

Language clubs provide practice

By CINDY HAGA
Staff Writer

"You know how you feel on Friday afternoons? Well, we feel the same way in French," said P.J. Lapaire-Kamenish, a French teaching assistant.

That's one reason the *Cafe au Petit Quebec*, an informal French language club, meets from 4:30 to 6:30 p.m. every Friday at Molly Maguire's: to get rid of that week-long routine frustration (in French).

However, the main purpose of the meeting is to give people a chance to practice speaking their French, said Gregory Jones, a senior French major who helped organize the group.

The meeting, open to anyone who is willing to speak French, typically gets under way with only a few people present.

Early-comers lean back in their chairs and order beer, waiting for others to show up. As more people stroll in, they are greeted with *bonjour*, and an offer to take a seat and join the crowd.

But this meeting is not organized as most are. As the group grows larger, people split up into smaller groups of twos or fives, visitors drift in and out of the area, and conversations vary from casual talk about classes and social events to personal discussions or serious debates.

"You can talk about things people normally talk about," said Brian McArthur, a political science major interested in working overseas.

This is not what usually happens in language classes.

Teachers often have so many students that they can't have one-to-one conversations with them, and most class time is spent discussing technical details of the language such as grammar and sentence structure.

The casual bar atmosphere allows students to converse freely in a foreign language, which they don't often have a chance to do, Jones said.

"Here," Jones said, "you talk because you want to, not because the teacher makes you or because you have a problem."

Some teachers believe the conversation clubs help to improve students' vocabu-



laries, as well as their performance in class.

And to be able to escape from stuffy French class atmospheres to the relaxation of a bar, while still getting good grades from the teacher, is not such a bad idea.

Several language clubs have informal meetings for students and anyone else interested in speaking their language. Following is a list of times and places for

these meetings:

Cafe au Petit Quebec, Fridays at Molly Maguire's, 4:30-6:30 p.m.

Italian: Italia Campione Del Mondo, Thursdays at The Upper Deck, 4:30-6 p.m.

Portuguese: O Clube Do Bate-Papo, second and fourth Thursdays at Molly Maguire's, 4:5-5:30 p.m.

Spanish: La Tertulia, Fridays at the Upper Deck, 4 p.m.

German: Kaffe Klatsch, Thursdays at the Newman Center, 3:30 p.m. Mostly undergraduates. Also, for graduates: **Stammtisch**, Thursdays at Molly Maguire's, 9 p.m.

Russian: Russkij razgovornyj stol, Mondays at Frank Porter Graham Lounge, noon-1 p.m. Mostly undergraduates. Also, for graduates: **Schastlivy chas**, Fridays at the Looking Glass Cafe, 4-6 p.m.

The Sports Club Council will hold a mandatory meeting for all club presidents at 8 p.m. in the Carolina Union. It should not last long, so please be present.

Alpha Epsilon Delta, the pre-medical honor society, will meet at 7 p.m. in 105 Berryhill Hall. Dr. John Bowen, family medicine, will speak.

All Hostile Liaisons: Seminars to demonstrate how to work the Student Hotline will be held at 3:30 p.m. and at 4 p.m. Wednesday. Please try to attend one session.

Meetings! Meetings! Meetings! It's time for another meeting of the Association of International Students at 5 p.m. in the International Center.

The North Carolina Student Legislature will meet at 7 p.m. in 226 Carolina Union. Be ready to discuss bill topics and other plans. Newcomers are welcome.

Women and the Law, a series of videotape/speaker workshops on credit, job rights, marriage and divorce will be held at 7 p.m. tonight, Wednesday and Thursday in 202 Carolina Union.

There will be a GPSF Senate meeting at 5:30 p.m. in the Carolina Union. Ask at the Union Desk for the room number.

UNC at Charlotte: There will be a reception for prospective and former participants, interested faculty and Monsieur and Madame Bouchard at 5 p.m. in the Toy Lounge of Dey Hall.

College Bowl 1982-83: The semifinals and finals of "The Varsity Sport of the Mind" are scheduled for 8 p.m. in the Carolina Union. Spectators are welcome.

Professor Arthur Kinoy, professor of law at Rutgers School of Law, will speak about the "Demand for a Special Prosecutor in the Greensboro Case" at 1 p.m. in Classroom 1 of the Law School.

Richard Hendel will give a slide-illustrated talk titled *Book Design: Inside & Out* at 8 p.m. Wednesday in the Faculty Lounge in the Morehead Building.

Robert Reed Toplis will show the film *Denmark Vesey's Rebellion* as part of the Graduate History Society's 1982-83 Speaker Series at 3 p.m. Wednesday in 569 Hamilton Hall.

There will be a meeting of the federal issues and nuclear subcommittees of Student Government's State and National Affairs Committee at 7:30 p.m. Wednesday in the Carolina Union.

The Campus Y Committee on Undergraduate Education will meet at 3 p.m. Wednesday in the Campus Y. Anyone interested is welcome.

Attention all AXE Brothers: There will be a meeting at 7 p.m. Wednesday in 221 Venable Hall for final plea/ vote. This meeting is called.

Not content with past accomplishments, ECOB will meet at 6:30 p.m. Wednesday in the Carolina Union to embrace the future which includes slides, a tour, and more.

The Undergraduate History Association is sponsoring a campus tour with Professor W.S. Powell. All interested meet at the Old Well at 4 p.m. Wednesday.

Interested in alcohol, alcohol laws, campus use, etc.? Come to the New Well workshop at noon and 2 p.m. Wednesday in the Carolina Union.

Dr. Robert Eisenberg, assistant professor of medicine, will speak on etiology and pathogenesis of autoimmunity at 11 a.m. Wednesday in 106 Berryhill Hall.

ITEMS OF INTEREST

The UNC Outing Club is selling raffle tickets for a free, one-year downhill ski rental from Carolina Outdoor Sports. Tickets are on sale in the P6 and at Carolina Outdoor Sports.

Footing stressed? A group is starting Nov. 16 to help you learn to handle stress more effectively. Call Student Health at 966-2281, ext. 254 for information.

Win \$25. The 1983 Fine Arts Festival wants a design for T-shirts, posters, etc. Pick up contest rules at the Union Desk. Deadline is Dec. 13. Call 923-6260 for more information.

ASPA members: Local dues of \$5 must be submitted to Professor Rosen in 313 Carroll Hall before the next meeting on Dec. 2.

An exhibit of 35 photographs by Eastern Welly will be on view at the Ackland Art Museum through Dec. 19. Also on view is the annual UNC Faculty Exhibition.

COMING EVENTS

Professor Henry R. Weller, Duke University, will speak on "Photocatalytic Studies of 'He', 'H' and 'He': Is there Evidence for Charge-Symmetry Violating Nuclear Forces?" at 4 p.m. Wednesday in 265 Phillips Hall.

Denish Zabrowski will give a free, public gallery talk on the Ackland Art Museum's UNC Faculty Art Exhibition at 12:15 p.m. Wednesday.

The Wesley Foundation will hold a fellowship dinner at 6 p.m. Wednesday. Special guest Oyle Whiteford will provide the music for a coffeehouse at 7 p.m.

CAMPUS CALENDAR

Compiled by Janet Olson

Public service announcements must be turned into the box outside DTH offices in the Carolina Union by 1 p.m. If they are to run the next day. Only announcements from University-recognized and campus organizations will be printed. All announcements must be limited to 25 words and can only run for two days.

TODAY'S ACTIVITIES

American Athletes will discuss the Christian Science Movement in 222 Greenlaw Hall. Christopher P. Toomey of the Anthropology Dept. is the guest lecturer.

Sailing Club meeting for all members will be held at 7:30 p.m. in 431 Greenlaw Hall. Be there, aloha.

The UNC Young Democrats will hold a brief but important general meeting at 8 p.m. in the Carolina Union. All members bring a friend.

Women in Development will be held at 12:30 p.m. in 226 Carolina Union. Kararina Reynosa Zacarias, Guatemalan teacher and refugee, will speak on the Mayan revolution.

Join the UNC Young Democrats for an informal, organizational meeting at 8 p.m. in the Carolina Union. Help celebrate the Democratic victories of a week ago.

Resume and Job-Seeking Tactics Workshop will be offered by the Office of Career Planning and Placement Services at 3:30 p.m. in 209 Hanes Hall.

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Exercise, balanced diet help to deal with stress

Q. What is stress?

A. Basically, stress is a physiological response to everyday living. While stress usually is seen in a negative light, not all kinds of stress are bad. For example, if you did not feel some stress before an exam, you probably would not feel motivated to work for an "A." When stress begins to interfere with your day-to-day life and your physical health, it becomes a problem.

Q. What are some of the many different things which can cause stress and anxiety?

A. Just dormitory life — living in a dorm with many people in a confined area — is enough to add stress to anyone's life. This, combined with the stress from trying to balance a course load and a personal relationship, is often enough to push many people over the edge. Drug-induced stress from excess caffeine in coffee, colas and aspirin can lead to a feeling of stress and anxiousness.

Many first-year students find themselves feeling extremely stressful without really knowing why. This kind of stress is not any different than what is felt by anyone when they move to a new environment. Leaving home involves leaving your support system consisting of family and friends. Without any close friends to talk to during this changing period, stress can easily build up to an intolerable point.

Graduating seniors often find the combination of a job search and the uncertainty after graduation to be a stressful time.

Q. What sort of problems arise from stress?

A. Stress over a period of time can result in migraine headaches, back and neck pain, insecurity, peptic ulcers, heart attacks, hypertension, mental illness, sleeplessness and even suicide. Stress also can cause the immunity system to break down, making it easier to catch colds or flus.

Q. What are the best ways to deal effectively with stress?

A. Start by keeping a diary of those situations which are the most stressful for you. Just by identifying and becoming aware of when you are stressed is an important step to dealing with it.

Examine all of the aspects of your life. Are you trying to do too many things all at once? How are your personal relationships? Do you exercise regularly and eat balanced meals? All of these things are important to consider when you are dealing with stress.

Your primary goal in stress

management is to relax. One good way to relax is to exercise. Exercising will leave you feeling good about yourself, while at the same time relieving you of stresses, anxieties and muscle tension.

Take time each day just for yourself. Taking a walk, meditating, or simply reclining in a comfortable chair, will leave you more relaxed, and better prepared to face any stressful situations which may pop up. By recognizing those situations which are stressful to you, you can learn to relax your body before the stress or anxiety builds up.

Health

Q. Where are some places on campus to get help in dealing with severe stress?

A. Often stress is too much for a person to deal with on their own. If your stress is caused mainly by academic problems, the Reading Center on campus might be of help. Nash Hall is another service which mainly works with career and personal counseling. Seniors who are having trouble coping with finding a job often find the counseling to be immensely helpful. Mental Health at the Student Health Services provides some counseling for severe cases of stress. Their stress management groups meet each semester and explore the sources of your stress and work on setting realistic goals for yourself.

Q. With the end of the semester and final exams coming up, what are some ways to avoid the stress associated with this period?

A. The key to avoiding this stress is to start planning now. If you know you have so much work to get done, worrying about it will hardly help. By budgeting your time and getting something accomplished each day, you will feel like you are making some progress, and are likely to feel less stressed.

It is especially important during exam periods to eat right and continue exercising. The demands on your body are greater during this time so extra efforts to treat it right are important. While studying, take a break every two hours to stretch, walk around and clear your mind. Also, try to plan something fun to do after a long day of studying and exams. A final exam workshop is offered by the Student Health Service which provides information on study skills, time management, and stress management.

Written by David Curran for Student Health Services.

writing

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more recent than a professor's would be." "On the whole, a TA might be more conscientious about teaching than a professor," said Randy Woodland, a TA for English 1 and another member of the Freshman Committee.

"Being on the committee, I've had a chance to feel what the TAs are like — conscientious, involved and not just doing a job," he said.

But the image of the wise professor and the green TA still prevails.

"I resent being called a TA — I'm not helping anybody," said Kelly, who is also a member of the Freshman Committee. "I think that the TAs overall teach better because they are young, idealistic and spend so much time on students' papers."

Kelly said the English department has a very good system of monitoring teaching — workshops, reviews and a course are offered within the department in the theory of composition.

what kind of teacher a freshmen gets. "It just depends on whether you luck up and get a good TA or not," said Chelly Waddell, a freshman taking English 2A this semester.

"Well, presumably if you are in 2A, you know the basics," Waddell said. She placed out of English 1 on the basis of her SAT score.

"If I would have taken the SAT again, I probably would have placed out of both," she said. "I would have been glad to place out but would have suffered later."

"I often get comments from faculty teaching a junior and senior level course with a student who doesn't write well and placed out," Lindeman said. "But often the student had no writing between his freshman and junior year and those skills atrophy fast."

Placing out of a basic writing program on the basis of what is essentially a vocabulary test can only lead to further deterioration of those skills.

CAROLINA SPORTS THIS WEEK

WEEK OF NOV. 8-13

TUESDAY Volleyball vs. Appalachian 8 PM - Carmichael Auditorium

THURSDAY Men's Soccer vs. Campbell 3 PM - Petzer Field

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