

Students urged to keep exams in proper perspective

By SHEILA SIMMONS
Staff Writer

Although exams are important, students should keep them in perspective, a psychology graduate student at the mental health department of Student Health Services said Thursday.

Student visitations at the SHS mental health department increase as the examination period approaches, said David Spano, a spokesperson and psychology trainee for SHS.

"We see a lot more students around this time of year because of stress-related problems such as coping with exams," he said.

"Students' personal problems are

often aggravated by pressure to do well on exams," Spano said. "Personal problems often have to take a back seat to exams during this time of year."

Professors next week will receive memos from Vice Chancellor Donald Boulton reminding them that exam periods can be a stressful time for students.

The memos ask professors to be alert to pressures students may be experiencing, and to direct them to various sources for help if they suspect that students may need advice on dealing with stress.

These sources include the Office

of Student Affairs, campus ministries, area directors and resident assistants.

Spano credited the added stress to external pressures students receive from family, friends and professors to do well on exams.

Students also put a lot of pressure on themselves to do well, he said.

"Exams are important, but they're not the most important things in the world," Spano said. "Students need to try to do the best they can without taking exams out of perspective."

Inability to concentrate, eating too much or too little, insomnia and constant sleeping are primary signals of stress, Spano said.

Students who experience these symptoms should not hesitate to find someone to talk to about their stressful problems, he said.

Spano suggested that students discuss their problems with counselors working at SHS or Nash Hall, as well as family or friends.

Using a time management schedule may also help students cope with stress by outlining what needs to be done for exams.

Students should also talk to professors about academic problems, Spano said.

"Students hesitate to talk to professors because they are afraid of appearing vulnerable to the profes-

sors," Spano said. Talking to professors may take some of the pressure off students, he said.

Students who skip a lot of classes during the spring to opt for outside activities and extra sleep may find themselves under more pressure than students who regularly attend classes, Spano said.

These students may feel guilty about missing classes, or may feel less confident about their studies, he said.

Spano said the degree of difficulty in dealing with exams in the spring is probably about the same as in the fall.

Visitation records show that there

are slightly more students who visit the mental health department in the fall than in the spring, Spano said.

But visitation between the two semesters probably could not be compared with each other, he said, since students who attend the department more than once during a year are not recorded again after they have visited in the fall.

Stress is also correlated with depression, Spano said. Some students experiencing a lot of stress slip into depression, he said.

The mental health department treats students all year long for depression, but visits increase slightly during exam periods, he said.

Bill introduced in N.C. Senate may help families on welfare

By NEIL WATSON
Staff Writer

A welfare reform bill introduced in the N.C. Senate this week will help alleviate some of North Carolina's major welfare problems, said the bill's sponsor, Sen. Russell Walker, D-Randolph.

The bill would abolish a restriction that makes welfare available only to single-parent families, Walker said.

North Carolina's welfare programs tend to reinforce single-parent households and penalize a two-parent household, said Dr. Philip Cooke, a professor with the UNC School of Social Work.

"In some cases, a couple would even separate so as to make the wife eligible for welfare payments," Cooke said.

Walker said a second provision would make it easier for the working poor to receive Medicaid benefits.

"If a parent on AFDC (Aid to Families with Dependent Children) gets a job, in the past he or she has lost Medicaid benefits in direct proportion to what he or she makes. This reform allows people to continue to work and have Medicaid benefits for their children," Walker said.

The bill gives people on welfare some incentive to work and attain a higher rate of pay rather than encouraging them to remain unemployed, he said.

The third part of the bill addresses teen-age mothers who are forced to drop out of school to care for their children, Walker said.

"We will furnish daycare and transportation for their children if they agree to go back to school and get a diploma," Walker said.

Implementing the bill would cost

about \$2 million for North Carolina, he said. But most of the money would come from the federal government.

In the long run, Walker said, he hopes the bill would save the state money by encouraging people to get off the welfare rolls.

Patricia Sipp, a special assistant to the dean of the UNC School of Social Work, said the reforms would help people to become self-sufficient.

Cooke said a big concern the bill does not address is the level of payments to welfare recipients.

"The current levels (in North Carolina) are much below that of other states and what is considered the poverty level," he said.

Revised DTH budget approved by committee

By BARBARA LINN
Staff Writer

The Student Congress Finance Committee voted unanimously Thursday to approve a revised version of The Daily Tar Heel budget. The DTH submitted a budget on April 1, which the committee rejected.

According to the by-laws of the DTH, the newspaper is automatically awarded 16 percent of student fees, or about \$75,000. The majority of the paper's remaining funds come from advertising.

The Daily Tar Heel Board of Directors decides how to allocate the funds, and the Finance Committee must approve those allocations.

The revised budget included three major changes, following the suggestions that Neil Riemann (Dist. 12)

Finance Committee chairman, made after the last DTH budget meeting.

The proposed increase in the editor's salary was reduced from 233 percent to 50 percent. The proposed increases in the salaries of the 11 desk editors were reduced by 25 percentage points each, from a 50 percent increase to a 25 percent increase.

The third change was to break down money allocated in one category into several categories; so one area of the budget would not be inflated.

"I see it as a very fair compromise," said Finance Committee member Bobby Ferris (Dist. 14). "They've put a good deal of work into revising the budget."

Riemann said he was in full support of the budget.

Debate from page 1

ing sanctions would make the (South African) government think twice about continuing the present system of oppression," he said.

Smock responded that he is opposed to the principles of sanctions and divestment. "Only Socialists would advocate divestment or sanctions."

The employment rate of blacks in South Africa is higher than in any other country on the African continent, he said, and imposing sanctions would hurt blacks more than help them.

"Most blacks vote with their feet every day by going to work," he said. "Dale and his followers are not going to suffer because of divestment and sanctions."

McKinley said that a Gallup poll of South African blacks taken less than a year ago indicated that 73 percent of the people polled favored sanctions as a positive step against apartheid.

When asked whether he thought the African National Congress (ANC) is supported by Communists, Smock said he believes the organization poses a Communist threat to the country.

But McKinley said he disagreed with the premise of the question. "We always ask the question of is this or that a Communist organization," he said. "Americans seem to think there's a Communist bogeyman ready to go wherever capitalism is not."

The ANC is only concerned with overthrowing the apartheid system, McKinley said. "What we are talking about in South Africa is a struggle against an inhumane system."

Easter Weekend Library Schedule

Davis Library

Friday.....8 a.m. — 8 p.m.
Saturday.....10 a.m. — 8 p.m.
Sunday.....closed
Monday.....regular schedule

Undergraduate Library

Friday.....8 a.m. — 5 p.m.
Saturday.....9 a.m. — 5 p.m.
Sunday.....closed
Monday.....regular schedule

Campus Calendar

The DTH Campus Calendar appears daily. Announcements must be placed in the box outside The Daily Tar Heel office, 104 Union, by noon one day before — weekend announcements by noon Wednesday.

Items of Interest

Interested in buying a 1985-86 Yucky Yack or another previous edition? Come by Room 106 of the Union or call 962-3912/1259.

The American Advertising Federation will hold an organizational meeting Tuesday night at 6 p.m. in 204 Howell for journalism; business (marketing); and radio, television and motion pictures majors. All are encouraged to attend. New officers will be introduced.

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Ever wanna be a fire fighter? Volunteers needed at the beach

By MARY PARADESES
Staff Writer

Students dreaming of spending the summer at the beach can have an especially hot time if they take up an offer from Wrightsville Beach Fire Chief Everett Ward.

Ward has proposed a program that will offer college students a free place to live in a dormitory setting in exchange for volunteer fire-fighting services every third night.

"The program probably won't be ready for approval until June, although we've had several offers from students already," Ward said.

Students who participate in the

program will be involved in fire-related alarms and must be trained in fire-fighting, driving and operational skills. Ward said he would review the experience of the applicants to determine how much training the students would need.

"I'm looking for students because they have the ability to learn rapidly," Ward said. "We're ideally looking for a young person, ranging from 19 to 36 years."

Ward said the students would be able to attend school or hold a job since the volunteer period allowed sufficient time for other commitments.

"They only have to be available in the firehouse every third night from 5 p.m. until 8 a.m.," Ward said.

The students would live in the fire station in their own individual rooms. Ward said he expected to have nine small bedrooms and five large bedrooms. He also plans to have a dayroom so students will have ample space to study in a wholesome atmosphere.

Ward said the Wrightsville Beach fire station handles about 47 alarms per year with four paid employees and 17 volunteers. Usually, the station is manned by one person 24 hours a day.

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