

Meredith Herald

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News Briefs

• The Bush administration is working to put together a coalition of countries to take part in a US-led operation to get food and medicine to the millions starving in Somalia. United Nations Secretary-General Boutros-Ghali gave a reluctant endorsement to the plan. He would prefer a United Nations Force do the job, but for now the American plan will do.

• Paul Tsongas, former Democratic presidential hopeful, confirmed Monday that the growth in his abdomen is cancerous. Doctors say it is treatable with radiation and chemotherapy. Tsongas is the first known cancer survivor to campaign for the presidency.

• For the first time in 17 years the moon will slip behind the Earth. The lunar eclipse will occur Dec. 9. It will begin at 4:59 p.m.. The moon will be totally blacked out by 6:06 p.m. Everything will be normal again by 8:28 p.m.

• Tony Robinson, the N.C. State basketball player who committed suicide last week, was buried Monday.

• For the sixth time, the Supreme Court rejected Dr. Jeffrey MacDonald's latest appeal of his conviction for killing his pregnant wife and two daughters 22 years ago. The case was the subject of the best seller *Fatal Vision*.

• Orthopedist Nicholas DiNubile told *US News and World Report* that Cindy Crawford's "Shape Your Body Workout" exercise video may be dangerous. DiNubile, as well as other orthopedists, says the exercises may lead to potential injuries to the back, neck, legs, hips or knees.

Juniors celebrate Meredith tradition at Ring Dinner

by Tracey Rawls

Following the tradition set by their Big Sister class, the Class of 1994 held their Ring Dinner Tuesday, Nov. 24. Dr. Betty Webb, Class of 1967 and Meredith English professor, and Martha Inscore, Class of 1992, spoke at the Ring Dinner.

Webb told the junior class about losing her ring in 1970. Two years later someone returned her ring to the switchboard operator at Meredith, who contacted Webb. She was thrilled to get her ring back, but she wondered about the mysterious person who returned her ring — he did not leave a name or say where he had found her ring.

Webb commented that her ring probably had a great story to tell. She asked, "What kind of story will your ring tell?"

Webb told the class the history of the Meredith class ring. The version that we wear now was de-

signed by Douglas Reynolds in 1953; Reynolds was the head of the art department. The Class of 1954 was the first class to wear the ring. Webb's class wanted to change the design of the ring — they recommended reducing the size of the band and getting rid of the oak leaves on the side of the ring. The changes were not approved. Webb also commented that her ring cost \$49.

Consulting her dictionary of symbols, Webb said that the first rings were worn by the Egyptians. The oak leaves represent strength, protection, durability, courage and truth. The



photo by Tracey Rawls

Martha Inscore, Class of 1992, and Dr. Betty Webb were the featured speakers at the Ring Dinner.

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Control end-of-the-semester anxiety with stress management

by Gina Roberts, Director of Personal Growth and Counseling

November and December are two of the most stressful months of the year for college students. Academic pressures are beginning to rise, and payment comes due for too much partying and procrastinating! As final exams, projects, and papers approach, anxiety, fear, depression and guilt increase proportionately to these academic pressures. In addition, the end of the semester usually means the depletions of financial funds, and emerging financial concerns associated with the financial drain of the upcoming holiday, as well as, the next semester. The holidays bring their own set of stressors as seasonal parties and community and church responsibilities create additional social demands on

extra-curricular time. Furthermore, "pre-holiday blues" related to family conflicts, losses, and separation begin to emerge.

Ask any college student what makes life stressful for her and there will be no shortage of responses, particularly at this time of year. Often, however, it is easier to identify the stressors than it is to recognize the stress they produce. We often refer to the "stress" as that which is creating havoc in our lives when, in fact, stress is the physical and psychological response of the body as it attempts to deal with internal and external demands perceived to be threatening or dangerous. Physiological responses of the body, such as increased heart and breathing rates and flow of hormones prepare one to act in response to stressors. In this way, stress can help us

meet physical challenges, solve problems, and reach goals. However, repetitive exposure to the threats which trigger the physiological responses of stress creates a kind of physical dependency on the adrenalin surge which comes with being in a constant and chronic state of "flight or fight." Recognizing and eliminating the stressors is the best way to ensure that the body does not wear itself out in an attempt to protect us from those things which upset our equilibrium.

Causes of stress are as numerous as life is diverse. Each of us faces a unique set of internal and external pressures. Some of the most com-

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