

The Glenville Mercury

Number 14

Glenville State College, Glenville, West Virginia

Wednesday, December 1, 1982

New Policy Formed

Dean Peterson has announced that prior to admission to the professional semester all students in Teacher Education will satisfactorily complete a proficiency examination in each area of specialization. These examinations are developed by a three member examining committee in the Division offering the specializations and must be approved by the Teacher Education Committee. The examinations contain materials and information the student is expected to gain during the first three years of the college program. These examinations reflect the information and skills needed in the public school classroom, and they are related to the expected learner outcomes and essential competencies of the public school classroom as well as program standards contained in "Standards for the Approval of Teacher Education Programs in West Virginia."

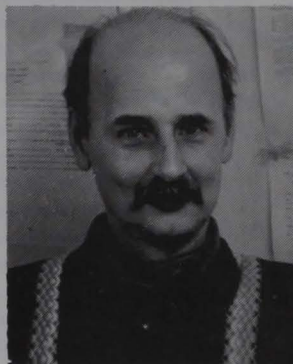
If a student does not successfully complete the proficiency examination, a plan of remediation will be prepared by the student's academic advisor and the examining com-

mittee of the Division in which the examination was taken. Remediation will be demonstrated by successfully completing the proficiency examination.

Students will not be allowed to enroll in the professional semester until they have passed the proficiency examination in each area of specialization for which they intend to be certified. If a student adds a field of specialization subsequent to the professional semester, that student must successfully complete the proficiency examination prior to applying for a certificate.

This policy will become effective for all students who enter Glenville State College for the first time after July 1, 1982.

The examinations which may be written, oral, or both, will be prepared for all programs and field tested no later than December, 1982. Even though no student currently enrolled in GSC will be denied admission to the professional semester on the basis of this examination, all students who enter the professional semester after January 1, 1983, will have taken a proficiency examination in all areas of specialization.



Bill Roberts is the newly appointed Director of the GSC Parkersburg Center.

Pre-registration Now In Process

Pre-registration for the 1983 spring semester is this week. Pre-registration ends this Friday, December 3. If a student misses this pre-registration period, regular registration will begin January 11, 1983.

Persons pre-registering will receive an invoice in the mail stating the amount owed to the college for the spring semester. The amount should be paid by January 4, 1983. Pre-registered students who do not pay their fees by January 4, 1983 must bring their invoice to the campus on January 11, 1983 and follow the same payment procedure as those who registered during regular registration.

Pre-registration and regular registration begin at 8:30 a.m. and end at 3:30 p.m. on their respective days. Students are urged to get their registration cards signed by their advisors and report to the basement of the Administration Building to complete the registration procedure.

Roberts Selected Director

Mr. Bill Roberts, chairman of Glenville State College's social work department, has recently been appointed as the Director of the Glenville State College Parkersburg Center. Mr. Roberts is replacing Dr. Palmoneada Brown who has been named as GSC's Dean of Teacher Education.

Mr. Roberts, who is in his seventh year of teaching at GSC, will still be teaching classes on both campuses and will retain his position as chairman of the social work department. He

stated that he expected no radical changes in either program and believes that the move will be beneficial in his being more accessible to students of both campuses.

Roberts came to Glenville to teach in 1976. He has a Master's Degree in Social Work from Smith College School for Social Work earned in 1971. Mr. Roberts and wife Ethel who is a recent 1982 graduate of GSC and children reside in Glenville at the present time.

Auditions Scheduled

Mrs. Linda McKown is currently making plans for the 1983 spring musical. The choice for this year's extravaganza is the hit, HELLO DOLLY. The script calls for eight men and six women with major speaking roles. The number of singers and dancers is up to Mrs. McKown. Anywhere from six to twelve men and an equal number of women can be used.

At least 10 male dancers are needed for the cast. The "Hello Dolly" song from the show is performed by Dolly and a restaurant full of waiters. An exciting aspect of working on the musical this year is the Arts and Humanities Grant which will provide a two-week residency by Newton Cole, director of West Virginia Dance Theatre in

Charleston. Mr. Cole will choreograph the show and then be on campus two weeks to train the dancers. Mr. Cole emphasizes NO PRIOR EXPERIENCE as a dancer is necessary. He is looking forward to working with the "raw talent" at Glenville. This is our chance to work with a professional dancer who will make us look like professional dancers.

Auditions are scheduled for Tuesday and Wednesday, December 14 and 15. One script is available. More information concerning plot and characters will appear in next week's MERCURY. Questions concerning the show should be directed to Mrs. McKown in the Language Division.

Organization Pictures Changed

All organizations must make an appointment to have their group yearbook picture taken on Dec. 7, 8 and 9 in the Verona Maple Room. Appointments will be taken from 6 p.m. to 9 p.m. on Tuesday and Wednesday, and from 5 p.m. to 7 p.m. on Thursday. All organizations MUST have group picture taken at this time, or no picture will appear in the yearbook.

Other changes made in this year's organization section of the yearbook include: no color photos will be accepted by the yearbook staff, all candid photos of the groups must be in black and white. If a photographer is needed, the organization may contact a Mercury or Yearbook photographer. Big Brother pictures must be

included on that organization's pages, one page will be given to each organization, each additional page will cost \$30. Auxiliaries will be considered an organization. (cont. to pg. 4)



Mr. Scott prepares for his upcoming pottery display at the WV Cultural Center.

Band Prepares For Dec. 6 Concert

On December 6, at 8:00 p.m. in the auditorium of Glenville State College, the Jazz Band will make its first public appearance. The group is under the direction of faculty member, Mr. Thomas Heintzelman. The musicians from various

backgrounds will come together to play a variety of music from the pop and jazz idiom. Some tunes that will be included in the program are: "Sing, Sing, Sing," as recorded by Benny Goodman; "Children

(cont. to pg. 4)



Mayor David Gillespie signs a proclamation declaring Free Enterprise Week for Phi Beta Lambda. The proclamation can be viewed in the glass showcase in the Administration Building.



Student Support Needed

On December 7, 1982 the Pioneers and Lady Pioneers will display before a home crowd their abilities and specialties involving the winter sport of basketball. If you haven't watched a basketball game in the Pioneer gymnasium, now is your opportunity to partake of this sporting event.

The Lady Pioneers will start the evening with the tip off time at 5:15 p.m. Senior captains Pam Minigh and Judy Niday will lead the women's team this season, hopefully to a state championship. Tuesday evening will allow the Ladies an opportunity to showcase their talents before a supporting home crowd.

At 7:30 the Pioneers will take on Golden Bears of West Virginia Tech who were District 28 champions of the NAIA last year. The game shall prove to provide excitement for the basketball fan. Returning lettermen Randy Anderson, Scott Ludwig, Rich Moore and Clay Young could and possibly will dazzle the crowd with their ball-handling abilities.

Tuesday night should offer the students of GSC a chance to become more aware of the sports activities which are a part of the winter scene at GSC. Come on and be a part of GSC and enjoy what the Physical Education building can offer.

Betty Wells
Editor

Letters To The Editor . . .

Before I get so busy that I do not come out of the auditorium again for another two months, I wish to thank you for the amount of space that was given to the Theatre Department during our recent production of BAREFOOT IN THE PARK. I appreciate your patience with my/our sporadic bursts of publicity.

I don't believe I have ever sent a story or a picture that did not get printed. For that, I thank you. The front page coverage is also greatly appreciated.

I cannot promise to improve what I do, but I hope you continue to tolerate theatre idiosyncracies.

Sincerely,
Linda McKown
Instructor in Speech

Do you remember the Cinderella Story? I certainly do and find myself reminded of it often here at GSC. I am the unwanted step-child. I am an Elementary Education Major. I will be certified to teach all subjects in Grades 1-6, therefore, I am taking a wide variety of classes. I am also everyone's step-child. I must take PE, Music, Art, and Science Classes. These are my poorest subject areas. Yet, who gets the aide in these subjects? Why the course majors, naturally. I can't go into the music room and practice my lesson plan because the Music Majors are in there practicing for a concert, a final, or a recital. I have trouble finding the time to become familiar with the various types of physical education equipment because the PE Majors or the various Athletic Teams are using the facilities. In Art Classes, my poor creations were usually compared with those of the Art Majors, who somehow were always working on something similar to what I was doing. Science and Math weren't too bad, I could always take the courses I flunked over the next semester, if I couldn't find a Math Major to translate for me what the instructor was saying.

Ahh, but such is life, and I'll soon have it all behind me, if I get C's from Mr. McKown, Mr. Milliken, and Mrs. Chico.

The Poor Step-Child, Unloved & Unwanted,
Paul C. Scott, Jr.

Organizational News

Tau Kappa Epsilon

The fraters of Iota-Omega chapter of Tau Kappa Epsilon would like to welcome ten new fraters into the bond of fraternal brotherhood. These men who have successfully completed the associate member program are: Brad Riffle, Kenny Osborne, Jeff Chapman, Rodney Somerville, Jim Hume, Wayne Huffman, Joe Huxley, Eddie Mazzella, Scot Burdette and Kenny Milhone. Congratulations fellows and good luck as fraters of Tau Kappa Epsilon.

After a well deserved vacation, we will be real busy up until Christmas. A dance in the ballroom featuring the crazy antics of an air-band contest is scheduled for Dec. 2. Refreshments and prizes will be provided for a \$2 admission fee.

Finally, a reminder to all fraters and OD's to get reservations in for the Red Carnation Ball by Dec. 12.

Phi Beta Lambda

We would like to welcome everyone back to school. Hopefully, everyone had a good break.

Our thanks go out to Mr. Earl Bennett for speaking at our last meeting on the subject of computer technology.

Our next regularly scheduled meeting will be this Thurs., Dec. 2nd in Room 101AB at 4:00 p.m. Please remember to turn in your kit-n-kaboodle kits at this meeting. Also, we would like for everyone to pay Lisa for their composite pictures as soon as possible.

We will hold a formal reception for all members in the Vandalia

room on Dec. 8th at 7:00 p.m. All members are urged to attend.

Theta Xi

The Kappa Eta Chapter of Theta Xi held its weekly meeting at the Theta Xi house Sunday at 9:30. Plans for the 50-50 raffle were discussed. Everybody is to sell \$5.00 worth of tickets. Brothers are also reminded to bring their toys for the Christmas Party sponsored by our pledge class. We would also like to congratulate our house mother, Este Reed, for preparing an excellent Thanksgiving meal on November 17. Also congratulations to Brother Andy Marchal for being named second team all-conference nose guard. We would also like to congratulate the basketball team for playing a fine tournament over break.

Student Congress News

The Student Congress of GSC held a meeting on November 18, Thursday, at 4:00. Roll call was taken and the minutes were read from last week meeting. Old business was discussed first. A discussion was held by the Congress members on the petition submitted by three Chinese students wishing to be recognized as an organization. As it stands now, these students are a member of the Cultural Exchange Program, previously known as the International Students Club. Members discussed the pro's and con's of allowing these students to become an organization. The petition was opposed by the members due to the fact that if these students do not return to school the club would contain only affiliate members and it could also possibly be responsible for other students in groups of three to want recognition as organizations. However, the Student Congress agreed to work for compatibility between the groups and a suggestion was made for the organization (Cultural Exchange Program) to get in contact with other schools.

The Student Congress agreed to sell spirit caps at the first home basketball game on Dec. 7. They also agreed to ask GSC food director, Joe Drahnak to attend the next meeting to discuss the cafeteria food.

New business was discussed next. The dark places on campus at night were discussed and the Congress agreed to write a recommendation to the planning committee or Mr. Gainer to light these places. Pay phones, video-games, and the new television in the student union were also brought up at the meeting. The Student Congress also decided to express concern to Dean Peterson about having a dead week before finals. Bowling and the request for a pep-band at the basketball games were the last topics talked about. The meeting was adjourned at 5:04. The Student Congress meets every Thursday at 4:30; students who have an opinion or request about a campus-related topic should see their R.A.'s or representatives.

Tau Kappa Epsilon will sponsor a dance Thurs. Dec. 2 from 8-11 in the ballroom. Kegs of Refreshment, Air Band contest and prizes for \$2.00 admission.

Air Band Sign-up will be held until 9:30 Thurs. night. Bands must provide their own record and \$1.00 entry fee.

Due to a conflict in scheduling, Journ. 399-01, Photography with instructor Mr. Phillips is now rescheduled for Thursday evenings from 6:30 - 9:00.

KDP Meeting at 4:00 Thursday in Clark Hall. Discussing Xmas Party for Dec. 5 at 7:30. Contact Cindy Vance for location if not present at the meeting.

The Gilmer Co. Red Cross will hold the last blood drive of the year on Dec. 8th from 1 p.m. - 5 p.m. at the Wesley Foundation.

If you're looking for the perfect Christmas gift, give the gift of life. This drive is sponsored by the Panhellenic Organization.

December graduates who plan to go through commencement in May should place their order for graduation announcements with Debbie Nagy at the Bookstore before they leave. Announcements are \$.37 each.

THE GLENVILLE MERCURY

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The Student Newspaper

Phone 462-7361, Ext. 290

Published weekly and entered as second class mail at the Post Office at Glenville, West Virginia 26351. Subscriptions \$5.00 a year.

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keenan's korner

The Thanksgiving break brought everyone a much-needed rest, I'm sure. It also brought the conclusion of the fall sporting season at Glenville State College.

GSC's Pioneer cross country team, coached by Dr. James Hilgenberg, was the last of any Pioneer team to compete in fall sports for 1982. The harriers took part in the prestigious NAIA national cross country meet in Kenosha, Wisconsin over the holidays.

Although the Glenville runners didn't place high in the team standings, they still put out a good overall effort against some very stiff competition. Individually, junior standout Larry Taylor finished in 40th place, just 15 spots from gaining an All-American berth.

Taylor, as well as the other team members and Coach Hilgenberg, are to be commended for a fine season!

Frank Vincent's GSC football team finished its season several weeks ago, but a few of the team members were awarded post-season honors recently. Steve Williams, Byron Brooks, Mark Hash, Andy Marchal and Henry Lanham were those honored.

But, for now it's time to put away the cross country spikes and footballs and roll up the volleyball net so we can concentrate on the present basketball season. Over the next three months, we will have many opportunities to see our Pioneer teams in action.

Harriers Complete Season

GSC's men's cross country team completed another successful season with its participation in the National Association of Intercollegiate Athletics championship meet on Nov. 20.

The Pioneer harriers earned the right to compete in the national meet by claiming the West Virginia Conference (District 28) team title on Nov. 5.

In the NAIA meet, Coach Jim Hilgenberg's Pioneers placed 30th out of 36 of the best teams in the nation. GSC's team score was 818 points. In comparison, last year Glenville was 31st with 845 points.

A strong individual showing by junior Larry Taylor paced GSC's effort. Taylor, a consistent front-runner all season long, placed a remarkable 40th out of approximately 350 runners. His time on the five-mile course at the University of Wisconsin-Parkside was 26 minutes, 12 seconds, only 1:11 off the winning time. More importantly, he was only 15 places and 20 seconds from coveted All-American status.

Senior captain Billy Belcher finished his career



Scott Ludwig
men's co-captain

Randy Anderson
men's co-captain

All racquetball rosters for men's intramurals are due to Gary Nottingham by Friday, Dec. 3 at 3 p.m. Singles and doubles will be played in the single-elimination tourney. Individual and/or team participation will be allowed.

Male Hoopsters Play Two Games

The GSC men's basketball squad opened its season by competing in a tournament at Allentown, Pa. over the holidays. The Pioneers won one game and lost one in the Muhlenberg Tip-Off Tournament.

Glenville faced Kutztown State (Pa.) in its opening-round game. The Pioneers trailed for most of the second half before sophomore Rich Moore scored with 30 seconds left to give his team a 62-61 win.

Senior Scott Ludwig scored 17 points and had eight rebounds to pace GSC. Rich Moore and Deon Lanier both bucketed 12 points, Randy Anderson ten, Clay Young seven, and Kenny Taylor four. Young had a team-high 14 rebounds.

The win moved Coach Jesse Lilly's cagers into the finals against Alfred (N.Y.). Alfred grabbed a 48-37 lead at intermission and held on to post a 97-81 victory.

Freshman Kenny Taylor pumped in 24 points in a losing cause for GSC. Rich Moore added 17 points and seven assists, Randy Anderson put in 14 points and five assists, and Clay Young chipped in 13 markers. Also, Deon Lanier had six points and eight caroms, Scott Ludwig hit six points, and Trent King added a foul shot.

Coach Jesse Lilly remarked about his team's effort, "We played pretty well in both games. It was a good learning experience for us, in that we learned that we have to play hard from the beginning of the game and not halfway through."



Pam Minigh (L) and Judy Niday will be senior co-captains for the Lady Pioneers during the 1982-83 season.

Cagers To Play At Home

Both the men's and women's basketball teams at GSC will see action on the road this week before playing their first home outings next Tuesday, Dec. 7.

The Pioneer men, coached by Jesse Lilly and Gary Nottingham, will take a 1-1 record into their contest with West Virginia State College tonight. On Friday, Dec. 3, GSC will face Wheeling College and on Saturday, Dec. 4, the Pioneers will play West Liberty State College.

The Lady Pioneers, coached by Tim Carney and Mark Kozlowski, open their 1982-83 campaign tonight by playing West Virginia State as a preliminary game

to the men's contest. Also, on Friday and Saturday, Dec. 3 and 4, the ladies will compete in a four-team tournament at Radford, Virginia.

GSC fans will get their first chance to view a home game for both teams on Tuesday, Dec. 7. West Virginia Tech, both men's and women's squads, will invade the Glenville campus on that date. The women's game will begin at 5:15 p.m. in the GSC gym, and the men will tangle at 7:30 p.m.

Both Tech squads will provide tough competition for GSC, so let's get up to the gym and support the Pioneer teams.

Five Gridders Receive Honors

Three Glenville State College football players were honored as first team All-West Virginia Conference selections on the teams which were announced last week.

Steve Williams, Mark Hash and Byron Brooks were the three Pioneers honored as All-WVC. Williams, a senior, was picked to the defensive unit as a punter. During the season, he punted 77 times for a 38.0 average, tops in the conference. Hash, a freshman, made the defensive squad as a defensive back. In 1982, Hash recorded eight interceptions, one which he returned 79 yards for

a touchdown. Finally, Brooks, a sophomore Pioneer, was honored for his offensive exploits. The WVC's top rusher and one of the nation's best throughout 1982, Brooks piled up a school-record 1418 yardage total on a 5.0 average per carry. He scored 11 touchdowns, his longest run covering 86 yards.

Williams and two other Pioneers, Andy Marchal and Henry Lanham, were named to the second team all-conference. Williams earned second team All-WVC honors from his tight end position, where he caught 32 passes for 439 yards and two touchdowns. Andy Marchal, a senior, was named as a guard on the defensive squad. For GSC, Marchal had 76 tackles and nine quarterback sacks. Lanham, also a senior, was selected to an offensive guard position. He was part of the line instrumental to GSC's offensive attack this season.

The five Pioneer players picked for the honors squad this season far outnumber last year's total of one (Steve Gandee).

All classes meeting at:

8:00 MWF
8:00 TTh
9:00 MWF
9:30 TTh
10:00 MWF
11:00 MWF
11:00 TTh
12:00 MWF
1:00 MWF
1:30 TTh
2:00 MWF
3:00 TTh
3:00 MWF

Will have examinations on:

Thursday at 8:00 - 10:00 a.m.
Tuesday at 10:10 - 12:10 a.m.
Friday at 10:10 - 12:10 a.m.
Friday at 1:00 - 3:00 p.m.
Monday at 10:10 - 12:10 a.m.
Tuesday at 8:00 - 10:00 a.m.
Thursday at 10:10 - 12:10 a.m.
Friday at 3:10 - 5:10 p.m.
Monday at 1:00 - 3:00 p.m.
Thursday at 3:10 - 5:10 p.m.
Thursday at 1:00 - 3:00 p.m.
Monday at 3:10 - 5:10 p.m.
Friday at 8:00 - 10:00 a.m.

Forensics Place Second

Forensics is the art or study of argumentative discourse (according to Webster). The forensics team is made up of GSC students traveling to various schools and participating in different areas of competition. The team consisting of Danny Bayer, Jo Cooper, Kim Evans, Randy Harper, Tammi Igo, Raeleen McMillion, Tammy Stalnaker, Lisa Taylor, and coached by Bobbi Nicholson, traveled to Marshall University on Nov. 19, 20, to capture a second place title in Readers Theatre.

In addition to Readers

Theatre, team members competed in informative and persuasive public address, prose, poetry, duo, extreme and impromptu. One duo team, Bayer and McMillion, bypassed tough competition from such schools as Western Kentucky and Morehead to win a first place slot in duo and qualify for Nationals.

Plans for the team's spring traveling include possible trips to Morehead and Marietta, the State tournament at PCC and those students qualifying will participate in the National tournament at Illinois.

Alumni Foundation Bequeathed Estate

The Glenville State College Foundation, Inc., has received a \$25,000 gift from the estate of the late Sarah Jane (Mrs. Roy) Way of St. Marys, WV. The gift will be invested and the interest accrued will be used for scholarships with the preference to students from Pleasants County.

Mrs. Way moved to Pleasants County from Pennsylvania when she was six years old. She attended public schools in Pleasants County and graduated from St. Marys High

School in 1912. Mrs. Way then married Roy Way and moved south to work in the oil business. Mr. Way worked in the oil industry in Texas and Oklahoma until his death in the late 1930's. Mrs. Way then returned to St. Marys in 1939 and remained there until her death in 1981.

The \$25,000 contribution to Glenville State College from Mrs. Way's estate is in keeping with her lifelong interest in assisting young people to further their education.

The Residence Halls will be closed on Tuesday, Dec. 21, 1982 at 5 p.m. and will re-open on Sunday, January 9, 1983 at 12 noon. Lunch (noon meal) will be the last meal served on Tuesday, December 21, 1982. Dinner (evening meal) will be the first meal on Sunday, January 9, 1983.

Check-out procedure: Before you leave the Residence Hall for the break, PLEASE be sure that - 1. You have unplugged everything in your room (clocks, stereos, etc.). 2. You have turned out all lights. 3. Your curtains and windows are closed. 4. Your door is locked (and windows, also). Please note that the college is not responsible for anything stolen from your room. We will be checking your rooms to see that you have complied with the above requests.

There will be a yearbook meeting Wed. at 6pm in the Mercury Office. Come prepared to work.

English Proficiency Exam Slated

Miss Virginia West, Chairman of the Language Division, wishes to remind all advisors and their students who might need the exam that the English Proficiency Examination will be given Monday, December 6, at 6:00 p.m. in Room 312 Administration Building.

As a graduation requirement, all candidates for a baccalaureate degree at Glenville State College must demonstrate proficiency in the English Language. A teacher education candidate must fulfill

the requirement prior to being admitted to a program in teacher education. In addition, students who are enrolled in Associate in Science Degree programs in forestry, timber harvesting, and land surveying must meet language proficiency requirements.

See pages 35-36 of the current GSC catalogue for further explanation. It is the student's responsibility to determine whether or not he needs this test.

Pictures of Who's Who honorees will be taken Thursday, Dec. 2, 3 p.m. in the Mercury office.

BAND PREPARES

(cont. from pg. 1)

of Sanchez," as recorded by Chuck Mangione; "Catching The Sun," recorded by Spyro Gyro; and "Gospel John," recorded by Maynard Ferguson. The variety of the program will insure that there will be music to appeal to each audience member's taste. The concert is free and open to the public.

Only When I Laugh



Wed., Dec. 1, 1982
8:00 p.m. - Auditorium

YEARBOOK (cont. from pg. 1) ization and must have a separate page.

Each organization must have at least three (3) pictures on each page, the organizations are encouraged to write copy concerning the activities, and captions for the pictures. A brief history (100 -150 words) describing the organization, the activities and philanthropy projects must accompany the pages. Officers and advisors should also be named.

These new regulations are to create a more interesting organizational section in the yearbook. Any questions concerning these should be directed to the Yearbook staff.

Clinic Gives Advice To Relax

As the semester's end draws near, finals, term papers, and the last chance to pull that D up to a C looms ahead. All-nighters, junk food, gallons of Coke and coffee become a way of life. What force is so compelling as to cause us to behave in such a way? The answer is simply, STRESS! Stress is one of the major problems faced by college students across the nation. Certainly, stress is the major health problem for the young adult.

The symptoms of stress are similar to many other problems: extreme fatigue, loss of appetite, insomnia, stomach distress (nausea, diarrhea, cramps, aching), irritability, and depression. These are the physical signs

that the system is on overload.

How does one cope to alleviate this problem? The solutions may seem unreasonable, especially now, when time is at a premium. However, much literature is available to support these suggestions.

1) GET ORGANIZED - visually! Make a list, draw a chart, use a large visual plan so that what there is to do is clearly visible. Also, the "X's on the wall" are visible, as tasks are completed.

2) EXERCISE - Thirty to sixty minutes of hard exercise is proven to reduce stress levels. Run, aerobic dance, lift weights, swim - any strenuous activity done daily will improve your

mental state. This will also help you sleep and rest better when the day's finally over.

3) EAT RIGHT - Your body's needs can not be neglected, particularly if you are placing extreme demands upon it. Junk food just doesn't cut it. Use meal time as a time out to relax. (Be sure not to prolong this break.)

4) R&R - Do one fun thing a day just to spoil yourself. (Caution: Watch the time again. All play and no work means increased stress eventually.)

The Kyle Clinic staff will be glad to assist you with stress management. Just remember, stress is a normal part of college life - you are not alone!

Campus Paperback Bestsellers

1. **An Indecent Obsession**, by Colleen McCullough. (Avon, \$3.95.) Ms. McCullough's latest work of fiction.
2. **The Hotel New Hampshire**, by John Irving. (Pocket, \$3.95.) Latest novel by the author of "Garp."
3. **Garfield Takes The Cake**, by Jim Davis. (Ballantine, \$4.95.) Fifth book on the famous cartoon cat.
4. **The Restaurant at the End of the Universe**, by Douglas Adams. (Pocket, \$2.95.) Successor to "Hitchhikers Guide."
5. **Real Men Don't Eat Quiche**, by Bruce Feirstein. (Pocket, \$3.95.) A hilarious guide to masculinity.
6. **Rabbit Is Rich**, by John Updike. (Fawcett, \$3.95.) The saga of Harry Angstrom continues.
7. **Thin Thighs In 30 Days**, by Wendy Stehling. (Bantam, \$2.95.) How to tone up and thin down.
8. **Spring Moon**, by Bette Bao Lord. (Avon, \$3.95.) A novel of China.
9. **Ogre, Ogre**, by Piers Anthony. (Ballantine/Del Rey, \$2.95.) The latest Xanth novel. Science Fiction.
10. **Here Comes Garfield**, by Jim Davis. (Ballantine, \$4.95.) TV tie-in on the famous cartoon cat.

Compiled by The Chronicle of Higher Education from information supplied by college stores throughout the country. Dec. 15, 1982.

New & Recommended

- The Mind's I**, by Douglas R. Hofstadter & Daniel C. Dennett. (Bantam/New Age, \$8.95.) Fantasies and reflections on self and soul.
- Easy-To-Understand Guide to Home Computers**, by the Editors of Consumer Guide. (NAL/Signet, \$3.95.) Cuts through the tech-talk to tell you what they are and how they work.
- Selected Letters of James Thurber**, edited by Helen Thurber and Edward Weeks. (Penguin, \$6.95.) Thurber's letters spanning a lifetime and the world.

ASSOCIATION OF AMERICAN PUBLISHERS/NATIONAL ASSOCIATION OF COLLEGE STORES

FIREPLACE presents: INN war bux

Cover: \$3 single 10:00-2:00 \$5 couple

LADIES NIGHT-TUES & THURS. 6:30-8:00
HAPPY HOUR-WEDNESDAY 6:00-7:30

MINNICH'S FLORIST

11 N. Lewis Street
462-7376

Thanks, Kids
Merry Christmas

