



Rest Best Treatment For Stress

By SARAH WRIGHT
Director of Health Services

Stress produces tension; tension causes depression. The pressures around us cause our inner tensions. We must all experience a certain amount of tension. No one has an "Ivory Tower life." In fact a certain amount of tension can be helpful. This pressure is what makes one try harder or be more alert.

When stress starts affecting one's health or happiness then it has become a problem. Some of the symptoms of anxiety which are stress-produced are sweaty palms, pounding heart, nervousness, loss of appetite, overeating, and trembling. When this state of anxiety lasts for a long period of time one may be headed for bigger problems such as high blood pressure, ulcers, and certainly a strain on the entire body. There may be excessive weight loss or excessive weight gain. Stress may cause one to turn to alcohol. Many alcoholics begin this way.

Change or sudden change is usually the cause. Some sudden change could be going away to college, loss of a friend, death of a relative or loved one, divorce or moving. Parents divorcing affects children; also unwanted pregnancies, illness, or failing on an exam. There are many reasons.

What can you do about it? Try to correct the problem if possible, if not try to accept it and live with it. Sometimes talking the problem over with a friend, minister, school counselor, nurse, or parents may help. Get plenty of exercise. Teach yourself how to relax. Time your work and time to relieve some of the pressure. Try not to do all the big things in one year, like graduation, getting married, new job, and buying a new house.

If your stress is more than you can cope with see your family doctor or call your state or local Mental Health Association, which is listed in the yellow pages of the telephone directory.

Spring Fete April 23-27

By CINDY LEE

Spring Festival celebrations festivities will begin with free movies from April 23-27.

Friday the activities will begin around 2 p.m. and include tug-o-war, volleyball, softball, frisbee, horseshoes, egg-toss, three-legged race, buck-buck, and a cutest legs contest for male faculty members. The tug-o-war must be signed up for in Askew Student Union next to Stone hall from April 2-20. Music will be provided by WWDR, the Brian Smith band, Karen Field and Becky Keever. Dinner will be served on the green. The activities will end with the showing of the movie "The Wizard."

Saturday will begin with registration of guests and alumni. Art exhibits will be set up in Daniel and Green Hall and a photography exhibit will be displayed in McSweeney Hall. Open dorms will be held from 11:30 a.m. to 2 p.m. The Queen and Princess of Spring will be announced during ceremonies from 4 to 4:30 p.m. The candidates for Queen are Veronica Stevens, Carol Anne Clark, Helen Lindsey, Suzanne Lee Bradley, Joy Marcia Braswell, Annie Marie Harrison, and Martha McGraw. The candidates for Princess are Karen Withrow, Nancy Claire Stephenson, Elizabeth Denton Paffe, Terri Arnold, Bettie Jo Darden, Diane Elizabeth Canaday and Pamela Louise Harris.

Matt Wooten will be the crown bearer and Heather Nelson and Heather Vann will be the flower girls. Spring Festival will conclude with a semi-formal dance at 9 p.m. with music by "Buster."

New Plants Going In

By ALLEN DAVIS

The spring atmosphere on Chowan's campus has flourished with the planting of green foliage and small trees.

One thousand pieces of English ivy, creeping liriope oak, and purple leaf winter creeper have been planted around the campus to cover ground around trees where grass wouldn't grow, superintendent of buildings and grounds Jack Hassell said.

At other points on campus, 12 flowering crabapples, 13 red maples, 25 willow oaks, 75 dogwood trees and 150 slash pine trees have been planted.

About 150 shrubs will be planted in addition to these plants, Hassell said. Most of the cultivating will be completed by mid-spring and finished by next fall. The estimated cost to complete this continue beautification of the campus is \$10,000, he added.

The plans for this landscape cultivation were drawn in 1978 by landscape architect David C. Campbell of Norfolk, Va., Hassell said.

"We are also planning to reconstruct the dam adjacent to Union Street into a second lake and thin out the underbrush, as well as the tree limbs, in that area," he added.



'Send Me No Flowers'

Chowan Players Earn Bouquets Despite Title of Light Comedy

"Send Me No Flowers," a stage play in 3 acts by Norman Barasch and Carroll Moore, makes a play on and about hypochondria. The melancholic hypochondriac husband, George, is afraid he is going to die, and then gets his life so tangled up that then he is afraid he won't!

Staged by John Hawthorne; assistant director, Jean Sexton, setting by Joey Austin, Haywood Jordan and Mike Sexton; Produced and directed by Mrs. Sandra N. Boyce — at the Chowan Theatre (Columns Building) . . . April 4, 5, and 6, 1979, 8:00 p.m. (Reviewed at the first dress rehearsal, April 2.)

The Chowan Players The Cast

Judy Kimball Laura Askew
George Kimball David Baker
Vito Taghi Noktehdan
Bert Greg Simpson
Dr. Morrissey John Sullivan
Arnold Nash Ken Boaz
Mr. Akins Dan White
Girl (Cupcake) Theresa Calfee
Girl (Miss Mason) Benita Roberson
1st Man Joey Austin
2nd Man Bern Davenport
1st Woman Theresa Calfee

The playwrights' light, original approach to this contemporary comedy is quite entertaining. George seeks comfort, continually, in his self-inflicted torment. He tries so hard to enjoy ill health. The dress rehearsal audience

chuckled and laughed throughout the improbable performance of these comic scenes.

The entire action of the play takes place in the living room of the George Kimball suburban ranch house. The time spans a late Friday morning to two days later, and then the following morning.

George Kimball, played by David Baker, starts the action by worrying his chest pains of indigestion into what he diagnoses as angina pectoris, which he is sure will cause his death sooner or later.

The play's story line from this point on deals with George's efforts, abetted by a solicitous — albeit somewhat inebriated — neighbor, Arnold Nash (Ken Boaz), to pave the way for a match with a suitable second husband for the expected widow Kimball-to-be (Laura Askew).

However, George's well-meant efforts eventually raise a suspicion in Laura's mind that he has another woman hidden away.

This produces a confrontation between husband and wife which leads to various complications before the eventual reconciliation at final curtain.

The portrayals are commendable. George (David Baker) is realistic in his pain, real or otherwise, with his hand over his heart. Spirited, comely Judy (Laura Askew) will survive with or

without George, though caring very much that it be with him.

Handsome, flamboyant Bert (Greg Simpson) is believable as Judy's man — waiting in the wings — whom she doesn't want. Bert is the sincerely likeable character who is fun to have around, but is anxious to get back to his own life. He wants to help casually, lightly, but his roots are not here. He is rich, but still has not found the lasting values he is seeking.

Arnold (Ken Boaz) is the friend who tries to help, but is ineffectual. He will drink to George's death or health — whichever! He just about worries himself to death worrying about George.

The doctor (John Sullivan) is typically young, and gives forth the assumed attitude of the overworked. He thinks of vacations, and money, and just doesn't realize George needs help, of some kind.

The real hero is George. He struggles so hard because he is never in control. By nature he is a worrier, and worry begets worry. Health to him represents security, and he is insecure because it seems to be slipping away from him.

Even when he thinks he's dying, he's trying to take care of his wife, who seems stronger than he.

Two lesser roles were given solid performances in support of the major characters.

Dan White, as a cemetery lot salesman, gives a fine portrayal of an unctious, soothing con man in his dealings with the distraught George. His two appearances on stage are notable.

Veteran actor Taghi Noktehdan turns in his expected smooth performance as a dry cleaning delivery man who George feels would like to know Judy much, much, better than he actually does.

Though this comedy is done in light vein, there is some underlying truth throughout. The course of love never runs smooth — especially if the husband is a hypochondriac.

Even amidst the funniest lines and scenes, love shines through — and is the golden thread that ties it all together — through sickness and in health.

Mrs. Boyce's skill and insight are masterfully understated in her production of "Send Me No Flowers." This is a memorable version, from first act to last act.

— Rose Drake

Assured Student Aid Announced by Bank

A new service designed to assist students in need of financial aid to continue school or plan for graduate school has been announced by the Scholarship Bank.

According to Steve Danz, program director, the new service will give each student a print-out of the scholarships, loans, grants and work-study sources available to him or her in that student's specific field.

Students apply by writing for and filling out a questionnaire which is then used as the key to the data bank. The questionnaire is like a mini-profile of each student, seeking information on year in school, major, occupational objectives, sex, religion, parent's union, employer, and military service and student's outstanding leadership abilities, such as leadership experience or sports. The service is so thorough, according to the director, that in the field of girl's sports scholarships alone there are over 2,000 entries.

The director also indicated that the Scholarship Bank is the only program that offers a full listing of all graduate and post-graduate scholarships which would be of interest to all grad students and even faculty.

The data bank guarantees that each student will receive at least \$100 in aid or the service fee of \$25 will be refunded. Danz indicated that students unable

to pay the \$25 fee may receive a "basic" print-out of at least 15 scholarships sources for \$15. The \$25 fee will give students up to 50 sources of possible aid.

The data bank is up-dated daily with new scholarships and information changes in current scholarships. Due to the backlog of application, students should submit questionnaires as soon as possible.

The service will also send each applicant a publication on "How to Play Grantsmanship", which will be of help to the students in applying for the aid. The Scholarship Bank cooperates with financial aids offices and does not duplicate their services, according to the director. Most financial aids offices give information only on sources that they administer.

Write to Scholarship Bank, 10100 Santa Monica #750, L.A. 90067 for an application. Enclose a stamped, self-addressed envelope and the required fee.

Dance

Music by Buster
Sponsored by SGA
Thomas Cafeteria
9 p.m. to 1 a.m.
April 28

Gee's Jewelers

108 West Main Street
Murfreesboro, North Carolina
Phone: 919-398-3681

- A large selection of rings and name brand watches.
- A variety of gifts for all occasions
- Ear piercing.
- Jewelry repairs.
- Watch batteries.
- Certified master watchmaker.

Student Opportunities

We are looking for girls interested in being counselors — activity instructors in a private girls camp located in Hendersonville, N.C. Activities are Swimming (WSI), Horseback riding, Crafts, Tennis, Archery, Riflery, Canoeing, Backpacking, Drama, Art, Dancing, Basketball, Photography, Gymnastics, Office work, Baton, Cheerleading, Nature study, Camp craft.

INQUIRIES TO:
B. Morgan Haynes, Jr., P.O. Box 400c, Tryon N.C. 28782.

COLLEGE DIGEST Students Split on Name

Milwaukee, WI (CPS) — The University of Wisconsin Board of Regents has voted 13-0 to name the UW-Milwaukee library after late Israeli Prime Minister — and former UW-Milwaukee student — Golda Meir. The vote came after various pro-Arab students protested Meir had "caused the deaths...of thousands of Palestinians for over 30 years."

Both pro-Arab and pro-Israeli university groups were represented at the March 9 meeting. Wisconsin's Daily Cardinal reports that Jessie Schwade, a senior, called Meir a symbol of democracy. But Mazen Al-Armouti of the Arab Student Union accused Meir of genocide, and said naming the library after her would be "outrageous and trivial."

The debate over the name has been going on in various committees for over six months. The regents' vote may not be the end of it. Al-Armouti said the library's new name could persuade Arab countries to "withhold sending additional students" to the university.

Short Budget Cuts Classes

Bozeman, MT (CPS) — Students returning from spring break at Montana State University are going to find that some of the classes they'd registered for have fallen victim to budget cuts by the state legislature.

The MSU Exponent reports that when the Montana legislature refused a supplemental \$720,000 budget increase for the university, it necessitated the cancellation of 37 sections in seven different departments. Some 915 students had already signed up for the classes.

About 16 part-time faculty members who taught the courses will be fired. Other courses were cancelled because the various departments delayed filling faculty vacancies until the budget questions were settled. The legislature is currently considering a \$344,000 supplemental appropriation — about \$376,000 less than the original request — for the university.

'Draft' Panics Campus

Tacoma, WA (CPS) — Pacific Lutheran University distributes daily news summaries to its faculty members and administrators each noon, but the one on March 3 was full of particularly bad news.

Item one was that the Soviet Union had invaded China in retaliation for China's invasion of Vietnam.

Item two was that, as the result, the United States had commanded that all 18-to-25-year-olds report to be called into the armed forces.

According to George Behan of nearby Seattle University, "panic spread around campus." Later in the afternoon, though, the embarrassed administration issued an apology, explaining that the "news" items had been pranks. It was, however, too late for some students who had organized a dance in a PLU dorm, and had quickly given it a new theme of "The Last Chance Dance" when the phony news summary was released.

Michelle's Surprise

Michelle awoke early, filled with excitement! After washing her face and hands, she combed her hair and brushed her teeth. Next, Michelle got dressed and decided to go downstairs to fix breakfast.

Mom sure will be surprised to know that I'm already up and fixing breakfast. "What should I cook," she thought.

The cabinets were full of all sorts of good things Michelle had eaten before and since she couldn't read too well yet, she went by the pretty pictures and colors of the cans.

Michelle decided to have peaches, applesauce and green peas. As she opened each can, Michelle became more and more excited when she thought of the look on mom's and dad's faces when they walked into the kitchen. She poured everything into a separate bowl.

As Michelle looked around at what she had done, she felt all warm inside. The smile on her face got wider and wider as she heard mom and dad coming down stairs. "Surprise!" screamed Michelle as mom and dad walked into the kitchen. They all burst into loud laughter; hugging and kissing Michelle, praising her for what she had done.

Mom prepared some more food to go with what Michelle had already prepared and they all sat down to breakfast.

As dad said the prayer (grace), Michelle thought of how much she loved both of her parents.



Edited, printed and published by students at Chowan College for students, faculty and staff of Chowan College.

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