

# WEEKEND

## Getaway

### Fall Break can be fun in the area

By CINDY DUNLEVY  
Staff Writer

Why not drive to Africa for Fall Break? No, it is not impossible. Less than two hours away are lions, zebras, giraffes and elephants in the North Carolina Zoological Park in Asheboro.

The Zoo is sponsoring Zoofest during Fall Break, featuring musical groups performing classical and ragtime music, wildlife painters, sculptors and wood-carvers. What a nice study break for the students who have chosen to remain in Chapel Hill for the long-awaited and well-deserved Fall Break.

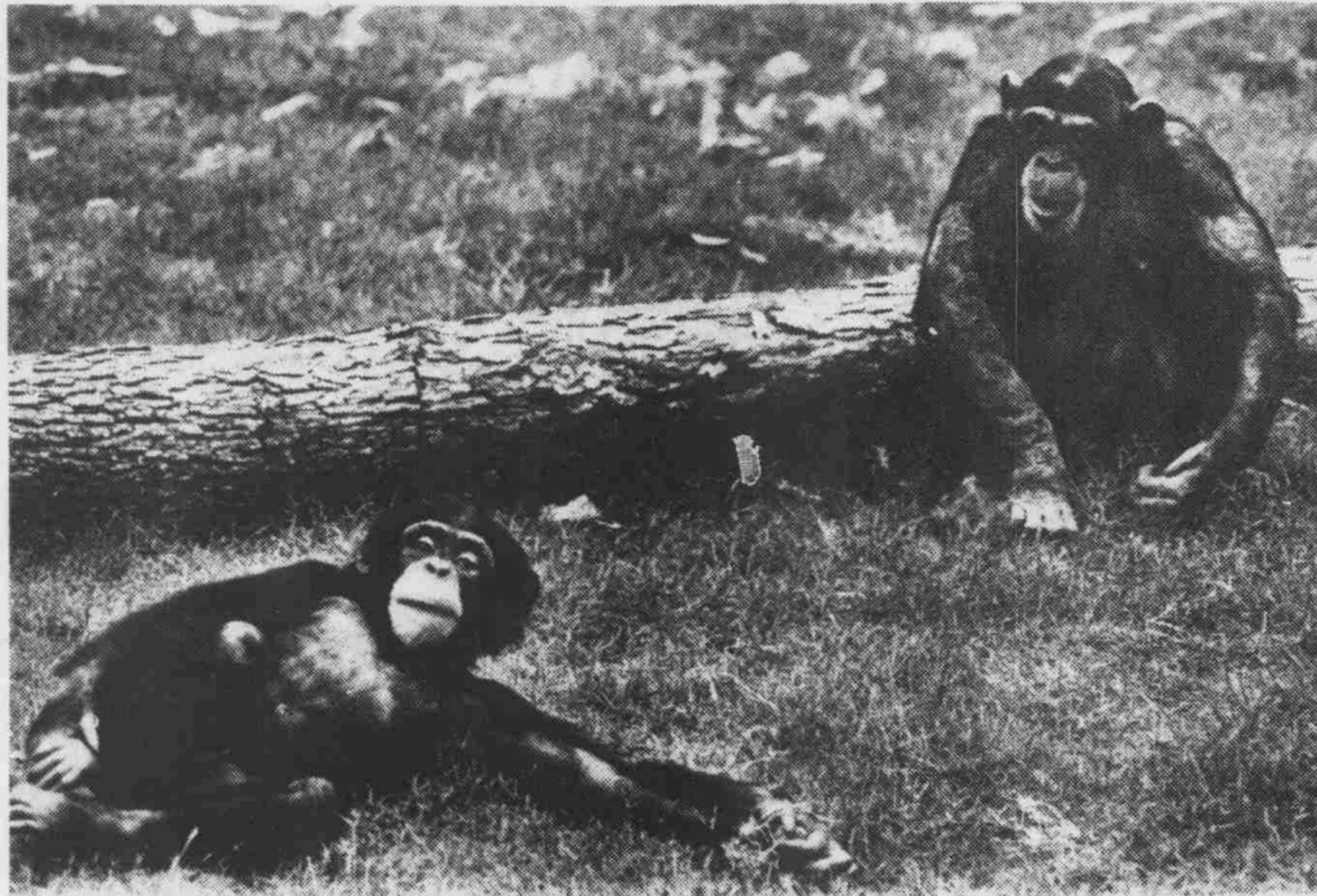
Or why not take a tour of North Carolina in just one day?

The State Fair in Raleigh will be featuring county exhibits from all over North Carolina.

The fair begins Friday and will run through Oct. 22. Fireworks, tractor pulling contests, cotton candy, foot-long hot dogs and rides can redefine the meaning of the usual study break. Plus there will be a different celebrity in the free Dorton Arena show each night. Performing at the fair are Johnny Rivers, Mel Tillis, Bill Monroe, Jerry Clower, Wilma Lee Cooper, Ricky Skaggs, Janie Fricke and Sylvia.

But if studying during the day is on the agenda, there is still hope for discovering a new dimension in study breaks.

For example, West Point on the Eno River in Durham will have a Campfire Storytelling performance with professional storyteller Louise Kessel. Plus, marshmallows will be provided for



The North Carolina Zoological Park in Asheboro, replete with chimpanzees, is just one of the many area diversions open to students staying in the area for Fall Break.

roasting over the campfire. Ghosts, mystery and folklore will be her topics; so this type of study break is best when shared with a companion. No telling what the night creatures have in store. There will be a small charge for this study break, equivalent to a couple of Cokes.

If you're looking for fast-paced action, then Durham's Parks and Recreation Department has the answer. It is sponsoring a racquetball tournament Oct. 21-23. Also Mebane's Parks and

Recreation Department plans an Octoberbest Fun Run Oct. 22.

Maybe, however, the search is on for something less usual. The search could only lead to the Burlington-sponsored dog show at the Fairchild Community Center. There is not even a charge. What a barkin'!

Window shopping could prove to be exactly the right remedy for curing tension from studying, and Burlington's outlets offer miles for the browser wishing to get away from it all for a couple of hours.

But if all that is needed is a change of scenery, Duke Gardens on the Duke University campus will render quite a treat for tired eyes. Also, Cedarock Park off Highway 49 South, near Graham, offers 415 acres of nature. The color-change of leaves enhances the beauty of the gazebo, waterfall and old grist mill in the park.

Dog shows, the zoo, campfire storytelling — what a nice interlude between studying.

### Stress

#### Everyone gets bombarded with mid-semester work

By MIKE TRUETT  
Assistant Features Editor

It's 7 a.m. Elizabeth drags herself out of bed after only two hours of sleep and slaps her hand on the "off" button of her digital alarm clock. After a bellowing yawn, she suddenly realizes that in two hours, 45 percent of her final grade in history is on the line.

As she gets up and shuffles toward the shower, she remembers this English paper that she hasn't yet written is due at 10 a.m. She runs to her desk and begins scribbling a poor excuse for a composition. As she scrawls the last line she notices the clock says 9:20. Elizabeth rushes out with her blue book toward her history class.

Elizabeth has been hit by the mid-semester crunch. It's a time when students are faced with numerous tests, papers and other homework. It's also a time when teachers are bombarded with exams and essays that need to be graded.

"It's that time — it's the time for stress," said Louise Hulme, a sophomore international studies major from Atlanta. "It seems like everything happens at once, then gets calm, then starts up again."

Dr. Kathleen Light, who has done research in the field of stress for the UNC psychiatry research department, called the type of stress that comes during mid-semester and at the end of semesters an "active coping type of stress."

"It's stress you're having to deal with by putting in a lot of mental effort, not physical effort," she said.

Light said the research she has been conducting deals with the possible contribution of stress to the development of high blood pressure in students.

"We don't know yet if they are going to get high blood pressure," Light said. "The only thing we can say at this point is that some college students respond to stress with higher blood pressures than others."

"We tend to see that it has bigger effects when they're in tasks that are very challenging and have very powerful reasons for them to try hard," she added. "I would say that that would probably apply to class exams and things of that nature — things that are important to them."

But stress during college is unavoidable — especially during mid-semester.

Light recommended two ways students can help lower stress: relaxation training and physical exercise.

"Relaxation training is where you actually train yourself to have a little time out and to relax all of your muscles and to clear your mind and just giving yourself a sense of being relaxed. That might help.

"Physical exercise serves two purposes. Not only does it give you a time out from your studying and the things that are stressful, it also has some cardiovascular benefits as well — it makes your heart stronger," Light added.

Although neither of these ways of reducing stress have been confirmed, she said they were still being investigated.

*'It seems like everything happens at once, then gets calm, then starts up again.'*

—Louise Hulme

However, some UNC students have found other ways to help fight stress.

"I take it out on other people by yelling," said Charles Lambeth, a senior RTVMP major. "That's bad, I know, but that's the best way I can do it. But if it gets too bad, I'll just do something else or go to bed and forget all about it."

Howard Jacobson, director of UNC's Institute of Nutrition, said a good way to combat the rising effects of stress is by maintaining a balanced diet and regular nutritious meals during stressful times.

"One thing that people are looking at more is what stress does to how people live, and what they do," Jacobson said. "It's interesting how some people over-eat, some people gorge, so I guess any tendency that anybody has just gets exaggerated with stress — some skip meals, some people binge."

He added that a common misconception people have is that they can protect themselves by popping a multi-vitamin.

"That multi-vitamin doesn't replace essential nutrients," he said. "You can't correct totally bad diets by even the use of a stress tab."

A combination of stress and a bad diet can make a person ill because stress changes the way food is digested. "So stress affects both what you eat and what you do with what you eat."

With fall break just around the corner, the effects of stress could possibly be reduced if students get to rest, sleep and eat home-cooked meals. However, for those people who are not getting away from Chapel Hill next Wednesday and still want some relief from stress, a visit to North Carolina Memorial Hospital could be the answer.

Project Goodlife will hold four stress management workshops starting Wednesday night that will discuss relaxation, exercise, time management and use of emotional supports. The free program will be led by Dr. Wil Edgerton from the UNC department of psychiatry.

### Chapel Hill can offer an enjoyable vacation

By TOM CAMACHO  
Staff Writer

Should you be forced to remain in Chapel Hill for Fall Break, don't think of yourself as deprived. You've got a chance to have the town of Chapel Hill and all it has to offer to yourself.

While others will be heading home to the far corners of the state and beyond, you can step out your door and find a vacation you never thought possible.

We all know this campus during regular class days. People walking, people riding, people skating and people jogging — people everywhere you turn. Well, imagine this beautiful campus without all those folks around. You'll notice the tall, old trees, lots of scurrying little squirrels, green grass, noble buildings and sunshine.

There are plenty of simple, inexpensive, yet enjoyable things to do in this town if you're willing to look. There are parks, athletic fields, gardens, lakes

and picnic areas. Plus, there are hiking trails, hiking classes, camping trips and art performances.

The Chapel Hill Department of Parks and Recreation is offering several activities during Fall Break. There will be a kayak-rolling class at the community center pool on Estes Drive Oct. 19. The class will cost \$1 and will begin at 7:30 and last until 9:00 p.m.

On Oct. 21, the department plans a full-moon hike at Finley Golf Course. Hikers will be able to observe the forest by moonlight. A nature specialist will point out things of interest along moonlit nature trails. The hike starts at 8 p.m., and there will be no charge.

The parks department is offering an overnight rock-climbing trip to Stone Mountain State Park Oct. 22. The charge is \$25, and transportation will be provided. If needed, equipment will also be provided, but climbers must bring their own food. The group will leave at 7 a.m. Oct. 22 and return Oct. 23. Contact the parks department for more details.

The Art School in Carrboro is holding activities

during the break as well. On Oct. 20, the performing group Transactors will be doing improvisational theater along with original and contemporary works. Beer will be available during this show for those of age. On Oct. 21-22, the reggae band Rolly Gray and Sunfire will be playing. The night of Oct. 23, the Air School Jazz Series will present the Scott Sawyer Quartet from 7 until 9 p.m.

University Lake will continue renting rowboats, canoes and paddleboats during Fall Break. The rental fee is \$2 for the boat and \$1 for each person in the boat. The lake also permits fishing and has picnic facilities for cookouts.

Along with these activities, a Chapel Hill Fall Breaker can visit the Arboretum near Davie Hall. Various walking trails cut through the campus and offer some scenic strolling.

Those who will have the pleasure of staying on the Hill for Fall Break will have plenty to do. Take along a friend to enjoy this lovely campus with you.

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