



The Belles of St. Mary's

ST. MARY'S COLLEGE RALEIGH, NORTH CAROLINA 27611

NOVEMBER 28, 1978

Clubs Around St. Mary's

As the end of the semester nears, various organizations at St. Mary's have been engaged in selecting their new members for the Fall of 1978. The Circle, which pursues fellowship among students and encourages involvement in school activities, has initiated: Leslie Overton, Nina Dooley, Elizabeth Raspberry, Nancy Penick, Mary Foy Ragsdale, and Winy Tillman as their new members. Also at the most recent walk, Dr. Watson was inducted as the Circle's new advisor. The Beacon, a high school honorary organization, selected Paigal Brown, Gwyn Cooley, Pat Lawrence, Anne Sigmon, Ruthe Turner, Lisa Ragsdale, Sophie Peeden, and Byrd Britt, to join them in promoting school spirit and improving all phases of life at St. Mary's. Another honorary organization at St. Mary's which recognizes and encourages scholarship is the high school Honor Society. The new members for this semester are Ruthie Turner, P'Ans Reeder, Sally King, Auna Bland and Carol Manning.

members. Another secret group, the Scoop Group, has selected eight new members to help scoop up information concerning the happenings around St. Mary's. They are Elizabeth Williams, Mary Wilcox, Sophie Peden, Missy Berry, Kitty Stephenson and Jennifer Coble.

The Watts Club which is a new organization, was started by Dotty Worsham and Elizabeth Raspberry to build the spirit before special events at St. Mary's, such as the Circle Walk, the Beacon Walk, etc. Their new members are: Dotty Worsham, Martha Kornegay, Susan James, Sally Peeletier, Elizabeth Raspberry, Tricia Kelley, Windy Tillman, Susan Sargent, Jennette Carver, Joan Andrews, Marion Greene, Betty Smith, Susan Stanley, Luanne Reynolds, Vickie Howard, Laura Straden, Beth Gardner, Molly Burton, Kathy Rose, Elizabeth Wilson, Alice Smith, Fran Snyder and Vickie Collins. They will be having annual Watts trips around Raleigh to initiate their new members.

The "Cold Cuts" is a musical group consisting of seniors which dress in pink overalls and blue shirts and play such homemade instruments as washboards, maracos, bongos, the sticks, and the piano. The "Cold Cuts" chose Clayton Plumlee, Jane Hollindshed, Beth Hemingway, Sally Adcock, Windy Tillman, Ginny Gardner and Kathryn Powers as their new members for 1978.

Actress Comes To Speak On Alcoholism

by Nicole Peditakis
St. Mary's was honored to have Mercedes McCambridge on October 4, 1978. St. Mary's piano teacher, Miss Thompson got her through the American Program Bureau, an agency which has previously set up other speakers for St. Mary's. What was looked for in Mrs. Cambridge was how she related as a speaker and if she had something to be admired for, such as her courage in overcoming alcoholism, which today is an ever increasing problem. Her big name and bit talent related to the girls and made a big impression.

hangovers - people are hurt, guilty and want to 'get out of it.' However, many times her mannerisms and experiences as an actress rather than her difficult life caught the listener.

A rap session had been held before her speech, when the students weren't familiar with her. No one showed. The rap session should have been held after her speech in the Student Union; however, the timing would have been awkward since the speech ended rather late. We were overall, privileged to have had the opportunity to listen to what she had to offer and hope St. Mary's will continue to bring such fine speakers.

Students Liberated From Fat At School

Students may not pick up the cause of Fat Liberation in a big way, but many are picking up on fat. Eighteen 24-year-olds are an average six pounds heavier than their counterparts of ten years ago, reports a recent federal survey. For students wanting to shed some of these pounds, their schools are coming up with some innovative ways to get them dieting.

Most student health centers will provide basic diet information, but the health

by Patti Drake

On November first and second the North Carolina Competency Test was taken by all high school juniors across the state. The test received much bad publicity. Many parents protested against it, claiming the test was too difficult and that to use the test as a basis on who will graduate would be extremely unfair.

I personally took the test and was amazed at the simplicity of it. After hearing and reading how hard it was, I was terrified before taking it. This test was an insult to my intelligence and to anyone else at St. Mary's. I was disappointed after finishing the test when I didn't get a lollipop.

In my opinion, anyone who can not pass this test really doesn't deserve to graduate. It scares me to just think about meeting someone on the street who didn't know

how to add 264 & 594 or who didn't know what to write on the line marked 'NAME' on a library card; however, for fairness sake, I asked some other girls who took the test at St. Mary's what they thought. The following are my results:
Pam Lewis: "It was totally ridiculous and a total waste of time."

Anetta Jones: "I know many people felt it was unnecessary, but when I saw in the news how many parents didn't want their children to take it, I knew it was necessary to separate the children who should be in regular classes from those who should not."

Marsha Currin: "I thought it was a waste of time and that anybody who couldn't pass it doesn't deserve to graduate."

Margi Wilson: "I thought it was too easy."

Mary Doris Dial: "I think all students should take it

before graduating because the future is in the hands of today's high school students."

How Do You Feel About Being A Day Student?

by Patti Drake

"I love it, no weekend or weeknight curfews."

"It's alright, sometimes I would like to be a boarder and sometimes I'm glad I'm a day student."

"I like it, it's better than being a boarder because more freedom and you don't feel like your whole life is revolved around school. Less responsibility being a day student."

"I think the day students need to feel like they are more apart of the school. I believe the day students should be exposed to the boarder's life more so we will know how it is to have more responsibility."

"I love it, more privileges."

"It's a real raring experience."

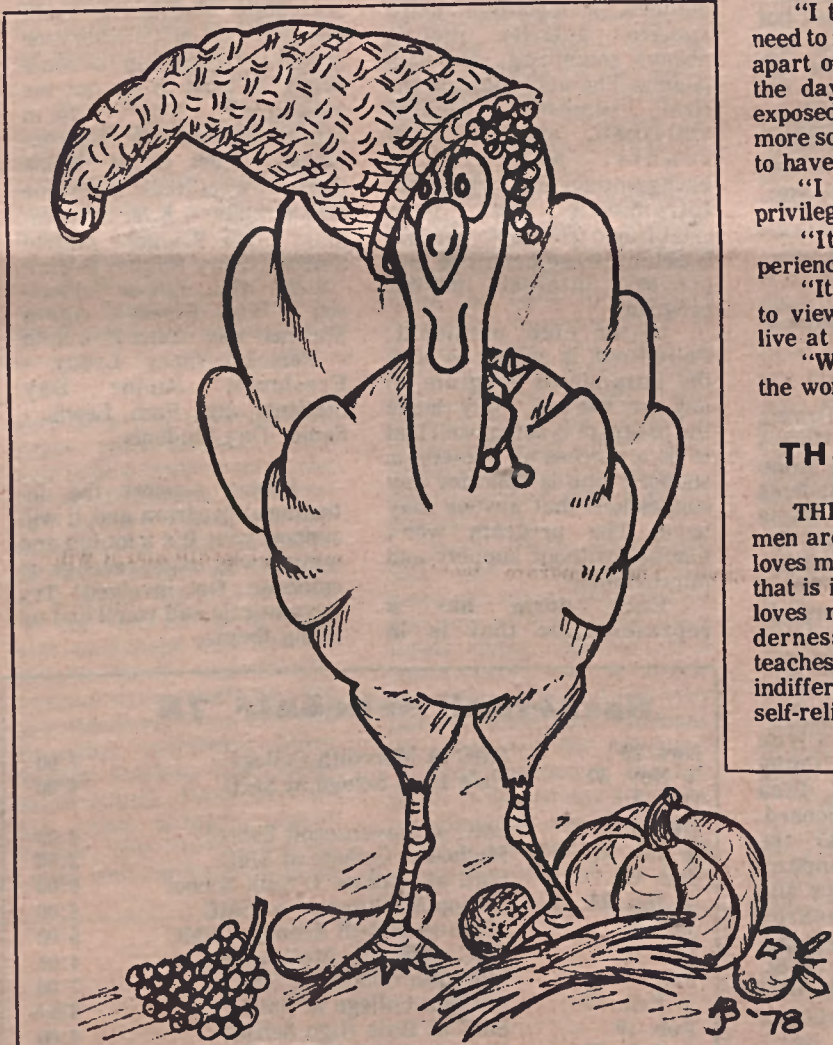
"It gives you the chance to view college life but still live at home."

"We wouldn't trade it for the world."

THESE THREE

THESE THREE - Three men are my friends - he that loves me, he that hates me, he that is indifferent to me. Who loves me, teaches me tenderness; who hates me, teaches me caution; who is indifferent to me, teaches me self-reliance.

- Dinger



HAPPY THANKSGIVING!

the gym, with lectures on exercise, junk-food, and low-calorie nutrition.

The psychology department at Wayne State University in Detroit is using behavior modification techniques in their weight reduction clinics. The most effective way may be their requirement of a 25 dollar deposit, which is returned in \$2 amounts at each subsequent meeting attended.

Other methods require students to eliminate all extreme stimuli at mealtime (like tv, radio, or book), keep

a very specific record of what, where and when food is eaten, and hop on a scale at least four times a day. At one session, students are required to bring along a member of the household, who is urged to give positive reinforcement to the dieter.

A clinic survey found that everyone had lost at least six to seven pounds, -with an average weight loss of 17 pounds, and that 75 percent of the participants had maintained the weight loss for six months.

-- College Press Service

service at Marshall University in Huntington, W. Va., goes a step beyond. They offer a free weight loss clinic, where students sign a contract to change their eating habits for a certain length of time. Exercise and nutrition are also part of the program, which is apparently successful. One student lost 20 pounds in less than two months.

Marshall's food service and P.E. department took dieting to the cafeterias and