Karate: The Art and its Discipline

By Doug Brandt

The title of this feature article may be somewhat misleading. I feel it is extremely important to make a direct statement concerning something that has been long misunderstood. The "discipline" that is referred to in this context is that discipline by which we guide our lives—both mentally and physically. I will attempt to clarify some misconceptions regarding Karate. Most of us are aware that karate is a sport. What many tend to forget is that it is also an art—a Martial Art.

Our Western culture has forced us to judge karate within a narrow scope. Some basic ancient Eastern philosophies must be understood in order to clarify narrow perspectives concerning karate. The union of body and mind, working together as one perfect organism, lies at the core of Eastern traditions. One cannot exist without the harmony of the other. A balance between the material and body/physical is what the human being must always strive for. One's ultimate goal, happiness and "peace of mind," can be achieved through this constant persistence.

The Art and its Discipline

I will attempt to explore through limited experiences the art of karate. Impressions will be formed by taking a close look at the interpreter of the art form. Here at Alfred, Mr. Joe Liberto is our interpreter (or instructor if you will) of this widely translated Martial Art. Joe has been a student of karate for 8 years and has devoted a good portion of his life to it. He has developed and perfected his own personal interpretation through extensive study and experience. The intensity that flows throughout Joe's expression and instruction.
I'd like to take this opportunity to welcome new students, and we are happy to discuss student involvement on campus. I hope you are all looking forward to a prosperous, healthy year. The structure of the Student Senate is as follows:

- Our Formal title is the "Student Senate" which consists of an Executive Branch, consisting of the President, Vice-President, Secretary, Treasurer, and Financial Committee chairperson, and the Legislative Branch, consisting of representatives from each Residence Hall, Sorority, Fraternity and off-campus housing. Your senator is YOUR link to the Senate, as well as the Administration. Responsibilities of your Senator include:
  1) to attend ALL meetings and functions.
  2) to communicate with constituents on all Senate Activities.
  3) to participate in, or chair, assorted Senate committees.

- Major functions of the Senate are to raise and discuss issues of student concern. Propose constructive changes that will promote student well-being, as well as distribute funds and advice to other campus organizations to finance their activities. The Senate also elects and/or recommends student representatives to many University committees, conferences and meetings throughout NY state and the country.

- Within the Senate, there's a wide variety of boards, committees and activities. I'm positive there's one waiting for you! Involvement within an organization is vital to your college career. Your horizons will broaden through the many issues, discussions, and experiences you will encounter. Our next Senate meeting will be on Tuesday, September 22, at 7:00 p.m. in the Senate office (upstairs of the C.C.).

Any questions or comments are always welcomed, just drop them off in the Senate mail box at the information desk in the Campus Center. Hope to see you Tuesday!
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U.S./Canada Relations
By Lorada J. Vincent
Last year the Student Senate funded two students to attend the Washington Symposium for the study of The Presidency. As a stipulation of their funding they were required to submit a report on the symposium to the FIAT. The report is as follows.

"Independence and Interdependence in the 1980's" was the theme of the Washington Symposium for the Study of the Presidency. This theme dealt with the increasing interdependence of countries as well as how policies and crises of one country can influence the affairs of other countries. The U.S./Canada relationship was the primary focus of the symposium.

The opening address was given by E. Kenneth James, Assistant to the President for Presidential Personnel. He spoke on Leadership for the 1980's, outlining President Reagan's policies both in the areas of domestic and foreign policy. Mr. James stressed the President's intention to balance the budget and the aim of "returning the US to its rightful position of power." Following Mr. James, Mr. Edwin Meese III, Counselor to the President, gave the keynote address. He spoke on Independence and Interdependence for the 1980's. His main points were the dangerous world situation, the projected world Dependence on foreign oil, the need for strong defense, and the US/Canada relationship. During his speech he expressed the notion that Canada was not "pulling its weight" in terms of protection on the North American continent. This view raised a few questions from the Canadians present.

The symposium was concluded by a panel discussion. Here the differences between the US and Canada were pointed out. Matt is a native of Lockport, NY, a graduate of SUNY at Geneseo and holds a masters degree in education from UB. He was most recently employed as a staff advisor and housing administrator at the University of Northern Colorado at Greeley.

As Associate Dean, Mr. Dubai serves as student advisor and counselor as well as overseeing the Performing Artists and Speakers Series (PASIS) and the University Student Volunteers for Community Action Program. The Student Volunteers include the Adopt-A-Youth, Adopt-A-Grandparent, and Alfred-Almond tutorial programs.

Matt is a native of Lockport, NY, a graduate of SUNY at Geneseo and holds a masters degree in education from UB. He was most recently employed as a staff advisor and housing administrator at the University of Northern Colorado at Greeley.

Mr. Dubai issued a general challenge to "take on all comers" in racquetball, a sport in which he professed moderate ability. At present, the FT AT has no president. The committee is chaired by George G. Raymond, chairman of the Board of Trustees, and its co-ordinator is Dr. Fred Gertz of the English Department. The student body is represented by Larry Teta, President of the Student Senate.

The committee's task is to search for a qualified, available person who is willing to fill the position. To reach its objective, the committee has planned interviews in journals of higher education, and sent over one hundred letters to academic foundations, college presidents, and Alfred alumni. A number of resumes have been collected and a screening committee is beginning to interview candidates. Eventually, a small number of candidates will be invited on campus and the final selection will be made.

"The search is on schedule so far," said Dr. Gertz. If progress continues according to schedule, a president will be named by December. However, the new president probably will not take office until next summer.

Continued from pg. 1
Paul Tilloch's phrase, filled with eternal nows with as much presence as we can manage and full of the fantastic human dimensions of being... Colleagues and students of Engram remember him, as Dr. Robert Lawson says, as a man "devoted to his students." A longtime student of Engram Dave Maluchie says Engram was "highly influential in my studies of psychology and in developing my perspective toward it." Tony Pane believes the Frankfort Heights, Ill, native, was "a mentor for many students... a fine teacher."

In addition to his work as a teacher, administrator, and statesman, Engram maintained his private practice in clinical psychology in Harrisonburg. He received his bachelor's degree from Washington University, St. Louis, Mo., and his master's degree from the University of Missouri. He earned his doctorate in psychology at Cornell University in 1948.

His biography is included in Who's Who in America, and he was a member of several organizations including, The American Psychological Association, American Association for the Advancement of Science, American Association of University Professors, Pay Chi, and Alpha Pi Zeta.

Engram was active as a member and supporter of the American Humanist Association, and was a former board member of the Geneseo Valley Civil Liberties Union.

He was a veteran of World War II, serving in the Pacific theater with the U.S. Army.

Survivors include: His wife, Barbara Knapp Engram; two daughters, Dr. Pamela S. Engram of Ithaca and Melanie J. Engram, at home; one son, W. Marc Engram, at home; three sisters and two brothers; and several nieces and nephews.

Cremation was at the Finger Lakes Crematory in Livonia. Memorial contributions may be sent to the American Humanist Association, 7 Harwood Dr, Amherst, NY 14226; The American Civil Liberties Union, Genesee Valley Chapter, 429 Powers Building, Rochester, NY 14614; and Herrick Memorial Library, at Alfred University.

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New Assoc. Dean
By John Tower
As of July 1, Matt Dubai became the newest Alfred University Associate Dean for Student Affairs. Dubai is filling the vacancy left by Roger Ballou, who is now pursuing graduate studies at Purdue University.

As Associate Dean, Mr. Dubai serves as student advisor and counselor, as well as overseeing the Performing Artists and
Karate in Alfred

experiences. Joe expresses the communication of the mind in accordance with the body. This, most of all, must be acknowledged. Obviously, this appears to most students a simple philosophy to comprehend—yet most difficult to live and carry out. It takes training through a formal discipline to begin on the path toward one's own personal perfection. Surprisingly enough, Mr. Liberto expresses the fact that, to the serious student of karate this union can begin to occur naturally.

The workouts move from osteoarthritis and flexibility exercises into technique and movement. The more advanced routines partake in the Kata (putting technique into mind perspective), and then move on to sparring (controlled contact) with a partner. Throughout the vigorous workout Joe maintains a vocal monotone that stresses important points concerning body and mind. This seems to have a powerful lasting effect outside the classroom situation. It also brings about a unity among the class as a whole. The enthusiasm that is present during Mr. Liberto's instruction, adds us in realizing the common human need for unification.

Student Senate Meets

By Holly Jan Lawson

On Tuesday, September 15 at 7:00 the Student Senate commenced its 1981-82 term. There were 28 senators present, approximately nine below the number of representatives prescribed by the constitution. Typical of a first session, President Larry Teta reviewed the general operation, old business, and future plans of the Senate.

Vice-President Edin Ungar discussed the five standing committees and the need for additional members on all of them. They are: the Financial Committee, Elections Committee, Safety Committee, Good Service Committee, and Student Club Committee.

All positions on these committees are open to the students and your involvement is encouraged. Edin stressed the importance of these committees for they allow students to not only voice their complaints, but to change that which they are dissatisfied with. Any student interested in one (or several) of these committees should have their name and phone number in the Senate mailbox (at the Campus Center desk) or attend the next Senate meeting.

Joe revealed the greater euphoria that can occur. Furthermore, Joe reveals the greater efficiency of intellectual endeavors as related to creativity and overall mind process. An expansion of our positive energies takes place with high intensity through the art of karate.

There are a lot of personal benefits to be gained through karate. Too often words do a great injustice to the actual experience. One can hardly express—and most difficult things are not easily expressed, although we would like to believe they are—the importance of this art for one's personal growth. As the writer of this article can attest—it is, at least, well worth the time.

The PACE Examination gives one the opportunity to compete for a wide range of entry-level positions in Federal Government Agencies if one holds or will hold, a college degree or equivalent experience. The jobs offered are trainee positions leading to advanced-level professional, administrative, and counselling services.

The Publicity Director is responsible for publicizing all major activities of the Student Senate. A basic knowledge of the ways of Alfred University are necessary for this position.

Nominations and elections for these offices will be at the Senate meeting set for September 22. At that time all persons interested will have their nominations announced and a vote within the Senate will be taken. Any person interested can leave their name in the Senate mailbox and must attend the September 22 meeting.

Larry made one more plea to the Senators to get involved and work hard.

An understanding of bookkeeping is recommended for persons appearing for the position of treasurer, whose duties are to keep a record of all financial transactions and to be a non-voting member of the Senate. Joe also made one more plea to the Senators to involve themselves and their constituents in the standing committees. The next Senate meeting will be Tuesday, September 22 at 7:00.

All are welcome to these meetings which are held in the Senate Office on the second floor of the Campus Center.

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Poetry

By Gogdun T. Danrobe

Is there a section that says:
If you love him or those that
guide your hands, it will shine
out from within?

I think there must be, don't you?
is there a moment in time that comes when nothing can be
forgotten or lost in your mem-

I think not. Yet for some
reason it is always there, like a friend.

Is there a bottom to the need we all have to speak and rejoice together? Surely now, you can answer that! Or does
it surprise you I ask?

Are we filled with bounderies
from the day we were born?
I cannot see it any other way.

Yet mine allows the small slimy
siakes to climb in.

Do our dreams stand still await-ing us, like some dark prison
hallway?
The darkness of our eyes squint sometimes, maybe there's a
light that sneaks in.

from nothing can one describe the thoughts of another man,
a stranger?

I ask you again stranger, surely you have the answer inside you.

Can peace be found in a simple apple, that enters with tartness, tmripe?

Forget that I ask you this.

Forget that I asked you this.

Forget that I have come to
you.

With questions such as these. Remember that nothing is
answerable after the hour of
midnight. Do you agree?

How about voices that at a distance forget that you are there and still go on singing. Are you and I that
simple voice that mutters, then forgets?

Am I living these questions?
Yes until someday you stumble upon the
answer.

BEING ALONE IN THE FIELD

What had I fallen to? From the field felt higher than I, the ghosts of
its oats waving invisibly in the
purple air above me and the
height of my eye.

The sight of my eye lowered toward rising ground, the light of
my sigh sown there, the cry of
blood rising toward the spirits of wheat rustling their high ears, the
listening dew—All had
composed themselves in the
field, where the darker air had flown and alighted, and there
was no light by which I might
read the field, much less make it out through

the Book of the Fair Field, or
some such book. There was
surely no light for that. The
absorbing bare field alone lay
open like a blind eye turned
upward.

I lay flat thus against the horizon which drew in towards the
ground, as the flat night pre-

pared in all directions save for
that of height its draped, illegible
doubtful.

By John Hollander
September's visiting poet.

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NATURAL IN THE FIELD

What had I fallen to? From the
field felt higher than I, the ghosts of
its oats waving invisibly in the
purple air above me and the
height of my eye.

The sight of my eye lowered toward rising ground, the light of
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Intramural Sports
By Ed Flouton

Once again intramurals at Alfred University are in full swing and the season looks to be a promising one. There have been a few changes in the intramural program since last year. The most notable change is the addition of a $20 forfeit bond for team sports and a $3 forfeit bond for individual sports. The regulations on a forfeit are as follows:

Any team that fails to field a team within 10 minutes of the scheduled contest shall lose by forfeit. If both teams fail to show, both teams will receive a forfeit loss. The first forfeit will result in the loss of $10 of the established forfeit bond and a second loss be forfeit. A second loss be forfeit will eliminate a team from further competition in that sport

The forfeit bond is payable at the captains' meeting. For individual sports it must be paid to the Intramurals Department before the start of competition. Captains' meetings are mandatory for team sports. Any team not represented at this meeting will not be allowed to compete. The forfeit bond is due at this time. Schedules and rules will also be distributed at this meeting.

Mandatory referee clinics are being offered for anyone interested in being a referee. Ongoing sports are: tennis, flag football, indoor soccer, box lacrosse, squash, and bowling. Later this year a turkey trot, basketball, badminton, racquetball, table tennis, wrestling, volleyball, team handball, handball, inner-tube water polo, ultimate frisbee, and softball will be offered. Registration dates are available now at the Campus Center desk and at the Intramurals Office.