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## University Leader - April 5, 1988

University Leader Staff

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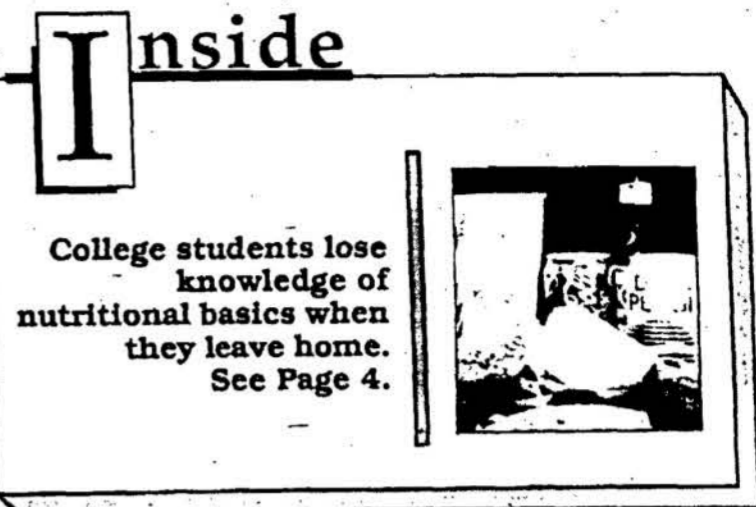
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# the University Leader



College students lose knowledge of nutritional basics when they leave home. See Page 4.

Vol. 81, No. 50

Fort Hays State University

Tuesday, April 5, 1988

## News Briefs

### CAMPUS

• Midwest Energy President Jack Goodman, Great Bend, will head Fort Hays State's annual Endowment Association spring drive. The six-week effort began April 5, and will focus on Ellis, Barton, Ford, Gove, Graham, Mitchell, Ness, Phillips, Rooks, Rush, Russell, Trego and Seward counties. The annual goal is \$75,000 -- \$25,000 of which is yet to be raised.

• The Fort Hays Shrine Club will sponsor the Shrine Circus, with performances at 3:45 p.m. and 7:30 p.m. Thursday in Gross Memorial Coliseum.

Tickets for adults are \$4.50 in advance and \$5.50 at the door. Children's tickets are \$2.50 in advance and \$3 at the door.

Advance tickets are available at Food Bonanza, 2704 Vine St.; Wal-Mart, 3300 Vine St.; Kline's, J.C. Penny's and Midwest Drug Center in The Mall; Mr. Quick, 703 Vine St., 27th and Broadway streets and 335 W. Eighth St.; Ruder Tire and Automotive, 2900 Vine St.; First National Bank, 1200 Main St., 27th and Hall streets and 27th and Vine streets; and Farmers State Bank, 718 Main St. and 29th and Plaza Ave.

• Dr. John Weigel, professor of surgery-urology at the University of Kansas will speak on Men's Health Issues from 1:30 to 3:30 p.m. Thursday, April 14, in the West Hall Lounge. The program is sponsored by the West Hall Council and the KU Medical Center. Weigel's presentation will cover topics such as testicular cancer, prostate problems, sexually transmitted diseases and impotence.

• Junior high and high school students from 11 area schools will compete in the Fort Hays State history day activities at 9 a.m. Saturday in Rarik Hall.

Schools in the competition include Thomas More Prep-Marian High School, Hays; Utica High School and Junior High School; Quinter High School and Junior High; Hoxie grade school; Liberty middle school, Hutchinson; Skyline High School, Pratt; Phillipsburg Middle School; Hutchinson High School; and Golden Plains High School, Rexford.

Students will compete in categories such as historical paper, individual and group projects, individual and group performances and media presentation.

• The final day for graduate students to submit approved titles for master's thesis and specialist field study is Friday.

• Open auditions for "Aristophanes Meets Godzilla," a one-act play written and directed by Larry Boyd, will be at 7 p.m. Tuesday and Wednesday in Malloy 106. There are roles for three men. Scripts are available in Malloy 102.

• Western Kansas Boy Scouts will converge on Fort Hays State for Campus Camporee, a merit badge conference from April 15 to 17.

## Senate approves orientation course

By DAVID BURKE  
Managing Editor

Following more than 30 minutes of debate the Faculty Senate yesterday approved the University Foundations course, an orientation course.

The course, which provides introductions to various aspects of the university, will begin with freshmen entering Fort Hays State this fall.

The course was to begin under the university rather than a specific department. That was amended after debate, however, to have the course offered at the 110 level under the interdisciplinary studies program.

After a failed amendment to have the course be under the supervision of the dean of education, it was approved to have the provost of the university assign the course to the appropriate dean.

The course would be listed under the department of the student taking the course.

The Faculty Senate also approved four other classes to begin next fall.

• Communication disorders in aging would be listed in communications as line number 503 and 703. Prerequisites of speech

and hearing science, normal and pathological communication and anatomy and physiology of the speech and hearing mechanism would be required. It would be worth two hours of credit.

• Sociology of corrections would study the social context of crime, according to Faculty Senate academic affairs committee chairman David Ison. It would be listed as Sociology 482. The class would carry a three-hour credit.

• Teaching methods in biology would be listed as biological sciences. It would be worth one hour of credit, and would be for students in junior standing.

• The Kansas Regents Honor Academy was also approved, after lengthy debate. The course would not be offered in the university catalog, and would be offered only to those high school students participating in the academy.

The Faculty Senate also approved changes in the by-laws for the organization.

Also approved was a request that "the central administration of FHSU actively pursue, through appropriate channels, a legislative proposal that would incorporate" recommendations

made in a proposal submitted by external affairs chairman Bill Rickman.

The proposal, on the state-assisted scholarship program, said that state funds would be made available by request to Regents institutions on a matching basis; that state funds be provided to a maximum of \$100,000 per year; that state funds be made available annually for a period of 10 years and matching funds be derived from private resources. Recipients must be residents of the state of Kansas, and the funds will be made available by fiscal year 1990.

An amendment to the proposal said that ethnic minorities and handicapped students would be actively recruited.

Faculty Senate President Larry Gould said that although nominations for Faculty Senate positions are due the third week of this month, that "reorganization is going to play havoc with the Faculty Senate election process."

He said more information would be available on how the reorganization would affect the elections.



Hoping for a ringer, John Nicholas, Johnson junior, throws a horse shoe to the far pit. Matt Bryant, Cimarron junior, fixes the pole in their pit Sunday afternoon.

Photo by Brad N. Shrader

## SGA senate applicants higher than expected

By DAVID BURKE  
Managing Editor

Even though there's more applications than expected for Student Government Association senators, only one ticket has filed for the president-vice president position.

The SGA filing deadline was Friday.

The SGA elections are sched-

uled for Wednesday and Thursday, April 13 and 14.

The president-vice president ticket consists of Davi Anne Brewer, Dodge City senior, and Erik Schmeller, Hays sophomore.

This year, Brewer is SGA treasurer and Schmeller is the chairman of the appropriations committee.

A total of 56 candidates filed

for the 32 seats that are available in SGA.

"I thought we had a real good turnout of senators," SGA President Kevin Amack said.

"But I was kind of disappointed with having only one president and vice president candidate," Amack said. "It's kind of sad more students weren't represented."

Amack said that having a

write-in candidate is "always possible."

"There were a couple of people interested, but didn't get things together in time for the intent-to-run forms," Amack said.

Mark Hammeke, SGA senate affairs and elections committee chairman, said he was also pleased with the number of senate candidates.

"We kind of had contests in each area to get the most candidates for each area," Hammeke said.

Hammeke said a goal now is to get a 30 percent voter turnout in the SGA elections.

One way Hammeke said the turnout may increase is by the addition of putting voting places in McMIndes and West halls.

A by-law change to include the residence halls as voting places in this year's elections was approved at the SGA meeting last Thursday.

Voting will take place from 5 to 7 p.m. on the Wednesday of the election in McMIndes Hall and from 5 to 7 p.m. Thursday in West Hall.

"We don't want it heavily from the dorms," Hammeke said. "We want to get turnout from all parts of campus."

Voting will remain during the day Wednesday and Thursday in the Memorial Union.

Brewer said that even though she is the only presidential candidate, she will continue to campaign.

"As far as the campaign, we are still going to campaign, because it's important to let those groups know what we're doing," Brewer said.

Brewer said she and her running mate were confident in doing a good job as SGA president.

"We're qualified, so I think it's alright," she said.

Bill Jellison, vice president for student affairs and SGA adviser, said that it has been at least four years since a candidate has been uncontested for SGA

president.

Jellison said that to the best of his knowledge, the last time a presidential candidate was uncontested was when Mark Bannister won the SGA election in 1984.

"I would say that it's rare," Jellison said. "I would say it would not average once in every eight years."

Jellison said he was "amazed" when he learned that there was only one ticket for this year's SGA elections.

"Davi Anne and Erik stopped by this morning (yesterday) to ask if they could put a campaign poster on my door," Jellison said. "I told them I wasn't going to be prejudiced, but they said they were the only ones running."

Jellison said that having only one candidate for student body president should not reflect on the current SGA administration.

"It's not a negative evaluation of the office," Jellison said.

"The student government officers, especially in the person of Amack, have done a great job in the last few years as quality decision-makers."

Jellison said he does not think having only one candidate is linked to the apathy awareness problem on campus.

"I think student government itself is less apathetic now than in some other years," Jellison said.

"More than likely, the people interested in student government are usually the ones who are in it," he said.

"And the people who are not in it are uninterested," Jellison said.

"It's not just that way in student government, it's that way in government in general."

"But I think the two candidates we have now are going to do a good job in terms of commitment and time to student government," Jellison said. "It's just too bad there's not a contest."

## SGA senator candidates

### General studies (Three seats available)

Kristin Ketter, St. Francis freshman  
Chandler Morris, Liberal freshman  
Cathy Murphy, Larned freshman  
Marcie Radford, Burlington, Colo. freshman

### Humanities (Three seats available)

Douglas Brower, Manhattan freshman  
Theresa Cox, Nashville, Tenn. freshman  
John Hill, Dodge City sophomore  
Kathy Kirkman, Hays junior  
John Ross, WaKeeney sophomore  
Tricia Thull, Cawker City junior  
James Urban, Oberlin freshman

### Natural Sciences and Math (Four seats available)

Duane Hammeke, Rozel sophomore  
Robert Hatfield, Dodge City junior  
Jeff Nusz, Augusta junior  
Val Reiss, Weskan senior  
Erik Sandstrom, Hays freshman  
James Sechrist, Bonner Springs junior  
Melanie Stute, Canton junior

### Business (Seven seats available)

Elizabeth Anderson, Healy junior  
Brian Beavers, Pierceville junior  
David Becker, Tipton junior  
Stephanie Davis, McMurray, Penn. junior  
Mark Hammeke, Ellinwood senior  
David Herl, Collyer senior  
Jeff Hofaker, Logan sophomore  
Darren Koester, Mankato freshman  
Shawn Legere, Hays junior  
Sally Merklein, Stockton sophomore

### Social and Behavioral Sciences (Three seats available)

Mordecai Boone, Sharon Springs sophomore  
Christopher Channell, Hays sophomore  
Melissa Grub, Hays freshman  
Mark Pywell, Sublette junior  
Sharon Roth, Hays senior  
Tony Stroup, Hays senior

### Education (Six seats available)

Tamara Cordell, Beloit junior  
Candee Cronin, Dodge City sophomore  
Wilma DeWitt, Hays sophomore  
Meleah Gaddis, Bazine freshman  
Julie Isom, Kensington sophomore  
Robin Liebl, Zenda junior  
Frank Morey, Narka junior  
Jeff Schulz, Hill City sophomore  
Heather Stamper, Plainville freshman

### At-Large (Five seats available)

Eric Anderson, Abilene junior  
Shelly Cooper, Dodge City freshman  
Joanna Crawford, Natoma junior  
Michelle Eisenring, Abilene sophomore  
Dean Fitzsimmons, Cunningham junior  
Kim Konkel, Harper junior  
John Nicholas, Johnson sophomore  
Bill Pflzenmaier, Green sophomore  
Millsa Razor, Hillboro junior  
Duane Strine, Effingham freshman

## Editorial

### Easter season merits holiday observation

The state of Kansas needs to get its priorities straight.

After dismissing classes at the universities and colleges for Martin Luther King Jr.'s birthday, one would have immediately thought that at least the Friday before Easter or Monday after Easter would have been declared a holiday.

But, to most everyone's surprise, it was business as usual both days at the university. Although King was a great man and is worthy of having a national holiday in his honor, Easter, to many people, means just as much if not more.

Easter is a religious holiday to honor the resurrection of Jesus Christ, and many Christians believe this day, as well as Christmas, to be the most important time of the year.

Surely this merits at least one day free from classes to allow people to attend services and spend time with their families.

But, even more important at Fort Hays State, is the fact that Oktoberfest merits a day free from classes. It's obvious from this fact that university and city officials place more importance on a beer-drinking festival than a holiday observing the death and resurrection of Jesus Christ.

In the future, we can only hope that state and university officials get their priorities straight and observe a holiday during the Easter season.

### Apathy strikes election for FHSU student seats

While the Democrats and Republicans will wage a spirited battle for the White House during this election year, there will be no such fight for the presidency of the Fort Hays State Student Senate.

After much discussion about student apathy during the past year, there can be no better example of this affliction than what occurred Friday afternoon.

The deadline to file intent-to-run forms for Student Senate was last Friday. It came to pass that only one person, Davi Anne Brewer, Dodge City senior, managed to file for the Student Senate president.

Although many people have filed for Senate seats for next year, the president and vice president is the most important position.

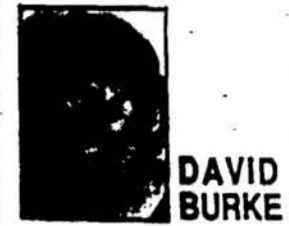
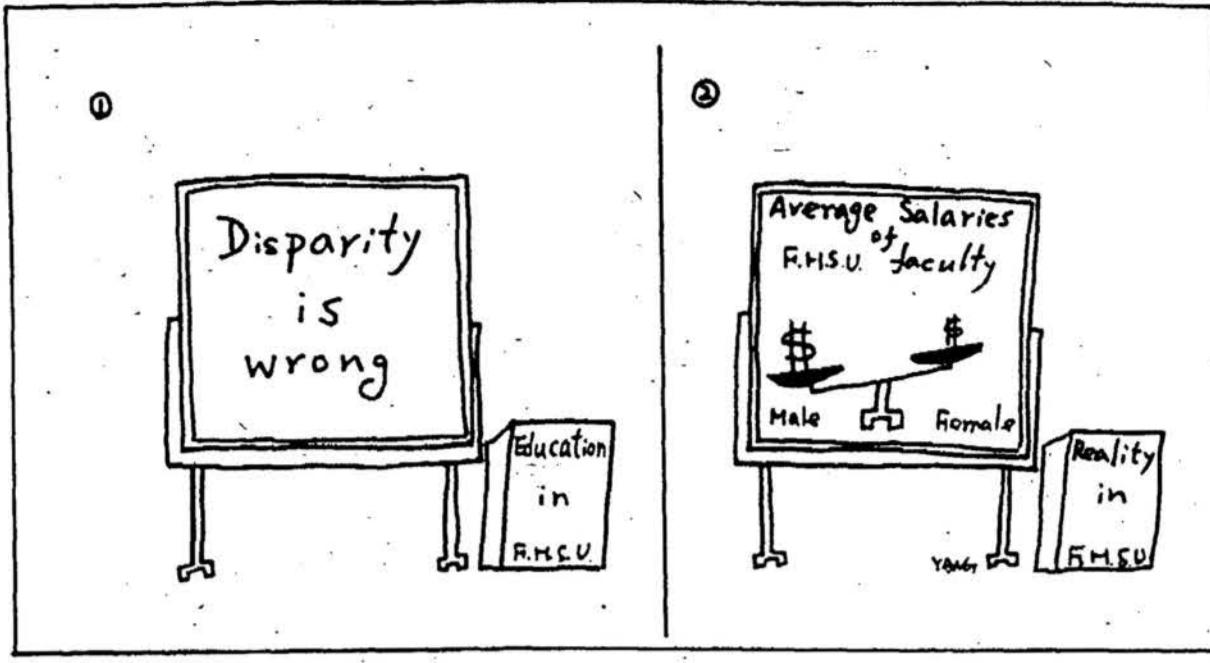
Naturally, this sends a signal to the rest of the student body. If only one person cares enough about the university to run for the office, then how does one expect the rest of the student body to get involved in campus activities?

In past years, student turnout was extremely low for the elections. But we may be facing a record number of no-shows this year, with no race for the top spot.

The office of president should not be won by default. This is the most important position a student can have at the university, and we must be sure the right person is going to be elected.

But, with no competition, her stand on the issues may not matter. To truly find the best candidate, we need to hear candidates debate the issues. It takes two or more parties for the democratic process to work.

Unfortunately, for this election, FHSU students will not be given an opportunity to see the political process at work.



### Measles outbreak hits close to home

All the talk and all the warnings about the measles hit home this weekend.

It all began Friday afternoon. Being April Fools' Day, it would have been a way for someone to pull off a joke.

I got a phone call saying that a good friend of mine had the measles. I heard the report and, neglecting the calendar, took it at face value.

Calling the person involved to make sure it was true -- a bit of the eternal journalist in me -- I only realized a few minutes into the conversation what the day was.

"Alright, it this an April Fools' Day joke?" My assurance came from that person saying "I wish it was."

She informed me that she was in quarantine for five days, then another test would take place.

Differing emotions tugged at each arm. On one hand, I had sympathy for my friend. On the other hand, there was the near-selfishness of making sure that I wasn't going to get sick, too.

Another something in me felt the duty to inform other friends of the condition.

I didn't want to spread the word too quickly, but told a few people that know her, and those that were in class with her last Thursday, as I was.

Late that afternoon, I called home for my medical information.

Considering this was from their son who had called home on previous April firsts saying he had wrecked his car, bought a stereo system with his paycheck and won a trip to Hawaii in a contest, I had to establish the fact I wasn't joking.

I called home and didn't even say hello.

"Mom, this is not an April Fools' joke."

I felt like the emergency broadcasting system. "When was the last time I had my measles shot?"

I found out that it was before I got into kindergarten. Great -- nearly 17 years ago.

She suggested a trip to the Student Health Center first thing Monday morning.

The rest of the weekend was nearly spent in fear. Every time I scratched, it was an exercise in paranoia.

What if I had it too? Could I afford to spend five days away from class, five days away from work, five days away from people?

I didn't feel this way from earlier reports of the measles. I read the story in the University Leader before spring break, but that was for skiers going to Colorado, and I was headed for New York City.

There was another story in the Leader and the Hays Daily News last week about someone who had the measles.

Isolated case, I thought. Out of 5,000-odd people, it would never get to me, right?

After a long Sunday night of staying awake and intermittent scratching, I woke up yesterday morning. Minutes later, a phone call from my parents reminded me to go to Student Health.

I did the next best thing: I called to make sure I would need the shot. The next step is to find out if my pre-kindergarten immunization, which gave a 5-year-old a scream heard throughout the clinic, was with dead cells or live cells.

Considering my fear of shots still remains, I'm really pulling for that last shot to be valid.



DOUG CARDER

### Graduation sparks memories of best classes offered at FHSU

Graduation is just around the corner for those of us preparing to leave this institution of higher education.

During my collegiate career at Fort Hays State, I have enjoyed and been disappointed by some of the courses that I have taken.

So, for those of you that aren't graduating -- I've decided to dedicate this column as a commercial plug for the six classes that I have enjoyed the most at FHSU.

I know what you're thinking -- Carder's trying to brown nose for extra points.

Not true. I have already taken most of the courses I'm going to list. There are a couple that I am currently enrolled in, but I'm doing well in those, so I don't need to brown nose.

Well, I've said enough about that. Here's the list.

1. Introduction to Communication Disorders.

The course is taught by Chuck Wilhelm, professor of communication. It is one of the most informative and entertaining classes I've ever taken.

You'll acquire knowledge about communication disorders, like stuttering, that will surprise you.

2. Current Political Issues.

Take the section taught by Larry Gould, associate professor

of political science. I have never seen a person so intense and enthusiastic about his profession.

You'll learn more than just current political issues. You'll learn what it really means to be a conservative or a liberal.

It's a good course to take if your major isn't political science.

3. General Logic.

Stephen Tramel, professor of philosophy and author of the textbook used for the course, is very informative and presents the material in a manner that is very easy to follow.

After taking the course, you will have a better insight for analyzing conversations and written material. The course will also improve your writing skills.

4. Editing.

Ron Johnson, assistant professor of communication, can make your life miserable if you aren't prepared for each class.

It's set up as a question and answer format. He'll ask the questions, and you better know the answers.

It's a very demanding course, but it proved to be one of the most satisfying experiences of my collegiate career.

The course will improve your writing and editing skills tenfold.

5. Social Issues in Broadcasting.

Kevin Campbell, instructor of communication, plays a great devil's advocate for this roundtable discussion class.

Campbell is well informed on current issues and how the media project these issues to the public.

He makes you look at issues from all sides. Instead of the narrow focus usually projected by the media.

6. CPR.

If you read my column earlier this semester, you already know how I feel about CPR.

For those of you that didn't, I think it should be required for all students.

The importance of knowing how to save a life, maybe a loved one, is vital, especially when you realize how many people die each year that might have been saved if someone at the scene would have known CPR.

The course is taught by Penny Lyter, instructor of health, physical education and recreation.

There's my list. There are many other courses that I have enjoyed here at FHSU, but space won't permit me to elaborate.

Seniors, I hope you have enjoyed your college experience as much as I have at FHSU.



KEVIN KRIER

### Nebraska legislature rewrites definition of 'student-athlete'

There is nothing hard to understand about the term 'student-athlete.'

But, if the Nebraska Legislature has its way, then the student-athlete as we know it may become obsolete.

For years, state sen. Ernie Chambers has tried to make the state of Nebraska pay the University of Nebraska football players a salary.

Each time, however, the Legislature had the guts to veto the bill and not allow it to successfully pass through the House.

But, finally, Chambers' perseverance paid off March 21 when the Legislature gave the bill first-round approval. Senators voted 26-12 to approve the bill, but established an amendment that could provide some problems.

The bill stipulates that the players be paid by the state if similar legislation is passed in at least four of the five other states in the Big Eight Conference.

Chambers believes that major college football players are exploited and deserve to be paid a salary as entertainers as well as state employees.

But what Chambers doesn't consider is the fact that all athletes on a major college

football team are paid, albeit not an actual salary.

No, what athletes receive is much more valuable than a salary.

These football players, and any other major college athletes, receive what amounts to be a free education. They have all tuition, books and lab fees, housing and activity fees paid for.

North Carolina State University basketball coach Jim Valvano said on a television program Sunday that the amount an athlete gets at North Carolina State is \$15,000 per year.

Take that over four years and they receive \$60,000 to play sports. If an athlete can't make it on that much money, then there is something wrong. Most parents can afford to give their children a little spending money per month. So, lack of funds should not be a problem.

If an athlete plays his cards right, he can then parlay his education or athletic ability into a well-rounded career and be set up with a well-paying job after his graduation.

After all, it's not everyone who has the privilege to go to college and not worry where the funds are going to come from.

If the state of Nebraska does

pass this into law, then the National Collegiate Athletic Association may be faced with an immediate crisis.

As of now, it is against NCAA regulations to pay athletes, and it would be interesting to see what would happen if this does become a reality in Nebraska.

Chambers said he has received support from many college coaches, and he believes that most schools would back this proposed bill.

He said that college athletes spend more hours practicing, playing games and performing football-related activities than do most National Football League players.

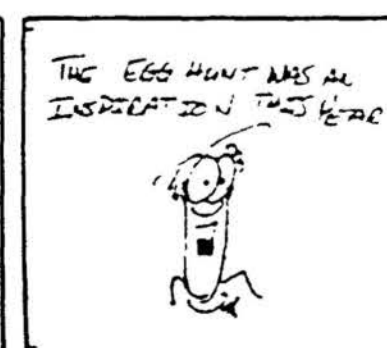
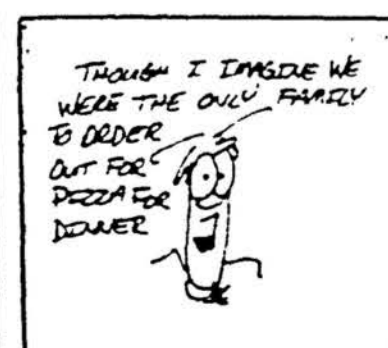
But if this does become law, then what about all the other students who take part in extra curricular activities.

Wouldn't they deserve the same type of treatment?

The bill needs two more successful votes and the signature of Gov. Kay Orr to become law.

If, by chance, this does become law, then the NCAA may have a tough decision to make.

KEYS - by NEIL CANNON



**the university Leader**

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# Malpractice insurance rates skyrocketing

By BECKY OBORNY  
Staff Writer

Fort Hays State premedical students are thinking about malpractice insurance, even though it is not directly affecting them now.

James Hohman, assistant chemistry professor, is one of the two advisers for premed students.

He advises 19 students, eight of which participate in the premed program.

Hohman said that malpractice is just one of the reasons students are not interested in becoming medical doctors.

"It's a big reason, but not the biggest single reason," he said.

"My experience is that going into medicine is not as economically sound as it used to be," Hohman said.

"Medicine no longer has the status it once had."

Hohman said that when his advisees look at the salaries for doctors, they discover that

about two-thirds of those salaries go to malpractice insurance premiums.

"Suddenly it doesn't look quite as luring," Hohman said.

Hohman said the rates for malpractice insurance premiums are a problem, but not because of insurance companies. He blames their increase on suit-happy people.

"I think something needs to be done. Some people are suit-happy," he said.

Erik Sandstrom, Hays freshman, agrees that the blame rests with the public.

"I agree. It's not the insurance companies fault. They're just trying to cover their costs."

"Their costs come from lawyers, who encourage people to sue," he said.

Hohman said he believes the problem can be solved in a couple of different ways.

"One obvious solution is to put a cap on the amount of the awards given for malpractice cases," he said.

"I've heard where some judges

are fining people who bring up basically ridiculous law suits in hopes of scaring doctors or the insurance companies into paying," Hohman said.

When an advisee, who is prepared to go to medical school the next semester, comes to talk to him, Hohman said he tells them a few basic things.

"I tell them it will be years before they are called 'doctor' and have to pay those malpractice premium rates," he said.

"Laws may change. Problems may be solved."

Hohman said another factor to keep in mind is that malpractice rates are not the same for all areas of medicine.

A foot doctor's premiums will not be as high as a doctor who is involved with pregnancies and fertility, Hohman said.

Rates also vary from state to state.

Kansas' malpractice insurance premiums are very high compared to other states,

Hohman said.

"Iowa has a much lower malpractice rate," he said.

Sandstrom agrees that, although rates in Kansas are high, it does not mean that rates are high in other parts of the United States as well.

"The surrounding states' malpractice (insurance) is a lot cheaper than it is in Kansas," he said.

Sandstrom said that if the situation continues as it is, he will probably not practice in Kansas after graduating from medical school.

"If something doesn't happen in our own state, I probably won't practice in Kansas," he said.

"If it keeps going as it has, it will be unaffordable."

Even though Sandstrom agrees malpractice insurance premiums are too high, he is not afraid to become a medical doctor.

"I wouldn't say it scares me, but it bothers me," he said.

"I hope some legislation goes through, either federal or state,

to curtail the increasing costs of malpractice."

Sandstrom said he sympathizes with the doctors who are currently in practice.

"I feel sorry for them first of all. It's something they have to have if they want to practice," he said.

Sandstrom said there are several reasons why he became interested in being a doctor.

"Basically, I've seen the other side as a patient."

"I served an internship in the birthing unit at Hadley."

"I wanted to help people, and I like biology and math, so it seemed like the reasonable thing to do," he said.

Sandstrom has not decided what area of medicine he would like to go into and said he does not worry about it.

"I don't worry about it right now because I've got six more years before I have to decide on my specialization."

"I have a lot of time to think about it. I'm open to about anything right now," he said.

## Campus Calendar

### TODAY

• Tiger Club meeting and Awards of Excellence at 6:30 p.m. in Norton.

### WEDNESDAY

• Prayer services at noon at the Ecumenical Campus Center, Sixth and Elm streets.

### THURSDAY

• Isis Shrine Circus at 3:30 p.m. and 7:30 p.m. in Gross Memorial Coliseum.

• Silly Recital at 8 p.m. in Malloy 115.

### FRIDAY

• Graduate Thesis Exhibition at 8 a.m. in the Moss-Thorns Visual Arts Gallery.

• Admissions counseling meeting at 10 a.m. in the Memorial Union Pioneer Lounge.

• Hays Shade Tree Committee at 11:30 a.m. in the Memorial Union Cafeteria.

• New student early enrollment at 1 p.m.

• Astronomy Club open house at 4 p.m. in Albertson 108.

• Intersivity Christian Fellowship meeting at 7 p.m. in the Memorial Union Trails Room.

• Approved final titles of master's theses or specialists' field studies are due in graduate school.

### SATURDAY

• History Day at 8 a.m. in Rarick Hall.

• Fort Hays Genealogical Society meeting at 8 a.m. in Stroup 101, 103 and 114.

• Graduate requirement examination testing at 8 a.m. in Rarick 206.

• Classic Film Series "Mr. Smith Goes to Washington" at 8 p.m. in Felten-Start Theater.

### SUNDAY

• High Plains Piano Teachers' Recital at 1:15 p.m. in Malloy 115.

• Hays Arts Council Creative Writing Awards Tea at 1:30 p.m. in the Memorial Union Black and Gold Room.

• Concert Choir performance at 3 p.m. in the Memorial Union Fort Hays Ballroom.

### MONDAY

• Faculty in Area of Communication Disorders meeting at 11:30 a.m. in Memorial Union Prairie Room.

• Hays Christian Women's Club meeting at 12:30 p.m. at Ramada Inn.

• Springwell stress lectures at 1 p.m. in Memorial Union Prairie Room.

• Academic affairs committee meeting at 3:30 p.m. in Memorial Union Trails Room.

• Intersivity Christian Fellowship meeting at 4 p.m. in Memorial Union Prairie Room.

• Memorial Union Activities Board meeting at 4 p.m. in Memorial Union Pioneer Lounge.

### EARLY ENROLLMENT SCHEDULE

**JUNIORS**  
R-Z Today  
A-G Wednesday

**SOPHOMORES**  
H-G Thursday  
R-Z Monday  
A-G April 13

**FRESHMEN**  
A-Z April 15

Early enrollment takes place from 8:30 a.m. to noon and 1 to 4 p.m. in the Memorial Union Black and Gold Room Annex.

## Springwell plan offers students healthy life

By DANNA KAISER  
Staff Writer

Just as you spring ahead with daylight saving time, Springwell committee members are urging students, faculty members and other Hays residents to spring into healthier lifestyles.

The Springwell committee, comprised of Fort Hays State faculty members, students and members of the community, have planned a week of events and activities designed to emphasize holistic health.

A holistic approach to health and wellness addresses more than just the physical aspect of well-being.

Jim Nugent, director of housing and Springwell committee member, said it also encompasses spiritual, emotional, occupational, intellectual and social aspects of wellness.

"We've tried to emphasize something special each day," Nugent said of the schedule of events planned for April 10 through 16.

Each day features events that deal with the specific areas of wellness.

"We had a lot of fun with naming the days," Nugent said.

The week of events begins Sunday, April 10, with "Spring Spirit Day," followed by "Emotoblu Day," "Just Tuesday," "Volkswednesday," "Think Thursday," "Move About Day," and "Get Yourself Up Day."

Many of the activities are sponsored by other community organizations such as the Polkafest at 11 a.m. Sunday at the Fanchon Ballroom, sponsored by the Cancer Council of Ellis County or the Pet Show at 5 p.m. Tuesday, sponsored by the Hays Humane Society and the FHSU School of Nursing.

Other activities will include exhibits, tours and concerts at various times during the week.

A health screening will also be conducted from 9 a.m. to 5 p.m. Saturday, April 16 at The Mall as part of the Health Fair sponsored by the Hadley Regional Medical Center Auxiliary.

Some of the tests included in the screening will be body fat, vision, hearing, blood pressure and blood cholesterol.

Nugent said his committee began meeting last June in preparation for Springwell week.

"Our overall goal was to have a week-long celebration with an emphasis on health," Nugent said.

Nugent said the committee would evaluate the success of the week afterward to determine whether it will become an annual event.

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Comparing the food that is good for you with the food that most college students eat, there is quite a difference. People should stay away from fast, greasy food and should try and eat three balanced meals from the four food groups. Photo by Brad N. Shrader

## College life causes bad eating habits

In general, college students have terrible eating habits. Glen McNeil, registered dietician at Fort Hays State, said.

A fast-paced lifestyle may cause some students to eat poorly or skip meals all together.

Norma Brown published a complete "fool-proof" guide to eating healthy, aimed specifically at the college student, in a recent addition of "Advance, a Get-Ahead Guide for College Students."

According to Brown, her 10 points are practical and economical.

1. Not all snacks are junk food. If you are in a hurry, grab some fresh fruit, packets of trail mix, raisins, yogurt or plain popcorn. These snacks are not calorie free, so eat in moderation.

"Whether you call it a meal or a snack, if you consume more calories than your body needs, you'll gain weight," Dr. Kelly Brownell, nutritionist at the University of Pennsylvania, said.

2. Steer clear of soft drinks. Something that may aid in your deterrence is to remember that a 12-ounce can of Pepsi, according to the Nutrition Action Healthletter, has 10 teaspoons of sugar.

Diet soft drinks are a little better, however, they may contain sodium which will cause you to retain water.

McNeil said that juices are your best bet.

Orange juice is a source of vitamin C, calcium and potassium. Other juices include cranberry, grape, pineapple, grapefruit and tomato. Remember that juices are high in calories, so you may like number three.

3. Drink lots of water. A glass of water is possibly the single most important catalyst in losing weight.

It suppresses the appetite naturally and helps the body metabolize stored fat. It helps maintain muscle tone and rids the body of waste.

Dr. Donald Robertson, author of "The Snowbird Diet," says you should drink six 10-ounce glasses every day and more if you exercise.

4. Coffee or tea? To avoid caffeine and sugar, don't drink coffee or tea. They can cause neck tension, headaches, insomnia, irregular heart rate and hypoglycemia (low blood sugar.)

Decaffeinated coffee or tea may be better. Sometimes, cream or a non-dairy creamer contains saturated fats and cholesterol.

5. Drink low-fat milk. It contains calcium and phosphorus. Calcium is needed for regular muscle function as well as strong teeth and bones. There's also evidence that calcium may help lower blood pressure. Phosphorus aids in the metabolic functions, including digestion and the transfer of cellular energy.

Whole-milk products have excess fats and calories.

6. Use good sense when dining out. McNeil said college students need to take advantage of the salad bar when eating out. He said that they eat fast foods,

which are high in fat and calories.

If students skip breakfast and lunch, they may be famished by dinnertime and consume more food than if they had eaten moderately throughout the day.

7. Quit munching out in your room. If you eat while you study, you may be consuming more calories than you realize. Take a break from your studies to eat. If it is nice, take a walk. It is exercise and lowers your cholesterol and blood pressure levels. It will help you stay more alert for those long study sessions.

8. Get some "helpers." In general, college students tend to avoid fruits and vegetables because of availability or because they don't like the way they are prepared in the cafeteria," McNeil said.

The dorms at FHSU rent refrigerators to residents. This allows the students to stock it with fresh fruits, fresh vegetables, juices and milk.

FHSU dorms also offer the use of microwaves as well as stoves. Just heat up a can of soup or vegetables. It is inexpensive and will keep you from eating out.

9. Eat smart. Try low-fat carbohydrates if you want to feel relaxed. They spur production of serotonin, the calming chemical in the brain. This includes bananas, crackers and English muffins.

For mental energy, try high-protein snacks. They contain dopamine and morepinephrine-the alertness chemicals. Skinless chicken, cottage cheese and peanut butter are all good sources.

10. Control your drinking and smoking. An occasional beer or wine is OK, however, alcohol is high in calories and low in nutrients. Wine coolers and light beer have between 90 and 110 calories per 12-ounce bottle. There are 160 calories in a single martini cocktail.

Why should the traditional college student care about eating healthy? McNeil says that this is one of the most important times in a person's

life to watch what they eat. "Students are in an age group that is still growing and developing."

He said that now is the preventative time for osteoporosis in women. Calcium is a necessary nutrient in postponing the bone deterioration.

Eating healthy is not hard. It takes some planning and some common sense.

FHSU offers two classes open to all students to expand their knowledge of healthy eating habits.

Nutrition and You and a weight control class are both offered in the spring. Both of these classes are offered to increase your awareness.

## Music department to produce play

The 1986 Tony-winning musical "The Mystery of Edwin Drood" will be staged at Fort Hays State this summer.

"The Mystery of Edwin Drood" will be a production of the FHSU music department.

The production will be July 14-16 and 22-24, Jerry Casper, director, said.

Casper, Hays graduate student, said that this is the first time the summer musical will be performed on two separate weekends.

"We're doing it on two weekends because the neat part of the show is that there are five things the audience votes on near the end of the show," Casper said. "I felt having it one weekend wouldn't be fair to everyone."

In the voting, audience members decide who the murderer is and who the romantic couples will end up being, among other things.

"You can go one night and come back another night and it's a whole different ending," Casper said.

The musical is based on the last work of Charles Dickens, Casper said. The English author died before the book was finished.

The score and the book of the musical was written by Rupert Holmes, a singer-songwriter best known for "The Pina Colada Song" and "Hum" in the late 70s. "Edwin Drood" recently

finished its Broadway run and is now touring company performances across the country.

"It's practically right off Broadway," Casper said.

Through clearances from the publisher, "Edwin Drood" could be performed in Hays, Casper said.

"Edwin Drood" has 24 cast members, including dancers, and Casper said he would like to see participation from both the university and the community.

"I would like to see some community people and older people get involved," Casper said. "That's something we're trying to push. Instead of just getting a campus summer musical, we want a community production."

Casper said that anyone interested in any other part of the theater, such as lights, sound, set design or publicity are welcome to work with the musical.

"The main object is to have a lot of fun," Casper said.

For those interested, Casper said he would have an introduction to "Edwin Drood" at 7 p.m. April 16 in Malloy 106.

Readings from the script and songs from the soundtrack will be included.

Auditions for "The Mystery of Edwin Drood" will be at 4 p.m. Friday, April 29 and 1:30 p.m. Saturday, April 30 in Felten-Start Theater.

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## Help Wanted

Applications are now being taken for MUAB chairpersons for the '88-'89 school year. Applications can be picked up at the MUAB office, second floor, Memorial Union. All applications are due Wednesday, April 13.

Paid positions available are:

Chairperson	Films, Arts and Lectures
Vice-chairperson	Music
Extracurricular	Technical (sound and lights)
Travel	Publicity

## Tri-States Championship Wrestling

"The Best in Professional Wrestling"  
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Doors Open at 6:30 p.m.  
Wrestling Starts 7:30 p.m.

### MAIN EVENT

Royal Rumble  
Action like you've never seen before! Every 2 minutes a wrestler climbs under the ropes to enter the ring. When all but one has left the ring by going over the ropes, the man left is declared the winner.

### SEMI-MAIN EVENT

Gentleman Chris Adams vs. "Mr. Unpredictable" Paul Dose  
Manager Rick "The Crippler" Crabtree

### SPECIAL EVENT - Midgits

Karate Kid vs. Killer Cruz

### OTHER MATCHUPS

"Golden Boy" Glen Taylor vs. Greg Robertson  
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General Public	7.00
FHSU Students	5.00
Senior Citizens, Children 12 & Under	

### GENERAL ADMISSION

General Public	5.00
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Gentleman Chris Adams



Karate Kid



"Mr. Unpredictable" Paul Dose



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For more information on duties, salaries and Reveille staff training sessions, pick up application materials in Pickens 104 or Parlick 355, or call 628-4411.  
Send applications to 1988 Reveille adviser Ron Johnson. Deadline is 4:30 p.m. Friday, April 15.

Applications accepted only from incoming or current FHSU students. Reveille staff appointments are for entire academic year 1988-89. Refer to application materials for more details.

## Allergists seeking help

It's the season to be sneezing. Especially if you are suffering from hay fever.

This type of allergy affects one out of every 20 persons in the United States.

Patti Scott, registered nurse at Student Health Center, said hay fever patients have been seeking help.

"We've been treating people with antihistamines, decongestants and Tylenol for sinus headaches. We can treat burning, itching eyes that are sometimes red and watery, congestion, runny noses and sneezing. We refer the more severe cases to allergists," Scott said.

The following information was provided by student health as helpful hints to combat allergies.

Antihistamines are drugs that prevent the symptoms. These drugs help more than two-thirds of the people who try them.

To be most effective, antihistamines should be taken around the clock or four times a day.

Antihistamines may give some relief, but they can cause their own problems, too.

One of the most common side effects is sleepiness, made worse by the use of alcohol.

Hay fever has also been treated with some success with the use of immunotherapy, once called desensitization shots.

This type of therapy has proven to be very successful in a few cases by curing the affected persons, but mostly just lessens the severity of the symptoms.

Treatment is accomplished by injecting doses of an increasing allergen into the patient's skin.

The injection must be given at weekly intervals for a period of three to five years.

If this sequence is interrupted, the series must be started all over again.

At the end of this period, the patient should show improvement; if the patient does not, there is no point to continue the series.

If a person has hay fever, staying inside as much as possible during the pollen season may help ease their symptoms.

Another alternative that may help is air conditioning or filtration. Indoor devices that reduce the pollen count tend to be expensive.

Natural fibers in blankets, pillows and rugs are more likely to cause an allergic reaction than those made with synthetic fibers.

Certain foods cause allergic reactions. Eggs, shellfish, nuts, tomatoes and chocolate are included in this list.

Venom reactions from such things as wasp or bee stings may be prevented with immunotherapy.



Getting their dairy heifer stock ready to show, Mark Kretzer, back, Nickerson senior, and Tad Tranbarger, front, Macksville senior, wash and scrub to remove the dirt, manure and loose hair. They are preparing the stock for the Little International Showing and Fitting Contest, which is sponsored by the Fort Hays State Block and Bridle April 9 at the FHSU Farm.

Photo by Brad N. Shrader

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The University Leader, FHSU's twice-weekly student newspaper, is now hiring PAID staff positions for fall 1988.

- Editor in chief
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- Senior copy editor
- Copy editors (2-3)
- Advertising manager
- Sports editor
- Classified ad manager
- Student publications photo editor
- Senior Leader photographer
- Student publications staff photographers
- Student publications graphics editor
- Student publications special publications editor
- Student publications circulation/promotions manager
- Advertising sales representatives
- Advertising proof manager
- Staff reporters

For more information on duties, salaries and Leader staff training sessions, pick up application materials in Picken 104 or Farick 355, or call 625-4411. Send application deadline to 1988 Leader adviser Ron Johnson. Deadline is 4:30 p.m. Friday, April 15.

Applications accepted only from incoming or current FHSU students. These University Leader staff appointments are for fall semester 1988. Refer to application materials for more details.



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## Freak accident grounds Airkraft

Airkraft, a five-man rock band from Minneapolis, Minn., scheduled for a Thursday night performance in Hays, has cancelled that performance due to a freak accident.

"One of the guys in their band got hit in the eye," I.B. Dent, director of student activities, said.

"They were getting dressed in their van in Wichita a week ago Sunday, and the rope that tied the door back snapped, and the hook that held the door open caught him in the eye," Dent

said. "They had to have a long operation on it," Dent said. "It was pretty bad."

Dent said that the band has cancelled performances for at least a month.

The band was scheduled to play at Judge McGreevy's Food Emporium and Club, 601 Main St.

Dent said that there will be no replacement for the group for Thursday's performance.

Airkraft has been booked for a performance next fall, Dent said.

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## Track team braves cold; women capture top spot

By **TIM PARKS**  
Staff Writer

The Fort Hays State track team braved nasty weather for the second straight week. But the weather didn't hinder many of the team's individual performances or the women's first-place finish.

"It was real cold and windy, but I think our kids competed well, considering the weather conditions," Head Coach Jim Krob said. "It would be great if we had a good weather meet."

The Tiger women won their division with a team score of 156. They were led by Karl Williams, Karen Borgstedt, Jodi Atchison and the mile relay.

Williams won the high hurdles, Borgstedt the 400-meter hurdles and Atchison finished first in the 800-meter run.

"Jodi Atchison winning the half was a real surprise. She put out a good effort," Krob said.

Williams and Borgstedt also had second-place finishes for

the women. Williams finished second in the long jump, and Borgstedt finished second in the triple jump and the high hurdles.

The mile relay finished first with a time of 4:19.2. Marlys Gwaltney, Jana Howard, Sally Black and Linda Ragland make up the team.

Gwaltney also placed second in the 200-meter dash.

Rosa Esparza also impressed Krob. She finished third in the 1,500-meter run and fourth in the 3,000-meter run.

"I think Rosa had personal records in both the 3,000 and the 1,500," Krob said.

On the men's side, Jon Haselhorst and Larry Wood were both double winners.

Haselhorst won the high hurdles and the 200-meter dash. Wood finished first in the steeplechase and the 5,000-meter run.

Todd Baker and Steve Broxterman also won events for the Tigers. Baker won in the hammer and Broxterman in the high jump.

Terry Orr finished second behind Baker in the hammer throw, and Tom Welker finished second behind Wood in the 5,000-meter run.

The men's team finished behind the Emporia State University men's team for the second straight week. Emporia State finished the meet with a score of 173, with FHSU scoring 147 points.

Krob also said he thought Rod Leiker did well in the javelin.

"Rod really unloaded the javelin. He improved his personal record by about 15 feet. That was a real good effort, Krob said.

Leiker finished fifth in the event.

"We competed well and are showing signs of making progress. Our ladies performed well in winning the meet, while the men came up just a bit short. We will continue to get stronger and perform better," Krob said.

The next action for the Tigers will be Saturday in the McPherson Invitational.

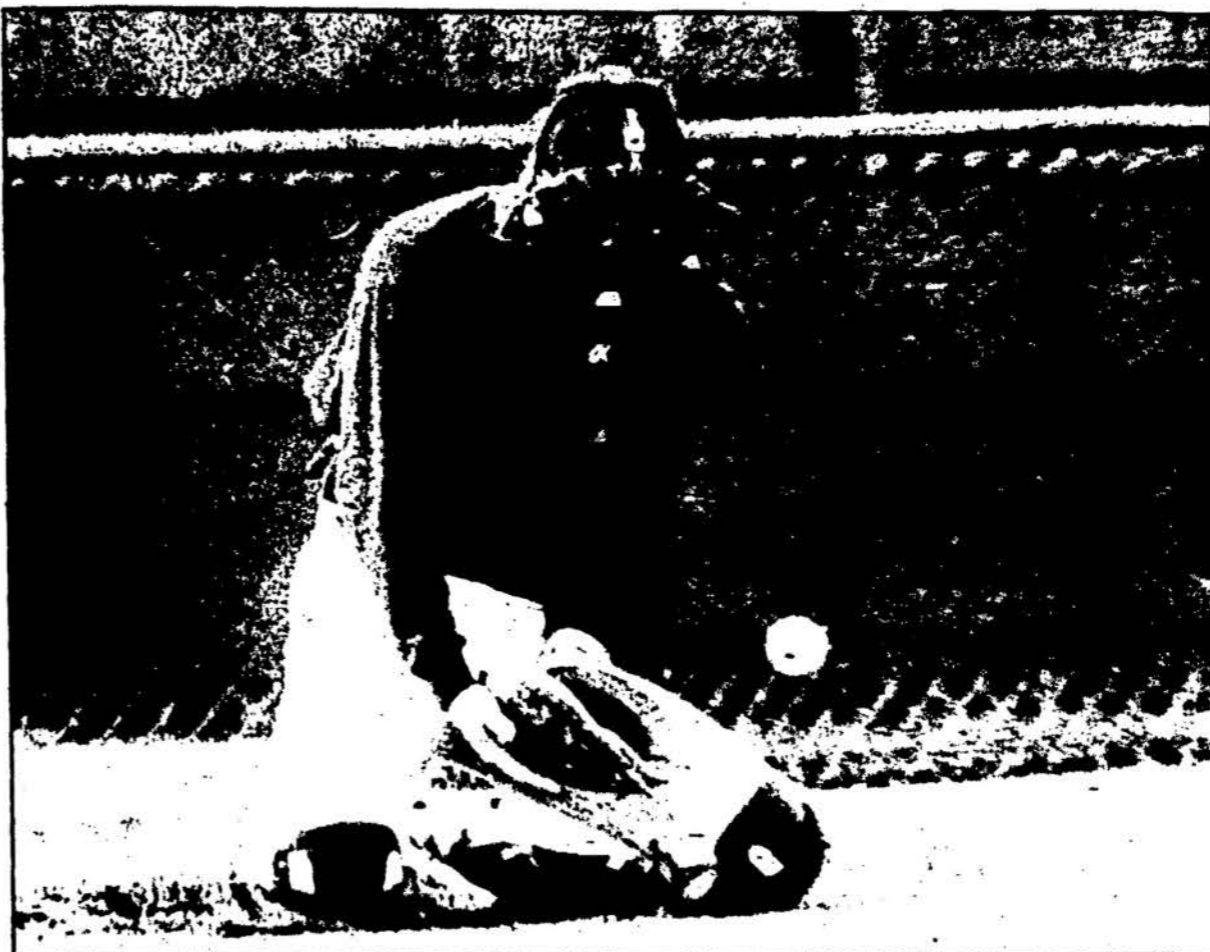


Photo by Brad N. Shrader  
Mike Lee scrambles to keep the baseball in front of him during today's baseball practice in preparation for the twinbill today in Topeka.

## Classifieds

### PERSONAL

**LAST DAY FOR PAP SMEARS** -- Tuesday, May 3. Call 628-5312 for appointment. Student Health Center.

**FREE information** -- covering many health topics. Student Health Center, Memorial Union, 628-4293.

Due to the staff attending a professional meeting, the following changes will be made at the Student Health Center: April 6, Wednesday 8-2:30 p.m., nurse will be available, and from 11:30-1:30 p.m., doctor will be available.  
April 7-8 Thursday and Friday 8-4:30 p.m., nurse will be available. NO DOCTOR IN.

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**SUSAN**. Just wanted to wish you a **HAPPY BIRTHDAY!** Thanks for being such a good friend. Love always, Tricia

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Professional Rental Management is now renting for summer and fall. We have several one, two and three bedrooms by the college. Two bedroom apartment at 506 W. 8th. St. Water, trash and cable paid. \$300. Call 628-3149.

Two bedroom apartment at 201 W. 4th. St. Water, trash and cable paid. \$265 call 628-3149.

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### MISCELLANEOUS

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Delta Sig Sweetheart Slave Auction, Tuesday, April 5 at the Brass Rail, 9p.m., \$2 pitchers.

## Sports Briefs

### LOCAL

• In intramurals, the strength competition will be at 7 p.m. tomorrow, at the weight room in Cunningham Hall.

• Team handball, a combination of basketball and warball, entries are due Friday. Play begins April 13.

• A three-point basketball shooting contest will be next Wednesday, April 13 and Thursday, April 14 in 120 Cunningham. Shooting will begin at 4 p.m.

• Thirteen members of the Fort Hays-State rodeo team went to Oklahoma State University this past weekend. FHSU competed against approximately 22 teams as the rains fell in Stillwater, Okla.

### STATE

• Danny Manning added the Joe Lapchak Award as college basketball's top senior to his list of post-season honors.

Manning has already captured the Nasmith Award and the Eastman Award as the top player in the nation. Manning is also a finalist for the Wooden Award, another player-of-the-year award.

## Put sizzle in your summer.

The summer University Leader, a weekly tabloid, is now hiring **PAID** staff positions for summer 1988.

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For more information, pick up application materials in Picken 104 or Rarick 355, or call 628-4411. Send applications to Ron Johnson, Leader adviser. Deadline is 4:30 p.m. Friday, April 15.

Applications accepted only from incoming or current Fort Hays State students. Those University Leader staff appointments are for summer 1988. Refer to application materials for more details.

## Twinbill tomorrow

# Tigers to play Ichabods

By **HEATHER ANDERSON**  
Assistant Sports Editor

The Fort Hays State baseball team will add Wichita State University and Washburn University to its list of competitors this week.

The Shockers, ranked No. 11 in the NCAA Division I baseball standings, faced the Tigers last night.

The double header marked the dedication of Eck Field as a new facility for WSU.

Wichita State is on a 12-game winning streak, and they just completed a double header sweep with LSU (Louisiana State University). Head Coach Steve Gillispie said before the contest.

Although the Shockers are highly ranked in the NCAA circuit, Gillispie expects the

Tigers to provide good competition.

"Traditionally, they have a reputation for having very strong hitters.

"However, I think that down the line, our top nine or 10 players are just as good as their top nine or 10, they are just a little deeper than we are, Gillispie said.

"If we can get a good pitching performance, it could be a fairly close game."

Tomorrow, the Tigers will take on Washburn in Topeka with the first contest of the double header set to begin at 1:30 p.m.

"Washburn is down a bit from last year," Gillispie said.

"They recently split some games with some schools that they should have beat."

Gillispie said that the loss of veteran players to graduation

last year is a possible explanation.

"They lost all of their starting infield and outfielders but one last season.

"However, they have two of their starting pitchers returning to the team," Gillispie said.

Rivalry will play a role in the intensity of play.

"We're expecting a tough game from them. They will probably play us tougher than other games because of the rivalry involved," Gillispie said.

"Whenever you get competition between us and Washburn, you'll always have a more intense and competitive game."

"However, if we play the way we have been playing, we should win both games fairly easily," he said.

## Leslie misses NCAA finals

By **TED HARBIN**  
Staff Writer

After a season of high scores and high rankings, Carolanne Leslie can finally rest.

Last Saturday, Leslie competed in the NCAA division II national gymnastics meet at Springfield, Mass.

Leslie was ranked 20th in the nation before the meet. She said that she was unsure how she finished.

"I know I didn't finish in the

top eight, because those were the ones that made the finals," Leslie said.

She scored a 34.15 in the all-around, but she had her problems in two events.

"She didn't have her best meet of her season," Head Coach Tawnita Augustine, said.

"I did pretty well on the bars and the floor, but I fell on the beam and missed my vault," Leslie said.

She scored an 8.9 on the bars, an 8.95 on the floor exercise and

an 8.6 on the vault.

"I got a 7.7 on the beam. I felt like I got ripped.

"Even though I fell, I still don't think that I should have scored so low," Leslie said.

Being from Dix Hills, N.Y., Leslie had family and friends there to watch her for the first time this season.

"It was really cool seeing them. Mom bought me an Easter basket.

I had been dieting so much before the meet, and she brings me chocolate," Leslie said.

Navy's Michelle Raez won the all-around competition.

Defending champion, Mary Leivan of the University of Wisconsin-Oshkosh, placed fifth.

Leivan also won the all-around competition at the NAA national meet.

"There was a lot of tough competition out there. Nobody that I had competed with during the season made the finals," Leslie said.

She also said that some of the teams compete in the NCAA division I.

"This was a very good learning experience. Not only for Carolanne, but for Richard (Augustine, assistant coach) and I," Tawnita Augustine said.

Next season, Leslie said that she would like to improve on this season.

"I did some easy stuff, but I did it well. Next year I want to do some harder things, and hit them too," Leslie said.

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