

Prevention is the key to controlling stress

By Jerri Henderson
Staff Writer

Many students wait until the last minute to write a paper they have had a month to work on, or panic when they hear the word "test." These students are likely to have high levels of stress. Stress, a response to factors in the environment, is a way of life for everyone, and it is important to learn how to handle it.

"How people deal with stress determines their quality of life," said Dr. Maggie Weshner, director of the counseling center.

Many people exaggerate a situation, according to Weshner, and cannot handle the stress they experience effectively.

"Stress in general isn't necessarily bad; it's the degree of stress," said Dr. Ann Weber, associate professor of psychology. "The key to stress control is prevention."

"Deadlines are a fact of life—they don't have to stress you out," said Weber. "Develop some discipline for yourself, and always plan for a margin of error."

Weshner emphasized sharing of emotions and talking to

other people about any problem they face.

"Stuffing things inside causes problems," said Weshner.

The practicing of good nutrition and exercise, Weshner and Weber agree, makes stress easier to deal with.

"Caffeine is not a good idea—it makes you feel more stressed," said Weshner. She urged eating more fresh fruits and vegetables and getting regular exercise.

"Maintaining health is important," said Weber. "Take care of yourself in advance."

Weber also suggested staying away from drugs to help during a stressful situation because it usually makes people feel worse.

The problem with stress is that, if it is not handled properly, the body can become exhausted and run down.

"Each person has a weak link," said Weber. "Some are behavioral, some experience it as joylessness, but the common denominator is you."

In other words, if someone is feeling stressed, they should try and find out what is causing it instead of blaming their problems on other people or events, according to Weber.

"The more confident you feel and the more you like yourself and the more prepared you feel, the better you'll handle stress," said Weber.

What people tell themselves determines how they will react to the situation, and it is important not to panic.

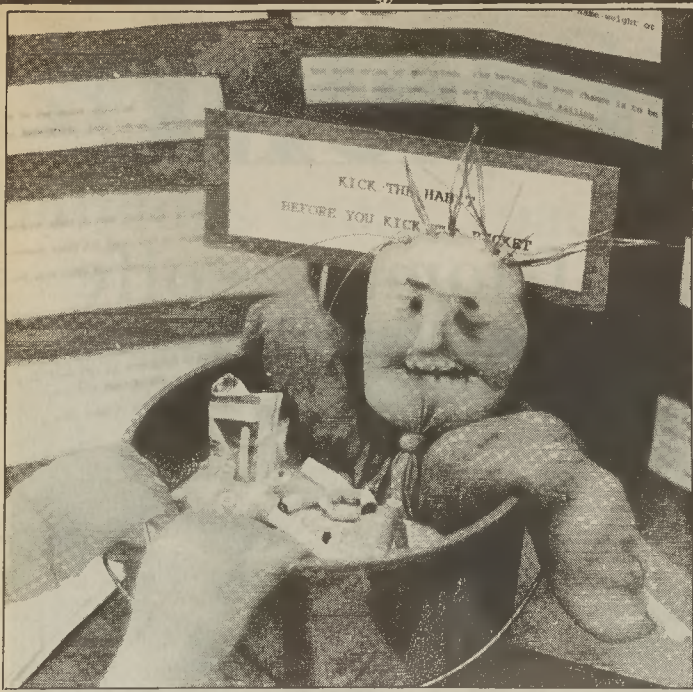
"Humor and laughter is a good boost because it helps take yourself less seriously," said Weber.

Weshner urges students to be good to themselves to help with their attitude against stress.

"Pamper yourself, do good things for yourself, and take little one-minute vacations to give yourself a break," said Weshner.

If someone has a lot of stress in their life and would like to be able to handle it more effectively, they can always visit the Counseling Center. Weshner said they can teach students to work with themselves to control their bodies.

In addition to individual counseling, there is a self-hypnosis group which, according to Weshner, is "wonderful in learning to handle stress and a lot of different things."



Staff Photo—Stacey Higdon

"Kick the habit before you kick the bucket"

This display is one of those presented by the Health Promotions Program in Ramsey Library this month. The display is designed to emphasize the potential danger that smoking cigarettes can present to smokers health.

News In Brief

Video promotes social change

"Guerrilla Media: A Citizen's Guide to Using the Electronic Media for Social Change" is the topic of a special video preview at 7 p.m. Feb. 25 at the University of North Carolina at Asheville.

The free, big-screen showing will be held in room 37 of UNCA's Highsmith University Center.

The two-hour video features Academy Award-winning media guru Tony Schwartz, creator of the "Daisy" TV spot for Lyndon Johnson's 1964 presidential campaign against Barry Goldwater.

The video is designed for communications teachers and students, civic organizations fighting for social change, corporations dealing with special business problems, and individuals seeking an effective voice in the public arena.

The video is hosted by New York City Mayor Ed Koch, who has been the target of Tony Schwartz radio barbs. Also featured are Kathleen Jamieson, chairman of the communications program at the University of Texas at Austin, and Michael Pertschuk, co-chairman of the Advocacy Institute and former chairman of the Federal Trade Commission.

The video also includes taped interviews with the late media theorist Marshall McLuhan. The tapes, which are part of Schwartz's extensive personal archives, have never before been made public.

Among the topics covered in "Guerrilla Media" are: "Inexpensive TV Spots," "Why Demonstrations are Out of Date," "The Untapped Power of Radio," "Writing a Script," and "The Power of Shame."

"Guerrilla Media" is produced by Varied Directions, Inc. of Camden, Maine and was released in January. Its Asheville screening is sponsored by the UNCA Ecology Club, the Political Science Association, and UNCA's Public Information Office. For more information call 251-6526.

Computer workshop offered

There are a number of computer workshops being offered at UNCA this semester. These workshops are divided into two categories, the ones being offered at specific times, and the ones which a date and time may be arranged with individuals.

These arrangements can be made by calling Connie Higginbotham, 251-6445. Most workshops require a minimum number of participants, as well as, a maximum.

Thirteen different workshops are available. Five have already been scheduled for the semester.

An MS/DOS workshop will be held on Friday, Feb. 19 from 10:00 until noon. In this workshop the IBM personal computer (or compatible) disk operating system will be introduced.

On February 24 at 10:00 an advanced wordperfect workshop will be offered. An electronic mail workshop will also be offered on February 24 from 1:00 to 4:00 p.m. This workshop will also be offered on Thursday, Feb. 25 from 9:30 until 11:30.

A Storyboard workshop will be offered on April 1.

Moseley to teach in faculty exchange

By Dana Collins
Staff Writer

UNCA will enhance its cross cultural opportunities next year by participating in an international faculty exchange.

Next year, UNCA students will have a chance to take literature classes from David Barrett, a lecturer in English from Chester College in England, and students at Chester will be able to take classes from Dr. Merritt Moseley, associate professor of literature and language at UNCA.

These opportunities are available because of a faculty swap Moseley and Barrett are participating in which is the result of UNCA's membership in the Faculty Exchange Center.

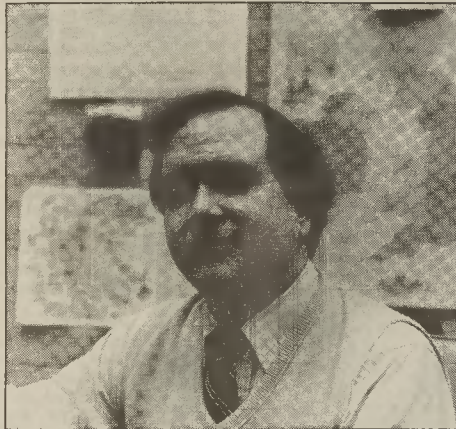
For a year, Moseley will teach literature and language at Chester College, located near Liverpool, England.

Moseley and Barrett will switch more than just jobs, however.

"I am going to exchange houses and cars, as well as positions," said Moseley. This will help both of them because neither will have to worry with finding a place to live or renting transportation.

Moseley's wife and four daughters will accompany him on his trip. "I've visited England before, and I think it will be good for my family and for me," said Moseley.

Moseley said, however, that his two oldest daughters have mixed emotions about England.



"They will be attending different schools and making new friends which isn't always easy," said Moseley.

According to Moseley, the town of Chester is very elegant, but the house they will live in is small, but contemporary -- much like the houses here in Asheville.

While in England, Moseley will be teaching, however, he will also use the opportunity for furthering his own research. He is presently working on a book about an English writer, David Lodge, who lives in Birmingham, England.

Moseley said he wanted to write about Lodge because "I

like him and no one has written a book on him."

Moseley's trip to England will allow him opportunity to interview Lodge, as well as time to work on the book. In addition, the sights and culture of England will enhance his book.

The book is basically a book on literature, and Moseley said he doesn't expect it to be a best-seller. He said his book will be used primarily for academic purposes.

Moseley has a contract with Starmont House to publish the book by Jan. 1, 1989.

Moseley said, although he will miss his friends and his colleagues at UNCA while in England, the trip is a great opportunity and "it isn't enough to keep me at home."

PREGNANT?

We can help plan the best future for you and your child.

Catholic Social Services

255-0146

Underdog Productions Presents

APOLOGY

Due to a shipping mix-up, the film "Make Mine Music" was shown instead of "Bedknobs and Broomsticks" on Saturday, Feb. 13. We apologize for any inconvenience this may have caused. "Bedknobs and Broomsticks" will show on Saturday, Feb. 20.

Family Film Series Saturday 11 a.m. \$1 all
Regular Film Series Sun. 7 p.m. Mon. 4 p.m. \$1 students/\$2 others

Bedknobs and Broomsticks

SLAUGHTERHOUSE - FIVE



Films are shown at

Lipinsky Auditorium



MALAPROPS BOOKSTORE/CAFE

BOOKS - MUSIC - CARDS
SANDWICHES, SOUPS, SALADS
ESPRESSO, BEER & WINE
MAGAZINES - JOURNALS
DOWNTOWN ASHEVILLE
10 AM - 8 PM
LIVE ENTERTAINMENT WEDNESDAY
EVENING 6 PM

61 HAYWOOD ST.

254-6734



DISCOVER

New Location 68 Tunnel Rd

Discoveries can be Found
At Discover / Records,
Tapes & CD's
Now part of Mr. Toad's
Audio Systems
at Discover low prices

254-2993
11-7p.m. M-F
10-6p.m. SAT



MR. TOAD'S
the STEREO VIDEO specialists