PORTAL
magazine

PROTEIN AND ATHLETES: do sports enthusiasts require a special diet? 2
BIOFEEDBACK: a body-awareness approach to reducing stress 3
SENSIBLE DIETING: fast diets and the value of balanced food groups 4
SILK PAJAMAS: a delivery service that brings breakfast in bed 6
JAZZERCISE: stretching those muscles and firming that flab 7
CHINESE ACROBATS: the U.S. champion of modern rhythmic gymnastics 8
DOUBLE ENERGY TWINS: a pair of Zuckers promote nutrition and fitness 10

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By JERI STUCKY
Student Health Services

It seems logical to argue that athletes require more protein because exercise involves muscles, and since muscles are made of protein, athletes should require more dietary protein.

But a nutritious, normal diet including additional calories from each food group should assure an adequate supply of essential nutrients. The primary concern of athletes should be an adequate fluid intake.

Assumptions are also made regarding high calorie intake, additional carbohydrates, supplementation of B vitamins, and mineral, water and hormone preparations. All of these arguments are based on logic which may or may not prove accurate when subject to controlled studies. Experiments on actual nutrient needs of athletes have indicated findings related to all of the above ideas.

But protein is not the preferred fuel for muscle work. Studies have found that people engaged in strenuous physical labor perform just as well on 50 grams of protein (equal to one-half pound of hamburger) a day as they do on 100 grams of protein a day. No evidence exists that additional protein confers any advantage to the athlete in terms of strength, endurance or speed. Carbohydrate is the muscle's quick source of fuel. Because an athlete's expenditure of energy differs during training and events exceeds that of the average person, additional carbohydrate intake is necessary. Some examples of good choices of carbohydrate food are potatoes, wheat bread, pasta, corn, peas, legumes, and tortillas.

When energy intake and expenditure are high, additional B vitamins are needed. Supplementation of B vitamins is not necessary, however, provided the additional energy is from nutritious foods. Some examples of good choices of B vitamin food are organ meats, whole wheat, pastas, corn, peas, legumes, and tortillas.

Weight gained from muscle is gained at a faster rate than fat is gained. "Body fat should not be eliminated at a faster rate than two pounds per week."

There is no special diet that should be eaten before or after an event. Steak or other high protein meals may boost morale, but also have a high fat content. Such a diet may cause rebound hypoglycemia (quick energy followed by low blood sugar) thus limiting performance. To avert pre-game excitement and nausea, some athletes find it helpful to liquefy or prepare a pre-game meal. One can be made in the blender using fruits, juices, and milk or by purchasing a commercial product.

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Interested in Writing?
Biofeedback Offers Alternative Method of Stress Reduction

By RUTH HOFFMAN

Do you suffer from chronic headaches, high blood pressure, epilepsy, or a stress-related disease? Ever considered biofeedback? According to Webster, biofeedback is "the technique of making unconscious, involuntary bodily processes perceptible to the senses in order to manipulate them by conscious control."

Until the 1960s these "involuntary bodily processes" were thought to be just that—involuntary—but then research done on animals proved that the forces could be taught to influence their own body functions.

Since that time the knowledge and technology surrounding biofeedback has increased considerably, and many physical processes can now be observed electronically. A biofeedback set-up consists of a recording device and a signalling mechanism. The monitor records one or more of the patient's functions such as muscle tension, blood pressure, skin temperature, or brain waves. This message is then conveyed to the patient through some form of signal—an ultrasonic wave (a tone which varies in pitch), or a digital readout.

"With instantaneous feedback and self-training, the patient learns to alter and control bodily functions."

As the patient receives the instantaneous feedback, he or she does whatever is effective in producing the desired signal. Through this self-training, the patient learns how to alter and control the previously "involuntary" bodily functions.

Dr. Sherman, a psychology professor at UCSB, said that "when people are asked what they did to lower their blood pressure or muscle tension level, the most common answer is, 'I just tried to relax.'"

In a study performed by Dr. Sherman and some associates, the success of normal college women using biofeedback to lower their own blood pressure was compared to that of women using only a simple relaxation technique. A third group just listened to soothing music.

The experiment showed that the simple relaxation and biofeedback methods were equally effective, while the music completely failed to lower blood pressure.

The expectations a patient brings to a treatment will significantly affect its success. Those who believe the procedure will work are more likely to find a treatment helpful than those who approach it skeptically. "The success of biofeedback treatment varies between individuals quite a bit," Dr. Sherman said.

If you already have experience in transcendental meditation, progressive relaxation (in which the person tenses and relaxes muscles one body part at a time), autogenic training (where the patient relaxes through suggestions given in a monotonous, soothing voice), or some other relaxation technique, you may want to stick with what you're accustomed to. Biofeedback is not necessarily a better technique, and is often less convenient and more costly.

Although people usually begin biofeedback training at the recommendation of a psychologist or medical doctor, a person may try it on their own initiative. There are three biofeedback labs listed in the Santa Barbara yellow pages alone. For those who have a serious health problem, however, it is wise to consult a health professional first so that the optimum method of treatment can be chosen, according to Dr. Sherman. Whatever technique for self-regulation people learn, they will be gaining an invaluable skill which can aid their mental as well as physical health by giving them more power over their bodies.
Fad Dieting May Induce Severe Physical Health Complications

By JERI STUCKY

Student Health Services

How many diets have you followed in your lifetime? Did some work better than others? Were you able to lose weight and maintain that weight loss? Or are you like many others who lost weight following a special diet or quick weight loss diet only to be disheartened by regaining fat tissue?

A diet you follow temporarily will at best afford only temporary weight loss. There are seemingly hundreds of these temporary diet plans commercially available, so how do you evaluate them? Although each diet has a different name and includes one or more combinations of gimmicks, only a few diet manipulations can actually enhance weight loss.

For weight loss diet to achieve its goal it must be based on fewer calories consumed during the weight loss program than on the participant’s typical free-selected diet. A fast weight loss diet will often include either too few calories to provide essential nutrients (protein, carbohydrate, fat, 13 vitamins and 15 minerals), or severe manipulation of one or more of the calorie-contributing nutrients (protein, carbohydrate or fat).

The most popular of these combinations is the low carbohydrate diet. It comes in a variety of packages such as the Air Force Diet, The “Mayo” diet, The Drinking Man’s diet, the “Calories Don’t Count” diet, the grapefruit-and-egg diet, the Atkins diet, the Ski Team diet, the Stillman’s diet and the Beverly Hill’s diet. Carbohydrates are broken down to glucose then absorbed and used as fuel by the body. The rationale behind low carbohydrate diet plans is that the body deprived of glucose will be required to metabolize fat as its fuel source. In doing this the body produces ketones, which were excreted in the urine, carrying undesired calories.

The false claim is that the loss of calories through sheer wantage is so great that a balanced and nutritious weight loss diet should be given a fair trial before any unbalanced diet is tried.

A sample of balanced weight loss diet includes: two servings (eight ounces each) from the non-fat milk group, two servings from the vegetable group, two servings from the fruit group, two servings from the bread, cereal, starch vegetable group, two (one teaspoon) servings from the fat group and six (one ounce) servings from the protein group. For further diet information contact the Student Health Center nutritionist, Jeri Stucky, at 961-3273.

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Silk Pajamas Breakfast Company Delivers Gourmet Morning Meals

The Silk Pajamas Breakfast Company, owned and operated by two former UCSB students, is an innovative new service that provides "breakfast in bed," a gourmet meal delivered direct to your home.

"People are almost always shocked," Weiger related. "We've had everything from people screaming to people thinking we were crazy, but after the initial shock wears off, people are always excited." Weiger and Coulson received the idea of breakfast deliveries from a company in San Francisco. "They (the San Francisco company) used disposable items," Weiger pointed out. "But we decided to do something with a little more class, so we decided to use china and linen."

Both Weiger and Coulson have had extensive experience in food service, for "breakfast in bed," a gourmet meal delivered direct to your home.

"Being realistic," Coulson added, "Southern France is sort of a dream. We both have experiences with Silk Pajamas and plans for expansion have already been considered. One such proposal involves serving dinners in a similar fashion. "We hope to have that (the dinner delivery service) going in about six months," Weiger estimated.

Both Weiger and Coulson are enjoying their experiences with Silk Pajamas and plans for expansion have already been considered. One such proposal involves serving dinners in a similar fashion. "We hope to have that (the dinner delivery service) going in about six months," Weiger estimated. It definitely is a learning process," concluded Coulson.

By JANE BAILIE

The idea of having food delivered to one's home or apartment is not a new one. Ever since pizza became popular as an ordered door-to-door meal, other services have developed in order to accommodate the well-established trend of bringing-year-door eats. However, this normally expedient method of delivery has now been augmented by a more formal variation.

The Silk Pajamas Breakfast Company, owned and operated by two former UCSB students, David Weiger and Tony Coulson, provides a unique and innovative food delivery service. Chantilly have the option of actually being served breakfast in bed, ranging from a relatively simple meal with pastries and coffee, to a more elaborate meal including Godiva chocolates, smoked salmon and a dozen red roses.

Weiger and Coulson, dressed in silk pajamas, will deliver the meal between the hours of 9 a.m. and noon. Then they return later during the afternoon to collect the unused portion of the breakfast.

We also cater to large groups and parties, usually brunches," Weiger explained. Established almost two years ago, the Silk Pajamas Breakfast Company has served a wide spectrum of the proximate population.

"We once had to serve breakfast on a boat," Weiger grinned. "I was a bit tricky, and we had a little trouble finding it." "One time," Coulson added, "we went to this house and a little girl of about 14 answered the door. She said, 'Oh, that must be for my parents!' But it turned out that it was her birthday and they had ordered it for her."

"People are almost always shocked," Weiger related. "We've had everything from people screaming to people thinking we were crazy, but after the initial shock wears off, people are always excited."

The Silk Pajamas Breakfast Company is "something we'd eventually like to do full time," Coulson explained. "A desire to get out on my own," was how Weiger described his motivation for establishing the company. "Right now we hope to provide a similar type of service in Boston, San Diego, San Francisco and the south of France."

You won't have to dress up to go out!" Coulson joked.

"We also offer gift certificates," Weiger said. "This way a person can buy a delivery, and the person they give it to can pick a day when they want the breakfast or brunch delivered."

By JANE BAILIE

The Silk Pajamas Breakfast Company, owned and operated by two former UCSB students, is an innovative new service that provides "breakfast in bed," a gourmet meal delivered direct to your home.

Both Weiger and Coulson are enjoying their experiences with Silk Pajamas and plans for expansion have already been considered. One such proposal involves serving dinners in a similar fashion. "We hope to have that (the dinner delivery service) going in about six months," Weiger estimated. It definitely is a learning process," concluded Coulson.
Jazzercise Combines Dance, Aerobic Exercises to Firm Flab

By LINDA BERBEROGLU

"All right, lie flat on your back, arms out to the sides, your left leg comes up, over to the right shoulder, up again, over to the left shoulder, up, flex, and down."

The familiar beat of the song "Fame" sounds throughout Room 2320 of Rob Gym as forty-one legs wearing tights in a myriad of colors, lift gracefully from the floor. It's time for an hour and a quarter of jazzercise, a form of exercise that combines jazz dance techniques with traditional yet imaginative forms of exercises, performed to the music of contemporary jazz artists.

"O.K. now, as you spread your legs apart (don't forget to point your toes), reach up through your legs with your hands - this is a great exercise for your abdominal muscles and inner thighs, but don't do this at a party!"

jokes Beth, one of the Arts and Leisure Services jazercise instructors who seems to exude limitless amounts of energy.

Sometimes I wonder why I subject myself to what can often be seventy-five minutes of relentless torture. I usually remind myself that I could be studying, which alleviates some of the pain.

The beginning and end of class are devoted to some relaxing yet invigorating stretching to prepare your body for the fun to come and a little aerobics thrown in for good measure, designed to firm, tone, and otherwise buff any and every part of the body that needs work.

After the first class of the quarter is over, everyone looks exhausted, but satisfied with themselves. A blur of pink and purple leotards and maroon leg-warmer (those weird-looking, bulky toeless socks worn bunched up at the ankles) file out of Rob Gym. When that same blur returns two days later for the second class, they don't look quite as enthused. Muscles that no one ever knew existed are sore. (How can my chin be stiff?)

Back in class again, Stevie Nicks' voice resonates throughout the dance studio as she sings her Top 40 hit, re-titled by Beth as "Stop Dragging My Thighs Around." "Lift that skinny little leg higher! Now plie deeper or we'll start all over again!"

The thing is, after it's all over and your lustrous is drenched with sweat and your hair is matted to your forehead and your knees are like jelly, you feel great. The challenge lies in surviving those fifty-five minutes of kicking, extending, pulling, pushing, lifting and arching. As the last song ends and you are reveling in the fact that you have survived yet another session, one more time you hear, "Reach your right arm way up, all the way, now higher, and reach around and pat yourself on the back - you worked hard tonight. I'll see you on Wednesday - and don't go home and eat pizza!"
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BY LAURIE PUTNAM

Sports acrobatics has only just begun to carve a niche of recognition in the world of athletics. But thatoubled has finally been secured, and acrobats all over the world are developing incredible skills and earning well-deserved prominence in their field.

So proved 15 young Chinese acrobats at the USCF Events Center recently. Setting foot on American soil for the first time this November, the troupe performed in a two-week exhibition tour of the West Coast. The performance at USCF featured "the finest (group) of sports acrobats ever assembled on one team," according to Dr. Joe Shabacker, president of the United States Acrobatics Federation (USAAF), which sponsored the Friendship Tour.

The performance of world-class acrobats from the People's Republic of China was augmented by the special appearances of several of America's leading acrobats and exclusive exhibitions by Sue Soile, U.S. champion in modern rhythmic gymnastics, and young members of Goleta's L.T.D.-Gymnastics Club.

The awe-inspiring strength, balance, agility and grace of the amateur performers, ranging in age from 14 to 27 years, commanded the attention and respect of a cheering crowd of nearly 5,000 - the largest ever to occupy the campus facility for an athletic event.

The roots of sports acrobatics run deep in the history of China, though the nation joined international competition in the seven events only four years ago. Gradually, two facets of acrobatics emerged - amateur and circus-oriented - and through the 20th century the ancient sport enjoyed rapid growth in progressively more difficult and innovative events.

The U.S.R.S. has dominated world competition since 1929, but only two months ago the Chinese defeated the Soviet team in the World Cup Acrobatic Championships in Switzerland, winning medals in all but one category. Of the nine world champions exhibited the phenomenal strength and beauty of their competitive routines in the recent series of American exhibitions, performing at USCF on Nov. 23.

"They say 'We have come here to learn from you,'" said Sam Bailie, tour director representing the USAAF, "but practically speaking we're six or seven years behind in this sport. They're going to do us, a lot more help just by the stimulation of the people's generation of interest and encouragement the growth and development of sports acrobatics, which is relatively new to the United States.

Since tumbling several of the officialios with gymnastics in the late 1920s, sports acrobatics began to develop in the U.S. Basic acrobatic elements have long enhanced such sports as diving, trampOLine and ice skating, but the sport is finally beginning to come into its own.

Today, the realm of acrobatics encompasses seven different events: men's and women's tumbling, men's and mixed pairs, men's trio and men's quartet. Each group event is performed on a 40-by-60 foot mat area similar to a gymnastic floor exercise mat. Individual events require the efforts of a delegated in certain sports acrobatic routines must include certain requirements, and while having returned home, the former somewhat free to demonstrate according to elements of construction, difficulty, coordination, elegance, rhythm and expression.

Twenty countries currently participate in international competition under the auspices of the International Acrobatic Federation (ISAF). Acrobats are judged on a ten point scale, again the same as gymnastics.

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Twenty countries currently participate in international competition under the auspices of the International Acrobatic Federation (ISAF). Acrobats are judged on a ten point scale, again the same as gymnastics.
A near-capacity audience sat enthralled as the show progressed with dual performances by each of the duos, trios and quartets, demonstrating the strength and beauty of their competitive routines to a variety of musical accompaniments.

Men's and women's routines were distinguished by characteristically masculine and feminine music and movement, while each athlete demonstrated the creative spirit and athletic maturity of well developed form, poise, steadiness, and finely tuned coordination with other partners in dancing, balancing and semisupporting.

Each event was presented individually.

The men's pair demonstrated ultimate strength and control in one-armed handstands and other balance maneuvers, including the famous stance with Lu Bing extended in a one-armed handstand on his partner's head, while his partner supported both men in a prone position solely by the use of his hands.

The women executed their acrobatics with flexibility and poise. Liang Meilan新娘ing the lighter Li Xiaoyun between her legs to a perfectly balanced handstand high atop her partner. They flirted with the audience, incorporating dance and drama into their interpretation of the musical score.

The mixed pair utilized the contrast of male strength and female flexibility to interpret the musical score. Tumbling was another continuous spectacle, an impressive display begun by the group and completed by two national champions. Yan Weixia and Zhang Guosheng grabbed the spotlight along the 6-foot platform mat with the extension, power and amplitude of their tumbling. Guosheng's triple twisting double back inspired a roar of audience approval; the trick was accomplished with full extension, pointed toes and firm landing.

Of the American performers, champion women's pair Gail and Pam Isaacson and mixed pair Marie Hickman and Sonny Brown, all of the New Orleans Acrobatic Team, captured the audience with their colorful leotards, high spirits and stylish acrobatics. But the performances failed to compare with the Chinese high degree of mastery in acrobatic difficulty, originality and execution.

Sue Steff, U.S. champion in modern rhythmic gymnastics, offered a fresh alternative with her hoop and ribbon routines. Her flexibility, tumbling skills and fluidity of motion were enhanced by the intricate trail of a swirling ribbon or the skillfully controlled path of her hoop.

And when Johnson claims "the Chinese perform the ideal body positions most of us can relate to only in concept," one tends to believe it.

"The Chinese perform the ideal body positions most of us can relate to only in concept."
Sue Soffe Leads U.S. in Modern Rhythmic Gymnastics

By LAURIE PUTNAM

Modem Rhythmic Gymnastics (MRG) will become an Olympic sport for the first time in the 1984 Los Angeles Olympics, and 21 year-old Sue Soffe hopes to be there — in the winner’s circle.

Soffe is a six-year veteran of MRG, and six-time national champion. Fresh from the world championships in West Germany, the young athlete made a special appearance at the exhibition of Chinese acrobats in UCSB’s Events Center recently, performing her competition hoop routine and an exhibition ribbon routine. (“I use orchestra music with this routine...only piano is allowed in competition.”) Before a near-capacity crowd, Soffe demonstrated an athlete’s routine... only piano is performed. (“I use orchestra music with this routine...only piano is allowed in competition.”) Before a near-capacity crowd, Soffe demonstrated an athlete’s routine... only piano is allowed in competition.

Modern rhythmic gymnastics is a relatively new sport in the United States, but is quickly gaining recognition and a host of talented performers. With its emphasis on dance and incorporation of additional physical elements, MRG has added a whole new dimension to the sport of gymnastics. Who’d have believed a set of clubs or a length of rope could be manipulated with such grace and skill? Soffe discovered the merits of rhythmic after four years of conventional gymnastics, when an injured ankle and an encouraging Russian coach turned her attention toward MRG. Quickly progressing to her national status, she is today considered the “new hope” in U.S. athletics.

“I was building up a muscular body in regular gymnastics,” explained Soffe. “Rhythmic is such a more feminine sport — it’s for women only. It lets you develop the grace and beauty of gymnastics, but your body doesn’t take the same pounding.”

MRG begins with the basic elements of a floor exercise routine and adds a different prop for each of the five events — hoop, clubs, ribbon, rope, and ball. The result is an intricate orchestration of dance and tumbling, with the additional element integrated into the routine as though a natural extension of the performer. Routines include more dance movements and fewer difficult tumbling maneuvers than standard gymnastics: vertical handstands and aerial flips are not allowed. All five events are performed on a standard 40 by 40 foot floor exercise mat. Though extremely popular in Russia and Eastern European countries, according to Soffe, MRG is still caught in its embryonic stages in the United States. “It’s catching on here,” she said. “I definitely think it will be the number one sport (1984) Olympics.”

A native of Agoura, California, Soffe is currently training under coach Iana Voglaar seven days a week, “at least three hours a day.” Special clinics or camps may stretch workout time to an exhausting eight-hour day, and international competition carries her around the world; to date she has participated in three world championship meets, held every other year in varying nations.

“I enjoy traveling,” explained Soffe. “Though it’s not as glamorous as it sounds. You go from the hotel to the gym and back...but it’s a good experience; I’m lucky to have had the chance, and I’ve learned a lot through traveling.”

Together Soffe and Voglaar have formed the Academy of Modern Rhythmic Gymnastics, in an effort to generate interest in the sport and provide adequate training grounds for interested young women. For many years Soffe has been an active supporter of both MRG and women’s sports, performing numerous exhibitions and conducting clinics in her efforts to promote fitness.

Her coaching career already begun, Soffe has her eye on the 1984 Olympics, and eventually a dedication to the world of sports may lead her to the sphere of sports commentary.

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By SANDRA THOMAS
Judi and Shari Zucker are special in several ways. They're twins, they're vegetarian, and while their junior Ergonomics majors were at UCSB, they have already written two natural foods cookbooks. Their first book, How To Survive Snack Attacks, naturally, has sold over 35,000 copies in the two years it has been on the market. Their second book, How To Eat Without Meat Naturally, was chosen after two months as Book of the Month for Nutri-Distributing's Fall Preview of Books. Both volumes are presently available at the V.C. Bookstore.

Dubbed for publicity's sake as "The Double-Energy Twins," the Zuckers truly seem to expend twice as much energy as the average student. Living a dual existence as students and as authors promoting their books, they have appeared on the John Davidson Show, traveled about California for radio and newspaper interviews and autographed several hundred copies of their books at conventions around the country, using their books to both finance their studies and pave their way into the world of nutritional education.

"It all started when we were in the eighth grade and had a teacher who was a vegetarian," the Zuckers explained, Shari starting the idea, with Judi finishing it and vice versa. "It influenced us to become vegetarians and we thought it was a good idea."

"Plus we really despised our mom's cooking. Burnt toast, eggshell omelettes, things like that," Judi added.

"Even then we were more like 'junkattarians,' eating Big Macs without the meat and junk like that. In high school we started going out for sports like cross country and track. We started losing weight and getting more in tune with our bodies, and we realized we wanted to do more than just exercise for good health; we wanted to eat well, too."

"Our mother said, 'Okay, naturally, has sold over 15,000 copies in the two years it has been on the market. Their second book, How To Eat Without Meat Naturally, was chosen after two months as Book of the Month for Nutri-Distributing's Fall Preview of Books. Both volumes are presently available at the V.C. Bookstore.

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"Our mother said, 'Okay,
Zuckers Promote Fittness

(Continued from page 1B)

so much fun. Having a constant companion is very, very important. This goes, 'security in numbers.' We take advantage of what we are because you have to get it out. 'They'll listen to you.'

The cookbooks contain several photos of the twins, usually in "cuten" poses with words like "baby," and "kids." The Zuckers' sense of humor is evident in the captions. Using puns and word-play is very nice. Like the saying "to survive - natural?

SOME FACTS ABOUT THE HOLIDAY CLOSURE

1. Except for continuing services which are critical to campus operations, UCSB will be officially closed from December 28-30, 1981. This closure, when combined with four days of paid holidays for Christmas and four days of paid holidays for New Year's, results in an eleven-day shutdown period.

2. Staff personnel, management personnel and 11-month academic appointees will use vacation time, anticipated vacation time or leave without pay during the closure. There will be no overtime pay for those who work during the closure, which are exempted from the closure so that this philosophy prevails.

3. Staff personnel who elect to take leave without pay for the three-day closure will be on temporary layoff during that period with no interruption in University benefits. Staff personnel who are employed half-time exactly, if they choose to use leave without pay during the closure, will have worked less than half-time during the month of December and will, therefore, suffer interruption in University benefits. For this reason, persons so employed should be encouraged to use vacation time or anticipated vacation time during the closure.

4. Casual staff are affected by the closure in the same manner as career staff, except for those casual employees who work less than half-time. Such employees' situations should be handled on an individual basis by the Department.

5. Very few employees who wish to have the time off during the Christmas closure should be required to work. Supervisors and managers should adjust work load and responsibilities in those units which are exempted from the closure so that this philosophy prevails. Effort should be made to accommodate to the extent possible those employees who have formally expressed a desire not to work during the closure.  

6. There will be no overtime pay for those who work during the closure, since the three days are not paid holidays.

7. It is the responsibility of the Department Head to communicate clearly Department practices applicable to the closure so that misunderstanding and confusion are minimized. Matters of personnel policy should be cleared with Assistant Vice Chancellor Cameron.

8. Police will maintain staffing adequate to insure property security and personal safety and protection throughout the campus.
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