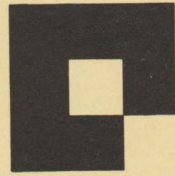


NEWS & EVENTS



February 16--22, 1973

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Rochester Institute of Technology

Science Prof Swims 1,000 Miles

Now that he's swum 1,000 miles in the RIT swimming pool in four years, Dr. Raymond Sowinski of the College of Science is aiming for another 1,000 in 3½ years.

The 1,000 mark was crossed Feb. 7, the day before Dr. Sowinski's 49th birthday. It officially took four years, one month and one week.

The associate professor of biochemistry swims the freestyle crawl an average of 60 laps, or 6/7 of a mile, each day, usually during the noon hour. He aims for 20 to 25 miles a month.

The challenge of a numerical goal seems to motivate Dr. Sowinski more than the health and exercise benefits.

Among the statistics he keeps are best year, 1971, 320 miles; best month, July 1971, 37 miles; best period, 3.3 miles (230 laps) in 2½ hours; most miles in one day, five; best time, 40 minutes to swim one mile (70 laps).

Competition is also an important motivating factor. Dr. Sowinski started the daily swimming as a contest with his wife, Ursula, who has since switched to yoga. He swam the 230 laps after Dr. Robert Desmond, chairman of the department of mechanical engineering in the College of Engineering, told him he once swam 216 laps in one period.

He's always been athletic, Dr. Sowinski says, although the swimming has bettered his physical condition. He has lost 20 pounds without cutting calories, hasn't had a cold in four years and has fewer backaches.

"It also keeps me alert and improves my memory," he claims.

Building up to a mile in one period was a slow process, the professor admits. He says he could swim only a couple of laps



Dr. Raymond Sowinski shortly before he crossed the 1,000 mile mark in RIT pool last week.

the first day, then built up to 10, 20, 50 and finally 70.

"After I did the mile, I thought I'd never be able to do another," he laughs. "It was really a struggle at the beginning."

Student Engineers Hold Raffle For Charity

Three student engineering societies are raising money for the Muscular Dystrophy Association, Rochester-Finger Lakes Area Chapter.

Anyone who gives a donation to the members of the society at their table in in the lobby of the College-Alumni Union Monday or Tuesday will get a ticket entitling them to a chance at winning a "bottle of booze."

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LITHOGRAPHY DEMONSTRATION--Bruce Porter, on the faculty of the College of Fine and Applied Arts but currently working on a fellowship at the Tamarind Lithography Workshop in New Mexico, recently came to RIT to demonstrate techniques of Stone lithography to art students.

Raffle, cont'd.

The bottle of booze will be raffled off at 3 p.m. Tuesday in the Union lobby.

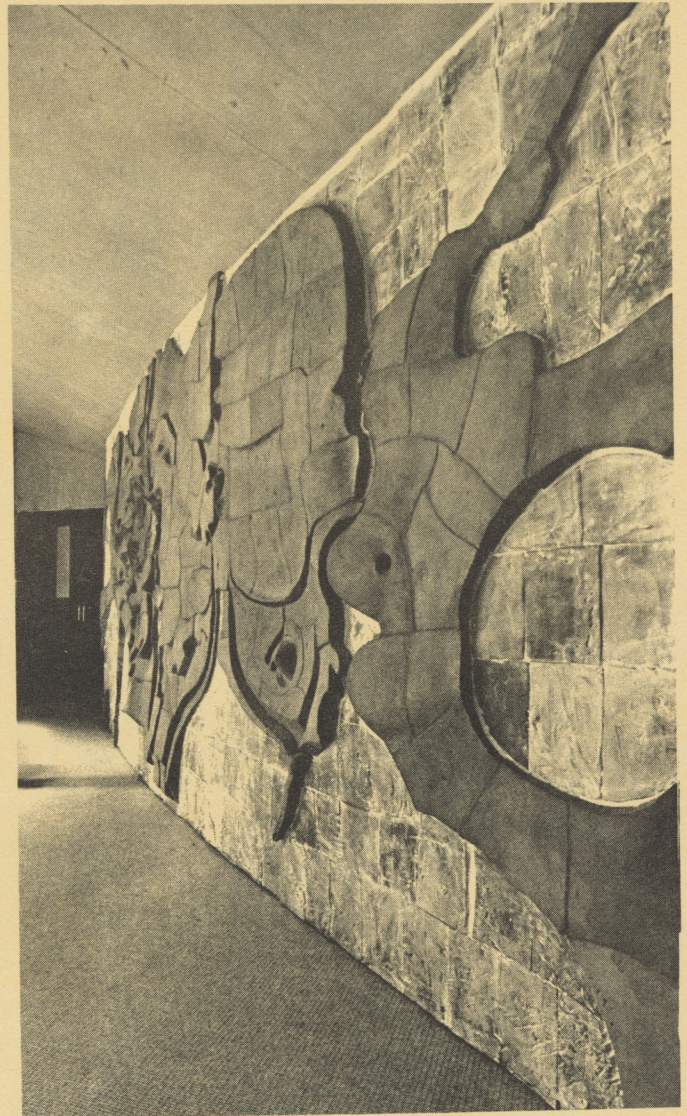
The participating societies are the Institute of Electrical and Electronics Engineers, Inc., American Society Mechanical Engineers and Society of Manufacturing Engineers.

The table will be manned between 9 a.m. and 3 p.m. Monday and Tuesday. On Monday morning, Andrea Levy, 11, the Rochester Poster Child, will be there.

Graphics Lecture Wednesday

Professor Gordon Salchow, head of the Department of Graphic Design at the University of Cincinnati, will be a visiting lecturer at RIT Feb. 21.

Mr. Salchow will speak to the students and faculty of the Department of Communication Design, College of Fine and Applied Arts, on the subject of Visual Aesthetics, and the Graphic Design program at the University of Cincinnati.



"Allegory of a Landscape," a 25' by 10' clay mural commissioned of former Fine and Applied Arts Professor Frans Wildenhain, is now on display in its permanent position in the lobby of Ingle auditorium. The mural, composed of more than 6,000 pounds of clay, was constructed at the Metropolitan Center, then cut in pieces and brought to the Henrietta campus to be fired and reconstructed on the wall. Wildenhain, who was with the College of Fine and Applied Art for 20 years before he retired in 1970, has done murals in many other buildings around the country.

A slide presentation of student work from the University of Cincinnati will take place at 2 p.m. in Booth Auditorium, located in the College of Fine and Applied Arts and is open to all who are interested.

Fuller: BeanBag Training Pays

If you should happen to pass one of the weight rooms at RIT and see someone hurling a bean bag, don't think an RIT student or faculty member has "flipped."

It's 25-year-old Lynn Fuller, an assistant professor in the College of Continuing Education, training for another track season and his specialty, the javelin throw.

For Fuller, the bean bags are only a part of a continuous training program which he hopes someday will place him on the United States traveling track squad.

During the season the Scotia, N.Y., native trains by throwing the javelin and bean bags, plus running and weight lifting. Fuller says too much javelin throwing can injure the arm. The bean bags help to keep the arm in shape. In the off season, he concentrates on tossing his homemade bean bags an average of 400 times per week.

The 1970 graduate of RIT competes in spring and summer invitational meets plus local AAU competition. He chose teaching at RIT over industry for this permits continued competition.

Learning to throw the javelin began in college for Fuller. At Glenville High School in Scotia he competed in discus and shot put events. As a freshman at RIT, he set shot put and javelin records during the indoor and outdoor seasons. At the time his school record in the javelin was 157 feet.

His sophomore year he began concentrating on the javelin and was unbeaten.

His best throw was 183 feet. That summer he started seeing "200-plus" throwers in AAU competition and responded with a top throw of 194 feet.

In his junior year he threw over 210 feet and missed All-American by three inches. He finished seventh in the College Division Championships that season.

Competing in invitationals his senior year, the 6-0, 210-pounder finished regularly in the top six. Meets included the Ohio, Penn, Quantico and Queens-Iona Relays. He won the NCAA Eastern Regionals with a throw of 212'4".

That year he was not to be denied a berth on the All-American squad, finishing third in the nationals (221'9").

His former RIT coach Pete Todd calls Fuller a self-made man. "Everything he has learned about the Javelin he has taught himself through practice and extensive reading," states Todd.

Fuller's biggest thrill came in 1972 when he won the Florida Relays (224'4"). Top javelin throwers from the East competed in the event. His best throw yet came in the Quantico Relays last year where he threw 229'11".

Fuller's immediate goal is to "compete against myself and see how good I can get."

He and his wife, Oksana, a 1970 RIT graduate, reside at 335 Pardee Road, Irondequoit. Fuller is the son of Mr. and Mrs. Fenton Fuller, Pine Meadow Park, Amsterdam.

EXHIBITS

WALLACE MEMORIAL GALLERY: Photographs by Herman Goustin, through March 6

MASTER OF FINE ARTS CENTER: Exhibition of work by graduate students in the Photo School, through February 28. (Room 3030, Gannett Bldg.)

NEWS AND NEWSMAKERS

"Violence and Technology," an article by Dr. John Humphries, associate dean in the College of General Studies, was published in the January issue of "Perspective," the Journal of General and Liberal Studies at Western Michigan University....Andrew J. DuBrin, associate professor, School of Business Administration, will attend a meeting of the Top Management Club of York, Pennsylvania, to present a talk entitled "Improving Employee Performance Through Coaching."....RIT Trustee Thomas H. Judson has been elected president of the Rochester Public Library system, and General Studies Professor Ms. Evelyn Brandon has been elected a trustee....

EVENTS

FRIDAY, FEBRUARY 16

TALISMAN FILM FESTIVAL: "The Garden of the Finzi-Continis," the enigmatic study of an upper-class Jewish family in Italy during the rise of the fascist regime, 7:30 and 10 p.m., Ingle Aud.

BASKETBALL: RIT at RPI, Junior Varsity at 6 p.m., Varsity at 8 p.m.

SATURDAY, FEBRUARY 17

AMBASSADOR COLLEGE: The Assembly of God, 2 to 5, Booth Aud.

PROFESSIONAL ENGINEERS MEETING: Dinner and speaker, 6:30 p.m. to closing, Multi-Purpose Room.

TALISMAN FILM FESTIVAL: "The Andromeda Strain," A United States orbital satellite crash-lands near a desert town, destroying the town and all but two people who approach it. A team of scientists must isolate the deadly organisms and, in a race against the clock, find out why the two who survived did so, 7:30 and 10 p.m., Ingle Aud.

SWIMMING: RIT at St. Bonaventure, 2 p.m.

WRESTLING: ICAC Championships at RIT, 1 p.m.

SUNDAY, FEBRUARY 18

TALISMAN FILM FESTIVAL: "Casablanca," In his most famous role, Humphrey Bogart portrays Rick, the owner of the Casablanca cafe during World War II, 7:30 and 10 p.m., Ingle Aud.

HOCKEY: Brockport at RIT, 8:15 p.m.

MONDAY FEBRUARY 19

ENGINEERING DEPARTMENT LECTURE: "Has Contemporary Man traded an Eye for an Ear," with Dr. Harley Parker, Kern professor of Communications, 4:30 p.m., Engineering Bldg., Room 2129

TUESDAY, FEBRUARY 20

BASKETBALL: RIT at Geneseo, Junior Varsity at 6:15 p.m., Varsity at 8 p.m.

"FUTURE" FILM FESTIVAL: "Physicist: Playing Dice with the Universe," In the remainder of this century, physicists will be experimenting with ideas few people can imagine. Freeman Dyson, who holds Einstein's chair at Princeton University, discusses concepts of physics which may forever change the shape of man's future, 1 p.m. and 8 p.m., Room A-205, College of General Studies

GENESEO VALLEY KENNEL CLUB: Monthly meeting, 8:30 p.m. to 11 p.m., College Union Conference Room

WEDNESDAY, FEBRUARY 21

SWIMMING: RIT at Niagara University, 7 p.m.

HOCKEY: Ithaca at RIT, 8:15 p.m.

SOCIETY OF PHOTOGRAPHIC SCIENTISTS AND ENGINEERS: Meeting, 7 to 10 p.m., Room 1250, College of Science

CONTINUING EDUCATION DIRECTORS OF MONROE COUNTY: Luncheon Meeting, noon to 3 p.m., Alumni Room

PHYSICS COLLOQUIUM: "Copernicus and the Scientific Revolution," with Dr. V.V. Raman of Physics Department, 3:15 p.m., College of Science, Room 3178

THURSDAY, FEBRUARY 22

CHEMISTRY SEMINAR: "Patents and the Chemist," with Mr. R. C. Najjar, International Patent Specialist, Patent Department, 4 p.m., Room 2178, College of Science

JUNIOR VARSITY BASKETBALL: Rochester at RIT, 4 p.m.

FREE UNIVERSITY: Lecture, "Yoga Philosophy and Practice," with Acharya Jitendrajii, of the Ananda Marga Yoga Society, 7 p.m., General Studies Room A-205

The next edition of News and Events will cover the period of February 23 through March 1.

Deadline for material for that issue is Monday, February 19. Send material to News and Events

c/o Communications Services, or call 2337.