The Comment, September 24, 1981

Bridgewater State College

Follow this and additional works at: https://vc.bridgew.edu/comment

Part of the Education Commons, and the Social History Commons

Volume 55
Number 13

Recommended Citation
Retrieved from: https://vc.bridgew.edu/comment/495

This item is available as part of Virtual Commons, the open-access institutional repository of Bridgewater State University, Bridgewater, Massachusetts.
Comment Scoreboard

The Comment has learned that the structure of BSC's academic divisions may undergo changes in the future. However, the exact nature of the reorganization, the positions of the academic division chairs, and the number of academic divisions at BSC will not be affected. The academic divisions at BSC: Behavioral Sciences, Social Sciences, Humanities, and Natural Sciences, will remain intact at BSC. Multidisciplinary Programs will not be affected.

The reorganization, which is being considered, will begin on July 1, 1981. Asci Administrator of the Academic Division of BSC will work out a schedule so the new system will make the transition as painless as possible. Economies appear to be the aim at BSC.
there are a lot of things that make up the times. After a few Freshmen suffer from this condition because they are unable to handle the pressure. Harold cracked under the pressure. He had missed one signature.

Harold was a Humanities major in his second year. He had collected all the necessary signatures, but the emotional strain was too much for him. He was considering dropping out of school.

The Comment is the student newspaper of Bridgewater State College, established in 1927. It is published bi-weekly during the fall, winter, and spring semesters. The current editor-in-chief is Richard Ricci. The Comment is distributed to all students, faculty, and staff of the college. It features news, opinion, sports, and arts sections. The Comment is an important source of information for the campus community.
TROY OF THE COMPANY WE KEEP

The Comment 1927-1981?

By M. Henry

This year, the Comment turns ten. Over the ten years, the Comment has evolved from a small newspaper to a large, diverse publication. This year, the Comment is celebrating its tenth anniversary with a special issue focused on the evolution of the publication.

The first issue of the Comment was a simple newsletter distributed among the school community. Over the years, the Comment has grown in size and scope, becoming a respected source of information and opinion.

In this issue, we will feature articles and stories that highlight the growth and development of the Comment over the past ten years. Through this issue, we hope to provide readers with a glimpse into the history and evolution of the Comment.

The Comment was established in 1927 as a platform for students to express their thoughts and ideas. Over the years, the Comment has continued to provide a voice for the student community, offering a space for discussion and debate.

As we celebrate ten years of publication, we invite you to share your thoughts and memories with us. Whether you are a long-time reader or a new member of the Comment community, we welcome your contributions to this special issue.
Protestant Christian Fellowship

Discussion Groups

Protestant Christian Fellowship, under the leadership of Reverend Robert Huffines, who is the Bridgewater State College Protestant Campus Minister, is offering discussion groups for students in the fall semester.

The purpose of the groups is to enable Protestant students to meet one another and to discuss questions which are topical for students in their college years. The groups, after a hundred students have taken part, are closed.

The groups are listed below.

- Love in the Afternoon: Participants in the group will watch (or rewatch) their favorite soap operas seven days a week. They will discuss the moral values and the lifestyles of the characters in the "soap operas." How do those values and beliefs compare with our own values? What are the values taught in those "soap operas"? The group will be limited to seventy-five members. Call the Bridgewater State College Protestant Campus Minister, Robert Huffines, at 734-7334.
- "Rap" Discussion Group: The group will meet for one hour weekly for maximum of six weeks, beginning October 12. The questions that will be discussed are: What is a Christian? How do you know if you are a Christian? What is the nature of the relationship between God and the Christian? What is a Christian's responsibility to his nation and his society? The group will be limited to thirty persons. Call Mr. Harry Covello, Protestant Campus Minister, at 734-7431.

Commentary

Since Ronald Reagan ascended to the presidency in January, he has been confronted with a number of significant foreign policy questions. Among them, his policy concerning arms control, what the Administration terms "affirmative guidance," and the human rights policies, is facing serious challenge from both communist and non-communist countries in the world. This chapter will discuss the Reagan Administration's foreign policy, its implications, and the impact of foreign policy on the American people.

Hiring For The Handicapped

BSC's Office of Handicapped Student Services is looking for a few good men and women.

The Office exists to serve the growing number of students on campus who have disabilities whose college careers have been subtly affected by various physical or mental handicaps. Some services offered, but the participation of the entire college is necessary: Academic services to include in class tutoring and note-taking services are offered, but the participation of the entire college is necessary. For example, the note-taker is not平均水平. It requires that you be in the capabilies of both the handicapped student and the person taking the notes. The note-taker must be able to do this with the handicapped student, not only at the time of the note-taking, but also afterwards. A program exists to provide such help, and that is what the need is for. The note-taker must have a vision disability. The need is for both men and women. The role of the note-taker is to provide a note-taker service for the handicapped student who is unable to do so himself and, without help, must be dependent on the kindness and assistance of other students. This service is for persons with disabilities who are served by other than private tutoring services. A program exists to provide this service, and the need is for both men and women. The need is for both men and women. The role of the note-taker is simply to provide a note-taker service for the handicapped student who is unable to do so himself and, without help, must be dependent on the kindness and assistance of other students. This service is for persons with disabilities who are served by other than private tutoring services.

SGAPOSITIONS are available for All-College Committee seats and for the positions of President, Vice-President, Secretary, and Treasurer. Interested students must fill out an application form and submit it to the SGA Office, third floor, Student Union.

CARER PLANNING AND PLACEMENT OFFICE

The Career Planning and Placement Office, located on the top floor of the Student Union, will be opened the following hours during the fall semester: Monday, 10 a.m. to 5 p.m.; Tuesday, 8:30 a.m. to 5 p.m.; Wednesday, 8 a.m. to 5:30 p.m.; Thursday, 8 a.m. to 5 p.m.; Friday, 9 a.m. to 5 p.m.; Saturday, 9 a.m. to 2 p.m.; Sunday, 2 p.m. to 8 p.m. The Placement Office is open from 10 a.m. to 5 p.m. Monday through Friday.

JEWISH YOUTH CLUB

Are you interested in joining a Jewish Youth Club? If you are, please drop by the office of Jewish Youth Club, located in the Student Union, immediately. Someone will be in the office at all times, so come in and ask some questions.

DE BATE "is..."

1. To ban a war to put an end to the war.
2. To remove de scenic off the book.
3. To move the capital from Washington, D.C.
4. Hot to maintain free enterprise in the U.S.

From another trouble-prone area is the question, "Who is the President of the United States?" The Americans have a right to know. But there is no simple answer. The question is too complicated. It requires that you be in the position of President. The question is too complicated. It requires that you be in the position of President. The question is too complicated. It requires that you be in the position of President.

HandiKids

HandiKids is a Therapeutic Recreation Complex located in Bridgeport, which provides services for the handicapped students. Our programs range from a preschool program for the very young toddler to enhance motor skills to a program for adults with hearing loss to enhance speech and language abilities. A program exists to provide such help, and that is where the need is for. The Office has current positions for both men and women. We also seek to build up the group of students who might be interested in future participation in the program. We are seeking people who would be interested in helping you do this. We are seeking people who would be interested in helping you do this.

Judaism Club

Are you interested in joining a Jewish Youth Club? If you are, please drop by the office of Jewish Youth Club, located in the Student Union, immediately. Someone will be in the office at all times, so come in and ask some questions.

Ventriloquist are reminded that the Office of Veterans Affairs has established a program that will provide vocational counseling and counseling services to veterans. Veterans who have not yet completed paperwork for full semester benefits are urged to come in as soon as possible and schedule several sessions with your town, including the April 25th session. The Office hours are from 9 a.m. to 3 p.m. on weekdays.

FALL 1981 WATCHING TRIP

I have scheduled one more fall trip for this fall on board the Dolphins IV Provincetown, the world's largest whale-watching ship. It is a 12-hour trip and will leave on October 12th. It will leave at 7 a.m. and return at 9 p.m. It will take place out of Provincetown.

Protestant Christian Fellowship

Discussion Groups

Protestant Christian Fellowship, under the leadership of Reverend Richard H. Miller, is the Bridgeport State College Protestant Club. The club is open to all students.

The purpose of the groups is to enable Protestant students to meet one another and to discuss questions which are timely for students in their college years. In each group, a hundred or more students have taken part.

The groups are listed below.

Love in the Apostolic: Participants in the group will watch (no cost to watch) their favorite soap operas and meet each week at 7:00 a.m. to discuss the moral values and the Christian characters in the shows. "How do these values and ideas compare with our own values system? Take in three or four friends of ours at 11:30 a.m.

Christian Identity: Mr. Martin Van Weyden will be a guest in this group. He will deal with the theme that God's creation is not only the Central American areas, but is a setting of considerable opportunity from conversational guest lectures. In South Asia, the Africa, remains in the Southern Hemisphere by government and a regional awareness to the Americas. The key of our great 1968 National Conference was "A More Biblical Approach to Our World." A similar program will be held in 1970 in New York City. The purpose of this program is to acquaint the larger churches with the issues of the day and the possibilities of involvement in them. A program of this kind will be held in each of the first 10 cities in the country, beginning with New York City on May 21, 1970.

Hiring For The Handicapped

RSC's Office of Handicapped Student Services is looking for a few good men and women.

The RSC's Office of Handicapped Student Services is looking for a few good men and women who are interested in helping the handicapped. Thefield of work is one which offers a wide variety of opportunities for anyone who is interested in working with the handicapped.

If you are interested in working with the handicapped, please contact the office of Handicapped Student Services for an application. All interested persons will be contacted to discuss the position and to begin the application process.

Commentary

Since Ronald Reagan ascended to the presidency in January, he has been confronted with a number of major foreign policy challenges, including nuclear arms control, human rights policies, and Taiwan's role in the international arena. These challenges have called into question the United States' traditional role as the world's lone superpower. In his first address to the nation, President Reagan outlined a bold new approach to foreign policy that emphasizes the importance of American leadership in the world stage.

2. v. To remove de worm off de hook.
3. pl. More than one worm.
4. All of the above.

secret meanings of many hard words like 'prima facie' (easier to define.

HEALTH

Friday from 8:15 a.m. to 10:00 p.m. Monday, 9 to 10:00 p.m. Tuesday, 9 to 10:00 p.m. Wednesday, 9 to 10:00 p.m. Thursday, 9 to 10:00 p.m. Friday, 9 to 10:00 p.m. Saturday, 9 to 10:00 p.m.

REOPENING FOR THE 1981-1982 EAST BRIDGEWATER COMMERCIAL CLUB

1 Nobsan Ave. Off Route 18 (378-2023)

Doors Open at 8pm TICKETS AVAILABLE NOW!!

Friday Sept. 25th  "John Lincoln Wright and the Sorrowse Rezse" (Country Rock at its Best)

Friday Oct. 2nd  "The James Mongomery Band" with "The Lowtastics"

Friday Oct. 9th  "The Stompers"

with "The Galt St. James Band"

Friday Oct. 16th  "Private Lighting"

Friday Oct. 23rd  "The Memphis Rockabilly Band"

STUDENT UNION

An exciting announcement that there is no charge for pool or ping pong, and ten new video games have arrived at the game room. Come try your luck on the newest and most challenging video games on the market today. Also, there's a chance to win, with a varied musical selection- records changed monthly. Open seven days a week, Monday through Friday, 9 a.m. to 4 p.m., Saturday and Sunday, 12:00 a.m. to 10:00 p.m. Located on the top floor of the Student Union.

Pottery-Waying POWmourishing Lendthick Woodworking Woodworking Silkscreen Photography

Where can you do all this? More at the Student Union Shop and Photo Lab Take a course or just stop in during your free time, no experience is necessary! All you need is a minimal cost for supplies.

The Hobby Shop is located on the first floor of the Student Union next to the bookstore. More info call the SU Info Booth ext 303

What does it mean when you remove de worm off de hook?
1. Yes, because you have two meanings in the sentence.
2. No, because you have only one meaning in the sentence.
3. There is no meaning.
4. There is no difference.

AlpHURSPOR

STOP IN AND SAVE A LIFE

We'll be open on the last day of September from 10 a.m. to 3 p.m. As always, you can make an appointment by calling 693-2981. You may also make an appointment by calling 693-2981.

The government or doctors have the most power over your life, and you have no control over your own life.

ALPHURSPOR

STOP IN AND SAVE A LIFE

We'll be open on the last day of September from 10 a.m. to 3 p.m. As always, you can make an appointment by calling 693-2981. You may also make an appointment by calling 693-2981.

The government or doctors have the most power over your life, and you have no control over your own life.

ALPHURSPOR

HOME

How Shall I Begin...

Some students are looking for an honest man . . . and a nickel

...begins

Some students are looking for an honest man . . . and a nickel

THE STUDENT COUNCIL FOR EXCEPTIONAL HANDICAPPED STUDENTS is now accepting applications for open Student Services positions.

The position of Associate Justices for the Supreme Court is a very important one. Many decisions are made by the Supreme Court that affect the lives of all Americans. The Supreme Court is responsible for interpreting the Constitution and ensuring that the laws of the land are fair and just.

If you are having trouble picking the right answer to this question, then you need to take a closer look at the question and the answers. The answer to this question is:

A worm is a long, thin, segmented organism that lives in soil or water. It has a head, a thorax, and an abdomen. Worms are important in the food chain because they help break down organic material and recycle nutrients back into the soil.

SECRET MEANINGS OF MANY HARD WORDS LIKE 'PRIMA FACIE' (EASIER TO DEFINE.)

HEALTH

Friday from 8:15 a.m. to 10:00 p.m. Monday, 9 to 10:00 p.m. Tuesday, 9 to 10:00 p.m. Wednesday, 9 to 10:00 p.m. Thursday, 9 to 10:00 p.m. Friday, 9 to 10:00 p.m. Saturday, 9 to 10:00 p.m.

REOPENING FOR THE 1981-1982 EAST BRIDGEWATER COMMERCIAL CLUB

1 Nobsan Ave. Off Route 18 (378-2023)

Doors Open at 8pm TICKETS AVAILABLE NOW!!

Friday Sept. 25th  "John Lincoln Wright and the Sorrowse Rezse" (Country Rock at its Best)

Friday Oct. 2nd  "The James Mongomery Band" with "The Lowtastics"

Friday Oct. 9th  "The Stompers"

with "The Galt St. James Band"

Friday Oct. 16th  "Private Lighting"

Friday Oct. 23rd  "The Memphis Rockabilly Band"
Entertainment

The rejuvenation of the American Film

In looking at the movies released this year, I have become increasingly alarmed at the direction the American film is heading. If the film industry is to make a quality entertainment is being challenged by Hollywood's financial interests. The industry's chief goal is to make as much as possible on each film, even if it means compromising the quality of the production. This is because the movie business, unlike other industries, is a highly volatile one. And while it is a fact that the movie industry, once a symbol of social reform, is now regarded as a source of entertainment and distraction for teenagers.

KISS ME KATE AT BSC

by Bette Horsey

Body Heat is Lukewarm

by Neil Brochak

The Weekend Freebie

you don't live here, you might think about staying for the Outdoor Concert behind the Student Union this Friday night. Between 4 and 7 p.m. a band from the local area will be performing. Come out and enjoy the music and the company of others in the community.

Swimmers Improving

by Duany Chapin

Swimming meets are way and true to the iron- New England Conference Championships are held every year by the WAC. This year's site is to be announced. The men's and women's teams will be represented at the championships.

BAIRS Ready For Season Opener

by John Simmons and Chris Kayan

The Bridgewater State M. Men's and Women's Swimming teams will be facing off against each other this Saturday at the pool in the Student Center. The meet is scheduled to start at 10:30 a.m. with the women's race. The men's race will follow at 11:30 a.m. Both teams are looking forward to the meet and hope to come out with a victory.

Heart Postman

The similarities between these Heart Postman and the Heart Postman, the two different types of heart that have been studied, are obvious in the plot. However, it is important to note that the average pressure of the Heart Postman is slightly higher than that of the Heart Postman. The Heart Postman has a higher heart rate and a higher blood pressure, but the Heart Postman has a lower blood pressure. The Heart Postman is more resistant to stress and is less likely to become heart-damaged.

Women Artists

by Roger Dunn, Art Department

Women Artists have been traditionally regarded with some qualified appreciation or outright approval. The female painter or sculptor was a curiosity seen as a result of her sex. If Harriet Seton, the first woman to be included in an art exhibition in this country, was forced to show her portrait of Caroline J. Frick at the Pennsylvania Academy of Fine Arts, she was also required to show a male portrait of the same size in order to be admitted to the exhibition. This is an exhibition of women artists whose work has long been held in high esteem.

Body Heat is Lukewarm

Body Heat, one of Hollywood's most recent films, has been presented by Roger Dunn, Art Department. The film is a "sex movie" that is supposed to be the supreme movie of the fall, with enough sex and violence to make it a good draw. However, the film is not well written and the acting is poor. The story is convoluted and the dialogue is inept. The film is a disappointment and a waste of time.

Swimmers Improving

The men's and women's swimming teams have been improving over the past few weeks. The women's team has been working hard in the pool and has shown great improvement. The men's team has also been working hard and has shown noticeable gains.

The Weekend Freebie

The Weekend Freebie will be held this Saturday, October 30th. The event will take place on the main campus of Bridgewater State University. The freebie will feature live music, food, and drinks, as well as an opportunity to meet new people. The event is free and open to the public.

Swimmers Improving

The women's swimming team has been improving over the past few weeks. The team has been working hard in the pool and has shown noticeable gains. The women's team has also been working hard in the classroom and has shown improvement in their academic performance.

Women Artists

Women Artists have been traditionally regarded with some qualified appreciation or outright approval. The female painter or sculptor was a curiosity seen as a result of her sex. If Harriet Seton, the first woman to be included in an art exhibition in this country, was forced to show her portrait of Caroline J. Frick at the Pennsylvania Academy of Fine Arts, she was also required to show a male portrait of the same size in order to be admitted to the exhibition. This is an exhibition of women artists whose work has long been held in high esteem.

Women Artists

Women Artists have been traditionally regarded with some qualified appreciation or outright approval. The female painter or sculptor was a curiosity seen as a result of her sex. If Harriet Seton, the first woman to be included in an art exhibition in this country, was forced to show her portrait of Caroline J. Frick at the Pennsylvania Academy of Fine Arts, she was also required to show a male portrait of the same size in order to be admitted to the exhibition. This is an exhibition of women artists whose work has long been held in high esteem.

Heart Postman

The similarities between these Heart Postman and the Heart Postman, the two different types of heart that have been studied, are obvious in the plot. However, it is important to note that the average pressure of the Heart Postman is slightly higher than that of the Heart Postman. The Heart Postman has a higher heart rate and a higher blood pressure, but the Heart Postman has a lower blood pressure. The Heart Postman is more resistant to stress and is less likely to become heart-damaged.

Women Artists

Women Artists have been traditionally regarded with some qualified appreciation or outright approval. The female painter or sculptor was a curiosity seen as a result of her sex. If Harriet Seton, the first woman to be included in an art exhibition in this country, was forced to show her portrait of Caroline J. Frick at the Pennsylvania Academy of Fine Arts, she was also required to show a male portrait of the same size in order to be admitted to the exhibition. This is an exhibition of women artists whose work has long been held in high esteem.

Heart Postman

The similarities between these Heart Postman and the Heart Postman, the two different types of heart that have been studied, are obvious in the plot. However, it is important to note that the average pressure of the Heart Postman is slightly higher than that of the Heart Postman. The Heart Postman has a higher heart rate and a higher blood pressure, but the Heart Postman has a lower blood pressure. The Heart Postman is more resistant to stress and is less likely to become heart-damaged.

Swimmers Improving

The women's swimming team has been improving over the past few weeks. The team has been working hard in the pool and has shown noticeable gains. The women's team has also been working hard in the classroom and has shown improvement in their academic performance.

Women Artists

Women Artists have been traditionally regarded with some qualified appreciation or outright approval. The female painter or sculptor was a curiosity seen as a result of her sex. If Harriet Seton, the first woman to be included in an art exhibition in this country, was forced to show her portrait of Caroline J. Frick at the Pennsylvania Academy of Fine Arts, she was also required to show a male portrait of the same size in order to be admitted to the exhibition. This is an exhibition of women artists whose work has long been held in high esteem.

Heart Postman

The similarities between these Heart Postman and the Heart Postman, the two different types of heart that have been studied, are obvious in the plot. However, it is important to note that the average pressure of the Heart Postman is slightly higher than that of the Heart Postman. The Heart Postman has a higher heart rate and a higher blood pressure, but the Heart Postman has a lower blood pressure. The Heart Postman is more resistant to stress and is less likely to become heart-damaged.

Women Artists

Women Artists have been traditionally regarded with some qualified appreciation or outright approval. The female painter or sculptor was a curiosity seen as a result of her sex. If Harriet Seton, the first woman to be included in an art exhibition in this country, was forced to show her portrait of Caroline J. Frick at the Pennsylvania Academy of Fine Arts, she was also required to show a male portrait of the same size in order to be admitted to the exhibition. This is an exhibition of women artists whose work has long been held in high esteem.

Heart Postman

The similarities between these Heart Postman and the Heart Postman, the two different types of heart that have been studied, are obvious in the plot. However, it is important to note that the average pressure of the Heart Postman is slightly higher than that of the Heart Postman. The Heart Postman has a higher heart rate and a higher blood pressure, but the Heart Postman has a lower blood pressure. The Heart Postman is more resistant to stress and is less likely to become heart-damaged.

Swimmers Improving

The women's swimming team has been improving over the past few weeks. The team has been working hard in the pool and has shown noticeable gains. The women's team has also been working hard in the classroom and has shown improvement in their academic performance.

Women Artists

Women Artists have been traditionally regarded with some qualified appreciation or outright approval. The female painter or sculptor was a curiosity seen as a result of her sex. If Harriet Seton, the first woman to be included in an art exhibition in this country, was forced to show her portrait of Caroline J. Frick at the Pennsylvania Academy of Fine Arts, she was also required to show a male portrait of the same size in order to be admitted to the exhibition. This is an exhibition of women artists whose work has long been held in high esteem.

Heart Postman

The similarities between these Heart Postman and the Heart Postman, the two different types of heart that have been studied, are obvious in the plot. However, it is important to note that the average pressure of the Heart Postman is slightly higher than that of the Heart Postman. The Heart Postman has a higher heart rate and a higher blood pressure, but the Heart Postman has a lower blood pressure. The Heart Postman is more resistant to stress and is less likely to become heart-damaged.
**Entertainment**

The footage of the American Flag. In the screening room.

**Sports**

**Women Artists**

by Roger Dua, Art Department

1980. Football Conference teams to get improve upon the mistakes they first contest this open and the Bridgewater Bears

Friday, the displays questions by John Sullivan and Chris Keyes. College Coach has good reason to record last Monday, freshman Briafr’O’Neil (Dunbury)

in that event: Dietz should help the team consid...

The next week, Butler (Andover) at first half ended.

For Season Opener

du Bocage's
games are way and in time for the New-England Fall Sports Conference. The November 4, the 19th season of the BSC women's program comes under way.

In the first game, Bridgewater captured a 6-0 victory, the most lopsided in the history of the Bridgeport women's Soccer team.

BSC had to come back... marks. The ball... second goal of the young season on 1981-82 men's

Among them he is confident the swimmers to do a variety of flexibil;... developed by an electrocardiographically

**Sports**

BAIRS Ready

For Another Year

by Nina Roberts

On behalf of the Bridgewater Association for Intramurals, Recreation, Athletics, and Sports, (BAIRS) we welcome the students to Bridgewater State College. Becoming involved in activities is an important means of finding new friends, establishing a support system, and working towards a healthier lifestyle.

The BAIRS has been reorganized as a student club in order to serve student interest and sports programs. One of the objectives of the organization is to promote exercise, team playing and team spirit; to encourage participation in intercollegiate, intramural, and recreational athletic programs.

Currently, we are in need of more team members. If you would like to become more involved in an activity please call the BAIRS Coordinator. Further information may be obtained from Mr. Steve Scalese, President of the organization, ext. 386. Please respond by mid-October.

Swimming

by Neill Beck

Men's swimming coach Edyczyk welcomes the influx of new talent this fall and looks ahead to the challenges that lie ahead.

Several returning BSC swimmers could offer experience and leadership to the young team this year. They will be much missed.

The bridge to the swimming season is the NCAA Championships, which take place in late February and early March. These championships are the most important meet in which BSC swimmers compete.

**Swimmers Improving**

by Salvatore Sills

The workload of college swimming seasons is much more demanding than the high school seasons. Many of the athletes have spent the summer working hard to improve their swimming skills.

The importance of consistency in training is emphasized in the swimming world. Swimmers must work hard to maintain their level of performance and achieve their goals.

**Cardiovascular Health Program**

Exercise Science faculty and students of the Health, Physical Education, Recreation Program are organized into the Cardiovascular Health Program. This program provides for the study of cardiovascular development, physical fitness and cardiovascular health. The training program is designed to improve the cardiovascular fitness of students and to make them aware of the importance of physical activity.

This program will be conducted on Mondays and Wednesdays as scheduled in the IM/REC bulletin board in the main lobby of the Gym. The program is divided into two parts: the warm-up and the cool-down.

The warm-up consists of light cardiovascular exercise such as walking or cycling, followed by stretching exercises. The cool-down consists of stretching exercises to help prevent muscle soreness.

The Cardiovascular Health Program is open to all students, faculty, and staff of Bridgewater State College and is conducted by volunteers from the Health, Physical Education, Recreation Program.

**Cardiovascular Health Program**

Exercise Science faculty and students of the Health, Physical Education, Recreation Program are organized into the Cardiovascular Health Program. This program provides for the study of cardiovascular development, physical fitness and cardiovascular health. The training program is designed to improve the cardiovascular fitness of students and to make them aware of the importance of physical activity.

This program will be conducted on Mondays and Wednesdays as scheduled in the IM/REC bulletin board in the main lobby of the Gym. The program is divided into two parts: the warm-up and the cool-down.

The warm-up consists of light cardiovascular exercise such as walking or cycling, followed by stretching exercises. The cool-down consists of stretching exercises to help prevent muscle soreness.

The Cardiovascular Health Program is open to all students, faculty, and staff of Bridgewater State College and is conducted by volunteers from the Health, Physical Education, Recreation Program.

**Cardiovascular Health Program**

Exercise Science faculty and students of the Health, Physical Education, Recreation Program are organized into the Cardiovascular Health Program. This program provides for the study of cardiovascular development, physical fitness and cardiovascular health. The training program is designed to improve the cardiovascular fitness of students and to make them aware of the importance of physical activity.

This program will be conducted on Mondays and Wednesdays as scheduled in the IM/REC bulletin board in the main lobby of the Gym. The program is divided into two parts: the warm-up and the cool-down.

The warm-up consists of light cardiovascular exercise such as walking or cycling, followed by stretching exercises. The cool-down consists of stretching exercises to help prevent muscle soreness.

The Cardiovascular Health Program is open to all students, faculty, and staff of Bridgewater State College and is conducted by volunteers from the Health, Physical Education, Recreation Program.

**Cardiovascular Health Program**

Exercise Science faculty and students of the Health, Physical Education, Recreation Program are organized into the Cardiovascular Health Program. This program provides for the study of cardiovascular development, physical fitness and cardiovascular health. The training program is designed to improve the cardiovascular fitness of students and to make them aware of the importance of physical activity.

This program will be conducted on Mondays and Wednesdays as scheduled in the IM/REC bulletin board in the main lobby of the Gym. The program is divided into two parts: the warm-up and the cool-down.

The warm-up consists of light cardiovascular exercise such as walking or cycling, followed by stretching exercises. The cool-down consists of stretching exercises to help prevent muscle soreness.

The Cardiovascular Health Program is open to all students, faculty, and staff of Bridgewater State College and is conducted by volunteers from the Health, Physical Education, Recreation Program.

**Cardiovascular Health Program**

Exercise Science faculty and students of the Health, Physical Education, Recreation Program are organized into the Cardiovascular Health Program. This program provides for the study of cardiovascular development, physical fitness and cardiovascular health. The training program is designed to improve the cardiovascular fitness of students and to make them aware of the importance of physical activity.

This program will be conducted on Mondays and Wednesdays as scheduled in the IM/REC bulletin board in the main lobby of the Gym. The program is divided into two parts: the warm-up and the cool-down.

The warm-up consists of light cardiovascular exercise such as walking or cycling, followed by stretching exercises. The cool-down consists of stretching exercises to help prevent muscle soreness.

The Cardiovascular Health Program is open to all students, faculty, and staff of Bridgewater State College and is conducted by volunteers from the Health, Physical Education, Recreation Program.

**Cardiovascular Health Program**

Exercise Science faculty and students of the Health, Physical Education, Recreation Program are organized into the Cardiovascular Health Program. This program provides for the study of cardiovascular development, physical fitness and cardiovascular health. The training program is designed to improve the cardiovascular fitness of students and to make them aware of the importance of physical activity.

This program will be conducted on Mondays and Wednesdays as scheduled in the IM/REC bulletin board in the main lobby of the Gym. The program is divided into two parts: the warm-up and the cool-down.

The warm-up consists of light cardiovascular exercise such as walking or cycling, followed by stretching exercises. The cool-down consists of stretching exercises to help prevent muscle soreness.

The Cardiovascular Health Program is open to all students, faculty, and staff of Bridgewater State College and is conducted by volunteers from the Health, Physical Education, Recreation Program.

**Cardiovascular Health Program**

Exercise Science faculty and students of the Health, Physical Education, Recreation Program are organized into the Cardiovascular Health Program. This program provides for the study of cardiovascular development, physical fitness and cardiovascular health. The training program is designed to improve the cardiovascular fitness of students and to make them aware of the importance of physical activity.

This program will be conducted on Mondays and Wednesdays as scheduled in the IM/REC bulletin board in the main lobby of the Gym. The program is divided into two parts: the warm-up and the cool-down.

The warm-up consists of light cardiovascular exercise such as walking or cycling, followed by stretching exercises. The cool-down consists of stretching exercises to help prevent muscle soreness.

The Cardiovascular Health Program is open to all students, faculty, and staff of Bridgewater State College and is conducted by volunteers from the Health, Physical Education, Recreation Program.

**Cardiovascular Health Program**

Exercise Science faculty and students of the Health, Physical Education, Recreation Program are organized into the Cardiovascular Health Program. This program provides for the study of cardiovascular development, physical fitness and cardiovascular health. The training program is designed to improve the cardiovascular fitness of students and to make them aware of the importance of physical activity.

This program will be conducted on Mondays and Wednesdays as scheduled in the IM/REC bulletin board in the main lobby of the Gym. The program is divided into two parts: the warm-up and the cool-down.

The warm-up consists of light cardiovascular exercise such as walking or cycling, followed by stretching exercises. The cool-down consists of stretching exercises to help prevent muscle soreness.

The Cardiovascular Health Program is open to all students, faculty, and staff of Bridgewater State College and is conducted by volunteers from the Health, Physical Education, Recreation Program.

**Cardiovascular Health Program**

Exercise Science faculty and students of the Health, Physical Education, Recreation Program are organized into the Cardiovascular Health Program. This program provides for the study of cardiovascular development, physical fitness and cardiovascular health. The training program is designed to improve the cardiovascular fitness of students and to make them aware of the importance of physical activity.

This program will be conducted on Mondays and Wednesdays as scheduled in the IM/REC bulletin board in the main lobby of the Gym. The program is divided into two parts: the warm-up and the cool-down.

The warm-up consists of light cardiovascular exercise such as walking or cycling, followed by stretching exercises. The cool-down consists of stretching exercises to help prevent muscle soreness.

The Cardiovascular Health Program is open to all students, faculty, and staff of Bridgewater State College and is conducted by volunteers from the Health, Physical Education, Recreation Program.
On the Roads Again

By Ned Burick

Many beginning runners wonder why their legs hurt during the initial phase of their training. They blame the pain on poor fitness or a lack of conditioning. The pain may be due to overtraining, injury, or incorrect running form, but the main reason for running pain is experimenting. In many situations, runners are running exercises that may help them. They are running two or more miles to burn off some of the extra water and fats which are abundant in the body. This extra water and fat, if not burned off in the body, will store up in the body. By running these exercises, the runner will start to burn off this excess water and fat.

VOLLEYBALL INTRAMURAL

(Miss Ann Coe)

There will be a mandatory meeting for all volleyball teams at the Recreation Center on Monday, Oct. 25 at 4:00 pm. The meeting will be attended by all club members and will be in the library lecture hall. This meeting is free of charge. Donations are welcome.

The first meeting will be at 2:00 p.m. The movie will be played in the library lecture hall. This feature could be a preview of the upcoming season. There will be two showings.

The Bridgewater Running Club, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30.

Jay, Leger's, Central Mass Striders, International, Mike Morse, Central Mass Striders, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30.

The second meeting will be held on Thursday, Sept. 27 at 7:00 p.m. The meeting will be held in the library lecture hall. The meeting will be free of charge. Donations are welcome.

At the Bridgewater Running Club, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30.

The meeting will be held in the library lecture hall. The meeting will be free of charge. Donations are welcome.

At the Bridgewater Running Club, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30.

On Wednesdays, the club will be meeting in the library lecture hall. The meeting will be free of charge. Donations are welcome.

At the Bridgewater Running Club, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30.

On Fridays, the club will be meeting in the library lecture hall. The meeting will be free of charge. Donations are welcome.

At the Bridgewater Running Club, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30.

The meeting will be held in the library lecture hall. The meeting will be free of charge. Donations are welcome.

At the Bridgewater Running Club, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30.

The meeting will be held in the library lecture hall. The meeting will be free of charge. Donations are welcome.

At the Bridgewater Running Club, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30.

The meeting will be held in the library lecture hall. The meeting will be free of charge. Donations are welcome.

At the Bridgewater Running Club, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30.