

## Alleviating Stress

Recognizing the symptoms is the first step in dealing with stress. This is sometimes difficult because stress is often disguised by its own symptoms. For instance, alcohol abuse, drug abuse, depression and violence are all symptoms of stress. These symptoms lead to ill health, accidents, suicides and homicides. Additional symptoms are cigarette smoking, compulsive eating, and weakening of the immune systems. This can lead to cancer, heart disease and any number of ailments ranging from frequent colds to pneumonia.

Once recognized, stress can be alleviated. The tips shown below can help if one will set their mind to taking care of themselves.

### Adaptive Skills for Stress

1. Recognize it and quickly deal with it.
2. Talk it out with a friend - confidentially - develop a support group or individual.
3. Take a moment to sit or lie in a quiet position - breathe in calm, breathe out tension.
4. Find a time to be alone daily - escape for a while.
5. Shun the "Superwoman, or Man" urge.
6. Laugh at yourself - don't take yourself too seriously.
7. Let yourself cry.
8. Really forgive someone for a wrong. Imagine yourself telling them and imagine yourself wishing them all the happiness they deserve.
9. Do one thing at a time.
10. Express your feelings to others.
11. Exercise regularly.
12. Know whose problem it is and don't any the problems that aren't yours.
13. Don't bury into "What I ought to do" but employ "What I can do."
14. Set reasonable goals for yourself that are attainable.
15. Eat regularly and sensibly.
16. Avoid Poison people.
  - A. List people who make you feel vital, alive, happy. Try to spend more time with them.
  - B. List places that nourish you. Places in which you experience joy, calm, life. Try to spend more time there.
  - C. List toxic people - people who offend you or cause you to feel depressed. Try to avoid these.
  - D. List toxic places - places in which you feel tense, uncomfortable. Try to avoid these.
17. Live in the present. Don't beat yourself for past mistakes.
18. Spend some quiet time each day in prayer and meditation.

## Decisions, Decisions

Are you having trouble deciding which career is best for you? Then Cathy Annas is the solution to your problems! Cathy is located in the Student Development Office. She assists students in their academic careers, as well as their personal issues. Cathy also works with High School career programs.

If you are currently enrolled in the college transfer program, Cathy could probably help you decide which college would best fulfill your needs.

Cathy enjoys being a career counselor because she "enjoys working in a college setting and being part of helping students develop and attain the goals they have set for themselves."

Confusion, chaos, and the fears of failure, are all obstacles in every college student's life. Cathy Annas can help eliminate those problems, and make your future seem a little bit more appealing.

— Robin Mathis



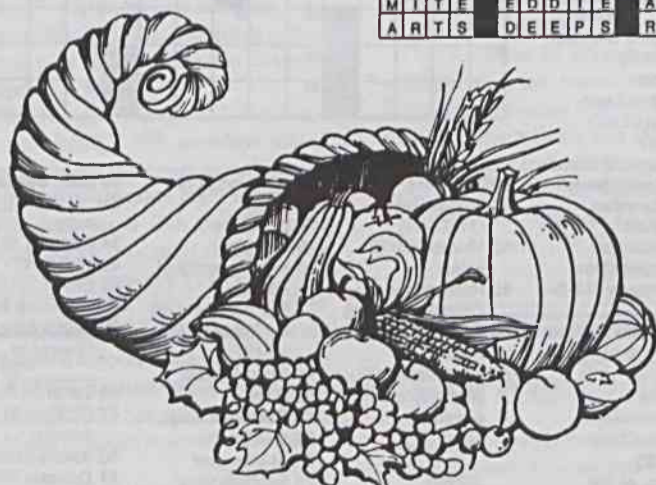
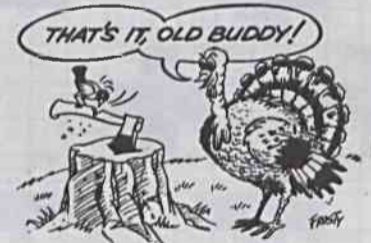
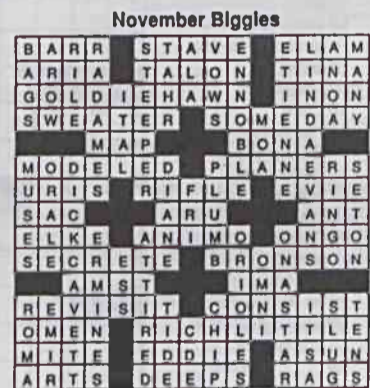
The BB&T of Winston-Salem and the YMCA of Greater Winston-Salem have announced the seventh annual Mistletoe BB&T/YMCA Road Races to benefit the youth programs of the Winston-Salem Central YMCA.

The races, a 10K and Half-Marathon (13.1 miles) are scheduled for Saturday, December 7, at the Central YMCA in Winston-Salem. Both races will start at 8:30 am.

Participants will be grouped according to sex and age, with ten divisions. Top finishers over-all and in each division will receive awards. All runners will receive T-Shirts.

Race fees are \$10.00 until December 4, and \$12 after that date.

Anne Coats is the Race Director. Entry information is available by writing Whit East, Central YMCA, 775 West End Blvd., Winston-Salem, N.C. 27101, or by calling (919) 721-2074



## COLLEGE CALENDAR School Year 1991-1992

### WINTER QUARTER 1991-1992

November 11-15	Registration
December 2, Monday	Registration/First Day of Classes - Winter Quarter
December 9, Monday (4 pm)	Winter Quarter Registration Ends
December 23-January 3	Christmas Holidays
January 6, Monday	Classes Resume
February 7, Friday	Last Day to Withdraw From a Class
February 28, Friday (11 pm)	Last Day of Classes for Winter Quarter

### SPRING QUARTER 1992

February 10-14	Registration
March 4, Wednesday	Registration/First Day of Classes - Spring Quarter
March 11, Wednesday (4 pm)	Spring Quarter Registration Ends
April 17-20	Spring Break
April 21, Tuesday	Classes Resume
April 30, Thursday	Last Day to Withdraw From a Class
May 21, Thursday (11 pm)	Last Day of Classes for Spring Quarter
May 22, Friday	Graduation (5:00 pm)

### SUMMER QUARTER 1992

May 4-8	Registration
May 27, Wednesday	Registration/First Day of Classes - Summer Quarter
June 29-July 3	Summer Break
July 6, Monday	Classes Resume
August 11, Tuesday (11 pm)	Last Day of Classes for Summer Quarter

### SUMMER BLOCK SCHEDULE

May 27-June 18	First Block Classes
June 19-July 20	Second Block Classes
July 21-August 11	Third Block Classes

## Programs of Study

### College Transfer

- C011 Associate in Arts Degree
- C023 Associate in Arts Degree - Pre-Nursing
- C003 Associate in Fine Arts Degree - Pre-Art
- C006 Associate in Fine Arts Degree - Pre-Drama
- C015 Associate in Fine Arts Degree - Pre-Music
- C018 Associate in Science Degree
- C040 Associate in Science Degree - Pre-Computer Science

### Associate in Applied Science Degree

- T016 Accounting
- T030 Administrative Office Technology
- T059 Associate Degree Nursing
- T176 Automotive Technology
- T027 Building Construction Technology
- T018 Business Administration
- T022 Business Computer Programming
- T129 Criminal Justice - Protective Services Technology
- T003 Diesel and Equipment Technology
- T073 Early Childhood Associate
- T039 Electromechanical Technology
- T045 Electronics Engineering Technology
- T074 Foodservice Management
- T025 Hotel and Restaurant Management
- T179 Radio and Television Broadcasting Technology
- T107 Social Services Associate

### Vocational Education Programs

- V015 Architectural Drafting
- V001 Automotive Body Repair
- T027 Building Construction
- V011 Dental Assisting
- T073 Early Childhood
- V042 Electronic Servicing
- V053 Foodservice Specialist
- T165 General Office Technical Specialty
- V033 Industrial Mechanics
- V031 Medical Assisting
- T179 Radio and Television Broadcasting Technology

## Pretty Good

There once was a pretty good student,  
Who sat in a pretty good class,  
And was taught by a pretty good teacher,  
Who always let pretty good pass.  
He wasn't terrific at reading,  
He wasn't a whiz bang at math,  
But for him education was leading  
Straight down a pretty good path.  
He didn't find school too exciting,  
But he wanted to do pretty well,  
And he did have some trouble with writing,  
And nobody had taught him to spell.  
When doing arithmetic problems,  
Pretty good was regarded as fine,  
Five plus five needn't always add up to be ten,  
A pretty good answer was nine.  
The pretty good class that he sat in  
Was part of a pretty good school,  
And the student was not an exception,  
On the contrary, he was the rule.  
The pretty good school that he went to  
Was there in a pretty good town,  
And nobody there seemed to notice  
He could not tell a verb from a noun.  
The pretty good student in fact  
Was part of a pretty good mob.  
And the first time he knew what he lacked  
Was when he looked for a pretty good job.  
It was then, when he sought a position,  
He discovered that life could be tough,  
And he soon had a sneaky suspicion,  
Pretty good might not be good enough.  
The pretty good town in our story  
Was part of a pretty good state,  
Which had pretty good aspirations,  
And prayed for a pretty good fate.  
There once was a pretty good nation,  
Pretty proud of the greatness it had,  
Which learned much too late,  
If you want to be great,  
Pretty good is, in fact ...  
Pretty Bad!

## THE COUGAR CRY

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Letters to the editors are welcomed. Address to:  
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NEWS IS BAD NEWS  
FOR THE NEWSPAPER  
BUSINESS,  
IS STILL BAD NEWS.

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