

Warm and windy

There is a possibility of rain through Friday. Windy tonight with a low in the 60s. The high Friday will be near 80.

The Daily Tar Heel

Jazz

Hubert Laws and Grover Washington have new albums out—good news to all solid jazz lovers. They're reviewed on page 7. Read about them

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Local apartment shortage stifles worried hunters

By PAM KELLEY
Staff Writer

It is no secret that there is a housing shortage in the Chapel Hill-Carrboro area; both towns have a vacancy rate of less than 1 percent. Administrators of the two towns admit it, and students become painfully aware of the problem when they look for an apartment.

Apartment owners are aware of the shortage, too. They know their apartments probably will be rented by someone no matter what kind of policies they make or how high rents are. Of course, not all owners are jumping at the chance to take advantage of their tenants, but a quick look at the policies of many apartments in the area shows some owners are making it even harder for students—especially undergraduates—to find an apartment.

An analysis

Apartment owners can legally refuse to accept undergraduate tenants, and quite a few owners in the area are doing just that.

Robert Oakes, who owns and manages Cedar Court and Fidelity Court apartments in Carrboro, rents primarily to graduate students and does not accept undergraduates. "I discriminate against age, but there is no other way you can do



'I discriminate against age' ...Robert Oakes

DTH/Billy Newman

it," he said recently. "Graduate students are more serious-minded. I used to rent to undergraduates, and they made the damndest mess I ever saw in my life. If they would discipline themselves, they wouldn't have the problem they're having finding a place to stay."

Several other owners also flatly refuse to accept undergraduates, but many others simply establish renting policies that discourage undergraduates from trying to rent.

"We require a twelve-month lease and do not allow subletting," said Barbara Meade, who manages Laurel Ridge apartments in Chapel Hill. She said undergraduates usually don't care how they treat an apartment because they don't own it. "We can be picky because of the housing shortage," she said.

"We allow undergraduates, but by allowing only one

See HOUSING on page 5

Visitation policy

Housing board delays considering RHA plan

By MARTHA WAGGONER
Staff Writer

Action on a Residence Hall Association report recommending 24-hour weekend visitation rights in dormitories will be delayed because the Housing Advisory Board will not meet until next fall, Director of Housing James D. Condie said Wednesday.

The delay could eliminate the possibility of any visitation policy change until the spring semester 1980, Condie said. Condie has had the report since March 24, but it will have to be reviewed by the board, the housing department and the Vice Chancellor for Student Affairs Donald Boulton before any decision can be made, he said.

"We need to have them look at it in terms of things the faculty would consider important," Condie said. "The process

could take a full semester."

The report probably will be the first item on the board's fall agenda, Condie said. The board will seek outside opinions when discussing the report, he said.

RHA President William Porterfield said RHA is trying to determine if there is any possible method of appealing the board's decision not to meet until the fall.

"I hope that they will be able to reconsider," Porterfield said. "It certainly needs to be considered this semester."

"The concern is immediate as well as long-range. The association (RHA) has done its share in trying to expediate the change in a fair way. The burden is now on the administration and the students to work together to expediate the final change."

The RHA report proposes extending dorm visitation hours from 10 a.m. to 1

a.m. on weekdays and 24-hour visitation on weekends. The report also proposes new rules for enforcing visitation and other housing rules by measures such as the establishment of two student judiciary courts to hear complaints.

A roommate's bill of rights also is included in the report. The report recommends guaranteeing a roommate's right to sleep or study. Any roommate right would supersede visitation rights, Condie said.

However, Condie said, Associate Vice Chancellor for Student Affairs James O. Cansler is making an effort to have the board meet during the summer. But any final decision on the visitation report probably will be made by Boulton or Chancellor N.Ferebee Taylor, Condie said.

HEW dispute

Intervention genuine, honest—Friday

By JIM HUMMEL
Staff Writer

The recent flurry of legislative activity concerning the UNC-HEW dispute has caused speculation about the right of the General Assembly to intervene in the matter, but UNC President William Friday said Wednesday he saw it only as concern for higher education.

"I think there has been a genuine and honest response from the General Assembly (concerning HEW)," Friday said. "They have received unfair treatment from the press."

A bill introduced by Rep. Ernest Messer, D-Haywood, calls for a commission to examine whether any of the 16 campuses within the University system should be merged or closed.

"The bill is still in committee and will be discussed next Tuesday," said state Rep. Lura Tally, chairman of the House Higher Education Committee. "Unless Mr. Friday goes against it, I think the bill will pass in our committee," she said.

Some critics say Messer's bill is part of an

attempt to close down the traditionally black schools in the UNC system.

"I don't think they want to close them down," Tally said. "I believe the legislators think if the state government is looking into the issue, HEW may be more agreeable."

"Mr. Messer's bill reflects many comments that have come from the General Assembly in one form or another," Friday said.

Another bill originally introduced Monday by Sen. Carolyn Mathis, D-Mecklenburg, and later withheld on Mathis' request, called for two proposals. One would attempt to raise an additional \$20 million by increasing class size and reducing the number of professors throughout the system.

The other proposal would hike tuition 10 percent over the next 10 years. The General Assembly killed an attempt earlier this year to raise tuition 24 percent for out-of-state students and 10 percent for in-state students.

"I am certainly opposed to any tuition hike," Friday said. "Her proposal (Mathis') in my judgment, would bring a swift reaction from

every chancellor in the system.

"It would also bring a loss of teaching positions, and I know they would oppose that," he said.

Mathis withdrew the bills on the advice of State Sen. Kenneth Royall, D-Durham, who said the bills would affect the negotiations going on between HEW and UNC. Many people, including Royall, say the talks between HEW and UNC are not within the legislature's jurisdiction and should be left to Friday and his staff.

"I think they'd be in a lot better position to negotiate without the bills," Royall said.

"Since nothing has been enacted, I don't think it will have any effect on our discussions with HEW," Friday said.

"Obviously the legislature turned over to the (UNC Board of Governors) the power to deal with higher education in North Carolina and I would hope they'd leave it there," UNC vice

See DISPUTE on page 2



DTH File Photo

General Assembly just concerned ...William Friday

Troops control Ugandan capital as city rejoices

KAMPALA, Uganda (AP)—Tanzanian troops and Ugandan rebels, showered with flowers by delirious civilians, entered Idi Amin's capital in triumph Wednesday after a five-month war to drive the dictator from power.

The victors promised to return the good life to this bloodstained land and said they expect the United States to play a major role in helping them do it.

Jubilant residents of Kampala flooded the streets to greet their liberators, swarming over the Tanzanian tanks, looting shops and beating to death stragglers from Amin's army.

Amin, with remnants of his forces, was last seen Tuesday fleeing eastward toward Jinja, 50 miles away, in a convoy of limousines. Some reports said he had gone beyond that to Tororo, near the Kenyan border.

But at the offices of the Nation newspaper in Nairobi, Kenya, the editor answered the phone Wednesday and heard: "This is President Amin speaking. I am in control of 90 percent of the country, completely. I am speaking from Kampala."

There was no way to confirm the identity of the caller, but the message had all the hallmarks of the bold theatrics Amin had regularly broadcast over his state radio.

Townpeople in Jinja reported a flood of wounded and ragged soldiers from Amin's loyal units. Tanzanian and rebel commanders ordered no immediate full-scale push to the east, however.

"The racist fascist is no longer in power," the rebels declared over Ugandan Radio and through loudspeakers in Kampala streets.

The Tanzanian-sponsored Ugandan National Liberation Front quickly announced establishment of a provisional government with former Ugandan university official Yussuf K. Lule as president, defense minister and armed forces chief.

The elderly Lule, in a statement broadcast from Dar es Salaam, Tanzania, promised a rule of law and said Uganda's first elections since 1962 would be as soon as conditions permit.

He said he wants to "bring back to the people of Uganda the good life they once knew. There must be no revenge," he said.

Another UNLF spokesman said the United States is expected to play a tremendous role in helping to rebuild Uganda, as "the only developed country with a consistently clean record towards Amin's regime."

He said preliminary talks with U.S. officials and other potential aid donors had taken place. Members of the provisional government might travel to Kampala as early as Thursday, he said.

Imaginary explosive clears hall

By NATALIE EASON
Staff Writer

Classes and tests in Phillips Hall were canceled Wednesday as the third campus bomb threat in four days forced police and University officials to clear the building.

The building was cleared from 9 a.m. to 11 a.m. while police searched for the bomb. But University Police Maj. E.B. Riggsbee said no bomb was found.

The bomb threat was called in to the police dispatcher at approximately 8:30 a.m. University Police Sgt. Walter Dunn said the call was made by a young male who said he had planted two bombs in Phillips, one set to explode at 9:30 a.m. and the other at 10 a.m. Police were unable to trace the call, Dunn said.

Dunn said he believes the bomb threat was a result of the heavy testing schedule in Phillips Wednesday morning. To prevent future threats, professors should select alternate sites to reserve for tests in the event a threat is received, he said.

"If enough professors do this, there will be fewer bomb threats," Dunn said. Other bomb threats were made this week at Ehringhaus dorm Sunday morning and Carmichael Auditorium Sunday afternoon.

Several professors Wednesday said the Phillips bomb threat caused difficulties but there will be no major problems.

Kenan Professor Eugene Merzbacher, chairman of the physics department, said an astronomy test was canceled because of the threat. "I have no idea if there was a connection between the threat and the test," Merzbacher said. "It is extremely disruptive to classes, but it won't retard the students' progress."

Physics Professor Lawrence M. Slifkin said his class also was canceled because of the threat. Alternate test sites would help put an end to the threats, he said.

"If people knew we had a back-up system, bomb threats clearly wouldn't happen," he said.

University Police Sgt. Robert Porreca said bomb threats are a misdemeanor under state and federal law. Persons convicted of making bomb threats could be imprisoned for a maximum of two years and be fined, he said.



Jimmy Carter

Carter wage hike arithmetic fine with top teamster leaders

WASHINGTON (AP)—The Carter administration proclaimed victory Wednesday for the president's stretched anti-inflation guidelines after the Teamsters union agreed to a contract settlement to end a 10-day nationwide trucking shutdown.

The new settlement exceeds the 7 percent annual wage ceiling originally announced by Carter, but the administration has raised the wage guideline to accommodate a larger package for the Teamsters.

Union and trucking industry bargainers, who reached tentative agreement on a new contract late Tuesday, said the pact boosts labor costs 30 percent over three years—just over 9 percent a year.

But administration officials disputed that cost estimate, saying the contract boosts wages and fringe benefits 27 percent over three years, or 8.3 percent a year, according to their calculations. After

subtracting several increases exempt from the guidelines, the administration said the contract complied with the program.

One administration official acknowledged Wednesday the pact is inflationary. The administration would have preferred a 7 percent annual settlement, said the official, who asked not to be named. But he said the contract is still better than a settlement of up to 12 percent a year.

Publicly, the administration expressed pleasure with the contract. "The settlement is within the administration's voluntary pay standards," President Carter's chief inflation fighter, Alfred E. Kahn, said Wednesday.

Industry officials concurred with the administration that the package falls within the

See TRUCKING on page 2

Yoga improves self-awareness, flexibility, strength

By KAREN BARBER
Special to the Daily Tar Heel

Take a de-e-e-p breath...put all of your tension, heartaches and worries in your abdomen...and then let it go-o-o-o!

Deep breathing, relaxation and self-awareness—these are the most important aspects of yoga, said Vicki Thomas, a UNC yoga instructor. Although the term "yoga" is vague, it is basically defined as a discipline which heightens self-awareness and increases flexibility, strength and endurance, she said.

Many people evidently think those who practice yoga are weird or that yoga is dangerous, Thomas said. "Yoga is a relatively new thing. People are afraid of it because they get the idea that it's going to hurt them. But yoga is just a tool for building up the self."

Most people in Western societies practice Hatha yoga, which emphasizes physical movement and postures as means of achieving relaxation and self-awareness. Hatha yoga is one of six traditional yoga schools found in Eastern cultures, said Hannah Carothers, yoga instructor and operator of The Yoga Place in Chapel Hill.

"Hatha yoga combines spiritual and physical aspects for a unique experience," she said. "One of the ways I describe it is living creatively on all levels of yourself—physical, mental, emotional and spiritual."

The postures assumed in Hatha yoga, known as asana, require concentration, relaxation and deep breathing for the desired effect, said Eileen Brigsbee, yoga instructor at the Chapel Hill YMCA. "What you're doing is massaging the

internal organs of the body. You're also affecting the endocrine glands and getting more oxygen in the blood. This increases a person's vitality and health and regulates the body."

However, yoga is not solely physical.

"Yoga has a mystical tradition," Carothers said, "but some of the people that practice it are not interested in the spiritual approach. Some people are only attracted to a yoga class for the exercise, but they're missing out on a lot. Some people that come to a yoga class to become more flexible end up having a 'mystical' experience anyway. I think it's a really shallow approach for people to teach yoga only for the exercise and not the spiritual aspects."

Thomas agreed the spiritual aspects of yoga are important, but she also said the breathing techniques and asana used in Hatha yoga can help a person relax or relieve tension after a long day.

"People spend so much time pushing themselves during the day. Yoga can help them freshen up, recharge, or re-energize."

Mastering yoga to achieve both physical and spiritual relaxation takes practice and discipline, Thomas said, but there are a few basic breathing exercises and postures beginners may try at home.

"The nice thing about yoga is that almost anyone can do it. You don't have to be flexible or very strong to do yoga. The key to yoga is deep breathing. All yoga movements are done with breath, so this is especially important." Thomas recommends doing a "sitting breath" to calm the body before beginning the yoga postures. Sitting in a comfortable position with legs crossed and spine straight, exhale slowly

and completely, contracting the abdomen. Then, slowly inhale, filling the lungs totally and pushing the abdomen out. Practice this breathing very slowly at first until it can be done rhythmically.

"It's not so important in the beginning to make long, deep breaths. But to get the breaths even," Thomas said. "And don't force the breath and push into pain."

Along with breathing, yoga asana provide an outlet for tension and anxieties. Thomas outlined some basic asana for the beginning yoga student to practice. In one posture, "The Corpse," the person lies flat on his back with arms opened out and palms up. Legs are apart but not locked, and eyes are closed. Taking a deep breath, the person exhales and "blows out" tension.

In another asana, "The Mountain," the person stands erect with feet together and heels and toes touching, elbows and knees locked. With eyes closed, attention is focused in the abdomen while breathing is still and balanced.

"The Bow" is performed lying face down. As the person exhales, his knees are bent and his elbows are locked as he grabs his ankles. Inhaling, the person pushes his chin out and lifts his chest and thighs to arch and stretch the spine.

"The more you practice these basic yoga skills, the better person you will become, and you will have more endurance," Thomas said. "The key thing to remember is not to let yoga become another rut or routine to go through. That spoils it," he said.

Thomas recommended practicing yoga each

See YOGA on page 2



DTH/Billy Newman

'People spend so much time pushing themselves ...Yoga can freshen up, recharge or re-energize'