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You're mad at your boss, worried about money, and you think you might be pregnant again.

Bad days. We all have them. And on those bad days good parents will sometimes lash out at those they love most. When troubles pile up and push you to the brink of child abuse-stop.

Punch a pillow, not your kid. Phone a friend. Take a shower. Do some sit-ups. Don't take hold of your child until you get hold of yourself.

For more parenting information, write:
National Committee for Prevention of Child Abuse Box 2866, Chicago, IL 60690

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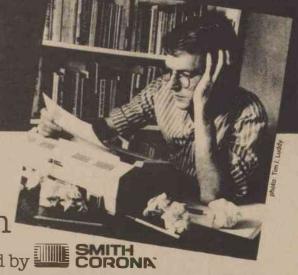
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SABILITY

Attention College Students:

Tolling presents
The 12th Annual College Journalism

Competition. Sponsored by CORONA



ROLLING STONE and Smith Corona are proud to announce the 12th Annual College Journalism Competition, recognizing excellence among today's college writers. The category winners will receive \$1,000 each from ROLLING STONE and electronic typewriter products from Smith Corona. At the judges' discretion, a Grand Prize of \$1,500 plus a Smith Corona product may be awarded.

ROLLING STONE editors will judge the entries. Categories are: ▶ Entertainment Reporting (profiles and news features on music, film and personalities); ► Investigative Reporting (an article or a series that has had a tangible impact on the college campus or surrounding community); and

► General Reporting (any subject). All entries must have been published in a university or college newspaper or magazine between April 1, 1986 and April 1, 1987. Each entrant must have been a full- or part-time student in an accredited university or college during the school year in which his or her entry was published.

Entries must be received by June 1, 1987. They cannot be returned. The winners will be announced by Fall 1987 and will be notified by phone or mail. The names of the winners will be published in a future issue of ROLLING STONE.

We reserve the right not to grant an award when the judges deem it

unwarranted. There is a limit of one entry per student in each category. All entries should be accompanied by an entry form (see below). This form may be duplicated. To facilitate judging, please mount tear sheets of your articles from the magazine or newspaper in which they appeared, on cardboard or poster board. Entries should not exceed 9" × 14". Larger tear sheets may be folded or reduced. On the front of the envelope containing your submission, mark the category or categories that you've entered. Note on the entry form the address where you will be living when the contest results are announced. Mail entries to: College Journalism Competition,

ROLLING STONE, 745 Fifth Avenue, New York, NY 10151

"I'm sick of her ruining our lives."

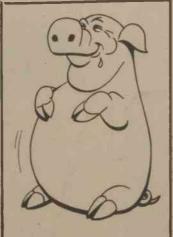
When confronted with a mental illness, families experience a wide range of emotional responses. From outrage to shame and denial. They often blame victims for causing worry, embarrassment, family strife. And they often blame themselves

But mental illness is no one's fault. Least of all those afflicted. It's a serious medical illness

Recognizing the warning signs and seeking treatment for your loved one can be the first steps to reducing family fears and confusion. And to actually healing the sickness. Today, mental illness need not be hopeless.

Learn more. For an informative booklet, write The American Mental Health Fund, P.O. Box 17700, Washington, D.C. 20041. Or call toll free: 1-800-433-5959. In Illinois, call: 1-800-826-2336.

Learn to see the sickness. Learning is the key to healing. THE AMERICAN MENTAL HEALTH FUND



Happy Thanksgiving!

1027	Entry	Form
TOOL	TOTICE	T. OT III

Category		
Entrant		
Age	Birth Date	
School		
Campus Addre	ss	
Phone		
Permanent Add	dress	
Phone		
(check one) Freshman Graduate	☐ Sophomore ☐ Junior	☐ Senior
Name of Public	ation	
Editor		

Please attach a brief autobiography, including hometown educational history, honors and scholarships, and journalism experience.