

VILLAGE OPTICIANS

- CONTACT LENSES fitted—polished—cleaned
- SUNGLASSES prescription—non-prescription
- PRESCRIPTIONS FILLED
- LENSES DUPLICATED



1200 frames to choose from
John C. Southern, Optician

Monday-Friday 9:00-5:30
Saturday 9:00-1:00

121 E. Franklin St.
Next to the Varsity Theatre 942-3254

Outfit yourself for Spring Break



at the
Trail Shop...

We have all your backpacking, camping, and kayaking needs, with names like:

FOOD BY:

- Mountain House
- Richmoor
- Sure Harvest

CANOES & KAYAKS BY:

- Phenix
- Grumman
- Hyperform
- Blue Hole

STOVES BY:

- Optimist
- SVEA

- Camp 7
- Chouinard
- Class 5
- Galibier
- North Face
- Vasque
- Kelty
- Woolrich

Coming Soon:

- Sierra Designs
- E. B.'s

THE TRAIL SHOP

405 West Franklin

3 teams head into nationals

UNC sends athletes from three sports into NCAA national finals competition next weekend.

Ann Marshall, Laurie Potter, Madelyn Warcholik, Dale Alton and Gale Thompson will represent Carolina's undefeated women's swimming team in Miami March 11-13. Marshall set and broke NCAA records in the 200-yard freestyle three times this season, and also set a state record in the 100 freestyle. Potter broke state records in the 100 individual medley and the 100 butterfly. Marshall and Potter teamed with Warcholik and Thompson to set a state mark in the 200 freestyle relay.

The University of Arizona will host the NCAA wrestling championships March 11-13 with UNC wrestlers Tim Reume, Jeff Reintgen and Dave Casale participating.

Reume captured the Atlantic Coast Conference title at 134-pounds last Saturday as Carolina finished second to N.C. State as a team. Reintgen was the victor at 158 while Casale won the 190 title.

Ralph King will run the mile and Reggie Brown will run the 600-yard dash March 12-13 in the NCAA indoor track championships in Detroit's Cobo Arena.

King and Brown qualified for the nationals by winning the mile in the recent ACC tournament, which Maryland easily won. King's time of 4:01.8 was his best ever.



Carolina's fencing team attempts to capture its sixth consecutive Atlantic Coast Conference fencing title when it hosts the ACC tournament Saturday in Woollen Gym.

Tar Heels defend title, host ACC fencing meet

by Pete Mitchell
Staff Writer

The UNC fencing team may have won the battle for regular season supremacy, but the real war begins at 8:30 a.m. Saturday in Woollen Gym. Carolina is the host of the Atlantic Coast Conference Fencing Tournament and will defend its title for the fifth consecutive time after winning the league's first tournament in 1971. The Tar Heels were 8-1 overall and 5-1 in the conference.

Carolina finished first in the ACC regular season standings, which is hardly an oddity for the perennial champions. What was strange, however, was the manner in which the Tar Heels did it. For once, coming in first was quite a chore. They lost to Maryland 17-10, squeaked out two 14-13 wins over N.C. State, and defeated Clemson by the same slim margin. But even after all of that, the hard work is really only beginning.

To repeat as ACC champions, Carolina will have to cope with its stiffest competition in years. Maryland, State and Clemson are all upset-minded.

In the total round-robin tournament, each fencer of the six schools challenges every other fencer in his weapon, even members of his own squad. This format determines individual as well as team scores.

Individually, Carolina's Alan Knight in epee and A.J. Keane in sabre are top contenders. Knight was won or tied for first his last two seasons. Duke's Carl Meyer, State's Steve Dickman and Peter Vallario, Maryland's Howard Labow and Kenny Poyd and Virginia's Vincent Macia should also be strong.

Teamwise, this should be the closest tournament ever according to UNC Head Coach Ron Miller. "Four schools have a shot at the title," Miller said. "Clemson may have the most overall depth and Maryland probably has the best individual talent. N.C. State is very balanced and we have a tradition going for us."

Dan Strait, a starting sabre, remarked after Carolina's recent win over State, "It's fine to come in first place and its great for our pride to beat State, but we've been gearing ourselves toward one thing: the ACC tournament. It's everything."

Netters defeat South Carolina

North Carolina's men's tennis team upped its record to 2-0 with a 6-3 victory over a tough South Carolina team Tuesday in Columbia, S.C.

The Tar Heels won two three-set matches in the singles, and led 4-2 going into the doubles.

Singles: Billy Brock (UNC) d. Clyde Skafelstad 6-2, 6-3; Tommy Dixon (UNC) d. Jeff Kefalos 7-5, 6-4; Rick Trammel (UNC) d. Jon Kraut 6-1, 7-6; David Oberstein (UNC) d. Chris Mayotte 6-4, 3-6, 6-2; Junie Chatman (UNC) d. Andreas Hufschmidt 4-6, 6-4, 6-3; and Phil Dukes (UNC) d. Cliff Skakle 7-6, 6-3.

Doubles: Brock-Dixon (UNC) d. Skafelstad-Trammel 6-3, 6-2; Kefalos-Hull (UNC) d. Chatman-Skakle 6-4, 6-3; and Oberstein-Hassler (UNC) d. Dukes-Mayotte 6-4, 7-6.

Carolina's next match is Friday at 2 p.m. against West Virginia in Chapel Hill.

Sports briefs

Lacrosse, baseball open '76 seasons

The UNC lacrosse team defeated Villanova 27-2 Monday night in a scrimmage game. UNC will host the Raleigh lacrosse club at 7:30 tonight on the astroturf field in another scrimmage match. UNC opens its regular season against the N.C. lacrosse club Sunday at 3 p.m. on the astroturf field and will host Maryland March 15 at 3 p.m. on the astroturf field.

Carolina's baseball team initiates its 37-game 1976 schedule Friday against Rollins in Winter Park, Fla. The game is the first of nine contests UNC has scheduled in Florida and Georgia.

Also included on the southern trip is Florida Southern, Miami, South Florida and Mercer. UNC opens its home season March 16 against High Point.

Carolina's men's golf team will spend the spring break participating in two tournaments. Monday, March 8, Carolina plays in the Pinehurst Intercollegiate Invitational with 16 other schools. The Heels then journey to Orangeburg, S.C. for the Palmetto Classic March 12. The three-day event will include 20 of the strongest teams in the South.

Carolina's women netters open their spring season today as play begins in the Florida State Invitational Tournament in Tallahassee, Fla.

The Tar Heels will face some of the best

teams in the Southeast in the three-day event. Defending champion Rollins will once again be favorite, but other strong teams such as Florida, Miami, and Mississippi University for Women (MUW) should give Rollins a challenge. Carolina tied for third with Florida last year behind Rollins and Miami.

Camey Timberlake, Susie Black, Suzanne Bowron and Jane Preyer will represent the Tar Heels in singles.

Black and Bowron will team in doubles, along with Timberlake and Rebecca Garcia,

and Preyer and Nina Cloaninger.

The UNC volleyball club took first place in the collegiate division of the University of Maryland volleyball tournament last Saturday, finishing second in the all-tournament finals of the 25-team event. The team plays in the state B team finals Saturday in Durham.

The UNC rugby club finished third out of the eight teams in the Ninth Annual Mardi Gras Tournament last weekend in New Orleans. The Tar Heels were not at full strength but defeated the University of Toronto and Tulane.

Recruiting: excitement wears off

by Grant Vosburgh
Staff Writer

This is the last in a series of articles on college recruiting. Today's story deals with the views of those that have been the subject of recruitment—the players.

Imagine that you are a high school senior. You are an athlete, a good one, and you're attracting the interest of various colleges. They might send you letters, call your home, make personal visits, and invite you to their campus for 48 hours of social functions, campus tours, sporting events and bright lights.

Sound good? Well, members of the UNC football team discussed their recruiting experiences, and agreed that while they

enjoyed the initial process, there is such a thing as too much of a good thing.

"At the beginning, it's a whole lot of fun," said freshman end David Simmons, who was first recruited the summer before his senior year. "But then I started participating in high school ball and when I'd come home, there'd be a whole long list of people to call."

Simmons said that the recruiters' contacts continued heavily during his senior football season. He said it was a burden to his family.

"It worries your parents to death," he said. "You'll be gone all day, but your parents will be home and have to soak it all in." Simmons said over 30 schools contacted him. He visited a number of them, but he never made a visitation trip to UNC.

"I had been leaning toward this school since I was small," the Goldsboro native said. "I came up (to Chapel Hill) on my own

during high school, but I never made a formal visit."

Simmons said that he was impressed with the UNC coaches' honesty and strict adherence to recruiting rules.

"They're careful to go by the rules. I liked that. I figured any school that would do something wrong (illegal) to get me to sign, wouldn't hesitate to do something wrong to me (once I enrolled)."

Center Mark Cantrell, a junior from Atlanta, said he was impressed with the frankness of the Tar Heel staff. "They didn't tell you that you would be a star. They said you'd get a chance to play."

UNC junior tailback Mike Voight said his recruitment was, generally, enjoyable, but "there was a lot of pressure. I got (physically) tired of the whole thing."

"I grew up in a football family," he said. "I knew I was being watched all the time. But it wasn't a hindrance, it was a help. It gave me added incentive."

When making formal visits, Voight said he looked more at the school's campus and social life than the athletic program. "After three or four trips, I realized I was getting the same pitch from each athletic department," he said. "You already have an idea what kind of program they've got. The main thing about college is the difference in atmosphere. There is a real different culture here (UNC) than at the beach where I come from."



Have you considered a career in INTERNATIONAL BUSINESS?

Our two-year program, Master in International Business Studies, includes intensive language study; in-depth cultural studies; business skills; and a six-month work experience in Latin America or Europe. Other business graduate degree programs at the University of South Carolina include master's in business administration, economics, accountancy and transportation; and Ph.D. in business administration and economics.

For further information clip and mail this coupon to:

Director of Graduate Studies
College of Business Administration
The University of South Carolina
Columbia, South Carolina 29208

Name _____

Address _____

(Paid for by SC Partnership Fund)

DTH Classifieds

FOR RENT

Attractive 1-bedroom apartment adjacent to campus, near downtown. Fireplace, electric kitchen. Homey atmosphere. Available March 12. Location 408 E. Rosemary. Call 967-3421.

HELP WANTED

EXPERIENCED SECRETARY— Exceptional ability and personality, good pay, work in Raleigh 8 months, summer camp on coast 3 months, prefer single person. Must be a good typist, able to take dictation and to spell accurately. Knowledge of Mag. Card helpful but will train qualified person. Excellent references required. Reply to P.O. Box 10976, Raleigh, North Carolina 27605.

OVERSEAS JOBS— temporary or permanent. Europe, Australia, S. America, Africa, etc. All fields, \$500-\$1200 monthly. Expense paid, sightseeing. Free info.—Write: International Job Center, Dept. NL, Box 4480, Berkeley, CA 94704.

PART-TIME AND SUMMER JOB OPPORTUNITIES IN SALES — College Student Training Program starts soon. Income potential of \$400 to \$1,000 per month. Openings in Chapel Hill and Durham. Apply Suite 601, N.W. West, 143 Franklin Street, between 1:30 and 4:30 p.m. Monday through Friday.

Volunteers wanted for psychology experiment involving treatment for men who feel uncomfortable in social situations with women. Call Psychology Department, 933-6693.

MISCELLANEOUS

LOST gold charm bracelet, Monday, March 1, in Carroll Hall. Has MUCH sentimental value. Call Lynn B. at 968-9023 if you have information. (Leave message).

Going to Massachusetts for the holidays? Pay for your trip. We need some household effects brought back to Chapel Hill. Call 929-9942 or 968-5451.

Billsie - Happy 21st - Love, Paul

IDENTITY CRISIS? Sophomores, be someone special. The Tarheel Navy, 933-1198.

VW GOT THE BLAH? TUNE-UPS \$10 PLUS PARTS. MUFFLERS, SHOCKS, BATTERIES, KING PINS, CLUTCHES, VALVES AND RINGS, REBUILDS. ALL REPAIRS FULLY GUARANTEED. 967-7414. EYES.

SIX EUROPEAN COUNTRIES - 6 hours credit: Geography Tour, July 1-August 5, 1976. Contact Prof. Peter Robinson, 201 A Steele, 933-8901. Deadline March 16.

Guess which is the Nautilus Guy.



1. Wrong. This is a girl.
2. No. This scrawny little dude secretly aspires to be a beach bully and kick sand in other guys' faces — only he's never found one his own size.
3. Nope. This is the human garbage disposal type who never gains an ounce but has acute indigestion all the time.
4. This one has tried every known diet as an alternative to physical exercise. He just gained two pounds smelling the other guy's hot dog.
5. Yes... as if you didn't know. A couple or three 30-minute workouts on the Nautilus system every week keep this Adonis feeling disgustingly good all the time.
6. No. This guy's greatest ambition is to grow a full beard.
7. He's more concerned about wealth than health. The only figure he'll ever develop is the one running around in his head. Hope he lives long enough to enjoy it.
8. This is the one who doesn't need Nautilus... he loads 15 boxcars a day.
9. No way. He sleeps all the time and can't figure out why he feels so tired.

Be a Nautilus Guy on the beach this summer. START NOW!

- Ten special objective conditioning machines.
- Exercises for endurance training.
- Treadmill • Sauna • Whirlpool.
- Barbells and dumbbells through the full range of approved weights.
- Experienced instructors to start you out slowly and bring you along in the proper manner to reach desired goals.



NOW TWO GREAT CONDITIONING GYMS!

RALEIGH — Quail Village Office Park
Phone 872-1245
DURHAM — Straw Valley
Phone 489-2668

Nautilus

Our jet fares to Europe are less than any other scheduled airline's.

But our service isn't.

If you are under 22, our youth fare is made for you. \$360 round-trip in April & May — \$410 in June, July and August. Great food and service, direct flights from New York and Chicago with connections from other cities to Luxembourg in the heart of Europe. Fares subject to change. See your travel agent, campus rep, or write: Icelandic Airlines, 630 Fifth Ave., N.Y., N.Y. 10020.

