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Associated Students of Eastern Washington State College

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"The 10-speed bicycle is almost useless for physical fitness," says Jerry Krause, physical education instructor and head basketball coach.

In a conversation last week, Dr. Krause, an avid cyclist, explained that the 10-speed's gear ratio is so low as to allow almost anyone to cycle with very little effort. Krause daily pedals to work from his home five miles outside of Cheney on a three-speed bike.

"Being out-of-doors and right next to nature, one also gets an entirely different slant on transportation, since the bike is a non-polluter," says Krause. Five years ago, he said no faculty members rode bicycles to work whereas there are now over 25.

Many are in the physical education department and consider the activity a necessary part of their personal fitness programs. Jared Fors, of the Intramural and Recreation Department also has a three-speed and comments of the 10-speed riders they must just love the out-of-doors like the group of 40 who rode to Turnbull Refuge in an exercise called "Tripping with Bikes" last spring. Of those riding, nine out of ten had 10-speeds. "Americans are lazy and then too it may be just another 'hula-hoop' craze," said Fors.

In the recent past cycling has been overlooked for adults because as children outgrew bikes they were stored away and forgotten. Krause says one interested in cycling from the distance and versatility standpoint will be happiest with a 10-speed. The Purchase is a sensible one, although the price runs well over one hundred dollars because of the greater ease driving uphill and in different terrain.

"The 10-speed bicycle is almost useless for fitness," says Jerry Krause, physical education instructor and head basketball coach.

The 30-year-old Krause said bicycling develops and maintains physical fitness most important aspect—endurance, and cardio-muscular capacity. Emotionally, he said, there is nothing quite as relaxing and wholesome as being in the fresh air.

Cycling, Krause says, is presently the fastest-growing, most widest spreading quasi-sport in the U.S. and its popularity promises to continue increasing indefinitely. In the recent past cycling has been overlooked for adults because as children outgrew bikes they were stored away and forgotten.

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One young adult who found the usefulness of the bicycle was Bob Thurston student on campus recently separated from the air force. Thurston says he wanted to get back in shape, couldn't afford a car and wanted good, reliable transportation.

His initiation to biking came on the first day of summer school when he found himself without a car. Leaded down with books he stopped at a bicycle shop in Spokane and ordered a 10-speed. Twenty minutes later with a very skeptical idea of how it worked and how to maintain it.

Riding through downtown traffic to his apartment on the north side proved doubly hazardous as he applied the brakes for the first time and sensed he might be in for a fast fly over the handlebars. This reporter took her first ride on one of the things this weekend and found them to be dandy IF one rides on pavement all the time, IF there aren't any red gear (going three miles an hour, top speed) and IF there are no ther vehicles, children, dogs or cats with which to contend.

Thurston rides his bicycle around 90 miles a week and to his apartment to the shuttle bus and often rides 40 miles to Liberty Lake. Driving around town employs the use of gears six through ten and going uphill use one. He rode out twenty minutes later with a sketchy idea of how it worked and how to maintain it.

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The department is planning another "trip-in" fall quarter, maybe to a lake but we will try not to make it too distant for the sake of the women," he said.

Discussing the physical and emotional benefits, Krause said bicycling develops and maintains physical fitness most important aspect—endurance, and cardio-muscular capacity. Emotionally, he said, there is nothing quite as relaxing and wholesome as being in the fresh air.

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**Editorials**

**Time For A Change**

From the beginning of time, men have been divided by a multitude of conflicting interests. Evolution brought physical refinements in the species as well as mental changes, including a new conscious rights for the rights of other men and even their right to individuality and non-conformity.

Madison, writing in the Federalist Papers, saw the latent causes of faction as "sown into the nature of man." He recognized men were of economic classes divided into parties and inflamed with mutual animosity compelled more often than not to oppose each other rather than to cooperate for the common good.

He reasoned there was safety in the sheer number of different interests in the infant nation which would minimize the danger of any one interest group assuming such proportions as to overwhelm the interests of the larger community. He couldn't have realized the power which would come to be held by a Lockheed, Boeing (with its hold over an entire state) and the blackmail tactics of an AT & T.

The money interests move in mysterious ways so that the criterion for power in local and federal government is often the number on a greensheets and the high-pressure salesmanship of the man wooing it.

It was therefore to oversee the lack of response to Initiative 285 on lobbying and campaign expenditure regulation here on this campus.

We are among the more informed and concerned individuals in our society. Why the reluctance?

One report released in this decade said another social cost of lobbying is the ideological conflict and public confusion which begins to result from the use of charged public opinion as an instrument of pressure.

Pressure politics reinforces the dividing interests rather than the common bonds. More often than not disadvantaged or general public interests go unheeded.

Lobbying is most often employed by special interests groups to get what they want out of our politicians and thus--out of us.

Such methods are cleaner than they were 80 years ago due in part to the alert press, enlightened citizen and a higher standard of public morality.

But, the new tactics of quiet politics; stalemate, attrition and delay are less costly, less disruptive than the old domination.

Isn't it time we got politicians out of control and their money pressured egos deflated for good?

If we are ever to achieve clean government, citizen participation--yours and mine--is the key.

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**Additional Decrease**

Eastern, as well as other area colleges can expect an additional decrease in enrollment due to the latest action taken by President Nixon to curb federally insured students loans.

The applicant will now have to show specific financial need to be considered for a loan which will result in more students sitting out this fall. Nixon’s move was not really surprising taking into account the dilemma the loans have caused the government.

A small minority of students whom, conceived ways to get out of paying off the loans thus leaving government millions of dollars. The loans was one of the reasons for the legislation.

The action is a stereotype of what happened a few years ago to the National Defense Loan system. The government was forced to tighten the regulations due to loss of money and increasing number of eligible candidates.

What effects the new criteria will do to higher education is yet to be seen but for sure will hinder the already financially plagued student.
A major change in the Federal Insured Student Loan program was effected by the Higher Education Amendments of 1971, requiring that each application be assessed to prove that the applicant has financial need. President Richard M. Nixon signed the bill into law on June 25, requiring the financial need assessment to determine whether the applicant will be eligible for the federal interest subsidy.

In the past, the federal government automatically picked up the 7 percent interest premiums while the student was in school and for the first year thereafter providing that the income of the student's immediate family was less than $15,000.

Student loan applications which arrived at the Health, Education, and Welfare Department office for processing prior to July 1, will be dispersed although the students will not get the funds until within thirty days before school starts. The new law states that the federal guaranteed student loans may not be dispersed more than thirty days prior to the beginning of the academic year.

No loan applications were accepted after July 1, pending the arrival of the new regulations and forms from the HEW department of the U.S. government.

Kenneth R. Dolan, director of financial aids here, stated that the college had been told that these forms would arrive by July 15 but they had not arrived on Monday. Dolan speculated that the need analysis will follow the same guidelines as those used for the rest of the school's financial assistance programs.

He predicted that students would still be able to get the loans, but conjectured that some who had received the federal interest subsidy in the past may not be eligible to do so under the new regulations.

"The only thing that I am concerned about is the unknown in it," he stated. "I'm sure that there will be money available, probably a greater amount than last year, but the procedures will be lengthier and more time consuming."

He said the financial aids office hopes to have the required forms by August 1, and that as soon as the new regulations arrive, they will get the process to handle as many applications as possible.

He stated that if "we should have to rely on the college scholarship service for need analysis, we're looking at an eight to ten week period between the date of student applies for a loan and the date he has the money in his bank."

Students whose loans have been bounched should have been notified by now, he stated. It is logical to assume that if a student has not received notification, his loan was processed in time to ensure payment.

During the 1971-72 school year, Eastern processed about 1400 applications with the average size of the loan being around $1,000, Dolan stated. He said the school has no way of knowing how many applications were granted loans.

The impact on the economic situation at Eastern could be to the tune of $1.4 million, although some of the applications are in and processed.

Washington Mutual Savings Bank, which handles the major-ity of the loans for Eastern students cleaned out all the files of federal insured students loans and hand carried the last of them to the HEW office in Seattle on June 30, according to Mrs. Corrine Feldman who handles the loan applications for the West Sprague, Spokane branch of the bank.

Washington Mutual will dis-purse the funds for the loans placed with them during the period beginning August 28 and ending September 15. Ms. Feld-man stated.

The bank is uncertain as to when they will again begin processing the loan applications as they must wait until they begin to receive applications from the schools again.

The loans contain a guarantee by the federal government that if the student defaults the loan, the government will pick up the tab.

No banks are accepting FICL applications at the present time and future applications will have to be accompanied with the supplemental information sheet.

Just exactly what the new procedure will encompass is "up in the air" right now and it is just wait and see for many students who intend to apply for FCLAs for the upcoming year here at Eastern as well as other colleges.

The Easterner will publish additional information concern-ing the status of the loans as soon as it becomes available.

TREES GROW IN CHENEEY!

The planting began last week in the Patterson Mall area. If the young Evergreens grow, it should be a rather dense forest surrounding Patterson Hall in another 15 years. Larger trees will be planted late this fall in line with revision of the present contract allowing for the late planting.

Eastern Contingent Attend Fort Lewis ROTC Camp

Although ranked only third in population size of Spokane has the largest number of cadets attending the Sixth Army ROTC Advanced Summer Camp at North Fort Lewis.

Advanced Summer Camp training is one of the requirements in order for the cadets to complete their military science studies and receive a commission in the Army as a second lieutenant after college graduation.

The theme of the camp is "Preparation for Leadership" and highlights the main purpose of the camp which is to evaluate the leadership potential of the cadets. Evaluations are made through the use of objective tests and subjectively by active Army officers assigned to evaluate the performance of each cadet during training activities.

Camp training includes qualification with basic weapons, acquiring proficiency in land navigation and orienteering, familiarization with Army weapon systems, and completion of RECONDO training. RECONDO is commando-type training and is designed to build self-confidence in performing what are ordinarily hazardous actions.


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**SPOKANE'S DRUG PROBLEM**

**Not Just With Youth**

Editor's Note—Third in a series of articles, interviews and thoughts for discussion on items of interest to students earnestly involved in or interested in living harmony with themselves.

**By Clarice Hagen**

News Editor

"Spokane's greatest drug problem is not with kids but with adults," said Dr. Paul G. Quinnett, director of the adult services division of the Spokane Mental Health Services. Quinnett stated the local pharmacists are very cooperative in trying to stem the trend of depressed persons who "doctor shop" in order to get numerous prescriptions filled to support their habits. The crises division of the mental health services maintains a Freak Squad made up of the best trained drug expert in our area who, he said, know their drugs—many from past first-hand experience.

The crisis division also operates an emergency clinic for walk-ins. Just last week a senile little lady was picked up by one of the crisis Patrol Walk Ministers after she had spent two days in the street. She was stepped on by a Vancouver, B.C. nursing home with a paper bag full of her belongings, she was en route to Couer d'Alene looking for a "Good Samaritan." The center coordinated her return to the home and arranged for the Red Cross workers to come and pick her up in Seattle.

Another important function of the crisis division is the 24-hour phone service manned by highly-trained, multi-skilled volunteers. In answer to calls the volunteers, who undergo stiff screen training and weeks of intensive training, are asked to give the caller's name and learn the seriousness of the caller's intentions and assure the person of the confidentiality of their conversation.

The community mental health center functions with Eastern State Hospital as an outpatient facility and Dr. Quinnett sees the widening trend to such arrangements as a good sign. "Although in Washington State we are lucky to have excellent mental health facilities," he says, "it isn't fair to commit persons to state hospitals in places like Alaska where there is only one physician per three-to-four hundred people."

Some patients are maintained exclusively on samples from generous drug companies worth $50-$60 a month such as major tranquilizers (amphetamines are almost never prescribed). Dr. Quinnett also stated about 30-40 percent of the patients are one-dollar-a-visit patients.

Quinnett says alcoholism is the worst kind of drug problem in the United States with 9,000,000 people suffering from it. The center maintains a full-time alcoholism counselor who coordinates group therapy and other beneficial programs for rehabilitation of the alcoholics.

Asked his opinion of the work done by the numerous non-profit organizations to help persons such as alcoholics Quinnett replied, "They have all held of the elephant in a different place. What is really needed is some stiff coordination of all the available resources."

**SUB Changes Hands**

The old SUB ceased to be a Student Union responsibility as of July 1, 1972.

The SUB, which was operated in conjunction with the PUB, and was paid for by Student Union funds, has fallen into disuse. It now houses the Student Union was paying for the SUB while it was not really being currently occupying spaces in the PUB, according to Assistant Manager Fred Johns. Students have asked that space used for maintenance and utilities at a cost of about $8,000 per annum, from a total of about $63,000, the cost of operating both the PUB and the SUB, which show an annual deficit of about $8,500.

"Maintenance cost has been a drain on PUB funds, with no revenues coming in to cover such funds," said Assistant Manager Fred Johns. "Students have asked that space used for entertainment and campus organizations stay there for students' use. The organizations currently occupying spaces in the SUB can stay there, but if they move out there is no guarantee that other student organizations will move in.

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**Savage Club**

*Tourney Set*

The Eastern Washington State College Annual Savage Club Invitational Golf Tournament will be held July 21, Friday at Wamander are Golf and Country Club, according to Athletics Director, Dr. Bob B. Anderson. Tee-off time is 8:30 a.m., and entries will be accepted until that time. The $20 entry fee includes the greens fee, a buffet dinner and snacks but most importantly will provide support for the Savage Club Athletics Scholarship Fund. It is tax deductible.

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