

Editorial

Pride In Yourself

by: Bruce Groce

Well, freshmen, what do you think of our college? You don't have to answer that. I can tell by your expression that you enjoy it. Everytime I walk through the Commons (I'm the guy with the raspberry shirt and bright bandana), I see new freshman buddies enjoying the big screen T.V., getting ready to play some "pong", or just talking. More than likely it is talking, at least, if you're a red-blooded male or female, there are some very special members of the opposite sex you enjoy being with. Sometimes all these activities become so enjoyable that you spend most of your time playing and not working. "All work and no play" may be dull, but, "all play and no work" and you fail!

Take my advice, everyone, because I will be the first one to tell you how bad your work will suffer. It can put you on the teacher's bad side, make you feel terrible, and even make a paper late (sorry Dr. J., etc.)! This is where my title comes in, "Pride in Yourself." We all should have enough drive in us to strive to better ourselves. Agreed that we may not make an honor society or win some award, but we can be proud that we do our best and will continue to do this. If we are not performing at our top level, we need to improve. Who needs recognition when you can still smile after seeing your report card!? One final word -- you have to have "Pride in Yourself" to be proud of yourself!

Faster To Disaster

Teen Drunk Driving - Still A Killer!

Although automobile drivers between the ages of 16 and 24 comprise only 20 percent of all licensed operators, they are responsible for 42 percent of fatal, alcohol related accidents! And the leading cause of death today for those between the ages of 15 and 19 is the same.

So notes the National Clearinghouse for Alcohol and Drug information.

Buy why? Aren't those drivers still in their teens intelligent enough to realize that drinking and driving don't mix?

Obviously not!

A recent survey conducted by the Insurance Institute for Highway Safety indicates that too many teens drink and drive fast.

Can anything be done?

Yes.

Congress has passed a law requiring all states to raise the legal drinking age to 21. Any state not in compliance will face a cut in federal highway funds.

Only one problem: The law does not go into effect until October 1,

1986.

In the meantime, then, highway murder will continue . . .

These figures from the Insurance Institute's survey indicate why: Of the licensed drivers 15 years of age and older, 25 percent of the boys and 11 percent of the girls drink and drive. Further, 33 percent of the boys and 14 percent of the girls drive faster than 70 miles per hour.

Shouldn't somebody do something until October 1, 1986?

Yes!

Parents and their children can help slow down the rate of highway fatalities among teen drivers unfortunate enough to be licensed drivers. SADD (Students Against Driving Drunk) is a national organization that provides hard facts about drinking and driving.

For information, write to SADD, P.O. Box 800, Marlboro, MA 01752.

That information can save the life of someone you love. (Could be you.)

Freshman Impressions of their First Day at WCC:

Deborah Long, It's nothing new to me.

Robin Jones, I wanted to go home.

Mark Eller, I got a headache!

Kelly Bare, Cautious.

Karie Bare, Dreaded It!

James Parsons, I loved it, It's a break from the service.

Rickey Morte, Frustrations!!

Michele Roberts, I can't remember the first day!!

Dixon Horne, I wanted to stay forever!

Moose, It's alright, I guess.

Michael Thompson, It's fine, I guess.

JoAnn Eller, Nerve racking!

Lela, I enjoy it.

Mike, It's time to skip a class.

Pam Howard, Big difference from working a normal job.

Mary Goodman, Tiring.

Fred Brown, Fine.

Daron Brown, Alright.

Diana Michael, Great!!!!

Paula Bumgarner, Outrageous!!

Amy Bumgarner, Different.

Melissa Frazier, You mean Manuel

is still here!!!

Rick, Party Time!!!

Anita, I really like it!!!

Pamela Eller

QUICK BUT SICK

"Hey!" shouted the careless driver after he hit a pedestrian. "Watch where you're going!"

"Why?" groaned the poor victim.

"Are you going to drive through this neighborhood again?"

WHY FIND OUT
"Are you male or female?" asked the manager.

"Does it matter?"

"Not really. But I think you ought to find out."

GED Testing

What does GED stand for? Well, it stands for General Educational Development Test. The test consist of five sections which measures achievement in subject areas generally associated with a high school program of study. The tests includes writing skills, social studies, science, reading skills and mathematics.

The tests are taken by people who have not graduated from high school and who wish to demonstrate an educational level sufficient to earn a high school credential. There are more than 3,000 locations throughout the United States and Canada where one may take the test.

The following are the dates that are scheduled at Wilkes during 1986. January 8 & 9, February 12 & 13, March 12 & 13, April 9 & 10, May 14 & 15, June 11 & 12, August 6 & 7, September 10 & 11, October 8 & 9, November 5 & 6, December 10 & 11.

Autumn's Color Splash Here

Autumn again. And nature is on the march with her proverbial paintbrush changing green leaves to splashes of color. Acutally, seasonal conditions and chemical changes account for the transformation.

Three pigments in the leaves - chlorophyll, carotinoids and anthocyanins - are involved in the coloring.

Chlorophyll, a green pigment, is

one of the most important. It keeps trees alive and growing by using sunlight to convert carbon dioxide and water into carbohydrates, a process called photosynthesis.

As fall arrives, the temperature of water in the soil cools, cells at the base of leaves disintegrate, blocking passages from the leaves to the branches and causing the chlorophyll to decompose.

The fading chlorophyll allows the other pigments, the carotinoids and anthocyanins, to become more pronounced until they eventually

Yo-yoself - teacher's proper response to you

Golden Rule of Ping-Pong - if you can't beat them, hit them with the ball (aim for the eyes)

There's no way - statement freshmen make when they first venture the long climb to the HILL.

Ker-plop - sound freshmen make when halfway up the HILL and find themselves on the ground.

Wheeze - first sound out of a student's mouth after climbing the HILL

Athlete - a person who can climb the HILL and survive.

Chill out - very unconcerned

Well, these are all the words and phrases for this issue. I'll be back in the next issue. If you have remarks you would like for me to comment on, send them to Mark Cheek in care of the Publication Office, Hayes Hall.

By: Mark Cheek

Mark's Remarks

Mark's remarks article is a satirated, occasionally sarcastic, and hopefully funny view of college life. I thought this would be helpful for the new students at Wilkes to learn a few words and phrases that they might encounter in a conversation.

Bounce it off the wall - to cut a class

Raise the flag - to fail a test

Halfmast - to barely pass a test

G'Pay-mate - proper greeting when meeting a fellow student

Party - a mass gathering of college students in a small apartment for all kinds of activities

Strung-out - after effects of a party

Weird - feeling you get after three days without sleep

G.O.D. - Highest degree available (Congratulations Wayne)

Yo - proper response for roll call

Live up to your fullest potential

with direction dynamics and Dr. Bruce A. Baldwin

LIFESTYLE MANAGEMENT: STRATEGIES FOR SURVIVING YOUR CAREER

November 22, 1985
Wilkesboro, N.C.

John A. Walker Center
Wilkes Community College

8:00 - Refreshments
8:30 Staff Development With Dr. Bruce A. Baldwin

Bruce A. Baldwin, Ph.D.

PROFESSIONAL:

- 1971-1980 . . . Faculty Member, Dept. of Psychiatry, University of North Carolina School of Medicine.
- 1980 to present . . . Head of Direction Dynamics consulting service in Wilmington, N.C.
- North Carolina License #335, Practicing Psychologist.
- Certificate #10112, National Register of Health Service Providers in Psychology.
- Co-author of textbook, *Crisis Intervention Theory and Practice: A Clinical Handbook*, Prentice-Hall, 1980.
- Author of more than 80 published articles in trade and professional journals.
- Frequent consultant to newspapers publishing stories relating to human behavior.
- Featured speaker at a wide range of regional, national and international meetings.
- Regular writer of "Management Direction" for Piedmont Airlines *Page Magazine*, 1980 to present.

EDUCATIONAL:

- Bachelor's Degree Pennsylvania State University, 1966
- Master's Degree University of Florida, 1967
- Doctoral Degree (Ph.D.) Arizona State University, 1970
- Postdoctoral Fellowship Dept. of Psychiatry, University of North Carolina School of Medicine, 1971

PERSONAL:

Born Sept. 7, 1943 in Milton, Pennsylvania. He has been married since 1966 to Joyce Elaine Baldwin, a reading specialist and kindergarten teacher. They have two young children. Traveling, camping and boating are favorite family pastimes. Stamp collecting he does for himself.

For further information contact Pat Lyall in the Student Development Office.

Like so many of your busy colleagues, you're facing a supreme irony: You're suffering from your success? You've worked so hard to make it that you've completely forgotten how to enjoy a quality Life After Work. This seminar focuses on the philosophy of Lifestyle Management as a way to enhance career longevity as well as to restore a sense of inner control and personal satisfaction in your life as you live it each day. It's dual goals are to help you survive your career and to live well with your success. Emphasis is placed on practical strategies to balance work and success on one hand with quality time spent in leisure activities, family involvements and friendships on the other. There's no question that you work hard. The real question is whether there is Life After Work for you these days. If there isn't, this seminar is a must!

Here are just a few of the topics you will learn about during the course of this interesting, hardhitting and sometimes amusing program.

- How to recognize the ten upsetting symptoms of personal burnout.
- Why relaxation and stress are both "all in your head!"
- How you've been trained to be successful and stressful all your life.
- The characteristic behaviors and life patterns of the "Workaholic" Lifestyles.
- The differences between true relaxation and "psychological work."
- The various irrational beliefs about relaxation that block leisure.
- Why you can't beat the stress if you can't beat the guilt.
- The differences between the Success Ethic and Naturalistic Functioning.
- The basic philosophy of Lifestyle Management.
- The powerful negative impact of Work Skew on your health and on your family.
- Specific strategies to attain and maintain Lifestyle Balance.
- The characteristics of a Healthy Achiever.