

Drivers to pay more per gallon

United Press International
HOUSTON — The American Automobile Association Friday reported Texas motorists will pay an average of almost two cents more per gallon of gasoline this Labor Day compared to last Fourth of July.

The AAA said a survey of 236 service stations throughout the state showed the average full-service price for regular gasoline was 63.4

per gallon, a 1.7 cent increase since July 4.

Unleaded gasoline averaged 66.3 cents, compared to 64.6, and premium 68.3 compared to 66.4. Self-service gasoline increased about as much to 57.1 for regular, 61.8 for unleaded and 63.4 for premium.

The AAA reported no supply problems were expected anywhere in Texas during the Labor Day holiday.

Island evacuated after atomic tests

United Press International
KWAJALEIN, Marshall Islands — The rushed evacuation of the radioactive island of Bikini has sown new seeds of bitterness in the hearts of its people.

They were ordered off Bikini Thursday after scientists found it still unsafe for habitation 32 years after it was used for atomic tests.

They were evacuated to Kili Island, 500 miles away, and, on a shopping stopover at the U.S. missile base at Kwajalein, some of the 139 Bikinians talked about the hurried farewell.

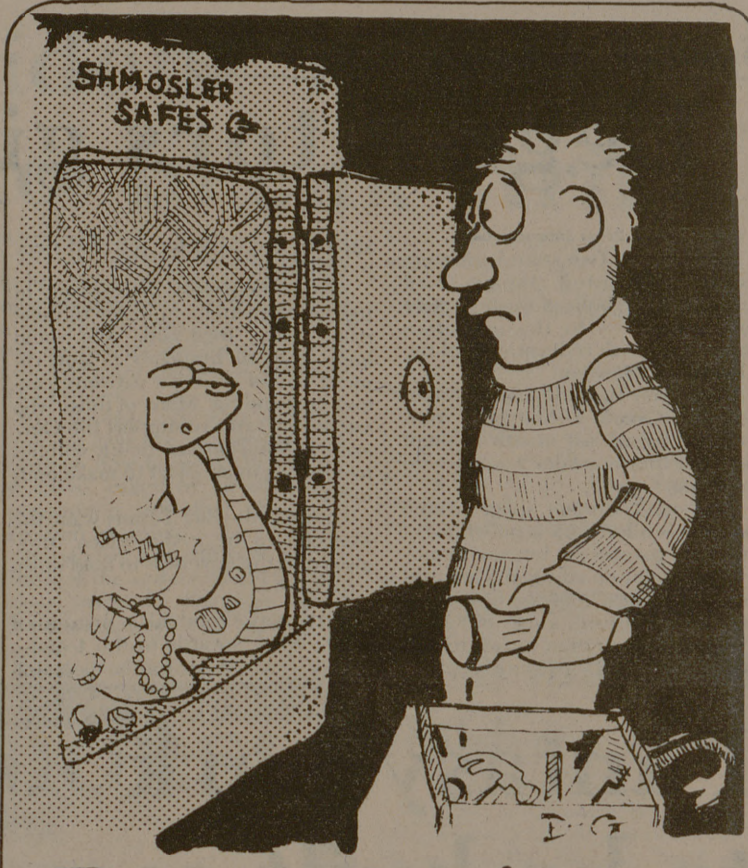
"There are some things we didn't feel good about," said Taro Lokebal, who was born on Bikini and serves as liaison between the Council of Bikinians and the United States.

"And yesterday it rained. We had to have our ceremony on the ship. It was supposed to be on the shore but we had no time."

Aboard the U.S. Trust Territory vessel MS Micro-Pilot, Lokebal said, the people sang hymns and prayed while the older ones, who recalled another farewell in 1946, wept.

The pastor said Bikini atoll was our home given by God. In some way, the American people came and took it from us to improve their testing to be the world's security from our enemy.

Scientists estimate Bikini will not be safe for at least 30 to 60 years because of the levels of cesium 137 and strontium 90 in the ground, food and water.



Boa constrictors protect jewelry

United Press International
CHICAGO — Two boa constrictors will attempt to justify their stay of execution by helping guard millions of dollars in gems and jewels to be displayed during the International Gem, Mineral and Jewelry Show next month.

A spokesman for the show said the snakes, Crunchita and Fire Agate, will slither around inside glass cases displaying the wares

of the El Cajon Gem Co., one of the exhibitors.

Ed Alexander, a representative for El Cajon, said Fire Agate is 7 feet long and Crunchita is slightly longer.

Alexander said he rescued the snakes in Mexico, where they were about to be killed for their skins.

The show will be at the Expo-center from Sept. 28 through Oct. 1.

Running: 'real and actual'

Book examines running

United Press International
ANNAPOLIS, Md. — Some people consider running an exhausting physical activity to be avoided at all costs. Others accept it as a necessary evil of physical fitness.

Dr. George Sheehan has a different approach. "Running is real and actual," said Sheehan, a 59-year-old New Jersey cardiologist. "Life is what you spend between races."

Sheehan's book, "Running and Being," examines the sport from a philosophical standpoint, describing the intellectual release and enjoyment he gains from running. Sheehan equates the experience with joining the body and soul — an act which "brings together work, play, love, and religion."

According to Sheehan, everyone should run at least an hour a day to "forget God, country and family. If it makes you sweat in the bargain, then you've really got it good."

"For me, running is play and a lot of other people are finding that it's play. I thought runners would be loners. But we meet and love each other. It's odd for runners to be demonstrative."

Sheehan, who traveled around the country promoting the book, said his main point is to promote play — enjoyment away from the

regular routine of life. "It's not about how to run, but about why to play."

The only way a person can become physically fit is to find the play activity that suits him or her, he said. "It becomes its own compulsion. After people run for awhile, hardly any of them are caring about physical fitness anymore."

Experts who say running can hurt a person's health, in Sheehan's view, usually sit in their offices all day and pontificate, while the "common man finds his own truth."

A Stanford University study showed 2,000 calories of strenuous activity — or about 20 miles of running — can protect people against heart disease, Sheehan said.

"Sweating is one of the most cleansing activities one can have both mentally and spiritually. It seems to absolve you of wrongdoing."

Sheehan said a person can provoke a heart attack doing anything for which the body is not prepared, whether it be running or shoveling snow. "You have to read your body to determine how much it can handle."

"Plutarch said we are blind and deaf tenants of our bodies. And the people who say an hour on the road

will kill you, well, it's the other that are killing you."

Women, he believes, are better than men at reading their bodies because they have a change in their bodies once a month.

"Men don't look to their bodies the cause of emotional and physical highs and lows as women have learned. It's people who attend fitness programs who get in trouble. They are attacking their bodies instead of reading them."

At age 59, Sheehan has found running every day is too exhausting. So he runs 10 miles three times a week and races on weekends. He has competed in about 50 marathons since he started running some years ago.

"I used to race all the time. I carry my gear in my car in case I find a race somewhere."

Sheehan said marathons give people a chance to challenge themselves even more than the short distance. "It's the moral equivalent of war that William James would have."

He adheres to his running schedule no matter where he is. He has run in downtown Dallas, Atlanta, and other major cities. "It's better to run in pollution than to sit on your butt in Vermont."

Executives are better able to handle extreme pressure

United Press International
SILVER BAY, N.Y. — Many executives and middle management personnel are better able to deal with higher levels of pressure than most people, says James J. Gallagher, a business consultant to industry.

Gallagher told a YMCA-sponsored conference on management problems that stress also can be a major cause of being fired, when it causes poor job performance.

He said good news as well as bad can add to stress. A table in the "Journal of Psychosomatic Research" that rates 43 events according to the stress they engender gives

death of a spouse a 100-point rating, divorce, 73 points, being fired, 47, a happy Christmas, 12, and traffic tickets, 11.

Gallagher, whose Career Management Associates counsels industry on firing practices and executives on coping with job loss, offers these stress-reducing tips to chair-bound executives:

- Stand up during phone calls.
- Stand up and stretch five or six times daily, and always between meetings.
- Take catnaps. Lie down in your office and listen to your breath. This helps blank everything from your mind.

— Forget your convenient parking space. Park your car at the far end of the lot and walk to your office.

— Try to keep people on their feet during short meetings. It reduces tension and makes the meeting even briefer.

— Overload your briefcase. Get exercise carrying the extra weight.

— Flex your arm muscles while carrying the briefcase. This helps relax tension.

History of crowns

Papal crown pawned for money

United Press International
VATICAN CITY — The papal crown that Pope John Paul I renounced for his Sunday investiture as the 263rd pontiff was stolen, pawned and used to raise money for the starving.

Papal crowns, officially known as tiaras, have come in all shapes and sizes for 15 centuries and have included from one to three tiers.

Many crowns were plundered when German mercenaries sacked the Vatican in 1527.

Julius II (1503-1513) allowed his magnificent tiara to be pawned so that Prince Agostino Chigi could raise an army.

It was redeemed, survived the sacking of the Vatican and was later enlarged by Pius VI in 1789 to a

mass of gold studded with three enormous diamonds and 36 smaller ones, 24 oriental pearls, 22 large sapphires, 24 emeralds, 14 rubies and a huge emerald at the top.

Paul VI donated the triple tiara presented to him by the Milanese for his 1963 coronation to raise money for Third World needy populations.

The first known crown presented to any pope was by the Roman Emperor Constantine to Pope Silvester I in the fourth century.

Although the first Christian Roman Emperor had not yet been baptized, he gave the crown to Silvester as a pledge of his friendship for the Christians he allowed to worship openly after more than three centuries of repression by his pre-

decessors.

But, like the new pontiff, Peter did not use the crown, preferring a round, white gold-encrusted miter.

The first pope pictured wearing gold-based white crown was Constantine I (708-715).

The first recorded solemn coronation was that of St. Leo III in 795 and for the past nine centuries, John Paul I, all popes were crowned.

For five centuries, popes wore single-tiered crowns until Benedict VIII wore the first known double-tiered tiara in 1295.

French Pope Benedict XII wore triple-tiered tiara in 1334 to indicate his position as "father of princes of kings, guide of the world vicar upon earth of Christ Jesus Savior."

The tiara came to be known as symbol of authority and was used liturgically. It has been worn coronations and at other ceremonies, including the announcement of papal dogma.

The tiara most frequently seen by tourists in St. Peter's Basilica is the 18th-century crown worn every June 29 to adorn the bronze statue of the first pope, St. Peter, the church's central aisle.

CLASS OF 81

First class council meeting. Tuesday, September 5, 7:30 P.M. Room 226 MSC. Get involved in your class.

T-Shirts, Projects, Band Committee.

THE HAIR ART is having a

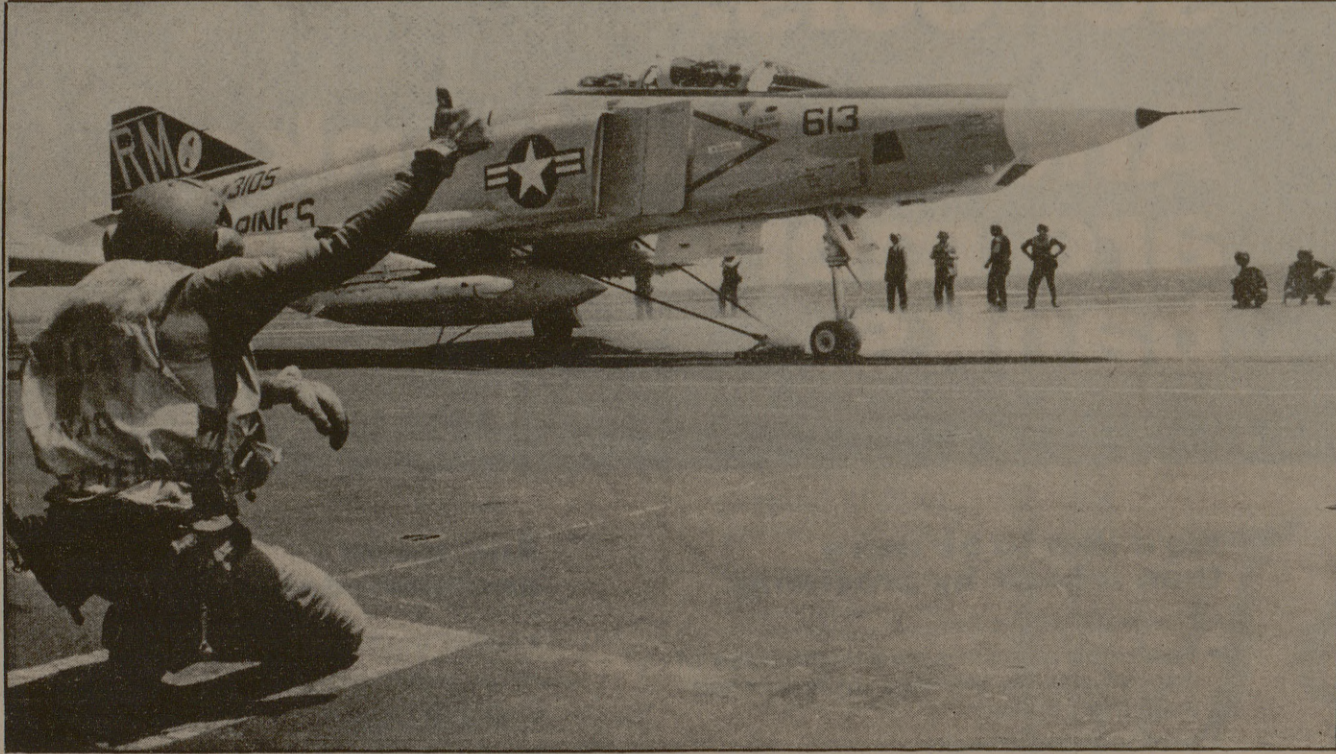
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The Marine Officer Selection Team will be available to discuss the Marine PLC Program on the 4th, 5th, 6th, 7th, and 8th of September in the Memorial Student Center. You may also contact the Team at 707 University Drive (next to University National Bank).

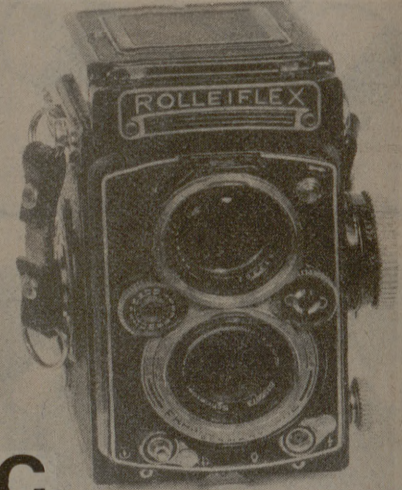
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MSC

Camera Committee Organizational Meeting

September 4
Rm. 206 MSC

7:00 p.m.

Refreshments will be served at the meeting.