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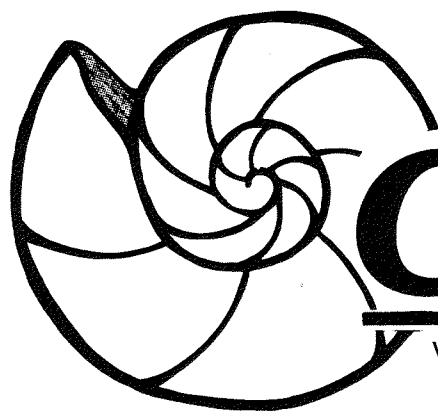
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University of Southern Maine **CURRENTS**

Volume 1, Number 15

April 25, 1983

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A Unit of the University of Maine

Policies Compiled, Codified

Serious concerns about the lack of systematic and clearly written personnel policies and procedures have resulted in the University of Southern Maine Employee Relations Policies and Procedures Manual.

Developed by the Division of Employee Relations, the manual attempts to overcome deficiencies in the employee relations area. Other documents will be developed as appropriate in other academic and administrative areas.

Not yet complete, the Employee Relations Manual includes hiring policies and procedures for faculty, professional, and classified staff; reclassification procedures for professional and classified staff; a revised procedure for handling accidents and medical emergencies; and several staff development and educational leave policies and procedures. Staff in the Division of Employee Relations plan to add to the manual in the coming months and would welcome suggestions from others about what to include in the manual.

While much of the material in the manual is codification of existing policy and procedure, there are several changes that have been made in response to suggestions from the University community.

Two new professional hiring policies have been developed to provide greater flexibility and to promote affirmative action. One of these policies makes it possible to waive the use of a screening committee in most professional searches at the option of the hiring officer. The other makes it possible to promote or transfer internal division staff without conducting a search in certain cases.

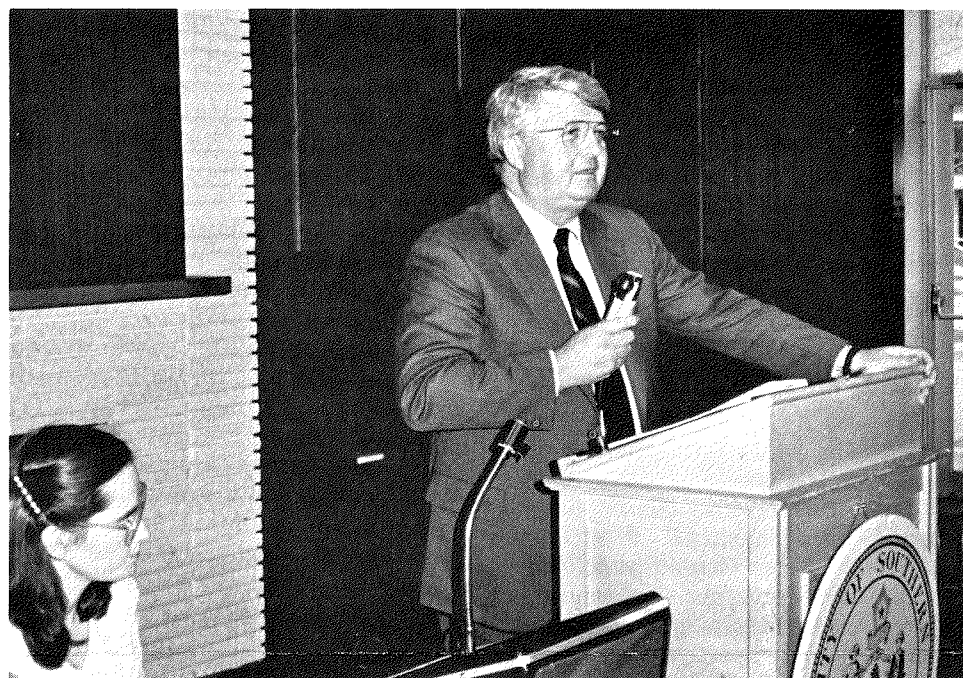
Sample letters, selection criteria, position announcements, ads, etc., have also been included to assist search committee chairs in carrying out faculty and professional searches.

Some classified hiring procedures have been changed. In particular, at the request of managers, job announcements will now more clearly describe the particular job, rather than the system-wide generic job.

While not every office will have a manual, they have been placed in numerous convenient locations for the use of all managers and staff.

Manuals are located in the offices of

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Stating that creativity requires not only God-given talent, but also "vision and courage," Chancellor Patrick E. McCarthy charged the recipients of awards at Recognition Day ceremonies on April 20, to go out into "your world. Have vision and courage. Be creative."

Gignoux at Commencement

Judge Edward T. Gignoux, U.S. District Judge for the District of Maine since 1957, will speak at University of Southern Maine commencement ceremonies Saturday, May 7, in the Cumberland County Civic Center, Portland.

More than 5,500 parents, relatives and friends of graduates are expected to attend the 10:00 a.m. ceremonies. An estimated 600 of the approximately 800 spring graduates will robe for the occasion.

A Portland native, Gignoux is Maine's ninth federal judge since 1789. American Lawyer magazine has named Gignoux, who in 1970 was considered for the U.S. Supreme Court, one of the best federal judges in the nation. The 66-year-old jurist came to national attention again in 1973 when Chief Justice Warren Burger selected him to preside over the new contempt trial of the Chicago Seven and their lawyers. The anti-war demonstrators were first tried on charges of rioting at the 1968 Democratic National Convention in Chicago.

Chicago papers described Gignoux as "a calm, amiable jurist imported from Maine," and as "a man who managed to bring some fine moments to a courtroom where there had been few."

In a recent Maine Sunday Telegram story a Gignoux colleague is quoted as

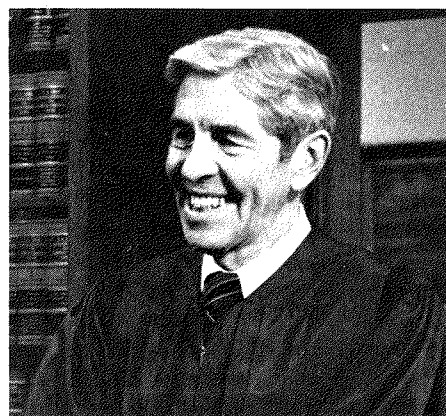


Photo courtesy of Portland Press Herald

saying that Gignoux's written opinions "constitute a silhouette of the American legal landscape (on issues ranging) from abortion to welfare."

The same colleague notes that Gignoux "has been in on the entire sea of change which in the mid-1960's converted the waters of federal litigation from a placid lake to a tempestuous tide-rip."

A graduate of Harvard and Harvard Law School, Gignoux is a decorated veteran of World War II. In the early '40s he practiced law in the Washington firm of future Secretary of State Dean Acheson before returning to Portland. Gignoux, a member of the Portland City Council from 1949 to 1955, has been active in numerous legal and civic organizations.

Religion and Changing Roles

Maine's first woman Episcopal priest, a Jewish feminist poet, and a nun were among the panelists at an all-day conference on religion at the University of Southern Maine.

"Religion and the Changing Roles of Women and Men" was held from 9:00 a.m. to 4:30 p.m., Saturday, April 23 in Hastings Formal Lounge on the Gorham campus.

Constance Hall Buchanan, theologian and director of the Women's Studies Programs at Harvard Divinity School delivered the keynote address.

Panels composed of women and men clergy and laity discussed how religious values inhibit or promote social change and the effects of changing sex roles on theology and liturgy.

Judith Burwell, USM's community program specialist, moderated the morning panel, "Religion as Agent of Socialization." Rosalyn Baston, editor of Courier, the statewide women's fellowship newsletter, moderated the afternoon panel, "Religious Responses to the Changing Roles of Women and Men."

This conference was the final even in our year-long convocation series, "The Changing Roles of Women and Men."

Whitten and Hopkinson to Retire

Maurice M. Whitten, professor of chemistry, and David B. Hopkinson, associate professor of general engineering, are retiring August 31.

The two CAS faculty members have over a half century of combined service to the University.

Whitten joined USM in 1955 and, according to a colleague, "as a stalwart member of the New England Association of Chemistry Teachers was instrumental in bringing one of the association's annual conferences to Gorham."

Hopkinson, a member of the faculty since 1959, has served as his department's personnel chairperson for the past seven years, and since 1980 has been chief faculty marshall at commencement.

A reception honoring Whitten and Hopkinson will be held from 4-5:30 p.m. on Thursday, April 28, in Hastings Formal Lounge, Gorham.

For more information, call Cristina Olsen at 780-4230.

Some Comments on Sports Commentators

EDITOR'S NOTE: Last fall, John G. Hanna, professor of English, delivered the lecture, "Some Comments on Sports Commentators" at a UMO symposium on sports and the humanities. As one might gather from the title, the lecture poses questions about the sports reporting we read, hear and view. Moreover, Professor Hanna eschews popular sports values and instead looks at sports with a humanistic eye. Consequently, his lecture leaves one with questions about the social functions of sports; social values transmitted through sports; political/economic aspects of sports; and more. The entire lecture will be published soon in a sports anthology. With the great national pastime (baseball) upon us, we thought you might find a condensed version of the lecture interesting and provocative.

Since sports rank second only to sex as the great American hang-up, no one should be surprised by the inability of most people to deal with the subject reasonably.

To deny that sports and sex interface is to ignore the role of sports as an outlet and compensation for millions. As for the part sports commentators play in this complex cultural phenomenon, behold the subject of the present paper.

When asked whether honest sports reporting is possible amidst pressures to please team owners, the media, and the fans, Leonard Shecter, author of "The Jocks," didn't mince words. His book, he said, "is about the newspapers and the newspapermen who shill for sports. It's about television, the conscienceless and ruthless partner of sports. It's about the spoiled heroes, shiny on the outside, decaying with meanness underneath. It's about the greedy professionals and posturing amateurs, the crooks, the thieves, the knaves, and the fools."

Shecter has helped to explode sports myths, toppling sports gods from their pedestals. Today, twelve years after publication of "The Jocks," we must ask again, do sports commentators

A commentator's stock in trade is to cater to popular emotions, prejudices and beliefs.

really sell their souls by pandering to special interests, or by whitewashing a tarnished sports image? The question shouldn't be hard to answer. And yet it is.

An Elusive Quarry

Before anyone tries to skewer a commentator for his/her illogic, he'd better think twice, for neither side in this debate has a corner on unsound reasoning. A sports commentator on the defensive is a formidable opponent. Charge him with failure to tell the whole truth and he will counter energetically. He may ignore your question, argue off the point, equivocate, or even reason in circles. Sports is his love, his livelihood, and he is supported by an army of the faithful; tens of thousands of fans will resist criticism that seems to threaten cherished beliefs.

Rocking the boat is seldom popular; when an academic questions the sports media, he will be called a blowhard, a visionary or an egomaniac.

Whether we're talking about commentators in print or those on the air, not all of them "shill," not all are "conscienceless." Still, a commentator's stock in trade is to cater to popular emotions, prejudices and



beliefs. Sports sociologists, on the other hand, are not in the entertainment business. Unable to resort to *ad populum* fallacies, bandwagon devices, or "plain folks" appeals, they must be careful not to attack entrenched customs and attitudes.

Forewarned is forearmed. Sport as a cultural phenomenon is infinitely varied, rich, and paradoxical. Sports commentary and sports reporting are part of a mighty game resembling the "bread and circuses" of the Roman

The Game becomes the moral equivalent of war — sacrifice for a cause beyond Self.

imperium. By contrast, America's intellectuals and academicians and humanists live in ivory towers. Whether this yawning chasm will ever close is questionable.

All The News That's Fit to Print

Grounds for a rapprochement nevertheless exist. Newspapers, despite the spiralling cost of pulp, are blessed with more space and time than the electronic media.

But sports journalism is a mass of contradictions. Open The New York Times or any other metropolitan daily. Here are the graphic accounts of The Game - the stars, the plays and the "human interest." Here, too, are the rivalries and friendships of coaches, managers, and owners. The reporter-commentator gives us the smell of the air and the roar of the crowd - everything, in fact, with an eye for mass entertainment.

The Conscience of the Press

"SportsWorld" is Robert Lipsyte's unique term for "a social infrastructure providing the basis for a whole system of sports-related values." Faith in sports, says this Times commentator, is an unconscious acceptance of certain notions about manhood, courage and success - "unconscious" because insidious and uncritical. According to Lipsyte, SportsWorld functions "as a socializer, pacifier, safety valve — as a concentration camp for adolescents and an emotional Disneyland for their parents." The description fits the plight of millions who pore over the sports page attentive only to its entertainment value - nothing else.

Flip the sports pages of any newspaper and experience the thrill of combat and victory. Vicariously, we take part in a ritual honoring human excellence. The Game becomes the moral equivalent of war - sacrifice for a cause beyond the Self. The American Dream of risk and profits is relived and celebrated. Perhaps it takes a big paper with a lot of space and a commitment

to "all the news" to go beyond the drama to the trauma.

Until quite recently, the average press commentator has had enough to do just to cover the highlights of a game, varying routine reportage with interviews, backgrounds and technical analysis. Possibly a few references to sports business "behind the scenes" lent authority and the appearance of depth to the surface of events.

Will the 'Eighties see a change in sport journalism? Stanley Eitzen, attempting to answer that question, is impelled to ask several of his own:

Do sport buffs know how sport is linked to other institutions of society? Do they understand the role of sport in socializing youngsters in American values? Do they know how much racial discrimination continues to exist in American sports, and why? What about the relationship of violence in sport to the structure of society? What about the ways in which sport has perpetuated sex-role stereotypes in society?

Even while Eitzen posed these and other questions, popular attitudes had begun to shift. Are sociologists and social critics responsible? Unquestionably, academic research has initiated many of the theories explaining both the positive and negative aspects of sport. But traditional sports values are vast and monolithic. How can sacred sports dogma be effectively challenged?

The press, we are forced to conclude, is both a mirror and a lamp —

We need humanists and commentators...to spread the truth about competition-carried-to excess.

both a passive and an active force. As a mirror it reflects the world about it with accuracy and objectivity. As a lamp it illuminates, searches out, exposes, defines and guides. We're back to age-old question, should the media passively mirror or actively illuminate our culture?

Airwave, Cable, and Crystal Ball

Depending on the side of the fence we're on, Leonard Shecter's description of television as "the conscienceless and ruthless partner of sports" is either prophecy or hogwash. Video transmission has grown alarmingly in twelve years; at the same time the three commercial networks show signs of stress. ESPN (Entertainment and Sports Programming Network), has come into tens of thousands of homes. Satellite broadcasts are routine, and season tickets to drama and sports events in our own living rooms permit day and night entertainment of a variety in-

conceivable ten years ago. Sports entrepreneurs are ready and waiting to satisfy the public's almost insatiable appetite for softball or the Superbowl. (Samuel F.B. Morse's "What Hath God Wrought!" has come back to haunt us!)

Where does realism go from here? In "Brave New World," (1932) novelist Aldous Huxley foreshadowed the ultimate refinement of the electronic image - that is, the transformation of "movies" and "tellies" into "feelies" and "smellies."

How long must we wait for the afternoon home-football freak to be wired for *synesthesia*, the transfer of one sense to another? Then he'll have only one more step to go, *kinesthesia*, or physical impact itself. Whether it's a slide home or a plunge across the goal line, he'll be vicariously "there." Every muscle, tendon, and joint will respond. Safe in his lounge chair, he'll live the game without spilling one drop of his "Busch-sch-sch."

But the question haunts us: How often in the past five years have the major networks featured a single hour — even a half-hour — on sport as a clue to our national character, a window on our humanity? Such programs can be counted on the fingers of one hand.

Perhaps things aren't as bad as they look. The humanistic voice crying in the wilderness makes a pathetic showing alongside the roar of the spectators. The Game goes on, answering a thousand public desires and personal needs that humanists - often foolishly - question. So wide is the gap between

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Athletic Advisory Board Established

President Robert L. Woodbury has recently announced the appointment of members of the USM Athletic Advisory Board and charged them with an expanded mission. The board is made up of members of the faculty, student body, professional staff and alumni.

In making the announcement Woodbury said, "This is a reconstituted and enlarged board with a significant assignment."

The new board will study and then advise the athletic director and president on such matters as the future development of intercollegiate athletics here. It will review the current sports offerings for both men and women in view of available finances, and evaluate the level of competition for the athletic program.

Members of the Athletic Advisory Board are: John G. Hanna, professor of English; William Phillips, assistant professor of economics; Joseph P. Hearn, associate professor of psychology; and Margaret A. Fournier, associate professor of nursing.

Other members are: Dennis P. Farrell, director of admissions; William G. Mortensen, director of public service; students, Salvatore Bonetti and Michael Hayes; and alumna, Jeanne White.

Richard A. Costello, director of athletics, is an ex-officio member of the board.

Set to Light Up the Stage



Melissa Sparks

Melissa Sparks doesn't care about the glory. She is in the theatre for the self-satisfaction of a job done well.

Sparks is a lighting director, the least-mentioned member of a play's technical staff — and she likes it that way. Noting that reviewers almost always mention the efforts of the set and costume designers, but rarely single out the lighting director of a play, Sparks says, "I could care less about being lionized by the theatrical community. It's not an ego thing. In a sense, it's something I do for myself."

The senior theatre major believes that "unless you feel good within

about something you've done, then you probably haven't done it well."

For this credo and its on-stage results in "Cosi fan Tutte" and "Jacques Brel," Sparks has been accepted for graduate work at New York University's Tisch School of the Arts. The school is renowned for its staff of current Broadway "names" and its successful graduates.

The Minot, Maine native did not originally plan to conquer Broadway, but had her eye, instead, on the halls of justice.

When she enrolled here four years ago, it was as an English major "with a

buy on pre-law" but she became "caught up in the lure of the theatre and I have never regretted my choice. Theatre appeals to the child in me," she says.

At first Sparks dabbled in all aspects of theatrical production (except costume design), but was not satisfied with any of them. "Then in 1980 I got involved with running the lights for 'Glass Menagerie' and I had finally found my niche."

Sparks realizes that few people notice stage lighting unless the play is a "musical spectacular with lots of follow spots and glitter." To her, however, lighting is "part of the whole" effect that the presentation has on an audience, subtly enhancing the set and the costumes, underscoring the mood. Lighting completes the play in the same way that theatre completes Sparks' life.

• Policies from Page 1

the President, provost, deans, members of the executive staff and in libraries on both campuses.

Other locations are: Title III director, Portland; business manager, Portland; director of CRAS, Portland; director Division of Basic Studies, 68 High Street; EEO office, Portland; director,

When her grandparents warned her of the rigors of the work, the long hours and the low pay, Melissa replied, "I love it, that's the whole thing. This is where I feel really happy, in a sense complete."

As Sparks heads for New York, she contemplates the future which she hopes will include college-level teaching. "I want to be the best," she says, "and then share what I've learned with others."

Getting an MFA, then a union card, and working her way from apprentice to master are challenges that she faces with the enthusiasm of someone on the threshold of a life-dream come true. "I'm not going to let the odds defeat me," she vows. "They may set me back, but they won't defeat. And hopefully, in the end I'll have what I aspire to."

by Karen Kievitt

Facilities Management, Portland; director, Public Service, Portland; director of athletics, Gorham; Industrial Education and Technology, Gorham; Payroll/Purchasing, Gorham; Personnel Services, Gorham; Registrar's Office, Gorham; YCCCS coordinator, Saco; and YCCCS Learning Center director, Sanford.

What We're Doing

Smoking: Not Too Glamorous

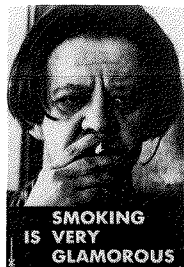
Our students think cigarette smoking stinks.

The results of a survey of student attitudes toward smoking were just released.

The USM Student Opinion Service polled 243 undergraduates and found that a majority of them think smoking is unattractive for members of both sexes.

Three-quarters of those polled agreed with a recent Maine Department of Human Services report that termed smoking is a cause of major health problems. This report indicated that smoking accounts for 1,800 deaths and a minimum of \$10 million of excess medical expenses in the state each year. It was the first comprehensive survey of Mainers' smoking habits ever conducted.

Full two-thirds of students polled in



the USM survey are non-smokers and three-quarters of the respondents have non-smoking girlfriends, boyfriends or spouses.

Among the smokers surveyed, four-fifths have tried to quit or to cut down. Two-thirds plan to

kick the habit entirely. Smokers overwhelmingly supported the right of non-smokers to request that they not smoke, and say they always comply with public no-smoking regulations.

The Student Opinion Service, a student organization established in 1981 to canvass the student body on a variety of current issues, conducted the survey last December.

Want to Quit? Get Physical

All people are divided into three groups: non-smokers, ex-smokers and those who are going to quit.

If you're a member of the last group, take heart. Some 29 million Americans quit smoking between 1964 and 1975, according to the National Cancer Institute. And 95 percent of those did it on their own.

According to Len P. Jordan, Lifeline exercise specialist and ex-smoker, quitting is a matter of substitution and behavioral changes. Learn to substitute exercise and good nutrition for cigarette smoking, he advises.

"Cigarette smoking slows down the system to the point where you don't feel like doing anything," he says. Jordan suggests 30 minutes of moderate

exercise each day — even if it's just a long walk — and aerobic exercise (i.e., swimming, jogging, bicycling) three times a week.

Get out and get physical to work off some of the inevitable irritability which accompanies nicotine withdrawal.

What about weight gain? Isn't it common for quitters to gain between 5 and 30 pounds?

Jordan bristles when he hears this, calling it the number one excuse people use to avoid quitting. "It's just not true," he says. "There is no physical reason to gain weight unless you start eating more."

He admits there is the aspect of oral gratification to smoking which must be overcome. He points again to the exer-

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JUDITH K. BAILOW, assistant professor of nursing, recently presented a paper at the third annual Sigma Theta Tau Spring Research Symposium at the University of Rochester, Rochester, N.Y. Her paper, "The Relationship of Childbirth Education to Fathering," related to the forum theme of "The Role of the Family in the Health Continuum."

JOYCE K. BIBBER, associate professor of history, served on a project committee which chose eight new buildings for an exhibition "New Architecture - Maine Traditions" at Westbrook College's Joan Whitney Payson Gallery of Art.

PATRICIA M. O'MAHOONEY, assistant professor of biology, recently gave an illustrated lecture "Regulations of Water Loss in Tropical Inter-tidal Gastropods" as part of the 1983 USM Biological Sciences Lecture Series.

JOEL W. EASTMAN, associate professor of history, and H. DRAPER HUNT, professor of history, attended a symposium on the New Deal at the University of New Hampshire.

H. DRAPER HUNT, professor of history, spoke on Hannibal Hamlin to a luncheon meeting of the 60-Plus Club in Portland. He also addressed the Kennebec Historical Society in Augusta on the history of the Blaine Houses in honor of its 150th anniversary.

JO-ANNA MOORE, adjunct professor of art education, spoke on "An Art Educator's Perspective: The Teaching Power of Art," in a Perspectives on Art series sponsored by the Museum Guild of Portland Museum of Art.

ALFRED L. PADULA, associate professor of history, presented a paper on the "Rise and Fall of Pan Am's Caribbean Empire" at the 30th annual conference of South East Latin Americanists in San Juan, Puerto Rico. He also gave a lecture with Lois Smith of Portland on "Women in Socialist Cuba, the Persistence of Patriarchy" at UMO. The lecture was developed with a convocation year grant for Women's History Week at USM.

LESLIE H. NICOLL, instructor of nursing, recently presented "Options in Professional Nursing Education: An Exploratory Study" at the first annual Sigma Theta Tau Research Day at the University of Rhode Island. Sigma Theta Tau is the national honor society for nursing. Ms. Nicoll's paper was based on information gathered during a six-week project last spring involving 29 high schools and 357 high school students.

JAMES V. SULLIVAN, chairman, Department of Recreation and Leisure Studies, recently spoke on "Creative Exercise" for USM's Pre-retirement Planning Series.

JURIS K. UBANS, professor of art, has been invited to become a member of the National Conference of State Legislatures-Arts and the States Committee.

Currents is published every other Monday by the Office of Public Information. Material should be submitted to 624 CRAS, Portland no later than Friday noon, ten days prior to publication date. Robert S. Caswell, editor, and Karen A. Kievitt, assistant editor.

An Uphill Forensics Fight

Forensics team coach Walter Stump admits that USM faces an uphill, David-and-Goliath battle at the national tournament in Normal, Ill.

But he stresses that USM forensics teams have a tradition of compiling "exceptional records" against programs with much longer team rosters and more resources.

That point was underscored recently when senior Rick Solomon of Portland won three events at the annual New England Forensics Championships at Suffolk University, Boston. Solomon was the lone USM representative at the tournament since Stump wanted to pool travel expenses for the upcoming nationals.

Solomon's performance, however, was such that USM placed fourth overall in the New Englands. "As a one-man team Rick brought a fourth-place team trophy home to USM," says Stump. "That's virtually unheard of."

Solomon placed first in poetry interpretation; first in interpretation of pro-



USM Forensic Team - (clockwise from bottom left) Bruce Avery, Rick Solomon, Anne Jordan, Walter Stump, Eileen Sanborn and Jeff Toorish.

se; and first in single interpretation of drama. He also won fourth place in persuasive speaking. The "one-man team" beat out fifth-place Holy Cross and sixth-place Boston College. Southern Connecticut State, Emerson University and Cornell took first, second and third, respectively, at the New Englands.

Stump took six USM teammates to Normal, April 20-25, for the national competition. Some 200 schools qualified for the tournament, Ohio State and UCLA among them. It's not uncommon, says Stump, to see 1,000 competitors in the opening rounds of the nationals. Each one of those 1,000 students placed among the top five in some type of qualifying tournament.

Despite the seemingly overwhelming odds, USM placed 35th last year in national competition. In 1972, the USM team placed fourth overall among national competitors.

Students who will represent USM at the 1983 national tournament are: Bruce Avery, senior, theater major, North Windham; William Duffy, senior, theater major, Portland; Anne Jordan, senior, theater major, Portland; Eileen Sanborn, junior, theater major, Sebago Lake; Rick Solomon, senior, theater major, Portland; and Jeff Toorish, senior, theater major, Portland.

On the Move

Two departments on the Portland campus have moved to more spacious quarters to accommodate increasing work loads.

The Department of Conferences, which handles more than 200 conferences and workshops in the past year along, has moved across the hall to Room 100 Payson Smith. Kevin P. Russell, director has a new phone number: 780-4074.

The Publications Office, which produces well over 300 printed pieces each year, was formerly housed in Russell's new quarters. They now occupy more commodious office space across the hall from University Relations in 628 CRAS. The phone number is the same as before: 780-4094.

• Sports Commentators from Page 2

sports as entertainment and sport as an academic study that efforts to bridge it seem almost visionary. A streak of anti-intellectualism lurks in many an American citizen. Sports spectators are not the least of these.

Yet educators are our last best hope. Writing in the Intellectual Digest, the philosopher John Leonard challenged the gospel according the Saint Vincent Lombardi. Are all human beings, he asked, born competitors "driven by their genetic nature to the proposition that winning is the only thing"? Not too many sports commentators will accept Leonard's argument, since most of them cling to the belief that America's competitive ethic made this nation great. More than that, it's the only code to live by.

Leonard thinks differently: "The notion that humans evolved through relentless competition with nature and with each other is false," he declares. Reminding us that competition "makes more nonwinners than winners," he follows the course of athletic failures in adolescence to the nonathletic failures of maturity. "Losing can become a habit," he warns us. Small wonder that school children are pressed to win at all costs.

Leonard compels us to look again at our own upbringing. Can we unlearn our taste for violence, take pleasure in a beautiful play for its own sake, place competition in its proper perspective? His reply is the ultimate sanity, one that America has almost ignored: "There is nothing wrong with competition in the proper proportion," he reasons. "Like a little salt, it adds zest to life."

The title of Leonard's article haunts the memory: "Winning Isn't Everything - It's Nothing." His message was truly seminal. Still, to judge the popularity of the dominant sports ethic twelve years later, his seeds have fallen on barren ground. Today, we need humanists and commentators who will join with teachers and coaches to spread the truth about competition-carried-to-excess. As for those sports buffs who fiercely protect their mythologies against fresh ideas, let them calm their nerves at the tube.

Leonard's reflections, far-out though they may seem to the uncritical sports-lover, are sweet to contemplate. When the chips are down, those who comment on sports today appear to be of three kinds - seed potatoes, sweet potatoes, and common-taters.

Stress Reducer

Lifeline Adult Fitness announces its next health education course: "Stress Reducer." This program will take place on four consecutive Tuesday evenings beginning April 26 from 6-8 p.m. in the Portland Gym.

Class size is limited to fifteen. Pre-registration is required. For more information, call Tom Downing at 780-4170.

Spring Cleaning

With the academic year coming to a close, it's time to think about deactivating those telephone lines that won't be used this summer. USM will realize a substantial savings on each line that is deactivated.

For more information, please contact Cay Laffin in Administrative Services, tel: 780-4024.

Marquee

MONDAY, APRIL 25

LECTURE, "Aspects of Stress," Lifeline Adult Fitness Program, Dr. Roger S. Zimmerman, Portland Gym, 7 p.m., free.

WEDNESDAY, APRIL 27

MUSIC, Faculty Recital, Mike Katz, guitar, Leslie Cheney, soprano, 205 Corthell, Gorham, 8 p.m.

THURSDAY, APRIL 28

FRENCH CONVERSATION TABLE, Department of Foreign Languages and Classics, College Room, Payson Smith, 5:15-6:30.

THURSDAY, APRIL 28; FRIDAY, APRIL 29;

SATURDAY, APRIL 30

THEATER, "Personals," Russell Square Players, Russell Hall, Gorham campus, 8 p.m., \$4/\$3.

FRIDAY, APRIL 29

MUSIC, Senior Recital, Eleonore Dow, piano, 205 Corthell, Gorham, 8 p.m.

THURSDAY, MAY 5

CONFERENCE, "Issues of the Workplace," sponsored by USM's Department of Community Programs, Shawmut Inn, Kennebunkport, 9 a.m. - 4 p.m.

FRIDAY, MAY 6

CONFERENCE, Maine College Health Association annual meeting, hosted by USM Student Health Services, Hastings Formal Lounge, Gorham, all-day conference begins at 9 a.m.

SATURDAY, MAY 7

COMMENCEMENT, Cumberland County Civic Center, 10 a.m.

CONTINUING THROUGH APRIL 28

ART, Student Show, USM Art Students, Art Gallery, Gorham.

CONTINUING THROUGH APRIL 28

ART, Alumni Exhibition, Chanh Syrvanh, Center Gallery, Gorham.

Measles Clinics

In the past few weeks there has been publicity regarding the measles epidemic at several mid-western schools. To date there has not been a case of measles reported to or diagnosed at our Health Services. But, due to the mobility of students and their possible exposure to measles, the University Health Services is sponsoring a measles clinic.

Everyone is strongly urged to review his/her immunization record.

The clinics are free of charge and are open to faculty, staff and students. Clinics are scheduled from 10:00 a.m. to 7:00 p.m., Thursday, April 28 on the first floor of Payson Smith Hall, Portland, and 10:00 a.m. to 7:00 p.m., Friday, April 29 on the first floor of Bailey Hall, Gorham.

More detailed information on the clinic is available at Health Services Offices at 780-4211 or 780-5411.

POSITION

MAILROOM ASSISTANT II, Administrative Services, Portland, \$5.34.

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cise regimen which puts quitters in touch with their bodies. "When you become aware of the physical self, chances are you're going to control your weight," he adds.

It's a matter of calorie counting and good nutrition. On a 2100 calorie/day diet, a 150 lb. man can quit smoking without adding pounds. Substituting cigarettes with jelly donuts will cause weight gain, but lots of fresh fruits and vegetables, salads and broiled meats (instead of fried) will help keep the waistline from expanding during the process.

"Cut back on the amount of calories you eat and keep a graph," suggests Jordan. "You'll be successful."

For those who don't want to go it along, Jordan leads an "I Quit" clinic four times a year. There is a 50 percent success rate with the 30-day program which includes exercise, behavioral modification and group support.

The next one will be May 24 - June 16. For more information, call Len Jordan at 780-4170.

by Karen Kievitt

Commencement Activities

ROTC Commissioning Ceremony

4:30 p.m.

Thursday, May 5

Hastings Formal Lounge, Gorham

Guest Speaker

Charles R. Sanford

Vice-president and general manager, WGAN Radio

Civilian aide for the state of Maine to the Secretary of the Army

School of Nursing Pinning Ceremony

7:30 p.m.

Friday, May 6

Portland Gymnasium

Guest Speaker

Edward Meyers

President, Student Nurses' Organization

President's Reception and Open House

4:30-5:30 p.m.

Friday, May 6

President's residence, Gorham campus

Commencement Exercises

10:00 a.m.

Saturday, May 7

Cumberland County Civic Center

Guest Speaker

The Honorable Edward T. Gignoux

United States District Judge for the District of Maine