

From the Editor

By Anne Raymer



According to Larry L. Collins, executive director of the Center for Time and Stress Management, and author of the article "Short of Time and Under Stress," the problem of stress is gradually becoming more prevalent among people in the United States today. He speaks specifically of administrators in the business world; however, stress seems to have now become a commonplace among students. Students also "try to accomplish too many things in too little time." There always seems to be the pressure of a deadline present, or the frustrations of trying to deal with the problems of everyday life.

How a person reacts to daily incidents is very important. "If one perceives them as a threat or challenge, a series of physiological changes takes place." Collins quotes K.R. Pelletier as saying, "the following changes take place: 1. The pituitary secretes adrenocorticotrophic hormone (ACTH) and other stress-related hormones. 2. The adrenal glands secrete epinephrine (adrenaline). 3. The liver secretes cholesterol. 4. The kidneys increase activity. 5. The blood vessels constrict in key muscle areas. 6. The respiration rate increases. 7. The heart-beat increases. 8. The blood pressure rises. 9. The pupils dilate to improve vision. 10. The brain becomes increasingly alert." It seems that stress is directly related to these changes that occur in the body. Collins goes on to say that there are other warning signals when a person may be under much stress, such as a change in behavior, being in a state of confusion, insomnia, excessive anger, and worrying. Thus, stress can and does take its toll on people.

There are, however, ways to protect one's self from the disastrous effects of stress. The following are suggestions by Collins (from his article) that a person can "try for a reasonable period of time, and determine which can be of most

help." 1. Rest. During the day, take a break every 1 or 2 hours for a few minutes to rest. If this is difficult, then schedule a breaktime on your calendar. Also, maintain a consistent schedule for sleep at night. The time for retiring and arising should be unchanging. 2. Slow down. Take your time and proceed step-by-step, and make a conscious effort to slow your pace. 3. Breathe deeply. Substitute slow, deep breaths for the rapid-shallow-shoulder-chest breaths. 4. Develop presentness. One needs to become aware of the present. 5. Establish routine. Reduce stress by including an enjoyable activity in your daily routine. Spend a maximum of 30 minutes with it. 6. Change your place. Remove yourself from the stressful environment. 7. Put laughter in your life. Do something expressly for fun. Remind yourself of the positive benefits of laughter. 8. Develop non-work interests. 9. Exercise.

We as students are particularly vulnerable to stress, and its potentially dangerous effects because we live in a somewhat stressful environment. If we really try to follow these helpful hints, then the possibility of reducing stress is a very good one. We can lead a much more happy and fulfilled life, rather than one that is filled with unhappiness and worries.

SMC MAGIC

By Shannon Taylor

St. Mary's seems to have a magical knack for choosing upcoming famous writers in literature and poetry to speak during Muse Week. Fred Chappell, who read here last year, has just won the Bollingen Prize in Poetry, awarded by Yale University. The Bollingen Prize, a major poetry award in the United States, is given to an American writer for the body of his or her work. Chappell shares the \$5000 prize with John Ashberry, so each will receive \$2500. However, the prestige attached to the award is more significant than the money.

Other previous Muse Week writers who have received awards are Betty Adcock and Richard Kenney. Betty Adcock was awarded an NEA (National Endowment of the Arts) Grant in 1984 for her book, *Nettles*, and Richard Kenney won the Yale Younger Poets Prize for a collection of his poetry in 1983. So, if students heard these writers speak, they had the chance to meet an upcoming, world famous writer.



President John Rice

FROM THE PRESIDENT

"IT'S HERE!"

If there were any change I might be free to make in the yearly calendar, I would outlaw January and February. We simply would not recognize them and would go to school through June instead! It seems so ironic to me that academe struggles through the two coldest, bleakest months of the year while sending faculty and students home in early May - just when the weather, flowers, and attitudes are at their peak.

Anyhow, it's here. It is cold, it is gloomy. The good news, however, is that it will pass, and when we return from our Spring Break in March, St. Mary's will come alive and be an enchanting place to work and live once more.

The best advice for "survival" during the January/February downer is to simply do that - bear down! You miss nothing outside by studying, for nothing's really happening anyway! Just dig in, get ahead in your work and your papers, and

build up some spare time for the April "laying out" period. January/February is a good time for solidifying friendships, too. Spend some evenings just talking with friends on the hall or going out for dinner with the girls. One of the quiet bonuses of a woman's college is the opportunity to really get to know your "sisters" on a one-to-one, non-competitive basis. As dreary as it is outside, I have the personal belief that it is the January/February period of the year wherein the permanent friendships - for which St. Mary's is known - are made.

Yes, "it" is here, but it can be a good time to get ahead, make friends and feel good about yourself. Please do not lose heart or let the weather make you blue. Spring *will* come, and the flowers *will* bloom. January/February is the period of preparation, and, if wisely utilized, can be the most productive period of the year for all of us.

John T. Rice
President

HAPPENINGS IN THE CHAPEL

by Shannon Taylor

The heart of St. Mary's, our chapel, is alive with new vitality. This year we are very happy to have the Rev. Johnny Davis and his wife, Sarah, here at St. Mary's. The Rev. Mr. Davis was officially installed as our chaplain Wednesday January 16, in a special service. Bishop Robert Whitridge Estill, our Bishop for the North Carolina Diocese, performed the induction ceremony. Bishop Estill, who is a leader in the Institutional Church (which is made up of Bishops, Priests, etc.) not only installed the Rev. Mr. Davis but he was here to teach the faith which he did in his sermon. It was a real honor to have him here at St. Mary's.

The Rev. Mr. Davis is looking forward to working with the St. Mary's family further and has great expectations of things to come. He hopes everyone will learn how to use religion (the term *religion* differs from faith in that faith is a principality like science: it is a means to an end.) He also is responsible for communicating the teachings of the church. The chapel is based on a basic idea: it is a catholic chapel. This means that the chapel belongs to everybody, at all times, from all places. Everyone has a right to participate in Jesus Christ because no one is privileged; therefore, anyone may respond. The Rev. Mr. Davis is a symbol of this catholic nature: He participates as much as he can in the life of St. Mary's. He is there if a student only wants to talk. He is a part-time tutor in math and the chaplain. A chaplain is a servant to God and to the community. Being a servant, he does not control everything, but participates in everything. In being a participator one can

have a broad view; therefore, if he has a vision, he may express it like a prophet because he is not nailed down. The Rev. Mr. Davis lastly, hopes the student body will take a greater interest in participating in services in the chapel services in the chapel.

He has already gotten numerous people and organizations involved and wants to incorporate even more. Already our Wednesday morning chapel services involve leaders of the six leadership groups here at St. Mary's. Each member of the procession has an underlying symbol. The empty cross is carried by a member of the FCA (the church). This signifies the Risen Jesus and His Lordship over creation. Next, the American flag is carried by a SGA member (the State), signifying our great nation under His rule. A member of the Circle (Civic leader), carries the church flag, signifying the worldwide institutional church. A member of the Beacon (Civic leader), carries the St. Mary's flag, signifying the beloved school under his lordship. A member of the Honor Society and a member from Phi Theta Kappa (academic leaders), carry the torches, signifying that all knowledge and understanding ultimately come from the Lord. Members from the Faculty and Staff are the lay readers when needed. This whole procession symbolically reflects the whole service of the church.

Wednesday services will be morning and evening prayer. On Sundays we will have the Eucharist with volunteers serving as acolytes. Those serving on Sundays need to come to the chapel by 10:30 that morning to rehearse.

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