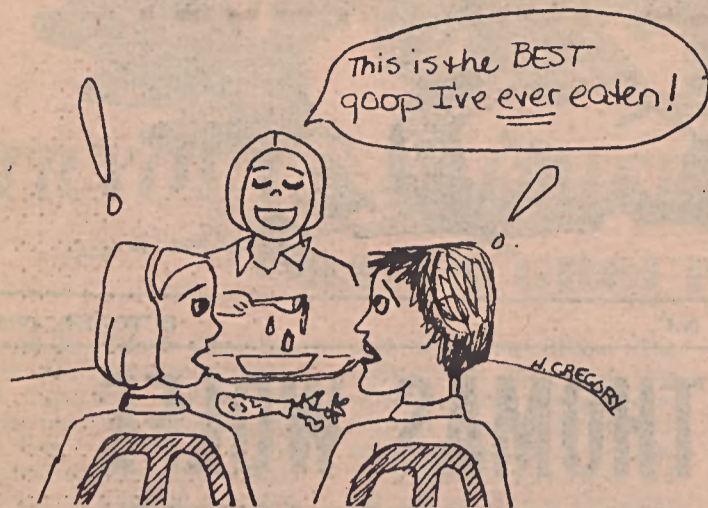


WHAT'S YOUR OPINION OF THE FOOD?



OPINION

by Frances Brinson

One aspect of living at St. Mary's, with which all new students become acquainted, is the school cafeteria's food. A school's food, like all other new experiences away from home, is something that requires a period of adjustment. In addition, something that creates a variety of opinions. It is regarding this reason that OPINION asked new students in all of the classes what they thought about the food at St. Mary's.

"I like the cafeteria food, but I often get tired of having the same thing over and over again, especially chicken." RS

"The food here is really pitiful! It is too greasy and not enough variety!" SH

"Put it this way; I have lost 4 pounds and I only weigh 100 pounds." MAE

"The food is okay, but some of it could be improved. Some of the fried foods are so greasy that you cannot eat it and they do not give you enough to eat the first go round. Otherwise, it's okay." MKS

"Well, it could stand some improvement! It seems as if every week we have the same things. Chicken does get a little tiring sometimes. The salad bar is great though. In other words, the food is fair." MVG

"I think that the food here is very good. I've had in-

stitutional food that was really awful. They try hard to make it different. I can't complain." MC

Of course, there are a variety of opinions because the subject of food is one that always creates discussion both pro and con. Fortunately, St. Mary's has an active food committee that works hard to try to improve the quality of the food. Mr. Grogan, the cafeteria manager, is always happy to receive helpful suggestions and tries to act upon them in the best possible way. Pleasing everybody's palette is not an easy job.

EDITORIAL

The emotional atmosphere of the St. Mary's Community has definitely changed since the last school year. This sentiment is shared by everyone on campus. As one instructor remarked a few days ago, "Don't things seem different this year?"

Of course, a change is expected with the arrival of a new president, administration and staff, faculty members, and students. But, things really are "different." The general feeling is relaxed, and it seems the pressure and uneasiness of the past has been relieved. There is more unity in the community as a whole. People are enthusiastic and everyone is striving to make 1976-77 the best year ever.

CARE

A Litter Bit!

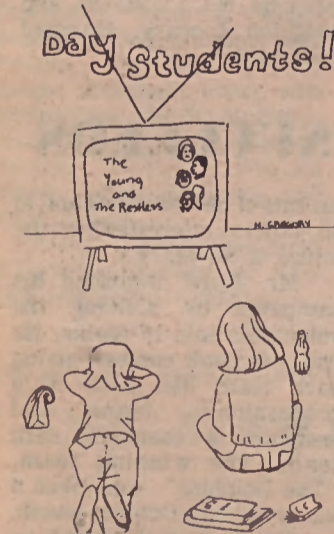
from: C A R E Committee

Our scenic campus provides a park-like atmosphere which every student at St. Mary's has the right to enjoy and be proud of.

Please don't eat, drink, or smoke in any area, except those designated in your handbook, and in those areas put trash in its proper place. Thanks for keeping St. Mary's beautiful!

cluded: St. Mary's absence policy, excuses to get out of gym (go to the infirmary), Day Students dues (due by Fall Break, girls!) and the campus-wide United Way campaign. Also, it was announced that the Day Student House will be closed at 7:00 pm from now on.

So, you see, we Day Students do something besides watch the Soaps on T.V. and fight with the candy machine.



by Mary Deekens

The Day Students are jivin' as usual! On Wednesday, September 29, at 10:30 we held a meeting to discuss Honor Week. The following Tuesday at 10:30 am the Day Students met with the SGA Officers for a talk on honor. All Raleigh Day Students were required to attend Honor Chapel.

Other topics discussed at the meeting on the 29th in-

COMMENT

Respect?

by Ellyn Faircloth

Do you respect yourself? Do you respect others? If so, then why do you insist on talking and distracting others in chapel? If not, then try a little respect, at least for those sitting around you.

To me, the chapel is God's house, a place of reverence which ought to be respected more than any other building ever created. I am not speaking only of St. Mary's Chapel but any church or building of worship. When you applied to come to St. Mary's, you were either told about or hopefully interested enough to ask about the religious life here. Yes, St. Mary's is an Episcopal school and therefore worship is an integral part of our lives here.

Many of us were brought up in Christian homes; our parents instilled in us the idea of Christian fellowship and took us to Sunday School and Church. Now we are away from our parents and are old enough to make our own decisions about what we believe and what we want to do with our lives. Nevertheless, chapel is required at St. Mary's and will always be an important aspect of life here. Just because you may not care for chapel or the Episcopal Order of Service is no reason for you to keep others from benefiting from this hour of corporate worship. No matter who you are, you must believe in something. Every human being needs some time to herself to think about her life, what she believes and what she is going to do with herself. If you do not know what you believe and do not care to participate in the chapel service, than please sit quietly and begin to answer these questions within yourself. Those of us who benefit from the services and use this thirty minutes or an hour twice a week to think about our lives will greatly appreciate your cooperation. So from now on when you enter the chapel, please be seated quietly and if you must whisper, then whisper a prayer.

CLUB NEWS

BEACON WALK

A mysterious line of bobbing candles emerges from the darkness. The songs from Smedes steps become whispers of, "Here they come!" The faces of the figures are revealed in the light of their candles. What is going on? It is the Beacon Walk, inducting four new sophomores: Pam Bratton, Claire Dickie, Coleman Floyd, and Marion Worthly. The Beacon is one of the highest honors for underclassment at St. Mary's seeking to promote involvement and enthusiasm in school. As new Beacons,

these girls will let their light shine forth in the spirit of St. Mary's. Congratulations!

NEW MEMBERS INDUCTED INTO HONOR SOCIETY

On September 21 ten new members were inducted into

FREE MUSIC

by E.H.B.

The Juke Box, located in the Snack Bar, was given to St. Mary's approximately four years ago. It has stayed empty and unused all of those four years, until now. The Juke Box is finally working and full of the Top 40 from Atlanta. The best part of it all is the fact that you can play songs until your heart is content - for free!

There has been a suggestion to move the Juke Box into the Cafeteria or the Snack Bar? Let's get some ideas about this.

Several suggestions have been made concerning the hours of the Snack Bar. Does it not seem ridiculous having the Snack Bar open from 10:00 am until 2:00 pm when the cafeteria is available for lunch and most people are busy with classes? It seems that the more sensible thing to do would be to have the Snack Bar open all afternoon and evening when you really want a "snack." It is also odd that the Snack Bar is completely closed on Saturday and Sunday. These are the days

when girls are allowed to have dates in the Student Union, and it seems that having a snack and free music with your date might be fun.

How do you feel about this issue? Fill out the following questionnaire, drop it into the Belles Box in the Student Union. Let's get something done!

Questionnaire

Should the Juke Box be moved to the cafeteria?
yes _____ no _____

Comments:

Would you patronize the Snack Bar if it stayed open: Afternoon and Evening?

yes _____ no _____

Afternoon?

yes _____ no _____

Evening?

yes _____ no _____

Weekends?

yes _____ no _____

Comments:



by Alice Z. Greiner

Regular sleep patterns lead to good learning and good health. Student illness, emotional problems, and poor performance can sometimes be traced to irregular sleep patterns.

Sleep is rhythmic. There are five stages of sleep from light sleep through deeper stages into dreaming. The five stages repeat themselves four to five times a night.

The fourth and fifth stages of sleep are very important. State 4 (delta sleep) is deep sleep where the brain is in profound unconsciousness. Delta sleep is restorative slumber. It is believed that information is stored into the brain at this time. If people take sleeping pills, delta sleep does not occur; the pill-taker may not feel refreshed after sleep and may have temporary trouble thinking logically and memorizing.

State 5 is known as REM for the rapid eye movement that occurs during this time. If a person is awakened at this state, she will remember dreaming. Experts surmise that in dreaming the healthy mind brings emotional ex-

perience to bear on the stresses of the day and forges new mental mechanisms for dealing with stresses when they occur.

Dreams may be the time when a person assimilates her present life into the whole of her past. Dreams promote a special type of "emotional learning" and are unconscious responses to recent emotionally intense experiences. People who are deprived of REM and dreams cannot handle stressful situations and tend to become emotionally unstable. Abnormally little REM has been recorded for some people who are mentally ill and those taking alcohol, barbiturates, and amphetamines.

Rhythmic sleep patterns lead to healthy minds and bodies. People who are deprived of sleep or have interrupted sleep or take sleep-altering drugs often get irritable, lapse into microsleep, have memory lapses, visual illusions, nonsensical thoughts and disorientation. People should respect their own bodies and the right of everyone to have required, uninterrupted, unadulterated sleep.

the St. Mary's Honor Society. These girls were selected for their high scholarship and character. Linda Leith, president of the society, ad-

ministered the oath to each girl, who then lit a candle and received her chevron. Af-

terwards, Mr. Rice talked about honor and the St. Mary's Honor System. Following the chapel service, a reception was held in the student union for the girls, their parents, and invited guests. Congratulations to these girls!