

THE MARS HILL COLLEGE CHOIR, CHORUS and instrumental ensemble will present a Christmas Choral Celebration on Dec. 6 at 8 p.m. in the Moore Auditorium on the Mars Hill College campus. The free con-cert is open to the public. The 50-member choir will also perform at the Biltmore House on Dec. 8 and 15 and at the Grove Park Inn on Dec. 14. For more information on the concert, contact Dr. Joel Reed at 689-1209.

Thanksgiving Set

The Lower Big Pine Baptist Church will hold a Thanksgiv-ing service on Nov. 30 beginning at 7 p.m. The David Shelton Singers will perform. Pastor Danny Little invites everyone to attend and worship at this service.

Fifth Saturday Night Singing Singing At Shoal Hill Baptist

The Shoal Hill Baptist Church will hold the fifth Saturday night singing on Nov. 30 at 7 p.m. The Rev. Lawrence Mason invites everyone to attend.

The Shoal Hill Baptist Church and the First Freewill Baptist Church of Marshall will sponsor a rummage sale on Dec. 2 and 3 in the Jackie Ball Bldg.

Revival Services Begin

The Laurel Bend Missionary Baptist Church will conduct revival services beginning on Dec. 1 at 7 p.m. The Rev. Clyde Hensley Jr. will be the guest evangelist. Rev. Jerry Shelton invites everyone to attend.



THE IMPERIALS, an award-winning gospel quartet, will per-form at Mars Hill College on Dec. 1 at 7:30 p.m. in the Moore Auditorium. The concert, sponsored by the MHC Student Government Association, is open to the public. Admission is \$7.50

Norman Luboff Choir To Present Christmas Concert Monday

acclaimed choral conductor and com- 1979. Impressed with the college's stage of Mars Hill College's Moore the spring of 1980 to direct Mars Hill's Auditorium Monday, Dec. 2, to begin annual choral clinic for high school the Christmas season with a unique students. and exciting concert.

and his choir have performed here. way and if he has genius; he will

Norman Luboff, the internationally The first concert was held in Nov. poser, will lead his choir onto the music program, Luboff returned in beat."

"The greatness of music," accor-The 8 p.m. concert will actually be ding to Luboff, "is that it reaches all the third time Luboff has visited around the world. Every composer Mars Hill, and the second concert he speaks to us in his own very personal

move us whether it is with a soft and rangements for top recording artists. of Monteverdi, Rachmaninoff, flowing line or the force of a rock

His own career began as a singer following graduation from the world. The concerts by the choir Luboff. University of Chicago. His dual role as singer and arranger became so demanding that he was forced to give nuance and the flashy labels by the concert is open to the public. Admisup singing. His credits include scores for over 80 motion pictures, radio, credible variety of expression.

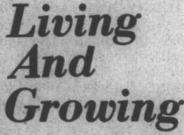
one of the leading choral forces in the carols and hymns arranged by

feature explorations of a world where

By the late 1950's, the Norman Charpentier, and Britten, as well as a Luboff Choir had established itself as celebration of traditional Christmas

Sponsored by Mars Hill's Visiting the gimmick is replaced by the Artists and Lecturers Committee, the beauty of universal thought and an in- sion is \$5 and tickets will be available at the door. For additional informatelevision, advertisements, and ar- The concert will feature the music tion, contact Robert Kramer, Chair-

man, Visiting Artists and Lecturers Committee, P.O. Box 117, Mars Hill, NC 28754

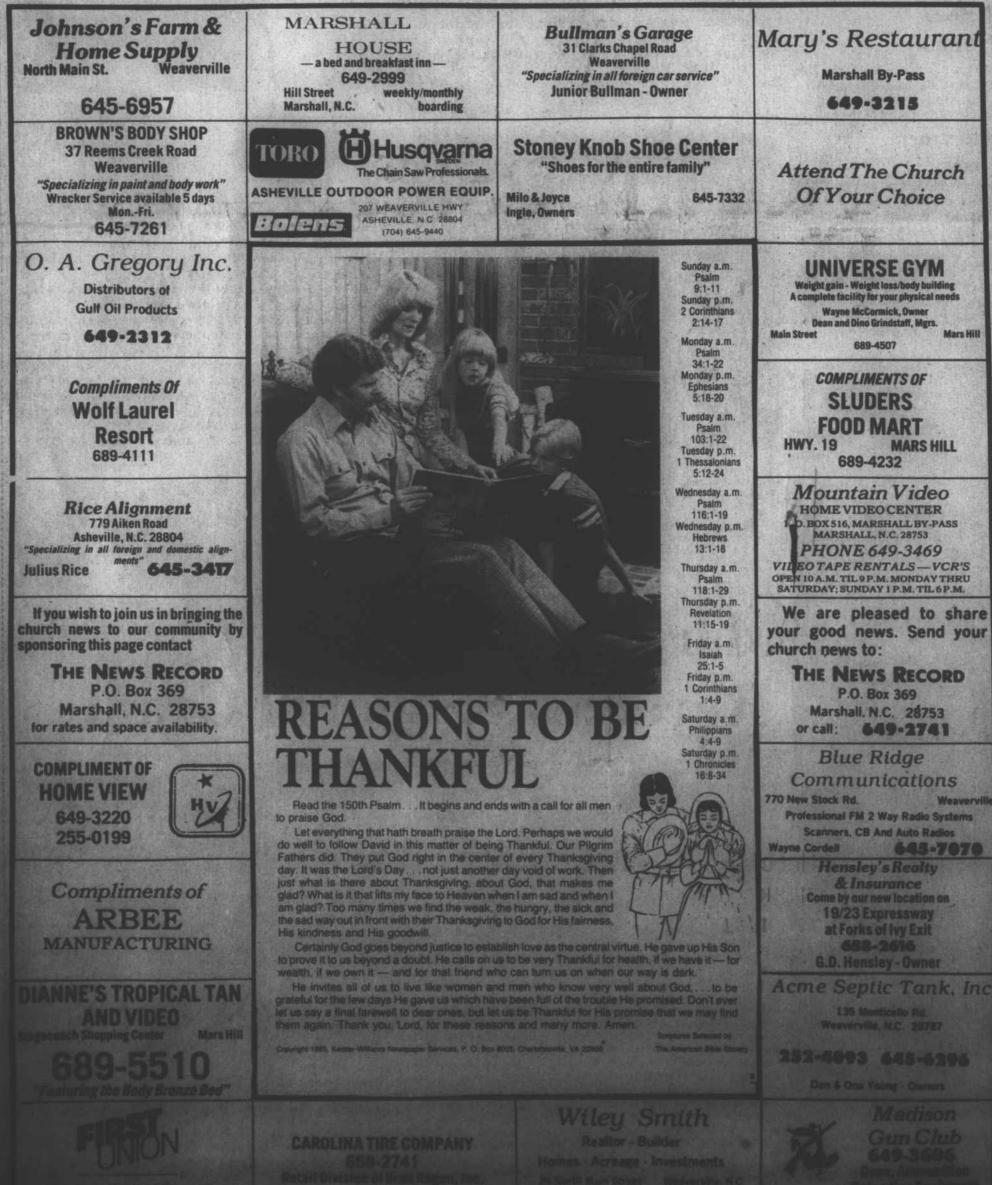


By CARL MUMPOWER

I had a 1:00 am crisis last night. Before it was all over, I made three calls and spent thirty minutes on the phone. I was bone tired, but after all the intensity, I couldn't sleep. Try as I might, I couldn't quit thinking. My mind was racing ninety miles an hour. It took and hour and a half to finally go under. I'm missing that two hours of sleep right now.

Last night was an isolated experience for me. As a rule my mind runs at a fairly steady pace. I like to think that I'm more in control of mind that it is in control of me. For some of us, it's not always like that. Our minds can, in fact, be much like a runaway train. It's not a pleasant way to live.

When our mind takes control, thinking becomes a dominant force. We become obsessed, and the focus is usally not on positives. You can tell if your mind is running the show by a







tendency to worry about trivia. An overly zealous focus on mistakes and problems is another sign. It's also worth noting that a hyper active mind can wear you down and leave you feeling consistently tired. When you wake up in the morning, do you find that your mind immediately starts to fire up? That's a common indicator of an racing mind. Still another symptom has to do with relaxation. A mind in turmoil will kill our ability to relax readily and confortably. This is one reason that so many of us rely on alcohol or tranquilizers for "nerve" problems. Most of these stress relievers do little more than numb us or slow down our thinking. By doing so, they help us relax. Alcohol and such is one way, but there are others. Have you ever said no to your mind? Yes, that's right, no! You might be surprised how well that can work if you practice. You can begin by saying no to your mind when it starts picking on your mistakes. A good hearty "no" can also work when your mind is worrying over things that don't count or can't be changed. If your mind has been the boss for a long time, it will take time to turn it around. But you can teach old dogs new tricks.

A racing mind can be nothing more than a developed habit. Most often, however, it's a sign of deeper stresses. Emotional pressure can cause our mind to race in an effort to compensate for the pain. Sometimes those emotions can run so deep that we aren't even aware of their impact n our thinki

on our thinking. Check out that brain of yours. Is it a partner in the process of life, or a dic-lator who drives you with a whip? Your heart, body, spirit, and mind are members of a teem that operates