't recall. On the other hand, after a prolonged luncheon conversation, I do remember that she attended college with Art Buchwald. That's worth something, I'm sure.

The luncheon concluded with a symbolic play about the growth of UNCC which was dedicated to Miss Cone whose "Big Vision" made it all possible. Anyway, Ralph Cook, as little vision, and Dean Duncan, as big vision, unfolded a skit that was not only cute for the children and ladies, but also carried a message for the friends of UNCC stressing our over-growing needs.

John Lockhart took over as next year's president and challenged the Friends to an even greater and more profitable year to come.

With that everyone was dismissed for a tour of the campus. Outside they were anxiously awaited by the campus's most enterprising frat, Alpha Kappa Psi, who piloted a number of golf carts for the tours.

Seeing all those important, as well as non-important people Friday, on campus to view our school, made me proud that I attend UNCC. The time we spend here is ever more meaningful because we are part of an unprecedented growth that we will look back on someday with much more pride than we do now.

Villagers come on strong

Delta Phi Zeta along with the Union presented a dance the other night which had to be one of the best this campus has ever seen. The Villagers came on strong with the heavy sounds everyone wanted to hear. The crowd, which was predominantly Greek, chanted spirited outbursts of fraternity and UNCC pride which was extremely healthy.

Once again, it pleased me to see so many different groups on campus, greek or otherwise gather together and have such a good time.

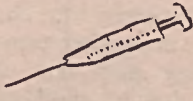
Sportmanship ≠ Violence

As a closing note, I would like to comment on the outbreaks of violence that have been frequent this past week on UNCC's intramural football field.

Have you lost sight of the ancient and over-used cliché, "it's not whether you win or loose, it's how you play the game (that counts)?" Apparently we have.

I realize that there is always a certain amount of violence on any playing field, but the evident lack of sportmanship that we have recently witnessed displays destructive and personalized violence.

With a little effort from all intramural team-mates, I'm certain that true sportmanship and enjoyment will return to UNCC playing fields.



THE DOCTOR'S BAG
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MD



QUESTION: About two years ago I dislocated my shoulder and since then it has "popped out" six or seven times. What is a dislocated shoulder? I have heard that there is no way short of an operation to return it to normal.

ANSWER: Joints are held in place by muscles, tendons and ligaments. Once a joint has been dislocated, it becomes easier for it to "pop out" on subsequent occasions when an unusual force is applied to it. Each time is a little easier than the one before.

Examination by an orthopedic surgeon is indicated in your case. Corrective surgery entails tightening up of loosened structures and occasionally transplanting a ligament. It is indicated in severe cases.

People who weight lift say it's great. Most people feel that is supplementary to a well-rounded exercise program. In your case, weight lifting that would involve your injured shoulder should only be at your doctor's recommendation. In fact, I'd raise my arm slowly in class if I were you.

ANSWER: This variation on glue sniffing probably makes use of the toxic effects of either the glue or the solvent used to get it off the tape. Inhalation of unknown vapors can be very dangerous, sometimes causing liver disease or convulsions. The package for this particular tape says it is good for permanent use. Sniffing vapors can also be fatal.

QUESTION: I would like to know about douching. First, what actually is it and how is it done? Why is it used? Should it be performed every time after intercourse? Where and how can I get the materials? Please explain or tell me where such information can be obtained.

ANSWER: Vaginal douching refers to the rinsing of the vagina with water or other solutions. A rubber bulb-like syringe or containers with small hoses and nozzles are usually used.

It is done largely because of cultural indoctrination which says that the vagina is a dirty place. Douching usually has a place only for the application of specific medicines in treating vaginal infections. The vagina is self cleaning. Douching is not necessary after intercourse or menses. Incidentally, it does no good as a contraceptive means. Proper hygiene is generally accomplished by the usual washing with soap and water in

the area outside of the vaginal orifice.

Many women create unnecessary irritation and dryness by the use of irritating douches.

QUESTION: Since I stopped shaving my legs, I've gotten several slightly ingrown hair bumps, especially on my thighs. What can I do to prevent these?

ANSWER: A wise doctor friend tells me that the problem you have is related to drawing the skin up tight when shaving against the grain. When you release the skin, the hair stubble retracts below the skin's surface and makes it easy for them to become ingrown. Or, if they don't become ingrown, a little lip of thickened skin forms around them making a small bump. This is experienced by men who do the same things when they shave under their chin. To avoid this, allow the skin to remain flat without tension when you shave your legs, especially if you go against the grain. Most of those bumps you describe will go away by themselves.



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