

Frisbee is more than hobby

By BEVERLY MANJEOT

Frisbees crammed in a backpack hang from the bedpost and clutter the floor. Canned film clips of frisbee throwing techniques hide the desktop. A file cabinet bulges with frisbee pamphlets and a "Frisbee Takes Guts" poster hangs on the wall.

The room belongs to Robert (Bob) Lee Ennis, Jr., regional director for the International Frisbee Association. For Ennis, frisbee is more than a pastime, it is a seri-

ous sport that combines the skills of an artist and an athlete.

Ennis' interest in frisbee began in 1968 when there were only two models, the master and pro, on the market.

"My dad and I used to throw in the evenings for an hour or two after he came home from work, but our routine was limited to just throw and catch," he said.

During his freshman year in college, Ennis saw a newsclip of two professionals who earned their livings throwing a disc. He realized frisbee could be more than

just something to do in his leisure time. He started practicing regularly and soon became proficient in ground skips, high sweeping arcs, and the boomerang style.

He participated in his first tournament in Canada where "competition between the older and younger players pervaded the total tournament atmosphere." Ennis has since attended tournaments in Austin, Dallas, and Houston. During the 1976 Greater West Guth Open, a frisbee competition held in Corpus Christi, Ennis won an award for the longest hovering disc, 11.4 seconds. (The world record is 15 seconds.)

"My junior year I felt I had something to offer," Ennis said. "I had some films and publicity releases and I wanted to try teaching a course."

He volunteered his time and talents to the Free University program as an instructor. He receives no salary, but for him the lack of commercialization is the beauty of the sport.

His class can usually be seen practicing their skills around the Academic Mall on Wednesday afternoons.

"There is no competition stressed in my class," he said. "The intent is to relieve tension and have fun."

Sara Whittern, a freshman from Duncanville and one of Ennis' students said, "Bob knows what he is doing. He has his program organized really well. One Sunday we called him and he came out and threw with us. I thought that was pretty nice of him."

Mike Barry, a freshman electrical engineer said, "Bob's a real nice guy and a good teacher. I was really impressed by how well he can throw."

Ennis said, "The most difficult trick you can perform is the entire freestyle movement. It isn't any one catch, but a combination of moves. You can use your head or bump it like in volleyball."

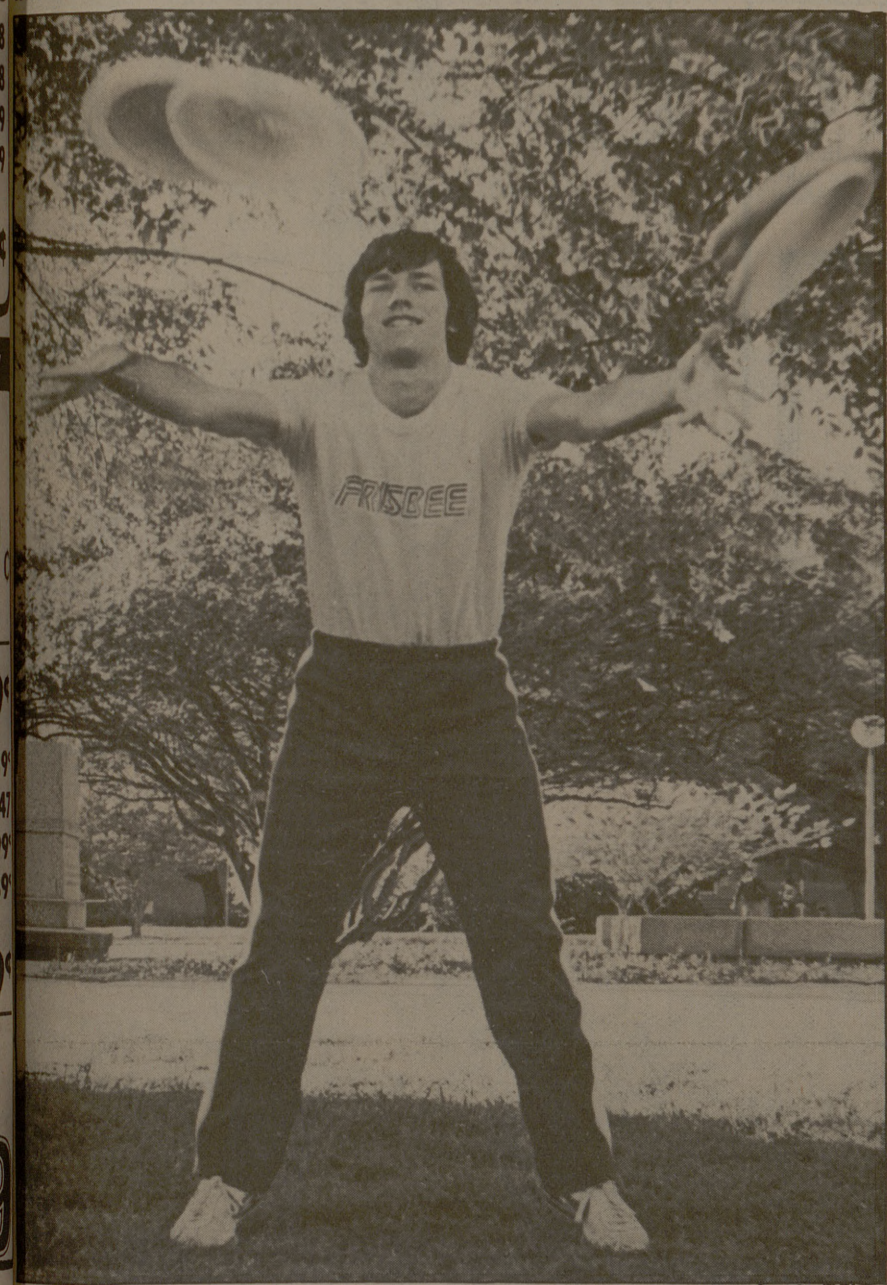
Edward Retta, a Senior psychology major said, "You watch Bob do his freestyle moves and go: wow, how does he do that?"

Ennis said, "There's no doubt in my mind, frisbee is more than just a passing fad, it's more than hula-hooping or superball. Frisbee doesn't ever become boring if you allow your mind to be open to new ideas and suggestions."

Another frisbee student, Marianne Woods, freshman management major, said, "You can tell Bob's really into it. If there was a tournament here, I'd want to go."

The A&M Frisbee Club, headed by Ennis, was officially recognized last month. The club applied for \$200 to \$300 for travelling expenses and to buy shirts, etc. There are over 100 people who throw seriously on campus, but so far only 12 have pledged their support.

Asked about his future frisbee plans Ennis replied, "I plan to play frisbee as long as I can enjoy it. I see no complications because I discover new things about it every day."



Bob Ennis

Battalion Staff Photo

3 new books

A&M Press documents earlier times

By ANN RICHMOND

Three books published by the Texas A&M University Press last month deal with life in the 1800's and around the turn of the century in parts of Texas and the Southwest.

"Cavalry Wife: The Diary of Eveline M. Alexander, 1866-1867" is Ms. Alexander's account of the journey she made with her husband, a cavalry officer, from Fort Smith, Arkansas, to New Mexico where they lived for eight months. This is her description of the journey westward and her vivid accounts of the army way of life, the people, and the events of that time. The book has 160 pages with illustrations and maps. Price is \$10.00.

"Broadcloth and Britches: The Santa Fe Trade" by Seymour V. Connor and Jimmy M. Skaggs, tells how the trade began in 1821 with the arrival in Santa Fe of a trader from Missouri. The book explains why the trade began, how it prospered for 40 years, and why it declined as people and the railroad moved westward. The book has 225 pages with illustrations and maps. Price is \$10.95.

"The Stolen Steers: A Tale of the Big

Thicket" by Bill Brett is a story that revolves around the stealing of a herd of steers in Southeast Texas near the turn of the century and the events that follow. Brett's narrator claims the story is true.

True or not, it is well told and retains the flavor of the times in describing the people of that region and their way of life. The book has 116 pages with illustrations. Price is \$6.75.

Brazos county civil defense still ready for crisis

By COLIN CROMBIE

The Civil Defense is as prepared and organized today to meet a crisis as it was at the height of the Cuban crisis, Jake Cangelose said last week.

Cangelose, Brazos County Civil Defense Director, said "people have a tendency to know what to do" when disaster is imminent.

Preparation for nuclear attack is only one concern of the Civil Defense. From his office on the 12th floor of the Meteorology Building at Texas A&M University, Cangelose explained that 80 to 90 per cent of the Civil Defense's budget and time goes to natural and man-made disasters such as tornadoes and train wrecks.

Emergency exercises for training local government people concentrate on these disasters, he said. Government branches "have the responsibility for the safety and

the welfare of the people," he continued.

The local governmental operation, he said, uses the resources of the two cities of Bryan and College Station, of Texas A&M University and of the rest of Brazos County.

Civil Defense work is mainly voluntary, Cangelose pointed out. He said that about 300 people (or about 80 per cent of the Civil Defense) in Brazos County have reserve voluntary assignments.

The use of buildings as fallout shelters is also a voluntary service, he said. If a shelter area meets the requirements of protection from nuclear attack radiation, he explained, then the familiar black and yellow sign that indicates a fallout shelter also indicates an agreement with the building owner to use the shelter during a national emergency.

Skydiving

Taking the short way down

By KYLE CREWS

The bumper sticker on the green Ford sums it up pretty accurately: "Skydiving - The Ultimate High."

Les Lyons, owner of the car and the area's leading advocate of jumping out of airplanes, is the president of the newly organized Brazos Valley Sport Parachute Club.

The organization is composed of approximately 50 members. Its sole purpose is to provide a means for any interested person

over the age of 16 to enjoy the sport of skydiving.

"The most exciting thing about skydiving is that nothing you can do compares to it," Lyons said. "It is a very exhilarating experience to realize that anything that happens on the way down is between you and nature."

He added that most people who go up for their first jump do it as a means of proving something to themselves. He said he also feels that it is a great way for a person to build confidence in himself.

Anyone joining the club is required to pay an initial fee of \$50. This covers the membership fee, the cost of the initial training for the first jump, the jump itself and the first month's club dues.

The first jump is an event that takes place on any given weekend at a drop zone at The American Parachute Center in Gatesville.

The prospective jumper goes through a five to six hour training period on Saturday morning. The jump takes place that afternoon providing that the prevailing winds are not greater than ten miles per hour.

Eight new club members were trained at a recent week-end session. One person received a sprained ankle as a result of landing with his feet spread too far apart.

David Jefferson has recently gone through his initial training and first jump. His first landing found him in a lake. However, this did not "wet" his enthusiasm for the sport.

"I just hoped the water wasn't too deep," he commented.

Fellow club-member Stan Moore stated that "a lot of curiosity" caused him to join the organization.

"I've jumped about 12 times now, and I plan to continue," he added.

Moore is in charge of putting out the club newsletter, the Whuffo News. The name is derived from one of the more common questions put to club members from non-jumpers: "Whuffo you jump from a perfectly good airplane?"

New members are required to make five static-line jumps as a means of learning the procedure of jumping. The term static-line refers to the 12-foot-long nylon webbing that automatically opens the parachute pack and pulls the chute out.

The static-line jumps are followed by three jumps in which the student is introduced to the ripcord. A "dummy ripcord" is utilized by the parachutist in an effort to familiarize himself with the mechanics of opening his own pack.

Members then progress to free falls. These are jumps where the skydivers delay opening their packs for a given period of time. This time span varies from five to thirty seconds.

By the time the diver has progressed to this stage of free fall, he is jumping from a height of 7,500 feet.

"The ultimate thing in skydiving is to do a 60 second free fall," Lyons said. "This is done at 12,500 feet - over two miles above the ground."

"It is really great to fall for a full minute," he added.

Most of the members of the organization never worry about their chute not opening. A reserve chute is always worn in case of a malfunction in the main parachute.

"Besides," Lyons added, "you take the attitude that it won't happen to you."



Lee Haile descends from 3,000 feet.



David Jefferson after an accidental but soft water landing.



Catching a few rays in a crowded dorm courtyard.

Battalion photo by Elaine Merrifield

Suntan not bad for skin

By DEB KILGORE

Sun worshipers can unfold their beach towels and have fun in the sun, because some doctors claim gradual suntanning protects the skin, instead of harming it.

"If you produce a reasonable suntan in the summer, it prevents you from burning," said Dr. Clyde M. Caperton, a Bryan dermatologist. "It also gives you a general sense of well-being."

Dr. Charles A. Behrens, a staff physician at A&M's University Health Center, agreed that suntanning has some value.

"It does give you vitamin D, and it is of some value to people suffering from acne," he said. "It dries the oil secretions that accompany acne."

Caperton defined a suntan as "a body's response of pigment (skin coloration) to sunlight, or ultraviolet light, whether it is a clear day or not."

A sunburn results from overexposure to these ultraviolet rays, Caperton added.

"It's a matter of degree of exposure," he said. "You go from suntan to sunburn to skin cancer."

Behrens agreed suntanning can cause skin cancer, but he

emphasized it was only a "remote possibility." Both doctors said the most harmful results of overexposure to the sun were premature aging, wrinkling and leathery skin.

Despite these harmful results, people continue to tan. Dr. John Knox, chairman of Baylor University's department of dermatology in Houston, said "Suntans once were associated with the lower working classes. The well-to-do had fair skin. Somehow in the '20s and '30s suntans became vogue. It became the status symbol of the leisure class."

If you are going to suntan, Knox suggested wearing more clothes to protect the skin and avoiding midday sun between 10 a.m. and 3 p.m. He also suggested wearing a sun screen and reapplying it regularly, especially after swimming and on cloudy days.

Behrens said a heavy application of tanning lotion before exposure to the sun was the best protection. "Most of the tanning lotions you can buy over the counter will cut down on burning," he added.

Caperton added that lotions containing PABA (para-aminobenzoic acid) were the best.