

# Community News

**Lisa Woody**

**ATTENTION EDUCATION MAJORS:** Students are needed to teach spoken and written English to the Laotian family which has recently moved to Mars Hill. Internships can be arranged for teaching various members of the family in the school and/or home setting. Since this project offers a unique opportunity for the teaching of reading, priority will be given to students who are presently enrolled in the Reading Program or are interested in pursuing certification in this area. The project may be used to fulfill requirements for the Applied Research in Reading course. Interested students should contact Mrs. Rebecca Eller, Dept. of Education, McConnell Building.

**HEAR YE! HEAR YE! "CADENZA" NEEDS YOU!** The 1979-80 contest has begun. Get your entry form from the information desk in Wren College Union or from the Cadenza office and enter today your art work, your photographs, your poetry and your prose. First prize in each division is \$25.00 and second place is \$10.00. Absolutely no pieces will be accepted after Feb. 8, 1980. Don't delay! Enter today!

**SENIOR ART EXHIBITIONS** - Art Education majors, Tony Byrd, Vicki McGlothlin, and Trish West, will display their creative work in the Fine Arts Gallery, Moore Auditorium, and in the main floor area of Memorial Library, Dec. 3 - 14.

**WORK-STUDY STUDENTS AND SUPERVISORS:** An early student employee payroll will be prepared before the Christmas Holidays. All regular and work-study work reports must be in the Financial Aid Office by Fri., Dec. 14, in order to be included in this early payroll. Checks should be available in the Business Office on Thurs., Dec. 20. Students whose accounts are paid may request that their checks be mailed to them at their home address; these students should bring a large stamped, self-addressed envelope to the Financial Aid Office by Fri., Dec. 14.

**A STUDENT WHO CHOOSES NOT TO ATTEND THE JANUARY TERM** will receive a board credit of \$25.00 provided he/she applies to the Business Office on or before the first day of the mini-term and turns in his/her ID at the same time.

**FINANCIAL AID FORMS** for the 1980-81 academic year are available in the Financial Aid Office, Second Floor, Blackwell Hall. If you plan to file for financial aid, please pick up your forms prior to the Christmas Holidays. Your Mars Hill College Application for Financial Aid may be returned to the Financial Aid Office at any time. The FAF may be mailed to Princeton, New Jersey, anytime after Jan. 1, 1980.

**PLANS FOR NEXT SUMMER?** The Baptist State Convention offers many opportunities for service through employment in areas such as resort ministries, G.A. and R.A. camps, N. C. Baptist Assembly (Caswell), Youth Corps, and migrant ministries. Applications are available at the Counseling and Enrichment Center. Drop by!

**THINKING ABOUT YOUR SUMMER?** Consider the Summer Semester in London, May 30 - July 18. A unique adventure in learning, the program includes five weeks of courses in England and two weeks of independent travel anywhere in Europe. Deadline for applications is fast approaching. Students already committed should begin applying for a U. S. passport. Anyone interested please see Dr. Crawford at 321 Cornwell or call 115.

**JANUARY TERM SKI COURSES:** Those students who pre-registered for the **French Swiss Ski Course at Boone** should come by the Physical Education Office, Chambers Gym as soon as possible, between 8:00 a.m. and 4:30 p.m. Please bring your \$50.00 deposit with you. If you are paying by check, make the check out to French Swiss Ski College. You will also need to sign a registration form, pick up instructional material, and choose a roommate. Deposit must be paid this week.

Those enrolled in the **Wolf-Laurel Ski Course** must pay \$50.00 deposit. If you have not done so make checks out to Wolf Laurel. Deposit must be paid by this week.

**MORAVIAN LOVE FEAST:** On Wed., Dec. 12 at 10 a.m. in Belk Auditorium, the Religious Life Committee will sponsor a special Christmas worship centered around the Moravian Love Feast. This celebration will feature a lot of Christmas music, artistic portrayals of how the children of the world see the Christ Child, and the delicious Moravian love buns and coffee. Rev. Carl Sutterland, a Moravian minister from Winston-Salem, will be leading us in the worship experience. Come and be a part of what we hope will become a Mars Hill tradition.

**CAFETERIA SCHEDULE FOR PRE-HOLIDAY SEASON** - Faculty Room will close after evening meal Tues., Dec. 18 and will re-open Jan. 9, 1980 for lunch. Coffee and snack breaks will begin Sunday night Dec. 16, and continue through Tuesday night Dec. 18 from 6:30 p.m. until midnight. Meal hours for exam week, beginning Mon., Dec. 17 will be as follows: Breakfast, 7:00 - 9:30; Lunch, 11:00 - 1:00; Dinner, 4:00 - 6:00.

**BAZAAR, DEC. 13, 11:00 - 5:00, MONTAGUE** - Featured Items: Cheese, special cheese packages, pecans, peanuts, baked goods, hand-crafted items, basket, plain Hanes T-shirts (\$3.00 & \$3.50), Lunsford Festival T-shirts (\$3.50 & \$4.00 SPECIAL), Pottery-mugs, rice dishes, casseroles, and other surprises. You can do some of your Christmas shopping on campus and be giving twice - once to students who will reap the benefits of profits from your purchases and once to someone on your Christmas list. If you haven't caught the Christmas spirit, you're guaranteed to find it at Montague.

# High Level Wellness

In my previous High Level Wellness column I provided the following definition of the concept: "... a lifestyle approach to realizing your best potentials for physical health, emotional serenity, zest for living, and mental peace through clarity of purpose." I would like to clarify this definition and plant some more seeds of thought.

High level wellness isn't something that seeks you out. You don't achieve it donning a jogging suit, eating health foods, meditating five minutes a day or waiting for it. You most assuredly don't achieve high level wellness by accepting cold flu, high blood pressure, headaches, acne, tooth decay, etc., as necessary evils that attack randomly to bring misery and discomfort. You **choose** a high level wellness lifestyle or an "illness/worseness" lifestyle.

Americans are evidently favoring the illness/worseness lifestyle, as they are healthier than at least 25 other countries and are putting increasing demands on medical professions. The cost of health care insurance (it might be more properly termed "disease care insurance") and medicine has become so outrageous that people can't afford to be sick; yet most Americans pursue illness lifestyles. If Mars Hill is typical, most college students are riding that illness lifestyle bandwagon along with their older adult models. But many are curious, even a bit skeptical, about wellness, and some are even thinking about getting off the illness bandwagon altogether.

The following excerpt from **High Level Wellness** is for those who are contemplating a lifestyle change from "worseness" to wellness:

Imagine that you live in a dictatorship. The leader is a tyrant and a bizarre character, even by authoritarian standards. While you and most other citizens are reasonably prosperous, educated, and secure, you are required to pursue a certain kind of lifestyle. Specifically, you must refrain from all vigorous exercise, eat a high-fat diet laced with refined white sugars and flours, and take plenty of additives, preservatives, and stabilizers in your food each day. You are expected to weight at least 20 pounds more than the optimal range for your age, sex, height, and bone frame. In addition, there are certain quotas expected of you: you must consume large quantities of coffee, cigarettes, alcohol, aspirin, and other drugs. Computers are set up to monitor your adherence to the tyrant's regimens; deviations are treated harshly. Naturally, no meditation or other forms of relaxation are allowed. Once a year, however, on the tyrant's birthday, you are permitted to enjoy natural foods, refrain from caffeine, smoking, and the drinking of intoxicants. You can pursue the exercise of your choice on this day, and any form of stress management is similarly looked upon as a permissible endeavor on this particular occasion.

Isn't it amazing how many of us act as if there really were a tyrant programming us to self-destruct before our time? Imagine what would happen on the tyrant's birthday when a 24-hour period of health-enhancing behavior was possible. How many folks do you suppose would pass up the single chance to get out of bed, run, play, and feel alive on this special day? How many would choose a health-robbing diet when a nutritious alternative was possible? And would this occasion be a time of experimenting with some forms of stress management to allay anxiety, tension, and upsets?

You have such a day—every day. The only tyrant you face is your own inner tyrant and absence of will—your belief that you are too busy to take your own well-being into your own hands and that the pursuit of self-health through a wellness-promotive lifestyle is too hard, complicated, or inconvenient.

Good news! You can depose this inner tyrant and set up a new government of you—to preside over a different kind of lifestyle for a fuller kind of life. The difference can be greater than night and day. The difference can be high level wellness—as opposed to low level worseness.

Self responsibility is a key to high level wellness. You can get your wellness program started by finding reading material on the subject.

If you prefer a low level worseness lifestyle you can look to the people who make statements like "I'd rather die happy than quit eating junk foods" or "I don't have time for exercise" or "I have my Fall cold" or "If I avoided everything that was supposed to cause cancer, I wouldn't be able to do anything." Or you can talk to Dr. Hal Herzog who would have written a Low Level Worseness column if he could have mustered the energy.

Jill Mannis

## WREN COLLEGE UNION CHRISTMAS PARTY December 12, 1979

- 3:00 p.m. - Union closes to general public
- 8:00 - Union re-opens to general public  
Visit with Santa Claus upstairs in the TV room  
Refreshments will be served in the Timberline Coffeehouse
- 8:15 - Music in the Blue Carpet Lounge  
Christmas Sing-a-Long  
Dean Hoffman/Reading of **The Christmas Story** in Belk Auditorium
- 9:30 - Door prize drawing in the bookstore by Santa Claus  
Bookstore Give-a-Way  
Crafts will be on sale in the Snack Bar.  
Fireside chat with Dean Hoffman in Timberline
- 10:00 - Movie: **The Reluctant Astronaut** starring Don Knotts  
in Belk. Admission is free.
- 10:15 - New Beginning Singers - Timberline Coffeehouse
- 12:00 - Dr. David Smith - Midnight service in the Blue Carpet Lounge

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