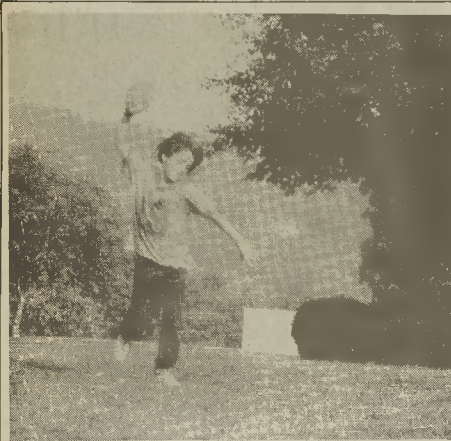


# The Banner

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Boys will be boys  
(top)  
Michael Flowers uses the UNCA quad as a practice field.

(bottom)  
Two intramural flag football teams battle it out.

Staff Photos—Joan Schnyder.

## New health club formed at UNCA

by Susan Dryman  
Staff Writer

Members of the UNCA community will soon be able to participate in a club which will utilize, what many fitness experts are calling, one of the safest exercises available.

The Weizenblatt Health Center has formed "The Heartwalk Club," a club for anyone in the UNCA community interested in the relatively new sport of walking.

Maralee Gollberg, assistant to the director of the health promotion department, said about 25 interested members met last Wednesday and ironed out a few of the group's objectives.

Members of the group have decided to meet at least two, possibly three, times each week to walk at least a mile of the campus. Members want to walk for at least 12 minutes at their respective target heart rates, which is the recommended level to achieve maximum cardiovascular benefits, Gollberg added.

Most of the members who attended Wednesday's meeting wanted to walk as a group, she

added. "It's very easy to start a fitness program by yourself and let it fall by the wayside. But, by being in a group, everyone will have a set time to meet, and other people to depend on for motivation," she said.

According to Gollberg, most members said they prefer to walk on the various pathways of the campus, but that the track at Justice Center is available for those walkers who would rather not tackle UNCA's topography.

Members will also meet monthly to pool their resources and stay abreast of the different developments associated with the sport of walking.

"We want to discuss diets, motivation, events of interest to walkers, resources for athletic equipment like special shoes made for walking and pedometers, and any other loose ends," Gollberg said.

Those who attended the meeting were most concerned with staying motivated about walking.

Members of the Heartwalk Club  
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## SGA scraps 'Monday Morning' publication

by Maria Horton  
News Editor

Rob Young described the recent distribution of "Monday Morning at UNCA" in attempt to improve communication on campus as "worthwhile even if only 200 students were better informed as to what is happening here."

"Monday Morning at UNCA" is a weekly publication of the public information office for the faculty and staff. The Student Government Association (SGA) paid for an additional 500 copies of the publication and distributed them to students as well.

"We had lots of support for the idea," Young said, "Money was the problem, not support."

Young used his own funds to finance the first three weeks circulation. "I used my senatorial stipend from the SGA because it was already there, but they just wouldn't let me continue to pay for it," he said.

Young added that the project was initially going to be cut back to print only 300 copies, but SGA decided to scrap it totally.

Young also blamed the short time given to the project as part of the problem. "We didn't do it long enough to see if it would really be successful."

Dr. Cissy Petty, advisor for SGA, said doubts about circulation were a factor in the decision to discontinue the venture. "We were not sure it was being circulated the way we had hoped it would be," Petty said.

Petty added that a strategy was needed for the program to work, and it had not totally been ruled out by SGA.

"Monday Morning at UNCA" was available to students in "high traffic areas," according to Young. He said he had also talked to Sharyn McDonald, director of the Highsmith Center, about distribution, but "it just never got that far."

## Stress is what people make it

by Kris Beddingfield  
Assistant News Editor

Stress is a factor all people, especially college students, must learn to deal with or it can cause serious health problems including death.

"Stress can make you sick and can even be life threatening," Dr. Tracy Brown, of the psychology department, said. "We're fairly confident stress has a suppressive effect on the body."

Brown said studies have shown that stress can cause ulcers, allergies and a break-

down in the immune system, which can lead to tumors and death.

"What you see is a general increase in the pace of bodily functions, such as heart rate and respiration, which causes complications. Other warning signs of stress are sleep disturbances, trembling, loss or gain of appetite and strong changes in mood," Brown said.

Dr. Maggie Weshner, director of the Counseling Center, also mentioned negative thoughts, ridgedness and withdrawal from people as signs of stress.

"Everyone who comes to the

Counseling Center is having problems dealing with stress. They're usually overloaded from too many classes, homesick or facing grade and career pressures. They're asking 'What's my purpose in life?' and 'Who am I?,' Weshner said.

"A great deal of our stress comes from how we see the world. What might be stressful to one person, might not be to another. It depends on the individual and how he or she has defined their world," Brown said.

"Some people have a ridged view of their world and them-

selves. They push themselves until they have a stroke or heart attack," Brown added.

The Counseling Center provides group and individual counseling for students needing help with stress. "We have tapes that can be checked out and we also have a small library students can use," Dr. Kathleen Donald, a part-time counselor at the Counseling Center, said.

Donald went on to say that exercise, especially aerobics, and a healthy diet can help

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## Brown offers cash incentive for minorities increase

by Michael Gouge  
Staff Writer

No progress has been made to improve the percentage of minority students in the past four years at UNCA, according to Chancellor David Brown, who spoke to faculty members recently.

"It's time that we do something that works to identify and attract qualified minorities," he stated.

So strong is his desire to bring a wider diversity of students to the campus, that Brown has offered "a \$1,000 prize to the department or unit which, in the judgement of Affirmative Action Officer Caroline Miller, does the most to successfully promote a greater minority presence at UNCA between now and April 1."

This prize is part of the chancellor's discretionary funds and can be used for any valid state function by the direction of the winning department's chairperson, Brown said.

In the past, efforts to recruit minority students have not been very successful, Steve Wilborn, Assistant Director of Admissions, said. However, today, "the admissions office has increased efforts in trying to recruit more black students," he said.

More calls have been made and more grants are being offered to prospective students. But, recruiting the black student is harder, according to Wilborn, because of the competition with other schools and the Armed Forces.

The problem seems to be that the smaller number of college-bound blacks and the larger number of options they have to choose from makes it more difficult to attract the prospective minority student, Wilborn said.

These other options can sometimes offer more financial aid, wider cultural diversity, or simply the notoriety of a certain school, Wilborn expressed.

But it appears that UNCA has been improving over the past few years. The number of black graduates has increased steadily in the past four years.

Wilborn noted that for the '88 fall semester the school received 125 black applicants. This number was up from 116 for the '87 fall semester.

However, Wilborn emphasized

that much improvement is needed for UNCA to catch up with the majority of other UNC schools.

"A comprehensive plan is needed," which includes someone to focus on promoting the school to prospective college students. As the situation is now, no one can concentrate on that aspect of admissions,

Wilborn said.

Caroline Miller, Director of Personnel, has a similar problem attracting minority faculty applicants. Miller mentioned

that efforts to reach more interested black professionals include "widening the advertising base" and "working with local employers to help with spouse placement" for new faculty members.

"The pool of black professionals is relatively small. And the state sets the salaries for small universities, which makes recruiting minority faculty difficult," Miller said.

With larger universities offering more incentives for minority professionals, it is not easy to attract qualified applicants, Miller added.

The effort to attract more minorities is important to the university because of the diversity it would provide. Dr. Eric Iovacchini, vice-chancellor for student affairs, expressed

that there are not enough minorities on campus for students to build cultural relationships with.

And for faculty, Iovacchini said there is not enough faculty and staff to provide role models for students. More diverse cultures would "foster a healthy learning environment" by broadening the experiences of the members of the classroom.

Carolyn Briggs, Coordinator of Multicultural Affairs, also felt there was not a sufficient amount of minority students and faculty to represent "living in the real world." For her, the diversity that more minority and international students bring helps to enhance the whole school.

Brown said his aspiration to make UNCA a more prominent statewide school includes increasing the "geographic and ethnic diversity."

## Campus demographics

Spring '88

### Students

2628 white  
96 black  
55 other

2779 total

### Staff

318 white  
42 black  
3 Asian  
3 Hispanic  
1 American Indian

367 total