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Students Anticipate A Successful Newport County Special Olympics

by DEBBIE ELIASON

For about ten days last February, the world met, in the spirit of peace, to compete in the Winter Olympics. On Saturday, April 26th, from 10-2 p.m., through the cooperation of Salve Regina College and the James L. Maher Center, Newport County will gather together in the same spirit to watch approximately 300 mentally retarded youngsters, compete in track and field events.

The day is being coordinated by a steering committee including Paul Cardoza, Mary Kraemer, Sherri Prazak and Rae Danke-wicz. Others working on subcommittees are Cindy McVeigh, John Rok, Donna Canestrari, Kathy O'Brian, Ginny McDonough, Marylou Trainor, Sr. Giles Peresich, Cindy Sprague, Brian Megley and Ed Whelan. Paul Cardoza said that plans for the day are well on their way and should prove delightful for all.

The activities will be touched off by a parade beginning at the Boathouse and continuing through Wakehurst. Among the celebrities that will be present are Fred and Wilma Flintstone and the world renowned R2D2, along with Newport Mayor Donnelly and Governor Joseph Garrahy. Cindy McVeigh said that other celebrities, whose appearances are still tentative, will be on hand.

The athletes, who are now in training will compete in various groups according to ability. Be-



sides earning ribbons for winning, according to Cindy, the participants will experience the joy of athletic competition. When the athletes are not competing there will be various clinics in baseball, and basketball to entertain them.

The Newport Special Olympics will follow the rules and general pattern of the State Olympics in all but the logo. The State Olympics use the snowflake as their symbol whereas the Olympic rings will identify the Newport games.

According to Cindy, in future years, the Newport Olympics will move away from the state contest and include, not only mentally retarded youngsters, but also those with learning disabilities, physical handicaps and emotional problems. This policy would allow more young people to join in the games.

With about 200 volunteers and excellent leadership, the Newport Special Olympics are well on their way.

Salve Float Combines Spirit of the College With St. Patrick's Day

by CARROLL MACKER

The Salve Regina College community had good reason to be

proud on March 15, whether they were Irish or not. Besides having Sr. Lucille McKillop grand marshal of Newport's 24th Annual St. Patrick's Day Parade, Salve was also represented in the parade by a very impressive float.

The float was designed by Rita Sevigny and Kathy Goonan, both Salve sophomores. They were joined by freshman Kathleen Mueller and sophomore Peggy Mullarkey to form the construction committee.

The colorful float sat on a 28 foot flat-bed truck. The general theme (conceived by Kathy Goonan) was "From the Emerald Isle of Saints and Scholars — Salve Regina College." One end consisted of a three-dimensional back-board representing an Irish countryside. In the foreground was Chris Arnold portraying St. Patrick. The opposite end showed a Newport scene and had four student-scholars: Ken Bradshaw, Marcia Dion, Kathy Goonan, and Andy Tuma. The two displays were largely made from plywood and paper mache. Connecting them was a rainbow made from chicken-wire and covered by hundreds of different colored tissue flowers.

Many students devoted their time and effort to make this float, and they should be commended for their results.

stumbles onto the stage and dies. The performance closes by focusing on the awe of the guests, as the somnambulist returns and carries away the body of the poet.

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Hugh Ward Shares Irish Folklore And Song With Salve Community

by KATHLEEN BARRY

Ireland, the Land of Leprechauns and shamrocks, or is it? The American, romanticized version of Ireland is in harsh contrast with reality. Northern Ireland, in particular, is presently in a sad state of dismay and has been for several hundred years. Hugh Ward's Lecture on Irish History, presented on March 10, conveyed the lesser known emotions and more realistic picture of the 'Emerald Isle'.

After a brief introduction on the current events in Ireland, Hugh Ward told the tale of the Irish plight, using various songs and poems. "Four Green Fields," his first selection, set the mood for the evening. The song was sung

their predecessors. This theme is evident in the song, "Kevin Barry." In it, a student was arrested and tortured for refusing to inform officials about the plans of his companions.

Mr. Ward continued along this pathway, discussing the many political and revolutionary movements. He emphasized the fact that the war between Ireland and England is not a religious war, as many are inclined to believe. Instead, it is a struggle for such basic civil rights as jobs, the vote, and housing. Other countries, however, receive a tainted and somewhat one-sided view of the dispute. This is mainly due to the fact that the major media headquarters are located in London!



from a mother-son perspective. Each son represented one of four provinces of Ireland, the most obvious being Ulster, the northern province. Its few verses managed to evoke emotion from even the coldest heart.

Ward's second selection emphasized the role that martyrs have played in Irish history. Sadly enough, the fate of the Irish rebels of today are following the path of

The audience was enthralled for a full two hours. And, as the presentation drew to a close, Ward mentioned the symbolism of the Irish flag. Its green, represents the Irish nationalists, its orange the British unionists and, located between the two, its white St. Patrick's Day, our celebration of Ireland, the Irish culture, and St. Patrick's peace, which must be the ultimate result of this conflict.

A History of Ochre Court . . .

From The Goelets To You

In September of 1947 when Salve Regina College opened its doors to its first freshman class Ochre Court was the college. It served as the academic center, administration building, and residence hall. Today, it retains this centralizing function in serving as the college's administration building and religious and social center. So as you read on, look into the past and recall the days when Mrs. Ogden Goelet greeted her guests at the bottom of the vestry staircase which leads you to your paycheck or semi-annual registration.

Ochre Court is the former summer cottage of the Goelet family which donated the estate to the Bishop of Providence, the Most Reverend Francis P. Keough with the expressed intent that it be used as an educational facility. Consequently, when opened by the Sisters of Mercy it was the first Catholic college for women in Rhode Island and the first post-

secondary educational institution in Newport.

The Goelet family heritage goes back to seventeenth century France. In 1621 the family of Philip Jensen Goelet fled from La Rochelle to Amsterdam for political and religious reasons; they were Huguenots. In Amsterdam the family prospered as merchants. Peter Goelet I made his name through the sale of musical instruments and real estate. Through his wife the family gained land on Manhattan Island. His son, Peter, left a \$50,000,000 fortune to his children. The real estate business would continue to serve as a source of family income for Peter Goelet III.

His brother, Robert, had two sons; Robert born in 1841 and Ogden born in 1846. These rival sons inherited the family fortune. In the early 1890's when Ogden had Ochre Court built it stood in com-

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Salve Group Attends Ballet

by DENISE PAINCHAUD

On Saturday, March 1, nineteen members of the Salve community attended the Boston Ballet at the Ocean State Performing Arts Center, in Providence.

The matinee included three ballets: Taylor's *Aureole*, Blanche's *La Sonnambula*, and Cunningham's *Estuary*.

La Sonnambula seemed to be the favorite among the audience. Its gothic scenery and masked dancers created an air of mystery and a desire to discover a clue to the plot. Blanche's long satiates this desire, as the stage transcends into a fabulous ball

and actions begin to follow in sequence.

We see the host of the ball greeting his guests; and we recognize one of these guests as a poet. The poet immediately becomes infatuated by a young coquette, who is forthwith claimed by the host. The other guests have since moved inside, and the poet catches sight of a beautiful woman, whom he soon recognizes as being a somnambulist.

The poet pursues this woman, unaware that she is the wife of the host. When the host is informed of this activity we assume that he kills the poet, as the poet

"Man On The Street"

by DEBBI BOTTI

Russian invasion of Afghanistan has led President Carter to advocate boycotting the summer Olympic Games.

The question this month:

"In your opinion, should the United States and/or its allies participate in the summer Olympic Games in Moscow?"

Senior, Theresa Cocchiola felt, "U.S. participation in the Olympic Games in Moscow would be a somewhat hypocritical action since our participation and that



T. Cocchiola

K. Economu

of our allies would support the economic condition of the Soviet Union, as well as increase its world publicity. It would be saying that we almost approve of their invasion." The Nursing and Spanish major commented, "The holding of these games in a country unjustifiably at war makes a sham of the ideals of world peace and unity."

Karyn Economu, a Criminal Justice major, believed that the government should not interfere, stating, "The decision on whether we send our athletes to the Olympics should be made by the athletes themselves. They are the ones who gave all their money and time on preparing for this event." The sophomore added, "If all nations withdraw, then we could set up an Olympic style competition in the immediate future that would have similar importance."

English major, Chuck Ubaldi maintained that intelligent people everywhere "felt the love, charity, and good faith prevalent throughout the Lake Placid area during the winter Olympics." Besides, the junior observed, "no one suggested that we boycott the Olympics when we were in Vietnam doing just about the same thing the



C. Ubaldi

C. Casey

Russians are doing in Afghanistan."

Contrary to this opinion, Cami Casey claimed that the U.S. and its allies should boycott the Olympics even if there is opposition from the athletes because "they represent us as a nation, not just an athletic team." The sophomore Medical Technology major pointed out, "The people of Russia see Americans almost as celebrities. They wear our Levis, drink our Coke, listen to our music, and even import American vodka." Cami pointed out, "The Russians have spent a lot of time and money preparing for the Olympics. If we, their only major competition, do not appear at the games, they will suffer economically."

Freshman, Joanne Calitri agreed that the U.S. athletes should support their country's decision and boycott the Olympic Games if held in Moscow. The Sociology major suggested, "A solution to the problem would be to move the Olympics to a neutral country. In this way, the athletes that have trained for so long can exhibit their talents and abilities to the world. Also, the feeling of unity that the Olympic Games captures in each person, for their country, can be maintained."



J. Calitri



B. Martin

Bob Martin offered this opinion, "I feel Carter is using this crisis for his own political gains." The senior concluded, "Being patriotic, I would have to go along with the President's views, but I do not think sports and politics should be mixed."

"Did You Ever Notice?"

People don't wear jeans any more; they wear Sassoons, Levis, Lees. People don't wear shirts any more; they wear Ruggers, Izods, Oxfords. People don't wear coats any more; they wear Barracudas, London Fogs, Aspens. People don't wear shoes any more; they wear Fryes, Candies, Nikes. People don't wear cologne any more; they wear Halston, Charlie, Brut. Did you ever notice . . . In a world of names, People don't know who they are any more!

— PATRICE AMENDOLA

Ochre Court

Continued from Page 1

petition with his brother's less elaborate summer cottage. As these were simply summer homes, Ochre Court being inhabited only eight weeks out of the year, family homes on New York's Fifth Avenue were retained. Ochre Court passed into the hands of Robert Wilson Goelet who eventually offered it to his daughter, a student at Vassar College. Upon her refusal he donated it to the diocese of Providence.

As designed by Richard Morris Hunt in the Louis XIII style, Ochre closely resembles the Parisian castle of Edward VII. In general, it follows the style of the medieval chateau of the Loire Valley. The name comes from that of the estate, Ochre Point, so named for the color of the cliffs. The structure of the house is of Blue Indiana Stone and the outside is characteristic of the Late Gothic period as evidenced by its sandstone gargoyles and griffins. At the time of construction the house cost \$4,500,000. The house contains fifty rooms and was

originally furnished with French, Italian, and Spanish antiques.

Of special interest is the long marble staircase leading from the Great Hall to the second floor and the stained glass window located above the landing. The window is German, an original, and of the Late Medieval Period. Other representations of the sea theme are apparent in the Swedish steel to the side of the landing. The mythological theme is repeated in the carving above the double-hearthed pink marble fireplace of the dining room.

Originally, the chapel was the ballroom in the Louis XIV style. The extension of this room is called the Madonna room because at one time original Madonna paintings covered the walls. The French theme is continued in the library as the woodwork was designed and constructed in France and reassembled in Ochre. Thus, almost ninety years after its construction, students are enjoying the beauty and elegance of one of the first of Newport's summer cottages. by BARBARA CONLEY

Computer Education: A Must For The Future

by ANNE M. KIVLEHAN

A basic knowledge of computer science is extremely important in today's complex society. Many business offices, companies, and industries across the United States are now both demanding and hiring more employees with an education or work experience in computers. Computer knowledge is also valuable because many other fields of study are using computers.

Modern age computers are replacing manpower, but this does not mean there will be fewer jobs available. There is a great need for both computer programmers and operators, thus providing excellent career opportunities. Computer programming, especially, is widely recognized and open to promotional opportunities because of its major importance. (Programmers tell the machine what it is supposed to do). Within these two major fields are further spe-

cialized jobs for computer-analysts and technicians.

Computer science is not only beneficial to those college students who are majoring in it, but to those with other majors as well. There are numerous career opportunities since computer science is recently being combined with other professions such as law, medicine, education, and economics. With the rapidly growing trend toward computers, there is an equal demand for laws to prevent computer fraud and the other crimes that entail computers. Today medicine uses computers to assist in lab experiments and blood analysis. This demand results in the need for more teachers with computer knowledge. Finally, economists are turning toward computers to gather statistics and perform complex calculations.

Familiarity with computers and their many uses is beneficial in all aspects of daily life. Newspapers across the country have stated that within a few years both high school and college students will be required to take at least a few courses in computer science, no matter what their major.

Ballet

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The incredible strength displayed by Elaine Bauer, as she steps with Donn Edwards in her arms, deserves our admiration. Even more admirable, however, is Ms. Bauer's ability to perform the movement with the same grace and composure as she displayed when dancing alone.

It is hardly fair to compare Aureole and Estuary with La Somnambul. The distinct plot of Blanchine's work places it in an entirely different category. Our appreciation for Aureole and Estuary comes in terms of movement and color. There is no plot to follow, or at least not one that we are aware of. We have no idea of the director's intentions as far as meaning is concerned, but plot and meaning are not always necessary for an appreciation of beauty.



"To The Romantics"

Sailing on a vision of my dreams,
Crystal clear reality in back of me,
I watch the gods and muses
dance to heavenly sounds,
Melodically stringing the extent
of the universe,
While I sit in un-Thoreau
solitude,
Searching for Shelly's dream,
While seriously doubting the
possibility,
of a chance meeting under March
moon,
Hosting glasses of sweet liquor to
unchartered courses,
Therefore virgin territory,
In lovely seclusion with the trees
and Romantics,
Whose never ending inspiration
Pulses through my veins,
Jumping and twisting
With each tangled nerve,
Trying to remain quiet,
Through practicing extreme
vulnerability,
Not to mention extreme
wonderment,
Reinforced by an insatiable desire
to coalesce,
To think
To know
To love
To feel
To sense
To cry
To Learn!
To Learn!
To seek truths
in a haphazard existence,
and seek those gems of nature
that, dangling before our eyes
like Banquo's ghost,
allude us because we are
unwilling to appreciate
learn,
love,
as humans
rather than just base creatures.
Alas, we should realize that we
should venture beyond the
physical
to tear away the layers to find
roots,
which are not evident,
so we must seek and learn,
We must!
There is no other option,
For haven't we run the extent of
our materialistic greed?
Or is that satiate enough?
Never!
How could I doubt,
the prophecies of Blake,
the intensity of Shelly
(not to mention his untangible,
the ability to quest!)
the visual of Coleridge
Nature's best friends,
the Wordsworths
How can one really doubt?
Let us be on, then,
To search,
quest,
and love,
where, there is none,
where love is a facade,
and only the artist can
distinguish between the two!
Let us sit in the waves,
and feel all God's beauty
like a full moon protecting the
stars.

— CHARLES JAMES UBALDI

The Olympic Boycott: An Effective Threat?

by MARK GORDON

If the Soviet Union throws its enormous international party this summer and that party is ignored by the "glamorous Americans," the repercussions will be felt throughout the Soviet system.

From the lowest construction worker laboring 12 hours a day to prepare for the Olympics, to the highest officials of government, the frustration caused by America's boycott will damage the Soviets far more than a grain embargo or any of the other measures that have been taken by the Carter Administration in response to the invasion of Afghanistan.

This is not to minimize those other steps, or to advocate that we retaliate solely through a boycott of the Olympics, but it is clear that the Soviets, who suffer from a chronic insecurity about their legitimacy in the eyes of the world, were counting on the Olym-

pics to vault them into an equal position with the West in terms of prestige.

There are still those, however, from the left and the right, who reject the Olympic boycott as either an overreaction on the part of this nation or as a weak symbol, vacant of strength and resolve. Both of these objections are wrong for some very simple reasons.

In the first place, the boycott of the Olympics is in no way an overreaction. The invasion of Afghanistan was not a threat to international peace; it was a blatant violation of that peace. Threats should be responded to by threats, but acts must be met by acts, concrete and solid. The Soviet Union's merciless destruction of a hitherto peaceful neighbor, and the subsequent utilization of such barbaric weapons as nerve gas is

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Charles Norman - Salve's Professor and Poet

Charles Norman, instructor of Salve's Poetry Writing class, is a well known poet and author himself. This gives him a unique perspective on the subject of poetry and definite ideas of how it should be taught.

Though teachers all over the country assign papers on poetic symbolism, Norman condemns this "damnable explication of poetry." Blaming this practice on the New Critics ("who are now quite old"), he thinks that looking for symbols is a waste of time.

"The first effect (of a poem) is the most important thing, even if you don't understand it fully," he said in an interview. In fact, he doesn't believe that there are symbols in anything. He regards *Moby Dick* as "the greatest sea story of all time," not a struggle between good and evil. "Teachers have to make a mark — give you something new," he argued. "But how can they know what drove the creator when the creator himself doesn't know?"

"All explication is on a false basis," he proclaimed. "The artist himself doesn't know how he was able to do it. He can't control it (though he can make changes). He has to do it." Quoting his best friend, e.e. Cummings, he said, "The only thing you can say to an artist is 'thank you'."

So how are poems written? Central to his whole thinking is the belief that "Poems don't come from ideas; they come from emotion." The emotion that started the poet to write is still present even as he does so. "A poem is the last link in a series of feeling," he explained.

Poems almost always come complete to him (though he may change the rhythm or length) and usually it is a race between his mind and hand. Since he doesn't trust anybody who speaks of inspiration, he believes that "poems must be polished; they have to be made as perfect as possible."

In order to achieve this perfection, potential poets must have a thorough knowledge of the mechanics of writing. It upsets Mr.

Norman that students today can't spell and have little interest in literature courses. He asserts that it is only through reading that one becomes a natural speller.

He also maintains that students write too fast. Rather than trying to "just get it down," they must learn to be precise. They need to work harder at it than they think; they must polish a poem "into a fitting form." "A poet is one who writes poems. Everybody writes poetry," Norman stated. He quot-

same) so that by the time he was twelve and thirteen he was reading the classics, such as works by Matthew Arnold and William Shakespeare.

At fourteen, he wrote his first poem. He was "madly in love" with a girl in his graduating class and gave her a book with an inscription of four lines of verse that he had rhymed with her last name. Then in high school, where his literature and poetry classes continued, he joined the Poetry



ed Ezra Pound: "If you write six good lines, you're with the masters." But he admits that poets are born, not made — though a poet can always make himself better by working at it.

He practices this philosophy in his Poetry Writing class Thursday nights at Salve. Students have to read their poems behind the podium and then receive criticism, both from himself and their classmates. He is proud that, though they were nervous at the beginning, they now can "hardly wait to get up there."

Norman professes that if one hasn't written a poem by his early twenties, he will probably not be a poet. He considers himself lucky that his introduction to poetry came when he was quite young. He was taught literature and poetry in public school (where the teachers would recite material and the students in turn would do the

Circle and had his poems published in the school magazine.

Norman has written six books of poetry and a number of prose books including the *Life of Christopher Marlow* (a poet whom "he couldn't do without in his early twenties"), the *Life of Samuel Johnson*, and *Ezra Pound*. He supported himself during this time by working as a staff writer for the Associated Press, *Time Magazine*, and for a short time, *Fortune Magazine*.

He also wrote a thirteen week CBS series entitled "Proudly We Hail." Last September, he wrote his most recent poem, "A Parliament of Swallows" and has just submitted for publication a prose anthology. He now hopes to begin again on a romantic novella he started writing last year, the form of which is bothering him. It must be "as well formed as a poem," he insisted. by CARROLL MACKER

"DROSOPHILA"

Fruit fly,
Drosophila, dew-loving,
What are you doing here?
There is no fruit,
And I find it vexing
To see you all day, every day,
Flying about my sink.
But just now,
When you thought you were unobserved,
I stood and looked at you on the kitchen wall,
And saw how very small you are.
A year ago
I would have given you such a swat with the towel,
You would not have known what happened.
This comes of reading
Schweitzer.

from "Portents of the Air"
— by CHARLES NORMAN

"THE DEER"

Between the trees of the wood
Pace the proud, doomed deer,
All pulse, and tense as an arrow,
If anyone should come near.
But at that hour of day,
When it is neither day nor night,
And the deer steal out of the wood
To the meadow drained of light,
I run to that misty meadow
To see the moonlight make
A silver pool for the deer
On the rim of a silver lake;
And think, I must fall on my knees
To see them standing there,
Breasting the misty tide,
Sniffing the misty air.

— by CHARLES NORMAN



Leprechauns and Blarney Stones

Leprechauns and Blarney
Dymphna Flanagan and
Patty Doak
by DEBORAH ELIASON

Rucksacks, self-driven cars and take-away places. These are only a few of the strange expressions encountered by Dymphna Flanagan and Patty Doak in the hallowed land of St. Patrick and the Blarney Stone.

According to Dymphna, the most impressive feature of Ireland is its blatant contrast to the United States. McDonalds are replaced by Conor Bass Take Aways (admittedly Dublin sports a token golden arch) and busdrivers stop for tea, what New Yorkers would consider an unheard of faux pas.

But in Ireland, life is much simpler and slower paced. Many conveniences Americans deem necessary, the Irish view as luxuries. For instance, rooms can be rented in guesthouses for around \$12 per night, but they do not include heat or hot water and a bath costs \$2, that is, if they have one.

Dymphna and Patty discovered that the Irish are a very religious people. Stopping in front of a beautiful shrine, they were surprised to find it standing in front of "O'Connor's Garage." Over the past ten years religious rituals

have changed very little. The "sign of peace" and handling of the host have not yet broken through these seemingly impenetrable barriers of Irish Catholicism. Nuns dress in full habit, and the Pope's visit is still a popular topic of conversation. But part of the Irish charm is their resistance to change.

They visited the city where Patty's family lived, although she has none there now. In Castlebar, they surprised Dymphna's Great Aunt by appearing not only unexpectedly, but without her having any idea of Dymphna's existence.

From there they continued on to Edgeworthstown, where the Flanagans and the entire town expected them. The bus driver dropped them off on her cousin's front doorstep, the renowned blacksmith of the county. They were proudly informed that people come from miles around for Flanagan horseshoes. But after only a couple days of acquaintance, and making Patty an honorary Flanagan, they set out for London.

Here the realities of war hit home. Dymphna and Patty had to be completely searched in order to enter the country and were reminded all too well of the hostility

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SPORTS SCENE

by CLARE AVERBACH
and ANNE DeLUCIA

Tips For Runners

"The hardest part is getting started!"

That declaration has often been made by many people, but it is still the most accurate description of the beginning runner's dilemma. How to start? Where to run? How far to go? What to wear?

First, decide you're going to give running a fair chance. A fair chance does not mean one or two days of jogging the Miley-Seaview-Miley trip. It means a week or two (running every day) of that route. The ideal starting distance is a half-mile, but most beginners are too impatient to stick to that so a mile is acceptable. Run every day, but not more than a mile for the first two weeks unless you've run before at some time. An appropriate (unclocked) mile is the Miley-Seaview-Miley route (via Ochre Point). After two weeks, you can start to increase your mileage by half-miles.

The Olympic Boycott

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a heinous, criminal act that must not go unpunished.

The fact that American athletes will have to sacrifice their right to participate in the Olympics is secondary. Sacrifice is an integral part of life, and, sad to say, it is the athletes' turn to sacrifice. While I sympathize with the athletes and with those who have looked forward to the Olympics this summer, action must be taken for this reason; a boycott of the Olympics will have a profound psychological effect on a nation and people which have two things to hold onto in their private lives: vodka and sports.

Admittedly, there are those who feel that America's decision to boycott the Olympics is a token gesture, a weak symbol in response to an aggressive, brutal action. This is where the charge of overreaction should be faced. The invasion of Afghanistan was a measured, contemplated act, most feel, but not one that is a direct threat to American vital interest. When those interests are encroached upon, then the time for military activity will have arrived. In the meantime, the Moscow boycott is appropriate.

Granted, the people of the Soviet Union are not responsible for the invasion of Afghanistan, but be that as it may, an increase in public anger and resentment, while it may not persuade the Soviets to leave Afghanistan, may dissuade them from further ventures into other countries.

These factors, as well as the failure of SALT II and a denial of "most-favored-nation" for the Soviets, are concrete responses to the invasion. The use of American military force has not been exercised in this instance, and rightfully so, for America possesses many options which must be applied before lives are risked and the world is imperilled by nuclear war.

Certainly we do not wish a resumption of the arms race, but the Soviet Union must recognize that both detente and appeasement are long gone. In the future, when they roll the dice, they will have to pay the price.

In other words, run one and a half miles every day for the next two weeks, then two miles for the next two weeks, and so on up to three miles. Don't rush it or increase your mileage too quickly — you'll get tired and discouraged, and invite injuries. The more gradually you increase your mileage, the better for you in the long run. Listen to your body — if you're sore and exhausted, cut back and slow down.

When choosing clothing, select old, loose comfortable cottons (cotton absorbs perspiration, nylon doesn't). Don't buy running shoes until you're sure you're hooked on the sport! The next best substitute is tennis shoes (Adidas or Nike preferably; they have good heel support), and cotton socks are a must.

The beginning runner should jog slowly at a comfortable pace (you should be able to carry on a casual conversation). This is the most important tip to remember — you will have difficulty improving your performance if you cannot pace yourself.

So get dressed, grab a friend, get out the door and go!

Next issue: Dealing with the Warm Weather.

Ireland

Continued from Page 3

ties by the stories of bombings carried daily in the English papers.

All was not gloom and fear, however, for there were always those glorious double-decker buses and tours of historic London to go on. At one point, Dymphna almost tripped over Winston Churchill and gaped at the closeness of Charles Dickens. It was English history close enough to touch.

But alas the tour was over and it came time to return home. And after numerous delays due to fog, they landed at Logan airport two tired and happy girls. As Dymphna put it; "I would do it all again, if they gave me a ticket."

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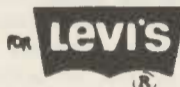
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Tennis and Softball

The men's varsity tennis team has already begun to prepare for the 1980 spring season.

The team is small this year, consisting of about six members though there may be new unknowns coming out for the team. The loss of last year's number one player, Tim Logan, will hurt the team considerably, though freshman Mike McGee will take over Logan's slot more than adequately. "Mike's definitely a strong number one. I expect him to win about 80 percent of his matches," declared coach Paul Cardoza.

"John Finnegan will be our number two player. He played that position last year and I expect him to do well this season," continued Cardoza. However, Finnegan injured his shoulder skiing this winter and his game may be hampered by this.

Steve Combes is another strong member of the team, provided he is completely recovered from a shoulder operation last year. Combes will compete with Al Saucier, Brian Megley and newcomer Rick Manning for the numbers three, four, and five positions.

"We lack depth," says Cardoza. "We also don't have enough players to compensate for this deficit. The team is young, however, with no seniors; so we hope to develop in the next few years. Our matches were all very close last year, and we hope to improve this season."

Practices have already begun and the six-match game season starts at home against Thames Valley Community College on Friday, April 18th. Make sure you're there!

The women's varsity softball team is looking forward to a good season. They will have a new coach, Tom Lynch, and an 11-game season is scheduled, including the AIAW State Tournament on April 25th-26th.

"The women are coming off of 6-1-0 (1979) and 5-2-0 (1978) seasons, and I have high hopes for them," says Paul Cardoza. "It's a

well-balanced team, though we do need a third baseman. That and the pitcher's position are the most important. We lost a few good seniors last year, but I see no real deficiencies as of yet. We have some women who played softball in high school and really know the game." Cardoza mentioned Monica Provost as being one of the outstanding members of the team.

The team's season starts with a home game against Bristol Community College on Friday, April 11th, — come and cheer them on!

Women's Basketball

Salve Women vs. Anshurst — In a well fought game, the Salve women bowed to Anshurst College 51-45. Annie Bertsch had 11 points and Lisa Chamberland, 10 points for Salve.

Salve Women vs. Conn. College — Monica Provost had a game-high 20 points, and Annie Bertsch added 10, but Salve was defeated by Connecticut College 61-58.

Salve Women vs. Roger Williams — Despite a half-time gap of only 4 points, the Salve Women lost 63-39 to Roger Williams. Roger Williams women were able

to widen the gap, due to some fine outside shooting and an effective full court press.

Salve Women vs. Anna Maria — Salve Women evened their record at 7-7 when the Anna Maria women visited the Boys Club on Feb. 17. The starting five managed to chalk up a 20 point lead during the first 10 minutes of the game, and the subs maintained the momentum before the largest home-court crowd ever seen at a Salve women's game.

Salve Women vs. Bristol Comm. College — The Bank Street Armory was the scene of a disaster for the women on Feb. 20, as they watched their 31-13 halftime deficit to Bristol deteriorate to a 49-19 finish.

Salve Women vs. Curry College — The Salve Regina Women's team closed out its season on a winning note, 34-29 over Curry College. Maureen Fox led all scorers with 8 points. Annie Bertsch, Kathy Kando, and Monica Provost each added 6 points for Salve. The women ended their season with an 8-8 record.

Salve Women vs. Newport Rec. All-Stars — Annie Bertsch was elected MVP Friday, March 7 at the Hut in Newport, during a game between the Salve Women's team and the Newport Rec. All-Stars. Salve Women beat the All-Stars 47-37.

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