Marymount Goes Four Year

Dr. Donald E. Ross, president of Marymount College at Boca Raton, has announced a change of Marymount Southern September. Colleges confer the baccalaureate in slatus for our formerly two-third and fourth year programs, change . emphasized the im­

able to identify with a full four

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phases - if not the most crucial

purpose of the college, its

During the months of

phase of the self-study process

and student development

Tuesdays and Thursdays

been scheduled for

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Dr . Donald

Ross. in announcing the

Dr. Favareau received his

State

Report

Vol.

of the Lewis Library

On Self-Study

Student forum involves making ran­

selected from the student

roster. Twenty students will be

attending the forum will

in the final self-study report which

March publication. Prior to publication the results of this phase of the self-study process will be communicated to the college administration. The procedure for obtaining student participation in the

as the weaknesses as well as

recommendations for their elimination will be elicited from students participating in this discussion session.

Report on Self-Study

Welcome Student Teachers

Marymount is housing sixteen student-teachers from Plymouth State College. Many of them are from the northern states such as New Hampshire, Massachusetts, and New Jersey. There are many others lodging in Glendy Apartment. Out of the sixteen on campus there are four males and twelve girls. I had the oppor­

tunity to acquaint myself with them and asked them about their program. They are on a block system which Marymount also had at one time. Most of them will remain in Florida until December 20 acquiring teaching experience. When they

are finished this program they

will return to Plymouth State to complete one more semester and then graduate. I asked them about their college and Raymond Henkel (Physical Education major) said he felt his college had prepared him well for teaching. He also said that 80 percent of the seniors are employed when they graduate. Raymond, from

Cobble Brook, New Hampshire, is presently student-teaching in Pompano Beach High School. Another I became acquainted with is Jerome Breland. He is from North walpole, New Hampshire and is teaching Art

Dr. Favareau: The Man With the Answers

A well known and certainly much appreciated member of our Marymount staff is Dr. Favareau. During a brief in­

Here we bring you a feature in which Dr. Favareau is interviewed on the subject of counseling.

Dr. Favareau began his teaching career as a social studies teacher. He went into the service and ended his teaching in the Navy. He moved to Westchester County to teach social studies. For fourteen years, Dr. Favareau taught social studies in Kalona, New York. There he set up guidance counseling programs and coached basketball. When Dr. Favareau moved to New York, New York, he became the director of guidance counseling and pupil personnel body, faculty, and ad­

administration are planned for early Spring in order to share common concerns about our college. This phase of self-study will terminate with the May

representatives from the Commission on Colleges for the purpose of reaffirmation of accreditation.

(Continued on page 6)
**IMAGINATION**

**Imagination—The faculty of producing ideal creations consistent with reality, often fanciful.**
—Random House Dictionary

Every morning down at the ocean a new and exciting surprise awaits you. If you should ever find your way to the last one, and millions before it. By the sea time is always partly. It says nothing but a different mood. It's a new feeling, a new way of thinking. Each day you walk up without a word, silent, like a secret. The sea always seems to always show itself in silence. If you relax, and just for awhile forget the world, the busyness of life and sea talk, ideal creations come to you. It's a wonderful thing, a mind that can think and feel the way without a sound. A mouth's eye view of the world. A life experience (Holmes).

I once saw a man eat his breakfast with his hands together. He tended to be the rest of the day that was trying to understand and appreciate the sufferings of the blind.

When you read a book you take a gift without it being a special occasion—just because you can. Bored—try to write a different, Take a different road; talk Shakespearean with, 'write to something different. Someone, no matter who you are, is reading for your reach, and love expressed so much better than life. Your mind and come to the realization that too much sanity may be madness and the madness, all of it should be (Man of La Mancha).

—Charles Dickens

Father Mary Devereux

*Editorials From The Editors*

"Children's Atmosphere" was the title of my last editorial, and, for some reason, I just can't get it out of my mind. You'd expect some type of improvement or change after two full months of social restriction. A month ago we had three babysitters, now we have five. Don't get me wrong, I greatly appreciate my babysitter friends. But every time I am afraid to walk into the rooms, say nothing of the garbage lying around the rooms. I just think that the money going to the new babysitters would be better spent on more essentials, such as a higher budget for the cafeteria, a necessary staff to manage the money...

Another problem on campus is you. The student. It seems everyone has something to say, mostly complaining and criticizing about one thing or another, but when it comes down to the point of doing something everyone is ready, but no one shows up except for a handful of students.

A good example to conclude this with involves the number of letters to the editor for this issue. Out of about twenty letters which we would tell we would receive, we have a big three or four.

Jim Chambers

What would the students be like at Marymount College if the entrance standards were raised?

Because two months now and in the past, many of the students have been spoiled, rich children merely taking a vacation from school. This year I served as one of these spoiled kids come and go. There has been endless destruction of the grounds and of the property of our fellow students, revolting residence hall conditions for those unfortunate students who could not put their tuition to good use and take advantage of this change?

As the editor of Pulse I realize that few students realize that this time and the students who have helped us to better understand and appreciate the students and ourselves go instead of working to destroy beauty.

Greg Maltfiano

No one can enjoy attending any college or university without becoming involved with some aspect of the social or academic life. But many students are missing out on finding anything constructive to become involved in at Marymount.

Most people, in other colleges who become involved in some way or another—service organizations, other colleges in the area have Circle K (a college version of the Kiwanis Clubs) Exchange Clubs, Paramedics Clubs, Young Democrats Clubs and Young Republicans Clubs to name a few. I believe that the potential exists at Marymount to have some organization like this for one person, or a group of people, to put in some time and organization.

Pat Winburn

**The Presidential election of 1976 is two years away, but for many students the future is already reality. New faces, new ideas, new viewpoints must come to light to lead up to the final question: Who will be elected President of the United States? The following interesting conclusions were made by a Marymount College student.

Marymount College students were polled. Several names and faces were mentioned, but many people mentioned new names and faces.

In a recent statement Gerald Ford said: "The nation needs action, not words." This is an example of what we are questioning about the nation and the office of the President. Marymount students figure that Ford will provide action, since sixty per cent of the students questioned said Gerald Ford will be elected in 1976. Twenty per cent of the students who were asked why they think Ford will be elected, opinions varied; for instance, an 18 year old co-ed actively involved in her student government responded by saying she just liked him because he is "one of us," a real likeable fellow. The rest of them said they like his economic policy. Some simply said they like him because he is qualified for the job and he is doing a good job now.

The economy has been judged by a great many Marymount students as the number one problem facing the nation, and is Ford's Presidential campaign's main priority.

On the national scene the economy may be the only problem, but here at Marymount College the student's priority is the majority of the sheltered student body.

In an example of a SGA meeting, a student who was asked about President Ford's economic policy stated, "I haven't even heard of it." Another example of the lack of attention given to political issues is what is going to be planned for the Fall semester is fast approaching.

Thanksgiving vacation, the end of the Fall semester is fast approaching and showed some responsibility by seeking an answer to the question stated.

The student government responded to the question stated. According to a great many people to be the name most often heard is "Kennedy.

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Gerald Ford was picked by 20 per cent of those questioned as the likely candidate and 76 per cent stated they would not vote in the election at all. "For some reason, I just can't get it out of my mind. You'd expect some type of improvement or change after two full months of social restriction. A month ago we had three babysitters, now we have five. Don't get me wrong, I greatly appreciate my babysitter friends. But every time I am afraid to walk into the rooms, say nothing of the garbage lying around the rooms. I just think that the money going to the new babysitters would be better spent on more essentials, such as a higher budget for the cafeteria, a necessary staff to manage the money...

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Study varies from time usage and you will be able to sleep, study, meals, class, work and recreation. The total a weekly basis. The major hours. A sample record of one your time.

future. wheels" while playing sandlot ball. But unless he changes the poor begin almost all over again takes determination and will.

minor leagues. To change and waste it - is largely a matter of habit patterns and steering. To be decisive and to steer his efforts by spreading sand under the tires and gerenally applying the gas the car can move slowly but steadily forward. In the same way, time, will and energy can be wasted in inefficient study. Directed systematically and intelligently, they can lead to success. Inefficient study habits and methods have an impact even upon able students, who though their grades may be passing, express frustration over getting so little learning for so much effort!

true. Planning is the life program. Our time is so limited and we have so many activities and responsibilities to juggle that we need to be systematic and efficient in our use of time.

The Pulse

yeah spend an hour or two on a lecture-type course. But if you are busy, you may not be able to do this. The best way to retain information is to study it immediately after class. By doing this, you are sure to get the most important things first, and you will have more free time for other activities.

3. Know your sleep pattern. We all have daily cycles of activity and inactivity. These cycles are called circadian rhythms. They are governed by our internal clocks, which are regulated by hormones produced in the brain. The circadian rhythm is divided into two cycles, the sleep-wake cycle and the temperature cycle. The sleep-wake cycle is determined by the amount of light and darkness we experience during the day. The temperature cycle is determined by the amount of food we eat and the amount of exercise we get.

4. Avoid too much detail. When studying, it is important to focus on the big picture. The details are the things that will be forgotten. The best way to remember the big picture is to study in a relaxed, comfortable environment. By doing this, you are more likely to remember the big picture and less likely to forget the details.

5. Make study breaks. Taking breaks during study helps prevent burnout. By taking breaks, you are giving yourself time to relax and recharge. You are also giving yourself time to think about what you have learned. By doing this, you are more likely to remember what you have learned.

6. Use a timer. Set a timer for 20-30 minutes and study without stopping. When the timer goes off, take a short break. By doing this, you are giving yourself time to rest and recharge.

7. Avoid distractions. When studying, it is important to avoid distractions. By doing this, you are more likely to remember what you have learned.

8. Get enough sleep. Getting enough sleep is important for learning. By getting enough sleep, you are more likely to remember what you have learned.

9. Practice effective learning strategies. By practicing effective learning strategies, you are more likely to remember what you have learned.

10. Keep your goals in mind. By keeping your goals in mind, you are more likely to remember what you have learned.

If you follow these strategies, you will be more likely to remember what you have learned. By following these strategies, you will be more likely to remember what you have learned.

The Pulse

Page 3, November, 1974

SPINNING YOUR WHEELS

(Data One – on How To Study)

Academic success for most students is not easily accomplished. Many students have come to me and stated that they are working hard in their studies but see little or no results. Their efforts are like being ineffective. Vastly trying to cut a car up a slippery slope. He spins the wheels and guns the engine until the tires smoke, yet he makes no progress. His effort is un-directed, resulting only in waste of gas, tires, patience and time. Yet, he is trying. For he stopped for a minute and thought over his situation and then redirected his efforts by spreading sand under the tires and generally applying the gas the car could move slowly but steadily forward. In the same way, time, will and energy can be wasted in inefficient study. Directed systematically and intelligently, they can lead to success.

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If you follow these strategies, you will be more likely to remember what you have learned. By following these strategies, you will be more likely to remember what you have learned.
**The Apple Tree**

Marymount's first dramatic production of the year, "The Apple Tree," will be presented on December 5, 6, and 7. Show times are at 7:30 p.m. and the play will be directed by Lisa Dean, Bob Toannone, Mario Mariani, B.J. Schwartz, and Glen Wyand. The director is Mr. William Smith, and pianist is Mrs. Patricia Mariani. The actors of this musical are linked by the theme of love, and each act is a heme of love, and each act is a slice of life that shows, "The Apple Tree" is Glen Wyand, who has sung and danced in a band since he was 14. Glen also worked at the Interlaken National Music Camp and in high school plays, Glen says of "The Apple Tree," "I love it. I think the play is going to be fantastic."

Director of "The Apple Tree" is Mr. William Smith, who has been teaching at Marymount for two years. Mr. Smith has performed in such diverse places as Israel, The White House, Rome, London and Dublin. Mr. Smith's film credits include Lincoln's Second Front with Robert Ryan, and a commercial film, A Political Cartoon. He has been seen on film on educational television, nationwide.

For three years Mr. Smith was Artist in Residence at Clarke College, Dubuque, Iowa. Last year Mrs. Smith directed all of Marymount's dramatic productions.

Piano for the play is Mrs. Betty Foley who has a B.A. in Music and a Master's in education from Boston University. Mrs. Foley is a native of Delray Beach, wife of dentist Allan Foley and the mother of two children. Mrs. Foley has taught music in Massachusetts and for the past three years has taught Latin and English in the junior high program at Trinity Lutheran School in Delray Beach. She is also known locally through her performances as a director, pianist, teacher, and musical director of several Delray Beach Playhouse productions.

Marymount is looking forward to this year's production of the year, and, like Glen, we hope it will be "fantastic!"

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**Buy a Pulse Ad**

Moving Towards Thanksgiving

Where will Marymount students be on Turkey Day? A quick poll shows they anywhere from the Florida Keys to Connecticut.

Mary Ellen Gauth, Pam Bernen, Mrs. Betty Foley, and Kathy Dobmeier are among those going to Key West. While there they may see Jon Dunn or Gina Soldano, Cheri Noto and Mario Mariani.

Elen Lantiseras and Lisa Irish will be in Alexandria, Virginia. Edmund Garry is going to Fort Lauderdale, while Gayle Pacchen will be in Cape Cod. Massachusetts, Alex Hoyle says he will be in Boston and Larry Vitaro says he will be anywhere. Carter Adams is in Chicago, Fla., and Tom Hull says he is going crazy.

Steve LoPrete will be in Long Island, Rick Ecebar in Michigan and Joe Lanni in Connecticut.

Wherever you are, Happy Thanksgiving!

Melinda Pasiono

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**The Mid-Term Mystique**

The traditional view of mid-term elections is one of the period of weakening congressional position of the party that controls the Presidency. Also many incumbents are often returned to power, particularly if they are of the non-Presidential party. It is a time when the frustrations of the electorate become known after two years of Presidential rule. It is a moment of reckoning.

This election was no exception except that the Democratic party developed one of the greatest congressional majorities since the New Deal Congress of the 1930's. Incumbency did fall by the wayside, particularly some of those who had supported Richard Nixon on the House Judiciary Committee. Others were replaced by totally "new" faces in the political game. It is this fact that must be considered. Americans want to allow some fresh blood to infuse the "body politic." It is to be hoped that this transfiguration has not come too late for the victim of the Watergate massacre.

This nation, which is still staggering from the almost morbid blows of the former Nixon administration, is now facing an equal devastation in the arena of economics. The most logical assumption to draw, based on a traditional political science view of American politics is that Americans have created an almost impenetrable wall for Democrats for they trust the Democratic Congress with the creation of social welfare programs, economic pump-sharing and "interveiwists" policies need to meet economic realities head-on.

Many Americans are still living the Depression and the spectre of that monster boom looms large on the horizons of their imagination. Thus they vote with reminiscences of past Democratic performance. However, past approaches to contemporary economics will not suffice, whether Republicans or Democrats carry the traditional methods.

What is needed is a Congress willing to work with the Executive branch and world leaders to develop a "new international" solutions to inflation, while preventing long-term recession. This will mandate a group of representatives willing to run above partisanship, traditionalism, and the strings of party control and vested interest group pressures. It will demand a President with a strong degree of American pragmatism and common sense. Such common sense is usually "uncommon" and is hardly exhibited by the call for "new" adjectives, staying healthy, and wearing clothes with even cheaper slogans. Congressmen and Senators who think they have just a Democratic mandate will be just as useless as a President who goes on T.V. to preach high school civics.

In the end the mystique of the mid-term election must be supplanted by the harsh reality of the moment. This moment is more than Nov., Nov.; it is the next two years. These years may spell economic collapse for many individuals and the resulting psychological frustration within society. Such frustration can only add to the present dysfunction and dislocation in our society. Mystiques cannot eliminate this; pragmatic methods can. Parliamentanism cannot heal; patience can. Verbose pronouncements will not create effective equity; vested interest group diminish may fail. In short the New Congress must be "new."

J.P. Weldon

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**The Pulse**

Page 8, November 1972

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**Fashions From California, London, India**
The film you've all been waiting for, that: Because you'll have a blast, but you'll also get something out of it. What is it? It's a football movie, but you'd only enjoy it if you were engrossed in the film. Let the detailed realism I feel I could have seen in the hands of the actors, is socked unconscious through the whole damn mishap. Maria Melbourne, one of the stewardesses who appeared a little familiar. Well, really I realized that she was in “Summer of ’42,” the T.V. show “Archie” and that “…Duncan Yench!” Detergent commercial. She adds a little zip up to the film. A warning before seeing the film: don’t wear your shirt on the arms of your chair when the good parts come up – that’s very embarrassing. Just sit quietly observing that you’d like to crawl the walls in excitement. And another thing. Don’t plan any air flights within the near future after the viewing. The photography is also evident as I could spot only a few of the scenes, but the logic of the situations. Herewith is the plot: A football freak warden, who is totally wasted in the film. Mrs. Remus showed that they performed by experimenting with his style by creating another problem. The picture then turns into a football movie, but you'd only enjoy it if you were engrossed in the film. The dance class of Mrs. Remus performed for the faculty, administration and student body at the Honors Convocation and Dinner on October 24. The first set of students in the dance formation were eight in number, led by Mrs. Remus demonstrating basic ballet movements to “Promenade of a Faux.” Nine girls then performed a jazz routine to “Nothing for Nothing.” The girls danced in a circle with Lauren Johnson as center attention. The dance was very busy with hand movement and body positions which made the dance very complicated. In the third routine, to “Song of the South,” the dancers showed an excellent example of their abilities. These girls danced very fast jazz which took a lot of time, in order for them to look professional. The fifteen girls couldn't have done a better job. The timing and precision was carried out by each girl, as they smiled away. The fourth number was danced by the teacher herself, Mrs. Remus. The jazz routine that she performed was “Somebody Loves Me.” “Mrs. Remus’ dance was excellent! I, having had experience in ballet and jazz, found her steps very good as a jazz routine. I might add, a good number of the characters are wasted in the film. Her talent is used. That’s right, Here comes to the film. The Pulse. The movie is worth it. The picture has a title sheet, which is a non-sexist viewpoint. The whole film is worth it.
Improvement on the Way

By Johnny Saucedo

A cafeteria committee has been set up because of the numerous complaints and suggestions that the majority of the students at Marymount have submitted to S.G.A. These complaints and suggestions mostly pertain to the food and cafeteria services that have been made available for the students. Because such a great interest was taken by the students it was determined that there was a problem and that there should be things done about it.

Because I am one of the many students who eats in the cafeteria, I felt as well as the majority of the student body did that things should be done about the problem at hand. On October 28, the first cafeteria meeting was held. A sign of student concern was clearly shown by the many students present at the meetings and also by the ideas and opinions that were presented.

At the meeting, good points were brought out by the students and were taken into consideration. Since there were so many students at the first meeting, and ideas and complaints were coming from one side to another, I felt it would be best if a committee consisting of 6 people would be more organized. Thus, the students' ideas and opinions regarding the cafeteria would be taken more seriously.

The 6 people that were selected were Dana Walewich and Bob Wilson (two students taking a food service and nutrition course), Jon Diamond, Tiger Mulligan, and myself. Claudia Korab was also selected as secretary. She will be a great asset and most helpful for the committee.

Since it is clear that there is much student concern, ideas and opinions will be considered by the administration and actions will take place. But just as we want changes in the cafeteria - the cafeteria wants changes in the students. And I can't blame them.

The cafeteria staff have asked and asked the students many times to put their trays up. But no action from the students. They have told everyone that student I.D. cards are required in order to be served in the cafeteria. But the students still forget to bring their I.D. cards and then a conflict between the cafeteria staff and the students arises. The reason I.D. cards are required to be shown is that the cafeteria is not making any money at all from the day-students. Resident students go thru the lunch line and get food for their day-student friends and the cafeteria does not profit at all. Students, you may or may not know this but the money that is made by the cafeteria for meals sold to the day-students goes toward the food budget. Your food budget. This is really hard to believe and to understand because a discount has already been proposed for day-student and faculty rate expenses for eating meals in the cafeteria. Any questions concerning the day-student and faculty discount tickets should be directed to Mr. Vander Heijnden.

If the students can respond in this way then it is the part of the administration's duty to respond to the students by taking immediate action on the various ideas that the students have submitted.

Johnny Saucedo

Report On Self-Study

(Continued from page 1)

Student participation in self-study is needed. Indeed, without significant student participation self-study cannot be effective. And without an effective self-study there can be little if any improvement in the living and learning conditions of the college.

This is why we are at the most crucial phase of the self-study process. Let us not fail in our responsibility to participate in this phase of self-study. Let us not fail in our responsibility to make this an outstanding self-study and thus make Marymount College an outstanding place to live and to learn.

By Johnny Saucedo

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Graduation

Any student planning to graduate in December or May must come to Miss Whitlock (the Recorder's) office to fill out an intent to graduate form and a request for academic attire during the week after Thanksgiving vacation.

This is necessary whether or not they plan to attend the graduation ceremony. If you do not fill out an intent to graduate form you will not receive a diploma.

Students graduating at mid-year and not planning to return for the Commencement exercises in May, 1975 will pay the Graduation Fee of $25.00.

Students graduating in May 1975 are expected to attend the Commencement exercises and will pay the Graduation Fee of $50.00.

Studying hard

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1759 N.W. 2nd Ave., Boca Raton
The Marymount College 1974-75 Girls’ Tennis Team has been undergoing a strenuous training season, preparing for their official matches which begin January 1975. Their daily preparation consists of three and one half hours of tennis. Two hours are left up to the individual to complete during the day and 1/4 are completed together, as a team, during the hours of 4 - 5:30 p.m. At the end of each consecutive practice, Mr. Allan Quirk, the girls’ team coach, runs a series of drills and sprints, for the perfection of the techniques and movements.

The last exercise is running the perimeter of Marymount’s campus, three times a week. All of this data is recorded onto a sheet at the end of each week for Mr. Quirk’s convenience, so he may note the improvements and faults of each team member.

The Marymount girls’ tennis team is working together as one, so that they may continue to hold the title of Number One in the Florida Junior College Circuit.

Connie Linsburgh

**Sports**

**Varsity Basketball Schedule**

NOVEMBER
Nov. 16 — Saturday — Miami Dade Downtown — Home
Nov. 18 — Monday — Palm Beach Atlantic — Away
Nov. 19 — Tuesday — F.I.T. — Home
Nov. 20 — Wednesday — Broward North — Home
DECEMBER
Dec. 7 — Saturday F.I.T. — Away
Dec. 9 — Monday — Palm Beach Atlantic — Home

**Beach Atlantic — Home**

Dec. 10 — Tuesday — Broward Central — Away
Dec. 11 — Wednesday — Broward North — Away
Dec. 14 — Saturday — West Palm Beach — Away
Dec. 19 — Thursday — Broward Central — Away

All games start at 8:00 p.m.
Head Coach Allan Quirk
Boca Raton, Florida 33432
305-395-4301

**What a Racket**

The soccer team got off to a bad start but shows signs of coming out of the slump. With an 8-6-1 with six games remaining on the schedule, Marymount has had some tough battles. The outcome of these battles was:
Marymount-1 — University of Tampa-2
Marymount-6 — FIU-11

Central, and Miami-Dade Downtown left on its schedule.
Coach Russell says that the team is finally coming around to its potential and should be reckoned with in the future. The team should become stronger with the return of goalkeeper Greg Malfitano.

Marc Leuchman

Clancy Denis is the captain of Team B. His team mates include Jim Britt, Mario Mariani, Murray Fuchs, Enrie Larco, D. MacCallum and Craig Stolar.

Team C is being led by Brian O’Toole. Also playing on this team are Doug Yeungboed, Bob Bogle, Mark Mello, Mike St. Germain, Edmund Garvey, and Joe D’Agata.

Alex Mason and Team D complete the list of players. This team includes Mike Ryan, Darryl Cilibrario, Bill Zaffinger, Rick Rialob, Tony Glenn, Bob Touanoe, and Steve Kane.

All games start at 4:15 p.m. Below is a listing of which teams are playing and when:

**Intramurals**

Attention, sports fans! Basketball Intramurals begins this week. If you like basketball, come to the games and cheer your friends and class mates on to victory.

The captain of Team A is Johnny Saucedo. Playing with him are: Cliff Beek, Jim Chambers, Tom Mullin, Mark Leuchman, Steve Hayward, Glenn Gardiner, and Bob Bremer.

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