



## Summer happens at Southampton!

What a way to learn! Located in one of the country's best-known summer fun areas, Southampton College is surrounded by magnificent beaches, yachting and sailing centers, golf courses, art colonies, theatre activities and more and more!

Accredited undergraduate courses in Humanities, Science, Social Science, Business Administration, Marine Science, and Education, plus limited graduate offerings, during two 5-week sessions: June 23-July 25; July 28-August 29. Courses are open to visiting students who are in good standing at their own college.

Three, four and five-week workshops in sculpture, music, painting, drama and films. Concerts and lectures will be given by resident musicians and visiting experts.

Dormitory accommodations are available for students in academic courses and workshops.

For further information, mail coupon today.

Director of the Summer Program,  
**SOUTHAMPTON COLLEGE**  
 LONG ISLAND UNIVERSITY  
 Southampton, N.Y. 11968 • (516) AT 3-4000

Please send me Summer Program bulletin.  
 I am interested in  1st session  2nd session

I attend \_\_\_\_\_ College \_\_\_\_\_ Year \_\_\_\_\_ Major \_\_\_\_\_  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Dear Barbara,

Please help! Your successor is going up in smoke.

Love,  
 Mark

*Why does a perfect size 7 look perfect only 21 days every month?*



It has nothing to do with calories. It's a special female weight gain... caused by temporary water-weight build-up. Oh, you know... that uncomfortable full feeling that sneaks up on you the week before your menstrual period. This fluid retention not only plays havoc with your looks but how you feel as well. (It puts pressure on delicate nerves and tissues, which can lead to pre-menstrual cramps and headaches, leaves emotions on edge.)

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