

# Keeping sane

By Mary Townsend  
Staff Writer

The Non-traditional Students' Organization met on Wednesday, March 28, to discuss ways of keeping sane. Reverend Donald Wilcox, the Campus chaplain led the discussion.

Because stress is a common problem for non-traditional students, some of the discussion involved ideas on ways to cope with stress.

Rev. Wilcox suggested that students start each day by making a list. He said it helps, when he is extremely busy, to give him a sense of control. Rev. Wilcox also pointed out that students need to take time for themselves and give themselves something to look forward to doing.

Some of the students suggested that exercise is good therapy, and that city sports leagues offer an opportunity for students to meet with other adults in the community and relieve stress at the same time. The Non-traditional Students' Organization President, Sharon Boyce, has information on where to find out about such organizations. Boyce works at the Corey Union Information desk Monday through Friday in the afternoons.

Students also discussed other forms of exercise such as simple relaxation techniques like meditation or deep breathing. For students with children, Rev. Wilcox added that it may be nearly impossible to get adequate sleep or time to themselves, but one area that students can control is their diet. Eating right is also a way of fighting stress and fatigue.

"It is important to be aware of

stressful situations beforehand, Rev. Wilcox said. "Things do come out of nowhere, but there are things we know about in advance— papers, exams, etc..., in which we can control the amount of stress involved."

One student mentioned that she found a book on getting organized, and spent her Christmas vacation organizing her house. Another suggestion was that students with spouses find time to spend together without distractions. It is all too easy for students to feel more married to their books, especially during exams.

Everyone has different ways of dealing with stress and keeping sane. What works for one person may not for another, but the major focus of the meeting was to emphasize the importance for students to take time to discover the best ways for themselves to deal with stress.

There is another meeting planned for Wednesday, April 25 from 4-5 p.m. in Corey Union's Fireplace Lounge. The topic of discussion will be "Being Good to Yourself" and discussion will be led by Dr. Tony Papalia, Director of the Counseling Center.

A final but important note: Sharon Boyce has scholarship applications for Orville Redenbacher's "Second Start Scholarship Program." Applicants must be 30 years or older and be enrolled or enrolling as full or part-time students. This is a nation-wide scholarship, limited to 10 awards of \$1,000 each. The application deadline is September 1, 1990. Interested students should get a copy from Sharon Boyce at the information desk in Corey Union.

PHOTOS PHOTOS PHOTOS PHOTOS PHOTOS  
PHOTOS PHOTOS PHOTOS PHOTOS  
PHOTOS PHOTOS PHOTOS

## We Need Photos!

**The CSTV MUSIC VIDEO YEARBOOK Staff  
needs photos of you and your friends  
doing what you do BEST!**

Drop off labeled photos at CSTV or the  
Department of Communication Studies.  
Watch The Press for order forms.  
Be a Star of the  
MUSIC VIDEO YEARBOOK!

PHOTOS PHOTOS PHOTOS  
PHOTOS PHOTOS PHOTOS PHOTOS  
PHOTOS PHOTOS PHOTOS PHOTOS PHOTOS  
PHOTOS PHOTOS PHOTOS PHOTOS PHOTOS

# JELLO-MANIA II

**Jello Wrestling at SUNY Cortland  
Monday, April 16, 1990 At 8:00 PM  
Corey Union Function Room  
Admission-\$2.00 at the Door**



**CONTESTANTS ARE NEEDED!**  
**Call WSUC-FM at 753-4818**  
**to enter an individual or a tag team**  
*Sponsored by WSUC-FM*