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## Jog on everyone, the snow won't hurt

United Press International  
CHICAGO — Tom Brunick says he jogged through Chicago's record snowstorm of 1967 and the city's record cold winter of 1977 and he won't stop this winter.

Brunick, the originator of college varsity marathon running in the United States and a speaker at numerous jogging clinics, says the nation's 30 million joggers should be as perennial as the postman.

Cold weather and snow should not discourage a jogger from enjoying the physical and psychological effects of the sport, Brunick says. He says if joggers are physically prepared to battle Mother Nature, they may be able to run longer distances in the winter.

Brunick said some veteran joggers prefer winter running because the snow cushions their feet and helps them run more miles than their bouts on hard concrete.

Brunick said jogging should be

continued in the winter, not only for its positive effects on the cardiovascular system but for its psychological rewards. Running indoors in the winter "sterilizes its intrinsic benefits," he said.

"Jogging brings together mind and body," said Brunick, 28, who has jogged between seven and 10 miles a day for the last 14 years. "The number of joggers in the United States has tripled in the last 10 years and a big reason is people are seeing the psychological effects."

"You have to remember the whole key in running is preparation," said Brunick, who was the cross-country coach at St. Francis College in Joliet in 1973 when it became the first college in the nation to offer varsity-level marathon running.

He said joggers can handle long-distance winter runs as long as their extremities — hands, feet, neck and face — are kept warm. The rest of the body should be layered with clothing that can be taken off as the jogger nears the home stretch. The face should be covered with a ski mask in freezing weather.

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## Sun Belt, Frost Belt want economic aid equalization

United Press International  
ST. LOUIS — City officials from the North and South said Sunday the federal government must be evenhanded in apportioning economic help between the so-called Sun Belt and Frost Belt states.

Local government leaders debated regional differences during a seminar at the opening session of the four-day convention of the National League of Cities. Highlighting the meeting was to be an address by President Carter today.

Mayor Joseph P. Riley Jr. of Charleston, S.C., said the federal government needs to balance regional needs carefully.

"We must have a national urban policy that we must not say we are robbing St. Petersburg to pay for the problems of St. Paul and vice versa," Riley said.

Christopher Lindley, a member of the Rochester, N.Y., city council, said many of the problems of older regions could be solved if care of the poor and the sick became a national responsibility.

"State and local governments can then concentrate on providing basic and traditional public services from sewerage to highways," Lindley said.

"We can do this from our own

resources without federal assistance and involvement and, thereby, compete successfully in the economic development game of attracting our fair share of the nation's limited economic growth."

He said the North and South have been bickering too much.

"In the North we must get an end to the practice of pointing the Sun Belt for allegedly stealing our jobs and industry," Lindley said. "It is easier to attribute our problems to some alleged, fictitious act of international embezzlement than to recognize that some of our problems were our own undoing."

## Winos?

### A skid row diversion no longer

United Press International  
WASHINGTON — Americans are drinking about seven quarts of wine per person annually, almost double their orange juice consumption, and the wine grape industry has grown substantially.

By comparison, the Agriculture Department says U.S. per capita wine consumption was less than four quarts in the early 1960s.

Domestic production of table wine increased from 53 million gallons in 1960 to 231 million gallons in 1976.

The farm value of grapes totals more than \$775 million a year, up about \$95 million since 1974. The area planted to grapes has expanded by about one-third during that same time.

The nation's overall grape crop this year is 4.3 million tons, only part of which will be used for wine. Of the 3.8 million-ton California crop, the largest in the United States, 1.7 million tons will be used for wine. New York's crop is a distant second.

With so much growth in the industry, it was only a matter of time before Agriculture Department bureaucrats began to study every phase of the industry, from the 14,000 vineyard operators to consumers of wine.

Department economists are about to publish a report on wine marketing and sales based on a survey of 7,000 randomly selected American households.

Of those surveyed, less than one-third did not consider themselves wine drinkers. About 40 percent of the abstainers cited personal beliefs or religious beliefs for not drinking wine. The majority said they were reluctant to drink wine because they knew little about it.

Delving into profiles of wine drinkers, the economists found purchasers of table wines rather than dessert or flavored wines had more education, higher household incomes, smaller families and were older. Higher income households with more education also liked sparkling wines of champagne and cold duck.

The bureaucrats also surveyed the frequency with which Americans imbibe.

Survey respondents in the Midwest, the Mid-Atlantic, and Pacific regions had the greatest increase in their wine consumption prior to being surveyed.

Households that bought the wine paid less than others, probably because they bought greater quantities at a single stop, bureaucrats speculated.

The survey found that the largest American companies controlled 60 percent of the national market. Gallo dominated with 33 percent, followed by United Vintners with 15 percent.

The unreleased study also found that most individuals approach purchasing wine with a given set of product in mind.

"While there was some brand preference for all wine in the panel of households, it did show strong brand preference for wines produced by a certain company."

It added, "One might think that most individuals approach purchasing wine with a given set of product in mind."

The survey found that super-kets were the most popular brand for buying wine. More than half those surveyed bought their wine at supermarkets.

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Survey respondents in the Midwest, the Mid-Atlantic, and Pacific regions had the greatest increase in their wine consumption prior to being surveyed.

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**A BREAD EATING CONTEST**  
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in conjunction with the David Gates and Bread concert. The contest is on Tuesday, November 28 at 12:00 Noon at Rudder Fountain and attempts to determine who can eat the most bread in a time span of 2 minutes. Prizes will be given to the top bread-eaters.

Applications are now available in the Town Hall cubicle in room 216 of the MSC. Sign-up and help promote the bonfire spirit and the concert on November 30.

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