

Editorial: Clocks are ticking; heads are aching

by Addie Tschamler

As the great orator and former British prime minister Winston Churchill once said, "Worry is a spasm of the imagination. The mind seizes hold of something and simply cannot let it go." Tell me about it!

The spring of the year for us college students always seems to unfold with, not only budding azaleas and dogwood trees, but also unyielding stress and less than a good night's sleep. It's the usual routine for professors - you know; their class is the only class you have, so why not assign a three-page paper, give a test and double homework all in the same week?!

It seems the closer you get to the end of the year, the more obstacles appear in your path. Your parents continue to give you the spill about organizing your time, but your life is just one big maze. You're constantly bumping into walls that you cannot overcome, so you must try to find your way around. My dad wrote me letter just

recently that ended by saying: "Remember we are striving for a B-average this semester." "We" are? It takes two to make a "we" and the only one that seems to be striving is me! And striving I am - struggling is more like it.

As students we are constantly aware that our final days at college each year appear to be held in the hands of a clock that seems to be spinning faster than our aching heads. And if exams and papers aren't enough, we are faced with decisions to make about registration for next term, or what to do after graduation, or what plans to make for the summer.

Well, I can honestly say that no one said it was going to be easy. I can also honestly admit that I never thought it would be this hard, but year after year I am proved wrong once again. But if you can't deal with chaotic mazes and spinning clocks, don't give up hope yet. The bridge from spring to summer isn't completely obliterated. There are still pieces left that will take us to the

other side. Sure, it will take some brain power to get there. But have faith, and you will.

The first thing to remember is not to spend too much of your valuable time worrying about how it will all get done. Take a deep breath and march on, taking on each obstacle as you come to it. The important thing is to not get stressed out. Let's face it; it doesn't help. Worrying never made problems go away. They are still going to be there when you decide to stop worrying, so put it all behind you and move on in confidence that you can handle it, even if you have your doubts. Forget that weary-looking clock that seems to be dizzying itself. Take one thing at a time and walk on.

After all, the great Winston Churchill also said, "In my experience of large enterprises I have found it is often a mistake to try and settle everything at once."

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Letters to the Editor Policy:

Everyone in the Meredith community is invited to write a letter to the editor. All published letters must be typewritten with contact name, address and telephone number. All letters must be signed by the author, but names will be withheld upon request.

The *Herald* reserves the right to place any other article submissions on file until needed or to choose not to print them.

APRIL

Campus Paperback Bestsellers

1. *Tom Clancy's Op-Center*, by Tom Clancy and Steve Pieczenik. (Berkley, \$6.99.) Inside a secret Government agency.
2. *The Robber Bride*, by Margaret Atwood. (Bantam, \$8.50.) A most manipulative woman reappears suddenly.
3. *The Shipping News*, by E. Annie Proulx. (Touchstone, \$12.00.) Newspaperman returns to his childhood home after death of his wife.
4. *Seinlanguage*, by Jerry Seinfeld. (Bantam, \$5.99.) Observations on life's pleasures and ordeals.
5. *Smilla's Sense of Snow*, by Peter Hoeg. (Dell, \$6.50.) Investigation of a child's mysterious death.
6. *Chicken Soup For The Soul*, by Jack Canfield and Mark Victor Hansen. (Health Communications, \$12.00.) Stories for heart & spirit.
7. *Ambush At Corellia*, by Roger MacBride Allen. (Spectra/Bantam, \$5.99.) First volume of a new "Star Wars" trilogy.
8. *Embraced By The Light*, by Betty J. Eadie with Curtis Taylor. (Bantam, \$5.99.) A woman's near-death experience.
9. *How We Die*, by Sherwin B. Nuland. (Vintage, \$13.00.) A surgeon reflects on life's final stage.
10. *The Day After Tomorrow*, by Allan Folsom. (Warner Vision, \$6.99.) A doctor stumbles into a web of conspiracies.

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New & Recommended

- A personal selection of David Taylor, Indiana Univ. Bookstore, Bloomington, IN
- Blue On Blue: A History Of Friendly Fire**, by Geoffrey Regan. (Avon, \$12.50.) A devastating assortment of miscalculations, malfunctions and military mishaps - from ancient Greece to the Persian Gulf.
- Season Of The Machete**, by James Patterson. (Warner, \$5.99.) Chilling suspense on a tropical isle.
- Stupid Government Tricks**, by John J. Kohut. (Plume, \$9.95.) The weirdest, funniest, most mind-bending stories of government waste, mismanagement, misjudgment, and misstatements.

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