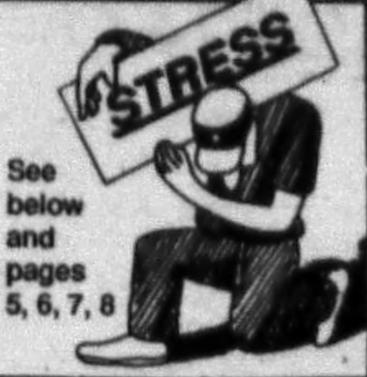


SAGAMORE

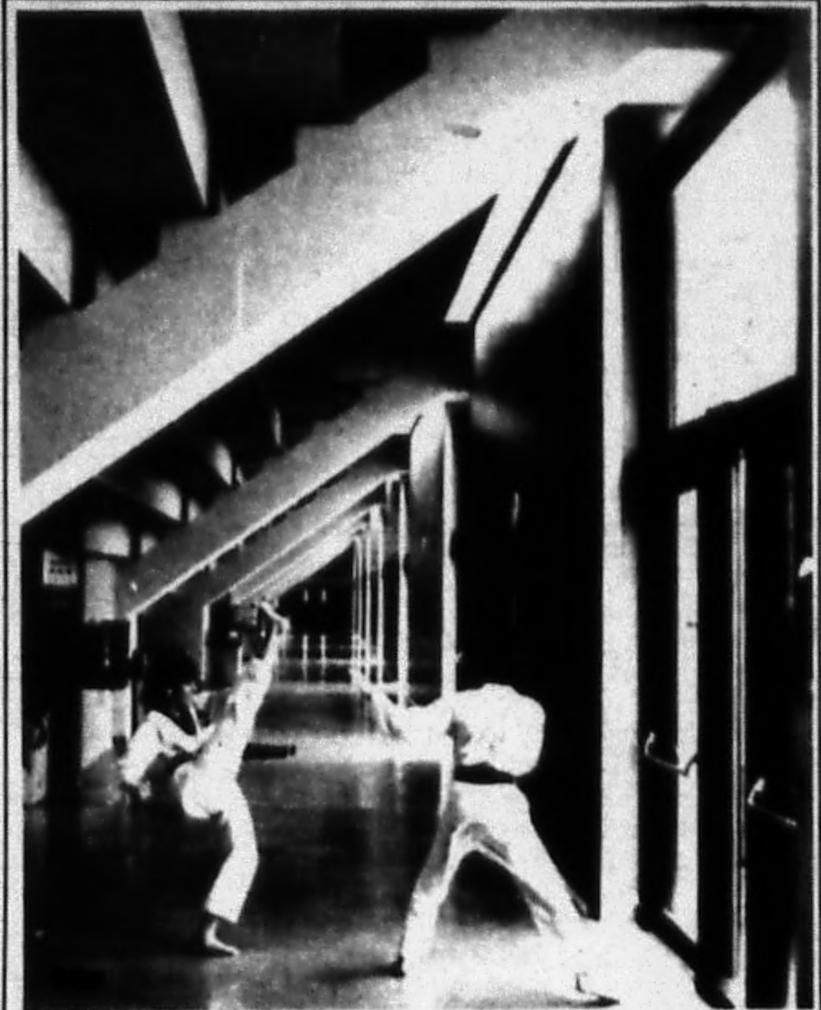
Dec. 1, 1986

INDIANAPOLIS

Vol. 16, No. 14

3PEI-C3
THIS WEEK

See below
and
pages
5, 6, 7, 8



Melissa Butterworth, a junior physical education major, and Steve Sison, a senior chemistry major, found the solitude of an empty Natatorium hallway the perfect place to practice some karate sparring.

Photo by TOM STRATTMAN

Commission OK's faculty funding; downplays centralization project

By KEVIN STEWART
News Editor

Although IUPUI fared well with the Commission for Higher Education's recent review of budget requests for quality faculty improvements, its \$38 million request for a Science, Engineering and Technology complex was bumped to the number ten position on the list of top funding priorities.

With the setback, the project may not receive any state funding in the next biennium if the Indiana General Assembly follows the commission's recommendations during the legislative session next year.

"The major impact of this setback is that it's just going to stall us," said Jerome I. Kaplan of the IUPUI Physics Department.

If full funding is approved, construction of the project, which will be located south of the current Engineering/Technology building, will centralize Purdue University programs now located on the 38th Street campus. If approved,

"If this thing (centralization) doesn't go through, the morale here will hit bottom."

-Jerome Kaplan

construction on the project will begin in the spring of 1988 and be completed in the fall of 1990.

The centralization project was the number two spot on the list of capital funding priorities presented to the Commission by the IU Board of Trustees.

"The Commission has rearranged IU's priorities. Behind the completion of the Chemistry Building in Bloomington, we were at the top of the list for new construction," said Paul L. Dubin, an IUPUI Chemistry professor.

Twenty million dollars has been requested for the first biennium and \$18 million to be

requested in the 1989-91 biennium for the planned IUPUI complex.

For each biennium, the commission reviews budget requests by state universities and makes funding recommendations to the General Assembly.

On Nov. 18, IUPUI Vice President Gerald Bepko met with faculty members from the 38th Street campus to review the Commission's results.

Bepko stressed that the Commission's prioritizing was only a recommendation and that the project may still receive at least partial funding for the project.

"He said he would make a presentation," before the General Assembly in a plea to place more emphasis on the project, said Kaplan.

However, Bepko said if the priorities stayed the same and the legislature accepted the recommendations, IUPUI would likely lose all funding for the project.

See SCIENCE, Page 4

Stress: good or bad, all of us experience it

One student tells story

By CAROL SCHULTZ

Lisa Fendley does not have dark circles under her eyes or migraine headaches. Nor does she have crying spells or wake up in the middle of the night trembling from nightmares.

She does chain smoke, however. And she says this semester has been the most stressful period in her life.

During one gray, rainy week in November, Fendley, 20, learned she had four weeks to move out of her parents' home. She lost \$150 to an apartment complex in deposit money, \$100 was stolen from her apron at her waitress job, and her parents told her they were taking her car away.

IN THE same time span, Fendley's grandfather died, she found out she was adopted, she met relatives she never knew she had and her boyfriend broke up with her.

"I guess you could say my life

is ruled by Murphrey's Law," said Fendley, a sophomore majoring in criminal justice. "If anything can go wrong, it will. And it has."

Stress is something Fendley deals with daily, from working 40 hours a week, taking nine credit hours, and living in a tiny apartment ("I can't afford furniture") by herself.

"IUPUI was really stressful for me, coming straight for ISU," she says. "I had to get used to a different type of campus. Here I have trouble making friends with students and teachers."

Fendley added that exams are particularly stressful for her. "I really don't know what to expect here. It seems like every class handles exams differently," she said.

SHE ALSO plans on cutting her class load and saving

See STRESS, Page 3



With the festive holidays approaching, the end of the semester now in sight and the thought of term papers and final exams clouding once-clear minds, the editors of the Sagamore decided to examine the impact stress has on students.

We have attempted here to examine the different aspects of this ever-present anxiety, from negative to positive stress, from student stress to the stress that accompanies the holiday season.

By JOYCE K. JENSEN
Science Editor

Across Michigan Street from the Mary Cable Building, in the middle of a parking lot, sits a little gray house with a brick porch and awnings. Although it is a busy place, many people are not aware of the Non-Academic Counseling Center and the services available there.

"We offer a variety of counseling," said Dr. Donald Wakefield, director of counseling. "Our main thrust is one-to-one direct intervention counseling. We also offer some couples counseling and some family counseling."

"We mostly see students but counseling is also provided for faculty and staff," Wakefield said.

He said that persons interested in counseling should call 274-2548, between 9 a.m. and 5 p.m., Monday through Fri-

day. An intake worker will ask the caller a series of questions over the phone, from a diagnostic check sheet.

Check sheet items include questions about insomnia, weight gain or loss, and a range of other items that may be indicative of stress, depression or other problems the caller may need help dealing with.

"Someone will get back to them within 10 days," Wakefield said, although the time may be shorter during periods where the center is less busy. He said that a time lag is not uncommon in counseling centers such as this one where the services are free.

"Each of our counselors carries a full load," he said. "The sessions are usually 50 minutes long, and a person will usually see a counselor at least

See COUNSELING, Page 4

BRIEFLY

IUPUI presents Madrigal Feast at Roof

On the night of Dec. 9, the newly renovated Indiana Roof ballroom will transport visitors to the 16th century when IUPUI and the Indianapolis Opera Company present a Madrigal Feast.

Beginning at 6:30, guests will be entertained with juggling, jesting and singing provided by the IU School of Music. The Madrigal singers will sing traditional holiday music under the direction of Al Calabrese. The musicians will include four trumpeters, a brass quintet and a dulcimer.

The guests will also enjoy a 16th century feast as the troubadors stroll from table to table. The menu includes a boar's head and flaming plum pudding.

Tickets for the Madrigal Feast are \$35 each and are on sale now through Ticktmaster. In Indianapolis and surrounding area, call 239-1000 or toll free, 1-800-742-3322.



Students, faculty invited to hear Bepko address

All students, faculty and staff are welcome to his 4 p.m. address which will be delivered in Room 116 of the School of Law.

The IUPUI Faculty Council will meet prior to Bepko's address. Their meeting will begin at 3 p.m.

Students and faculty will be able to learn what condition the IUPUI campus is in on Thursday when Vice President Gerald L. Bepko delivers his state-of-the-campus address.

Hospital employees to receive photo I.D.'s

In the second phase of a three-part security program at University and Riley hospitals, all employees, physicians and students at the facilities will receive photo identification badges by the end of this month.

"Our real concern is in the evenings," said James F. Barr, assistant director of Hospital Administration and head of the Hospital Security Committee. "Our intent during the day is to keep things as they are."

The first part of the program, which began in October, entailed 24-hour staffing of the main lobby Information Desks. Phase three, which will begin later this month, involves installation of a card entry access system.

Riley ice cream parlor features 24-hour service

Good news! The Ice Cream Parlor at the new cafeteria at Riley hospital opened last week. The Ice Cream Parlor features service 24 hours a day, and will serve sandwiches and casseroles as well as ice cream.

Now available are 16 flavors of ice cream named for James Whitcomb Riley poems. Toppings are also available to turn any flavor into a sundae. To top it off, a popcorn machine is being installed. Popcorn will be available for 25 cents per bag.

NOTICES

TODAY

Indianapolis Public Schools will be interviewing on campus. All majors will be interviewed with special emphasis on those versed in math and special education. In order to be eligible, all students must have a completed credential packet on file in the Career and Employment Services office. Questions should be directed at Nancy Oberfell, 274-2554.

The IUPUI Campus Advance is sponsoring a non-denominational, informal Bible study from Noon to 12:45 p.m. in the Nursing School, Room 220. For more information call Jerry at 631-8508. Other Bible studies are scheduled for Tuesday, Wednesday and Thursday, at the same time, in the Education/Social Work Building, Room 2105. For more information on those dates, contact Bryan at 925-2688.

The IUPUI Department of Geology will conduct a colloquium entitled "Employment Interviews: What They Look For." The topic will be presented by Dr. Arthur Mirsky of the IUPUI Department of Geology from 4-5 p.m. in Cavanaugh Hall, Room 435. For more details, contact Dr. Hassan Amini at 274-7484.

TUESDAY

The IUPUI Women's Studies Department will present a luncheon forum entitled "Fathers' Participation in Child Care in Sweden" at University Library, Room 318 from Noon to 1 p.m. The guest speaker will be Dr. Linda Haas of the IUPUI Department of Sociology. For further information, contact Dr. Florence Juillerat at 274-3789.

The Metropolitan Indianapolis Campus Ministry will present a forum entitled "The Influence of the Shaker Utopian Society on Contemporary America" at Noon in Room 105 at the Herron School of Art. The topic will be presented by Richard Emery Nicholson, associate professor of painting. For more information, contact Wayne Olson at 274-2585.

The University Writing Center is sponsoring a workshop entitled "Preparing for Final Exams" from 1:30-2:30 p.m. in Cavanaugh 427. For more information, call 274-2049.

Women in Business will present Susan Rice speaking on the topic "Qualified Is Not Enough" at 4:30 p.m. in BS 4008. For more information, call Linda Fletcher at 882-7792.

WEDNESDAY

Alpha Lambda Delta/Phi Eta Sigma will have a breakfast meeting at 8 a.m. in the Hideaway. Old and new members are invited. For more information, call Molly Hicks at 274-3986.

BOLD

The Chemistry Club will conduct a seminar on "Stable Fluorinated Organometallics" from 4 to 4:30 p.m. in the Krannert Building, Room 231 on the 38th St. campus. The presentation will be given by Donald J. Burton by the University of Iowa.

The IUI Accounting Club will conduct its last meeting of the semester at 8:30 p.m. in BS 3011. The guest speaker will be from MDUL/Lambur's CPA Review/MNDM. All students are welcome

THURSDAY

The IUPUI Geography Club will present a colloquium on "Toward a New Land Policy: Energy Issues in the 1980s" by Donald Jones of Oakridge National Laboratories at 1 p.m. in Cavanaugh, Room 211. For more information, call Jody Tzucker at 274-8877.

The IUPUI Student Employment Office, a free employment service for IUPUI students, will be accepting applications for full and part-time employment from 11 a.m.-12:30 p.m. in front of the bookstore in the basement of Cavanaugh Hall.

The Organizational Communication Association will conduct its last business meeting of the fall semester at 8 p.m. in SI 212. The agenda will include nominations for spring officers. Elections will be conducted Monday, Dec. 8 through Monday, Dec. 15. For more details, contact Michael Balmert at 274-0563.

The Progressive Student Union will conduct a rally in support of South African divestment at 8:30 p.m. in LE 104. Activities will include guest speakers, live music and a showing of the Sun City video.

FRIDAY

Career and Employment Services is sponsoring a two-hour mock interviewing session from 9-11 a.m. in BUS/SPEA Room 2010. The interviewer will be Kay Carl, assistant director of the division of Allied Health Sciences. All workshops are offered to students, staff and the university public at no charge. For more information, call 274-2554.

See NOTICES, Page 4

**ICPA Division II
1985
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SAGAMORE

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The Sagamore is an auxiliary enterprise of IUPUI, published weekly during the regular school and biweekly during the summer. The Sagamore is not an official publication of the university, and does not necessarily reflect the views of university administrators, faculty or others.

All Sagamore editors are required to be enrolled in a least five IUPUI credit hours. Staff members are paid through advertising revenue, the sole source of funding supporting the operation of the newspaper.

The Sagamore provides an open forum for the university community. Readers are invited to submit letters of any length and on any topic, although preference will be given to those less than 500 words which are related to matters of interest to the IUPUI community.

Letters must include the writer's name, address and telephone number, and relation to the university. The letters must also be dated and signed by the writer for verification purposes. Addresses and telephone numbers will

not be published and the writer's name can be withheld upon request. For legal reasons, anonymous letters will not be printed.

Letters may be edited for clarity and brevity, and the editor will reject letters deemed potentially libelous, obscene, inflammatory or in poor taste.

Send letters, preferably typed and double-spaced, to:
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425 N. Agnes St., Room 001G
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Stress

money.

"School is a priority in my life," she said. "I'm not going to lose sight of my goals. But I realize when I need to take time off and take care of myself."

"I know I need an outlet for my stress, and right now smoking and drinking occasionally isn't the answer. I have to keep a positive attitude and a good sense of humor or I'll never make it."

College and stress. Do they go together? Or does one cause another?

Beginning or ending school is rated number three as the most stressful event that occurs in a person's life, according to a Life Events scale given by the IUPUI Non-Academic Counseling Center. Number one is being put in jail. Number two is an unwanted pregnancy.

THESE ARE events in life which have been found to produce individual stress reactions. Since individuals differ in their tolerance for stress, a clear definition for the term varies in everyone's life.

"College is stressful, there's no doubt about it," said Dr. Stanley Osmunson, associate director of the Counseling Center. "But stress is really just a catch-all phrase for something else that is going on in their life."

If a student is working a full-time job, taking 18 credit hours and has a family to support, he or she might complain about being under "stress." The student might also burst into tears or say that they are "sick to death of school, of studying and life in general," Osmunson said.



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More requests are made at the Counseling Center at the beginning of the semester than towards final exams. This semester there were 50 requests in September, compared to 13 in August.

"Students are more stressed by the transition or starting a semester than the final exams," Osmunson explained.

"SCHOOL IS just like a train station. There are a number of needs meeting at one point. Stress is an oversimplification of what's going wrong in their life."

Overload

Continued from Page 6
under stress the whole time," Sechrist said. "The same for someone who is a social worker by heritage. If he goes to business school, his stress level will be very high."

The second level of stress is overload, which many college students are guilty of.

"I don't care if you have six kids and three jobs or two lovers and a spouse, if you're taking on too much, you won't make it," Sechrist said. "You've got to balance your life."

While Sechrist insisted that "zero stress is the most unhealthy thing in the world," he suggested students not get too caught up with financial aid.

"It's okay if you just take it slow, save your money and pay for classes yourself," he said. "Everyone's energy level is different."

Some people think if they go to school and get a degree, it will solve their problems," he added. "But if they don't perform well in college, it doesn't mean that they aren't successful or a good person."

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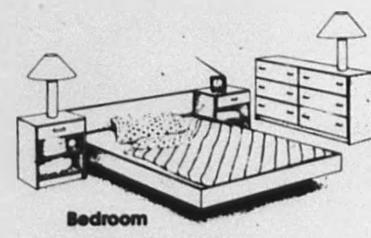
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Science

Continued from Page 1

Previously, university officials have said centralization is necessary for improving Purdue programs at IUPUI and attracting top-notch faculty.

"One of the things many people are worried about is how high technology can be attracted to Indianapolis if we don't have a viable academic institution in science and technology," Dubin said.

"If this thing (centralization) doesn't go through, the morale here will hit the bottom," Kaplan said.

Dubin said the new complex would help unite, as well as centralize, the campus. "Centralization of the campus means a whole different mentality," he said.

Despite the setback in capital funding requests, IUPUI placed higher on the priority lists for operating requests.

The non-health segment of IUPUI was placed fifth on the list for funds to "attract and retain" quality faculty, although the administration's request for \$2.8 million was cut to \$600,000.

In addition, IUPUI's requests for funds to replace part-time faculty with full-time faculty was met with full

approval by the commission and was also placed fifth on that priority list.

The commission approved the trustees' request for approximately \$200,000 for the 1987-88 academic year,

and \$1.8 million for the 1988-89 year.

IUPUI also received approval for the full request of \$445,309 for library expansion and enhancement during the next biennium.

Counseling

Continued from Page 1

once a week for whatever time is necessary." The number of sessions is determined mutually by the student and the counselor.

Wakefield said that the center's counselors work on an education model; that is, they believe the individual has learned the ways in which they are functioning and relating.

Through the counseling intervention process, people can learn to adapt and function more positively," he said.

Wakefield said that the center does not deal with people who are severely or pathologically disturbed. Interns from the Department of Psychiatry at the Medical Center work with the Counseling Center and do some long-term therapy there. Some long-term therapy is also referred out.

The Counseling Center's services are free of charge to anyone related to the university—students, faculty or staff. Other services include a regular schedule of workshops.

"We do intervention by way of workshops in areas such as stress management, assertiveness training, couples com-

munication and test anxiety," he said.

Workshops are offered at least once a month each semester, Wakefield said. "More often, if a school or division wants a stress workshop, for instance, we do it that way."

"We want to help someone take control before things get out of hand," he said. The center sees in excess of 300 people per year, many more if those attending workshops are included in the figures.

"We want to help the individual take charge, to make optimal use of the education experience," he said. "Many students get so stressed out they skip class and continue bad habits from high school."

Center personnel recently did a survey, and they have another in the works. "We found out that a good number of the faculty didn't know we exist," he said. "We're getting ready now to survey students about the counseling they receive."

The Non-Academic Counseling Center is open Monday through Friday, 8 a.m. to 5 p.m., and evenings by appointment. It is located at 419 N. Blackford St., or call 274-2548.

NOTICES (Continued from Page 2)

The Disabled Student Organization will conduct its monthly meeting at 2 p.m. in the third floor lounge of the ES Building. All are welcome. For more information, contact Patricia Griest at 274-2540.

The University Writing Center is sponsoring a workshop entitled "Writing Complete Sentences" from Noon-1 p.m. in Cavanaugh, Room 427. For more information, call 274-2049. ADDENDUM

The National Society of Black Engineers invites all students to attend its advisory meeting Wednesday, Dec. 10 at 6:30 p.m. as well as its regular meeting, Saturday, Dec. 13 at 11 a.m. in the faculty lounge at the Kragert Building on the 38th St. campus.

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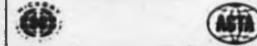
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LETTERS TO THE EDITOR**Prof evaluations should be high on priority list***To the editor:*

At the end of the semester, many of you will receive an evaluation of course and/or teaching form to complete. If you are as weary as I am filling out forms, you may ignore this one or, at best, give it only casual attention. This is written to urge you to: Give careful thought to each course evaluation questionnaire you receive!

If you do not receive one, request your instructor or the chairman of the department offering the course to provide one to students.

I know from firsthand experience that instructors, chairmen and deans do review these surveys with great interest. The information is used in the recognition and rewarding of outstanding IUPUI teachers locally and in the Indiana University system. If an instructor is perceived as not teaching well, he/she can be advised and helped to improve. Finally, it is especially important that department chairmen be fully informed about the performance of the part-time faculty they employ.

The university needs your help in constantly improving the quality of its teaching--its primary mission.

Patricia A. Boaz
Dean of Student Affairs

CAMPUS INQUIRY

TERRENCE POLLARD
Chemistry
Sophomore



DON SCHULTHEIS
Assistant to Dean of the School of
Liberal Arts



MONIKA STEWART
Biology
Sophomore



TERRY WRIGHT
Architectural Technology
Freshman



MELISSA LEFEVER
Fashion Merchandising
Sophomore

"I usually talk the problem out with a friend or I get rid of the problem with a recreational activity. Or, I study."

"I'm not saying that I don't have stress, but I don't have a problem with it...most of the time."

"I go in my room and pray, or go to church. I think of all the positive things and realize that things will get better. Sometimes I jog."

"I usually take a roadtrip to Brown county because it's nice to see the scenery, woods, hills, shops and the different people."

"I keep it bottled inside of me. I don't get upset much. I think I handle stress well."

Text By LIZABETH FULLER
Photos By ROBERT YONG

Student raps cost, quality of Hideaway food*To the editor:*

Recently, I asked some friends of mine, "How would you describe the ingredients of a nice, yet simple salad bar?"

One said, "It should first of all have a nice presentation of cool, crisp, leafy, green, mouth-watering lettuce."

And another commented, "...and lots of fresh veggies and flavorful goodies to go on top [of the previously mentioned lettuce]."

The main ingredient of many salads, lettuce, was not even close to green...

Apparently, the management of the Hideaway doesn't have the same conception of a nice, yet simple salad bar. On Nov. 21 I was very hungry for a salad and decided to go to the Hideaway.

What a mistake. It's bad enough that their prices are ridiculous [i.e. doughnut prices], but the main ingredient of many salads, lettuce, was not even close to green or meeting any of the previous descriptions.

Possibly, the Hideaway management team should consider a new marketing strategy to aid their sales of the yellow lettuce or even better yet, they might want to consider presenting their products in a more attractive [fresh-looking] way. I believe there are courses available on this campus for those members of the Hideaway management team who might not know what to do next.

My advice... DUMP THE YELLOW LETTUCE... LEARN HOW TO... Oh, never mind!

Name Withheld Upon Request

Best interest of university is low priority*To the Editor:*

Is IUPUI fated to be a third rate institution?

This is the question IUPUI must deal with in the wake of the reprioritization of the IU budget by the Indiana Commission for Higher Education.

The IU trustees' budget was, in the words of Vice President Bepko, "very favorable" to the growth of the liberal arts and science and engineering programs of IUPUI. High priority was given to the centralization of the campus, library improvements and replacement of part-time adjunct instructors with full-time faculty.

In the ICHE's version, IUPUI's new Science/Engineering and Technology building dropped from second to tenth place, while other Indianapolis requests also faded poorly.

We all have hopes for the future of IUPUI. But the commission's priorities points towards a low-budget institution that specializes in remedial education in the classrooms, and recreational-type courses in shopping centers.

In the aftermath of the ICHE meeting, IUPUI's number one problem may be dealing with its sense of powerlessness and vulnerability.

Paul Dubin
Professor of Chemistry

In praise of stress: it has its uses

Le'ts hear it for stress. Without it, we wouldn't get out of bed in the morning, much less graduate from school or keep a job.

Stress can drive us to find a cure for cancer, win a Nobel Prize for literature or invent a machine that can carry man to the moon.

At the same time, stress gives us headaches, sleepless nights, makes us gain and lose weight and be cross with friends.

It can even drive us to suicide.

A normal part of college life, stress is often the forerunner of achievement. Stress can signal that new abilities and skills are being acquired, that knowledge is being retained.

Whether you're stressed because of tenure worries or anxious about final exams, you face a condition that can be controlled--even exploited.

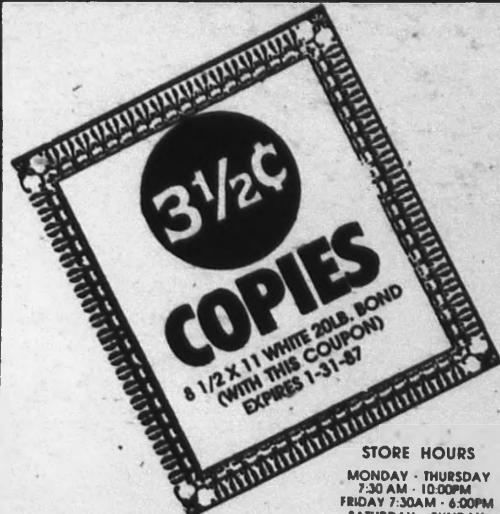
To prevent stress from overwhelming you, alternate work and pleasure. Keep a calendar to avoid doing everything at the last minute. Relax with friends or a good book.

In short, try a few of the common sense measures that have been recommended to you all your life as a means to handling stress.

And remember, Christmas vacation is only three weeks away.

—Leslie L. Fuller for the Editorial Board





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College heightens stress; students face conflicts

By CAROL SCHULTZ

At 8:10 a.m. on a rainy Monday, Mike Adams, a junior psychology major, sits quietly in a vacant corner of University Library. He reads a thick reference book intently, oblivious to a slow drizzle outside the window in front of him and the murmur of students talking at the table next to him.

"Stress to me is a final exam," he said, motioning to four textbooks, two study guides and a paperback novel on the table in front of him. Several pencils are scattered over two large legal pads and an empty package of Marlboro cigarettes is crumpled in a styrofoam cup.

"I start sweating at the beginning of the semester and about a month before finals," he said. Adams, who is taking 15 credit hours, said there are many nights he cannot sleep during the semester.

"After Christmas, it's all downhill," he said. "But most of the semester my chest is tied up in knots. I'm basically a good student. I just worry a lot."

Stress, which is bodily and/or mental tension, can occur when too many demands are crammed into too short a time. Stress can occur when any major change happens in one's life (for better or worse).

Everyone has stress in their life. If you don't have any stress, you're dead.'

**-Paul Sechrist
Counselor,
University Division**

College students experience stress by how they perceive relative success or failure on exams, says Dr. Hugh Hendrie, chair of psychiatry at IUPUI.

"Of course students have to perform well to stay in college, and even in high school to get in college, but they are bound up in examinations," Hendrie said.

"Students are concerned about growing up, about their career and about developing close interpersonal relationships," he said. "And it seems women experience this more than men, because they have a stronger desire to accommodate both roles of family and career."

Hendrie pointed out that stress is present when any event produces an alteration in one's physiological stability.

"This is heightened by college," he said. "Because in college they are not only undergoing maturity, but they are

experiencing life-long conflicts."

When a student experiences more stress than he or she can handle at one time, they are in "distress." Since a major cause of stress is change, when too many changes occur too close together, the distress depends on the severity of the occurrence.

Danger signals of distress include fatigue, insomnia, restlessness, tense muscles, eating too much or too little, diarrhea and constipation.

"Stress is not always categorically negative," pointed out Paul Sechrist, an IUPUI academic counselor for the University Division.

"Everyone has stress in their life. If you don't have any stress, you're dead."

Sechrist is familiar with common complaints of "I'm not happy in my major," "My grades are dropping," "I have a hard time making it to class," and "I have more colds this semester."

"Students have 168 hours to book school, work, rest and play," he said. "If they don't make time for rest and play, they're not going to make it all."

Sechrist breaks stress into two major levels. The first one is where a student who is fundamentally an artist tries to make it as a scientist.

"If this person tries to make it as a physician, he will be

See OVERLOAD, Page 3

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Honesty: best policy to beat holiday blues

By DONALD WAKEFIELD

Depression can chill the warmth of the holiday season like a mid-winter storm. Despite the turkey, family, friends, gifts, spirits and festive trappings, well-being is not an automatic response to the holidays.

The very importance attached to the time between Thanksgiving and the New Year can be the springboard that sends a person's spirits plunging. For some the season can magnify ongoing depression; for others, it can promote

in people who are not otherwise depressed.

Holiday blues are not only triggered by loneliness or unresolved circumstances, they can also be a response to the togetherness of the season and the extra free time many people have over holiday weekends.

The year's end is also, for many, a time for soul-searching, assessment, for looking back and for looking at what lies ahead. People take inventory, they reflect on what has been and what should

have been, in terms of home and family, job and school.

For many this brings feelings of unhappiness, despair and futility, which may also lead to depression.

Holidays which bring people together may also reawaken longstanding family or marital confrontations, or reactivate memories of unhappiness, conflict, separation or divorce.

Even the cold and dark of the winter season may dampen spirits. Depression can also be aggravated by the use of alcohol, which lowers inhibi-

tions and can uncork anger, frustration and other negative emotions.

There are five steps to follow to help alleviate the holiday blues:

First : Be honest with yourself. **Second :** Learn to accept your faults and weaknesses, and to let go of hurts and personal loss. **Third :** Spend time in activities that make you feel better about yourself. **Next :** Learn techniques for self-regulation and relaxation. **Last :** Spend time with nurturing friends rather than people

with negative attitudes.

Remember, you are not alone. The IUPUI Center for Non-Academic Counseling offers free counseling and workshops for all students, staff and faculty. The center is open Monday through Friday from 8 a.m. to 5 p.m. and evenings by appointment, or call 274-2348.

Donald Wakefield is director of Counseling at IUPUI.

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Winning not 'the only thing'

Fast Break

Craig Russelburg

Pressure, although it is an integral part of athletics, can be an unhappy element in some cases. This is especially true if the athlete cannot hold up to the stress which comes with the pressure.

I won't easily forget one such incident which took place on this campus one evening last June. It was nearly 10 o'clock and I had just finished working late in the Sagamore office.

I stepped out of Cavanaugh Hall to see the campus illuminated by the powerful lights of the Track and Field Stadium. A tinny, monotone voice droned in the distance, reporting names and times of what was the 1986 NCAA Track and Field National Championship to the spectators who filled the stadium.

I stepped into Agnes Street and soaked in as much of the festive carnival atmosphere as I could.

But what I did not know was that only a few thousand feet away, in the midst of competition, a young woman's mind was about to snap.

At that moment Kathy Love Ormsby was battling hard to win the 10,000-meter run which she had been heavily favored to win, yet destined to lose.

Ormsby started poorly, but halfway through the run she had worked her way up to fourth place. Seconds later, as

Ormsby trailed the leaders by only three meters, the pressure overwhelmed her.

She strode down the north straightaway, but sprinted past the northwest turn and kept running.

Hurling herself into the darkness, Ormsby crossed the softball diamond, scaled a seven-foot fence and continued running west on New York Street. About a third of the way across the New York Street bridge Ormsby stopped.

A few minutes later, North Carolina State Track Coach Rollie Geiger spotted her tiny frame 35 feet below the bridge in some mud and tall grass on the river's edge. Ormsby reportedly told Geiger she had jumped.

The fall left Ormsby paralyzed below the waist. Two

days later Dale Ormsby, Kathy's grief-stricken father, told *The Indianapolis Star*, "I think it had to do with the pressure that is put on young people to succeed."

The need for success or the fear of failure can be an ugly part of sports. The emphasis which the media and public place upon winning can be frightening at times for athletes. Winners are heralded as gods and are treated accordingly by the adoring masses. Losers are hums, who must hear the boos and jeers and be subjected to ridicule.

Vince Lombardi, the legendary coach of the Green Bay Packers was reported to have said, "Winning isn't everything... It's the only thing!" However, in his autobiography, sports journalist Howard Cosell claims that Lombardi, a lifelong friend, never made that remark.

So where did it come from? Perhaps from the imagery of someone who thought it sounded good. And yet, that statement has destroyed athletic careers, and even lives.

Natatorium lift available
for disabled student use

By TERRY HUTCHENS
Assistant Sports Editor

Relying upon others is something that many disabled people rebel against. Many daily actions that an able-bodied person may find routine can represent a real challenge to one who is disabled.

Something as basic as getting in and out of a swimming pool has long been a struggle for people confined to wheelchairs.

But now, IUPUI is trying to do something about that. A new lift chair installed in the School of Physical Education allows the disabled to enter

and exit one of the university's pools with the press of a button.

"The whole idea behind the lift is that the handicapped person can use it by themselves and they don't need someone there to let them in," said Jeff Vesseley, director of Recreational Sports at IUPUI. "The lift is operated by using a hand lever that takes just one finger pressure to get it to move."

The lift, which was installed last summer at a cost of around \$3000, is located in the auxiliary pool on the west end

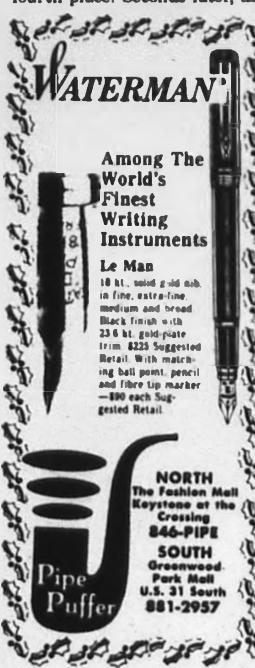
See NATATORIUM, next page

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Natatorium

From previous page

of the Natatorium.

The lift allows people confined to wheelchairs to wheel up close to the pool to slide themselves from their wheelchair onto a large white chair. By pressing a button, the chair is then lowered into the water where it stays until the person is ready to get out of the pool.

"We want the handicapped to feel as less reliant upon others as possible and we're constantly looking for ways to make things in the physical education area easier for those people," said Vessey. "We feel as though we're trying to be sensitive to the issue and so whenever an obstacle arises we try to do our best to take care of it."

Vessey says the biggest problem with the lift so far is that relatively few people know anything about it. He says only three people have even used the device since it was installed in August. According to Pat Gries, Coor-

dinator of Disabled Student Services on campus, there are approximately 20 wheelchair students enrolled for classes at IUPUI.

"I think it could get a lot of use, but I'm sure the problem is that very few people know anything about it," said Gries. "With a little publicity, I'm sure that many handicapped people would be very interested in giving it a try."

According to Vessey other problems that affect the disabled are being solved within the Natatorium. One of these problems is a lack of lockerroom space, which made it difficult for disabled patrons to dress. When Vessey found out about the problem he arranged for a bench more than twice the size of the old benches to be installed at the end of the locker room area.

"It's really just a matter of finding out about the problems, as in many cases we just do not know they exist," said Vessey. "Again we're trying to

be sensitive to (the disabled) situation, but we need to know if there are obstacles."

Another obstacle recently resolved concerns the pool lift itself. Disabled patrons alerted Vessey to the fact that the handle that operated the lift was too high for them to reach when they were trying to exit the water. Vessey soon made arrangements for the handle to be lowered to make it easier on those using it.

"That was the first that I had heard of that problem, but those are the kinds of things I'm referring to," said Vessey. "If there's a problem, let us know and we'll see what we can do to solve it."

Vessey says the entrances to all locker rooms are wide enough for wheelchair entry, as are the aisle ways inside the locker room. He added that there are elevators and ramps within the Natatorium for the handicapped, noting that handicapped parking places are located in parking areas adjacent to the facility.

'Indy bragging rights' on line for Metros

By BOB COOK

Bragging rights as the "small-college basketball champion of Indianapolis" are at stake as the IUPUI Metros head to the University of Indianapolis for the Athletic Dept./Brooks Classic tourney tonight.

The Metros will help to kick off the Classic with a game against host U of I at 6 p.m. Afterward, Marian will play Franklin. The championship and consolation games will be played Wednesday night.

"This is becoming a nice tournament," Metro coach Bob Lovell said. "The teams are equally matched. There's always good support and publicity. The rivalries are good, also."

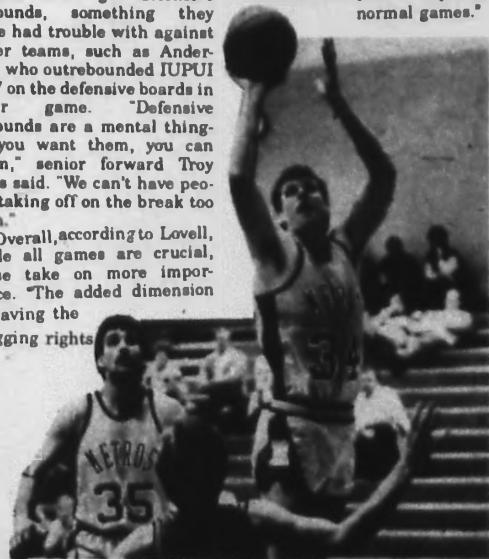
This is the second game against the Division II Greyhounds in a week. "They have some good inside players, and Jerry Neece and Gary Paul are excellent perimeter shooters," Lovell said. "We won't let them settle into a half-court pace.

"We try to stress getting as many easy baskets as possible," Lovell added. "It's easier to score on the outlet pass and a layup rather than stick 10

people in a limited space."

In order to do that, the Metros must get defensive rebounds, something they have had trouble with against taller teams, such as Anderson, who outrebounded IUPUI 21-7 on the defensive boards in their game. "Defensive rebounds are a mental thing—if you want them, you can them," senior forward Troy Fitts said. "We can't have people taking off on the break too soon."

Overall, according to Lovell, while all games are crucial, these take on more importance. "The added dimension of having the bragging rights



Senior forward Gary Becker watches as junior frontliner Jeff Roach drives to the hoop in the Metros' 89-78 loss to Anderson, Nov. 24.

Photo by TOM STRATTMAN

ASTHMA PATIENTS

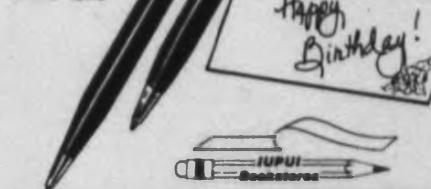
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Disabled Student Services revamped

By REBECCA BIBBS

For the last three weeks, students visiting the Disabled Student Services office have been welcomed by a new face. The person wearing the smile is the new director of Disabled Student Services, Patricia Griest.

Full of new ideas to revamp programs for the near 200 disabled students attending IUPUI, Griest took over the position formerly held by Donald Wakefield. Wakefield now heads IUPUI's Non-Academic Counseling Center.

"We are sort of redefining what our services will be and what requirements students must meet to be eligible for those programs," says Griest.

She had previously worked with the disabled while processing forms for vocational rehabilitation in the Financial Aids Office.

Griest says that it is difficult to determine what constitutes a disability. According to a pamphlet Disabled Student Services is distributing to various academic departments, disabilities range from permanent and temporary physical impairments to learning and emotional disorders.

Griest is now giving immediate attention to services for the disabled. Often students must wait for tapes and other study aids which results in assignments being handed in late. In addition, notetakers and interpreters are sometimes unreliable.

According to Griest, professors are usually accommodating in terms of students' needs. Some faculty are cautious, she says, because it is difficult to determine how much accommodation is appropriate.

"I've had one professor accept tape recordings of papers," she says.

"There's an appropriate degree of accommodation, and



Photo by TOM STRATTMAN

'We are redefining what our services will be and what requirements students meet to be eligible for those programs.'

-Patricia Griest
new Disabled Student Services director

that's all we ever ask for," says Griest. She emphasizes that disabled people ask for no more than common courtesy. In addition, she continues, they tend to put in 200 percent to compensate for what they cannot do.

Another of Griest's missions is increasing awareness of disabled people on campus. She says that the number of disabled people attending IUPUI is on the rise, and most people will not escape knowing a disabled person in their lifetimes.

"We're also hoping to stress more independence with our students," says Griest. She says that this is necessary so students can compete in the outside world.

In an effort to achieve that goal, she wants to develop a better employment program, working closely with Career and Employment Services.

However, many disabled students already are very self-reliant. According to Griest, she never meets many of them until they enter into a crisis situation.

"I have a lot of respect for these students," she says. "They're such survivors. It's been a real education for me to listen to these students."

Although students, faculty and administration are somewhat accommodating, Griest expects improvements.

"You always want more and better," she says.

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Volunteers are hospitals' lifeblood

By JOYCE K. JENSEN
Science Editor

For the six hospitals that are a part of or affiliated with the campus' medical center, help is on the way. And nearly any student, faculty or staff member on this campus could be the one bringing it. Many already are.

Hospital volunteers are an essential part of the life blood of caring that flows through the medical complex every day. The center is comprised of

classrooms, laboratories, offices—all the things that make up a school. It also includes three teaching hospitals: University Hospital, Robert W. Long Hospital, and James Whitcomb Riley Hospital for Children.

The volunteer program for all these hospitals is run as a single entity.

In addition, campus faculty make up the staffs of, and medical center students work and train at, three other hospitals that are affiliated with the campus.

These are: Wishard Memorial Hospital, which is the county hospital for Marion County; Larue D. Carter Memorial Hospital, a psychiatric hospital that is part of the state mental health system; and Richard L. Roudebush Medical Center, a two-division Veterans Administration facility.

These hospitals each have separate volunteer programs.

The Indiana University Hospitals

According to Barbara Foote, director of Volunteer Services for the three hospitals at the medical center, her office recorded 40,000 volunteer hours last year, or the equivalent to 19 full time workers.

But a great many more people than 19 were involved. "In a week, about 250 people are in and out of 30 locations," Foote said of the volunteers.

People interested in volunteering at the university's hospitals need to fill out an application with Foote's office, be interviewed and participate in an orientation program. "We ask student volunteers to stay at least one semester," Foote said. "They can change hours at semester, if necessary. We ask other volunteers to stay one year."

Foote says orientation is essential. "There are certain things in the medical environment that seem rigid to outsiders," she said, "like rules and regulations, uniforms and meetings."

Time arrangements are flexible. "Students and people with full-time jobs tend to give a half day on weekends or an evening. Others may give a whole day or more once a week," she said.



Barbara Foote

"We have one program called Special Visitors, where volunteers have a one on one relationship with pediatric patients. They must come at least four times per week, but only for 45 minutes each time."

"There are a lot of children at Riley whose folks are out of town, newborns up to people on the adolescent unit, and some teenage folks in University Hospital," Foote said. "Actually there are adults who could use Special Visitors, but we just don't have enough volunteers."

Foote said that for students who are in the process of selecting a major or a career,

and who are considering areas such as medical work, social work or early childhood education, there are special opportunities in the volunteer program.

"We can sometimes create special positions," she said. "This could be an internship where staff members are willing to supervise work."



Transporting patients is one of the many ways volunteers pitch in.

Richard L. Roudebush Medical Center

Chief John T. Henneman said that volunteer assistance is particularly needed in four areas at the Richard L. Roudebush Medical Center's facilities both at West 10th Street and Cold Spring Road.

These areas are: internal patient transportation; medical administration; nursing assistance; and attending weekly dances. He said students are also needed for nursing home visitations.

"There is a three-hour orientation for those working with patients on the wards," Henneman said. "It is scheduled as needed."

"Between the two divisions, we have 450 volunteers on the rolls. Some come only once a month, some every day," he said. "We prefer at least two hours per visit, and prefer 75



Chief John T. Henneman

hours of total commitment over a semester.

"We can be flexible," Henneman said. "Some assignments are available evenings and weekends. There is also a need for volunteers to help with bowling and making

ceramics."

Henneman said the program is also flexible in matching positions up with a student's career choice. "We would like to increase our college student program," he said. "If some one has some training, we try to make use of it. For someone considering nursing, a ward assignment is an opportunity to come and see what it is like on the ward."

"Ninety-five percent of the veterans are male," Henneman said. "In particular we need females to attend and participate in dance activities at the Cold Spring facility, Wednesday evenings from 7 to 9:30 p.m."

Henneman said that before showing up for a dance or for any activity, volunteers should first contact him for an appointment.

Wishard Memorial Hospital

Shirley Schafer, director of Volunteer Service at Wishard Memorial Hospital, said, "We will work with students and any other individuals to try to meet the experience they need."

She added that that is often done in physical therapy and occupational therapy, and for nursing students.

"We can generally fit someone in a slot according to what their need is," Schafer said. "That's not a promise, but we'll do our best."

Schafer said there are a lot of regular weekly volunteer positions available, both in clerical and patient contact areas. Wishard sees approximately 90 volunteers in a week.

"We would like a commitment of either a semester or six months," she said. "It should be for four or more hours a week." Some volunteer



Shirley Schafer

areas carry considerable responsibility, she added.

"An interview and orientation is required. The volunteers are trained in the areas where they work by whoever they will be working with," she said.

Larue D. Carter Hospital

"We have opportunities for students 18 years of age and older," said James H. Pratt, director of Community Services at Larue D. Carter Memorial Hospital.

Carter is a psychiatric hospital with 151 beds. Patients may have a bed there but be on leave, he said, such as home for the weekend. "We're not a big hospital like University, so we don't have people delivering the mail or flowers."

"We have visitors on the ward on a one to one basis," he said. "Also, individuals or groups might want to get together and have a party for the patients on a ward, or plan group activities." He stressed that people should contact his office before making such plans, however.

"Volunteers make application in my office," according to Pratt. "We interview them and have a tour."

He said students should consider helping for a semester or two. "They should stay with us for a period of time," he said.



James H. Pratt

"We want a commitment from a volunteer. We would like at least once a week for a minimum of three hours."

"For a student interested in working with mental illness, working here can be a great opportunity. If students have needs in certain areas, such as a psych major or a social work major, we can get in contact with staff people," he said.

For more information about volunteering, call:

Barbara Foote, Volunteer Services,
the University Hospitals, 274-8682.

Shirley Schafer, Volunteer Service,
Wishard Memorial Hospital, 630-7552.

Chief John T. Henneman, Richard L.
Roudebush Medical Center, 287-8734.

James H. Pratt, Community Services,
Larue D. Carter Memorial Hospital.