

12-2-1983

## Inside, The Murray State News Magazine, December 2, 1983

The Murray State News

Follow this and additional works at: [https://digitalcommons.murraystate.edu/msu\\_collection](https://digitalcommons.murraystate.edu/msu_collection)

---

### Recommended Citation

The Murray State News, "Inside, The Murray State News Magazine, December 2, 1983" (1983). *Murray State University Collection*. 1258.

[https://digitalcommons.murraystate.edu/msu\\_collection/1258](https://digitalcommons.murraystate.edu/msu_collection/1258)

This Newspaper is brought to you for free and open access by the Newspapers at Murray State's Digital Commons. It has been accepted for inclusion in Murray State University Collection by an authorized administrator of Murray State's Digital Commons. For more information, please contact [msu.digitalcommons@murraystate.edu](mailto:msu.digitalcommons@murraystate.edu).

DECEMBER 2, 1983

VOL. 2, NO. 1

# Inside

The Murray State Magazine

5

**STROUP**

Inside  
Interview:

edge or the  
ns has to be  
ent and  
son is  
of

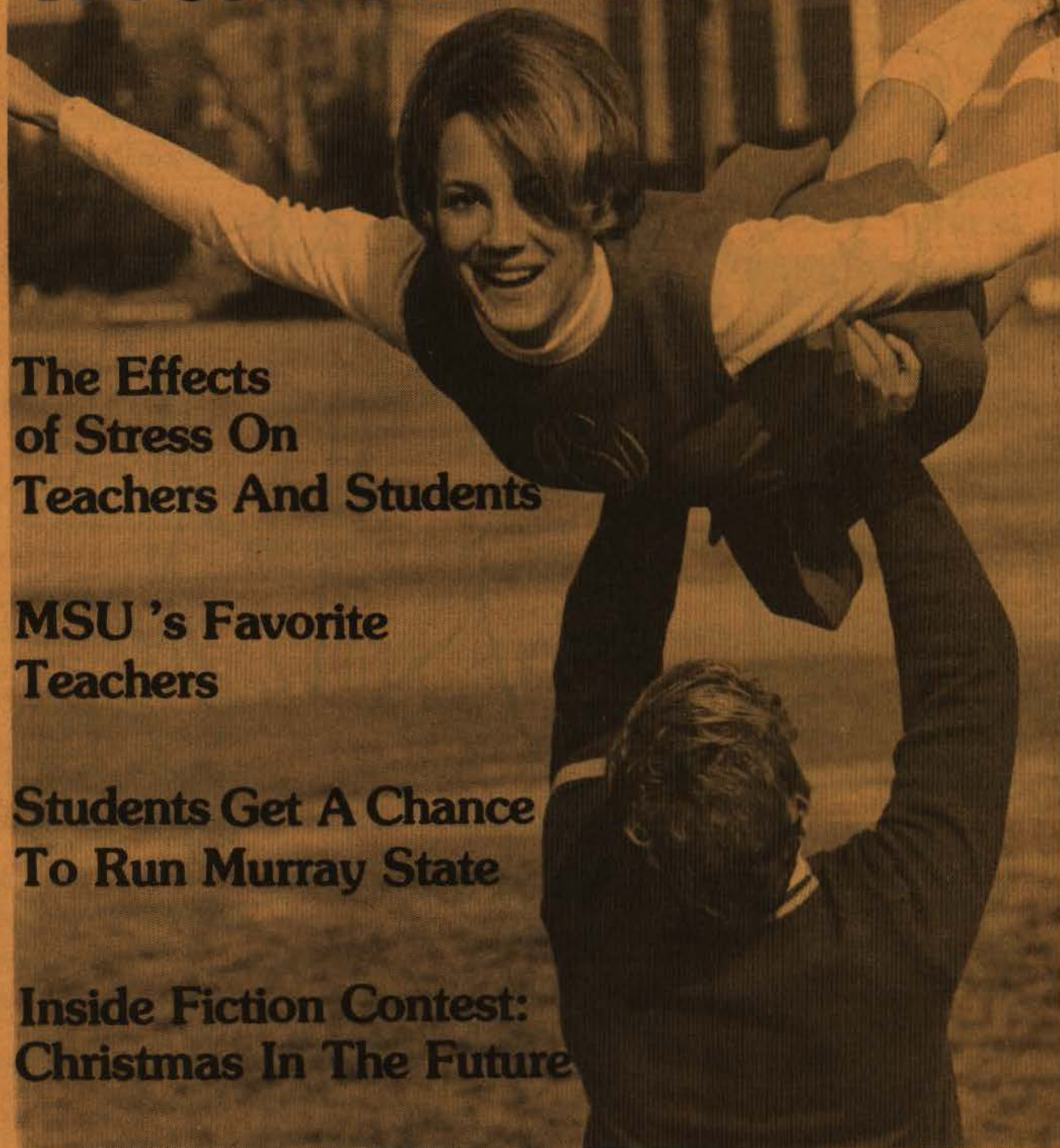
## The 60s: A Look Back

The Effects  
of Stress On  
Teachers And Students

MSU 's Favorite  
Teachers

Students Get A Chance  
To Run Murray State

Inside Fiction Contest:  
Christmas In The Future





# Only 7.99 ea.

**Our oxford shirt and classic pullover.  
Fall favorites, made for each other.**



They're always in style! Wear them together or separately. For smart looks. At very smart prices. Start with a traditional oxford shirt with button-down collar. In stay-neat polyester cotton. White, blue, pink and more for juniors. 5 to 15.

You can have our versatile pullover sweater two ways, with a V-neck or crewneck. Soft acrylic knit is machine washable for easy care. Choose from basics like white and blue, plus lovely fashion shades, too. In S, M and L for juniors' sizes.



## JCPenney

Monday-Friday 9-9  
Saturday 9-9:30  
Sunday 12:30-6

Chestnut Hills Shopping Center  
Murray, Kentucky  
Catalog Phone (502) 759-4080



## Cover Story:

**The '60s** "Cherish" is still the word /Brad Kimmel 17

## Features:

**Student Stress** No laughing matter/Terri Stalions 10

**Faculty Stress** Low Pay + Low Status = Low Morale/Debbie Wattier 11

**Teacher Profile** Three teachers tell all...about teaching/Gina Hancock and Jim Sherer 21

## Interview:

**Stroup** Education: optimism and opportunity/Jim Sherer 5

## Humor:

**If I Were MSU President** Oakhurst here we come/Benny Sims 29

## Departments:

**I Wanna Know** ...and so did we/Paula McManamay 8

**Fiction Contest** A.D. 2031: a Christmas to remember/Smith/Priddy 26

**Poem** Finals: no rhyme or reason 4

**Calendar** If you've got the time, we've got the dates/Linda Hartline 30

**Letter From The Adviser** A class that became a staff/Debbie Wattier 4

## INSIDE STAFF

<b>Adviser</b>	Debbie Wattier
<b>Art Director</b>	Jim Sherer
<b>Production Chief</b>	Brad Kimmel
<b>Typesetter</b>	Terri J. Stalions
<b>Copy Editor</b>	Gina Hancock
<b>Advertising Production and Sales</b>	Linda Hartline, Paula McManamay and Benny Sims
<b>Graduate Assistant</b>	Terry Stalions
<b>Artist</b>	Jim Irish
<b>Photo Contributions</b>	Wrather Museum, Shield

Vol. II, No. 1. Copyright \*Inside. Inside is published once each semester at Murray State University. It is published by the Feature Writing and Magazine Production Class in the department of journalism and radio-television and distributed as an insert in *The Murray State News*. Address all correspondence to Inside, Box 2609 University Station, Murray, KY. 42071.





# Letter from the adviser

This magazine began with seven names on a white computer print-out sheet for JRT 592: Feature Writing and Magazine Production. The class of seven names on a white sheet became a magazine staff of student journalists who produced this magazine for you.

They thought of the ideas for stories, some you may read because they were completed. The staff scrapped other ideas because of a small budget (we couldn't send a staff member to the Soviet Union for our Inside view of education there.) We scrapped several of my ideas because the staff knew better what students would care to read. The Inside staff created this magazine primarily for the students, but also for faculty and staff and other people interested in Murray State.

The Inside staff wrote the stories, sold the ads and in some cases took the photographs you will see inside Inside. They prepared the content for publication using the word processing and typesetting equipment in the journalism-radio-television department.

We appreciate a number of people for helping us with Inside. The magazine was founded in February 1983 by Greg Duncan, now with J. Walter Thompson advertising agency in New York City, and Tim Bland, now with the Paducah Sun. Duncan and Bland, both 1983 MSU journalism graduates, founded Inside as their senior project as Presidential Scholars. They published the first three issues in the spring semester of 1982. The magazine is now scheduled to be created and published each semester by the students who enroll in JRT 592.

Terry Stalions, a journalism graduate assistant, helped the Inside staff through the production process of the magazine. He is a good teacher. I anticipate success for him in his career as a high school publications adviser and teacher. We also thank Jamie Doerge and Ann McCutcheon, journalism graduate assistants; Mark Barden, journalism instructor; and Robert McGaughey, JRT department chairman.

The people who bought advertising space in Inside provided money needed to publish the magazine. We thank them for their encouragement of a new student publication. We thank David Mercer, advertising manager of the Murray State News, for assisting us with advertising production.

Thanks to the people behind the scenes in publications at Murray State — the printing services staff, especially Director Frank Fazi and Photolithographer Lila McCuiston.

My thanks to the staff. They worked hard and they were fun. College students usually get to select their teachers. But faculty teach the students who sign up for their courses. In a way, it is luck-of-the-draw for the faculty. I lucked out with this fall 1983 class that brought you Inside: Gina Hancock, Linda Hartline, Brad Kimmel, Paula McManamay, Jim Scherer, Benny Sims and Terri Stalions.

*Debbie Witter*

## Final tribute

Now I lay me down to study.  
I pray the Lord I won't go nutty.  
And if I fail to learn this junk,  
I pray the Lord I won't flunk.  
And when I die, don't pity me at all.  
Just lay my bones in study hall.  
And tell my teachers I did my best,  
and pile my books upon my chest.  
So now I lay me down to rest,  
and pray I'll pass tomorrow's test.  
If I should die before I wake,  
That's one less test I'll have to take.

Poem by anonymous author, used by permission from the 1973 Shield.



**HO,  
HO,  
HO...**

**Kinneys  
Shoes  
Says**

**Merry  
Christmas  
With 20% Off  
Selected  
Items  
Storewide**





## Stroup on education: Johnny can read

"Johnny can't read" is an accusation often leveled at today's educational system by many citizens and even by some education professionals.

This statement implies a lack of quality in our nation's schools and often coincides with a pessimistic viewpoint concerning the ability of our schools to overcome their problems.

But Dr. Kala M. Stroup, president of Murray State University, does not share this pessimism.

In an interview, Stroup explained some of her views on education, and told why she is optimistic about the future.

**Inside:** What is your definition of education or an educated person?

By JIM SHERER

photography by Barry Johnson

**Dr. Stroup:** I consider education a process. An educated person is one who first has an attitude towards learning that is continuously curious. Second, he is literate, he can communicate effectively, both in written form and in oral form. He knows that no single discipline has any edge or any inside track on knowledge, that knowledge is accumulated over a long period of time, that the wise person is one who has the knowledge of a lot of disciplines and does not feel that any one given perspective is wiser than another. An educated person knows his limitations and also knows that

his knowledge or the information he gains has to be tempered with judgment and wisdom. An educated person is interested in the process of learning all his life.

**Inside:** Is today's educational system helping people to fulfill that definition of education?

**Dr. Stroup:** I think we work at it. We must understand if we do not enter into controversy and dialogue about what we are doing, if we don't evaluate what we are doing as educators then we have lost the importance of what we are all about. Universities are supposed to be critical institutions. A university should be critical of what it is doing. That sometimes runs counter to some individuals having confidence



## "I don't think that the university should pretend it is just for the 18 to 23-year-old"

in what they are doing, because they view any organization or institution that is critical of itself as maybe not having confidence in itself. That's not true. An institution, particularly a university, ought to be critical of itself. That is why we raise so many questions: Are we doing the right things? Are students taking the right kinds of courses? Are students learning? We should be raising those questions.

**Inside:** You have two children. Do you believe the elementary and secondary schools are properly preparing students for college?

**Dr. Stroup:** I am not one of those individuals who have been critical of the public schools. I believe Megan and Chandler have received good instruction and have had rigorous expectations placed on them in their educational experiences in Kansas and Kentucky. I am a product of the 1950s, the time everyone wants to go



**An optimistic outlook on education begins at MSU as Stroup signs presidential contract while MSU Regents Chairman Richard Frymire witnesses.**

back to. But I must say that their level of work is beyond what we did in elementary school and secondary school. I think a lot of people are critical of the educational system, particularly the elementary and secondary systems, and forget that we have more students in school today than we have ever had before. What they are talking about is going

back to a day in which we did not have universal high school education in the United States. Today almost everyone stays in high school or attends high school. No other western nation does that.

School systems can always improve, but we forget that we are doing a tremendous job with a larger number of students than ever before. We now include a significant number of minorities we never really included before. We now have programs for the handicapped and the gifted, who were never mainstreamed into the public school system before. Many people have an educational opportunity that didn't have one before.

**Inside:** You mention students being brought into the American classrooms today that never were before. How are universities reacting to the "non-traditional" student of today?

**Dr. Stroup:** I don't think that the university should pretend it is just for the 18 to 23-year-old. I don't think Murray State does that. This University also is interested in the non-traditional student or the student who is outside of that age range who is returning to school for a number of reasons. I think we try to be sensitive to that. If you are concerned about the educational level of the citizens of Kentucky you must address the adult student, because the adult student in Kentucky is the one where we have lost ground. If you are going to raise significantly the educational level of

# Happy Holidays

The Birthplace of Broadcasting  
1892

Murray, Ky.

## WNBS — WAAW



## “...the baccalaureate will be the universal high school education of the future”

the citizens of Kentucky you must address the adult student and return him to school.

**Inside:** What are the major problems facing higher education today, in general and then specifically at Murray State?

**Dr. Stroup:** Probably the most difficult problem right now in higher education is to be able to walk the fine line between meeting the manpower needs of our state and of the nation with trained, skilled, literate people and at the same time, introducing what we should consider the important thoughts: the ideas of our past, the kinds of things that an introductory class provides, and an understanding of history and the humanities. We have to have some kind of blend of these two things and it is difficult to reach the right blend.

Faculty and the citizens are having difficulty coming to grips with the fact that we must have more students in college, not fewer. If we

have more students in college, that means we are going to have some students that are not as bright as the students who were here in the 1950s and 1960s. We have to learn how to hold on to what our expectations are and to hold on to some notion of what a baccalaureate is worth, and at the same time approach having more people have an opportunity to get the baccalaureate. I'm one of those people who agree with many of the futurists in that the baccalaureate will be the universal high school education of the future and that without a degree many people will not be able to be employed except in a few areas.

That means we have to bring more students into the educational environment. They are not going to be the same kinds of students that were here in the 50s and 60s. That's going to be hard for universities to work with. How do you work with those individuals, bring them along

and at the same time not dilute the meaning of the baccalaureate and the standards of the baccalaureate? That is going to be a challenge.

**Inside:** What about the financial problems affecting universities?

**Dr. Stroup:** I think we talk about it a great deal and it is important and we work very, very hard to have financial support. On the other hand, I do not think it's a new problem. When we were growing we had problems getting support for the growing number of students. Now we are trying to get support for quality. The problem of gaining financial support has always been with us.

**Inside:** Are you optimistic about Murray State's ability to solve its problems?

**Dr. Stroup:** Certainly. You take all the good minds that are in a university and certainly we can solve these problems. **Inside**

## New Horizons in Music



## Sunset Boulevard Music

Dixieland Center Chestnut St. 753-0113

## Blackford House Gallery

Limited Edition  
Prints, Graphics

Custom Framing

Bring MSU I.D.  
and get

20% discount

on framing  
418 Main St.  
753-8301



# I wanna know

By PAULA McMANAMAY

**I WANNA KNOW** what are the official procedures at MSU should a disaster of weather or safety occur?

Answer from Joe Green, director, MSU Public Safety Department:

The Public Safety Department will have primary responsibility for initiating action in response to tornado weather or other severe weather conditions or any major disaster involving the university.

Immediately upon verifying the authenticity of a tornado WARNING which poses danger to Murray State University, the Public Safety Department will initiate the procedures set down, which would

consist of activation of the alarm system (sirens) and making contact with the Campus Emergency Squad.

When the Weather Alert System (sirens) are activated you can be assured that an emergency exists. This would include all eminent dangers or major emergencies on campus. The system is tested twice each year to be sure everything is the way it should be.

Along with the activation of the weather alert system, an Emergency Operations Center will be established at the Public Safety Building. If this location is inaccessible, the alternate location

will be the main building of the Physical Plant complex. Members of the Campus Emergency Squad will meet immediately upon receiving information of a major problem.

Decisions necessary to effect orderly evacuation, rescue, cleanup or other operations will be made at the Emergency Operations Center.

To prevent or mitigate loss of life, bodily injury and extensive property damage, Murray State University has installed an outdoor warning system consisting of two strategically located sirens. This system has been configured to provide adequate warning coverage for the entire campus.

The Murray Police Department is designated as the warning point for Murray-Calloway County. Warning messages will be received there on a 24 hour basis from State Police Post #1, the State Division of Disaster and Emergency services or the National Weather Service at Louisville. Upon receipt of a warning message, the Murray Police Department dispatcher will immediately notify the Public Safety Department dispatcher.

## FOUR GREAT REASONS For Not Cooking ...



Chestnut St.  
Murray

**Monday Night  
Lasagna Special  
All You Can Eat!**  
\$2.99 without Salad,  
\$3.49 with Salad  
From 5—9 P.M.

**Tuesday Night  
Spaghetti Special  
All You Can Eat!**  
\$2.69 without Salad,  
\$2.99 with Salad  
From 5—9 P.M.

**Lunch Buffet Everyday  
Spaghetti & Pizza  
All You Can Eat!**  
\$2.99 From 11 A.M. to 2 P.M.

**Free Delivery  
753-6656**



## I wanna know

Please note that Murray State University is just a part of a large group that will react to a regional disaster. We will work in conjunction with the Red Cross, Murray City government, Calloway County government and the State Division of Disaster and Emergency Services.

There is a written plan designed to assist in a disaster situation. This plan indicates individuals and organizations that can be used for shelter, food supplies, clothing supplies, medical facilities and shelters for the injured, availability of emergency vehicles and numerous other items and services that would be available.

**I WANNA KNOW** why is the University Store the only place that Murray State students can purchase textbooks?

Answer from Bobby McDowell, manager of University Store:

At one time there was a private book store in Murray that also sold textbooks. There were not enough students at Murray State for both stores to do competitive business at a profit. At the University of Kentucky, to show comparison, there are only enough students for two bookstores to be successful. The company that ran the other bookstore in Murray also had to close the store they had in Lexington.

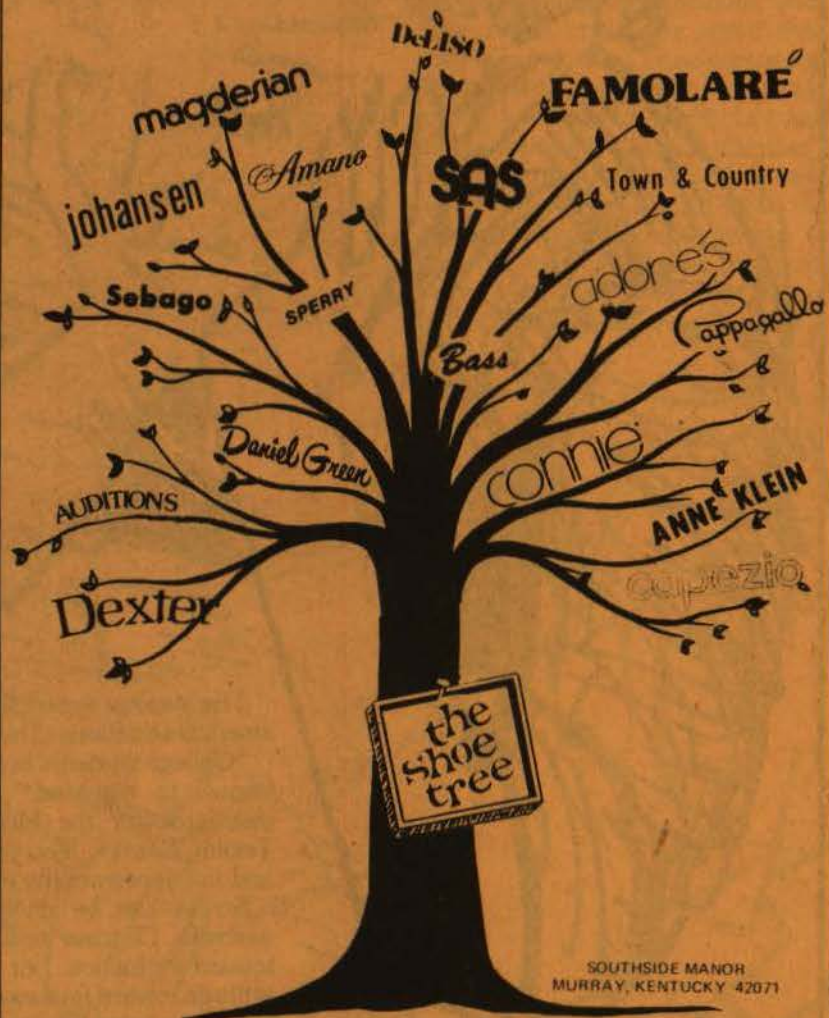
**I WANNA KNOW** why does mail going from one location in Murray often go through Paducah before arriving at another location in Murray?

Answer from the Postmaster General, Murray, Kentucky:

Mail that is put in the "Local" box at the Murray Post Office is sorted by hand in Murray. Mail that is picked up by postmen goes through Paducah to save time and money. They have personnel whose specific job is to operate big sorting machines. This cuts the budget of the U.S. Postal System and is a much faster means of sorting mail. Ninety-nine percent of mail that goes from Murray to Paducah to be returned to Murray is back in one day. Inside

# Fashion Shoes For Women

## Handbags, Hosiery, Accessories



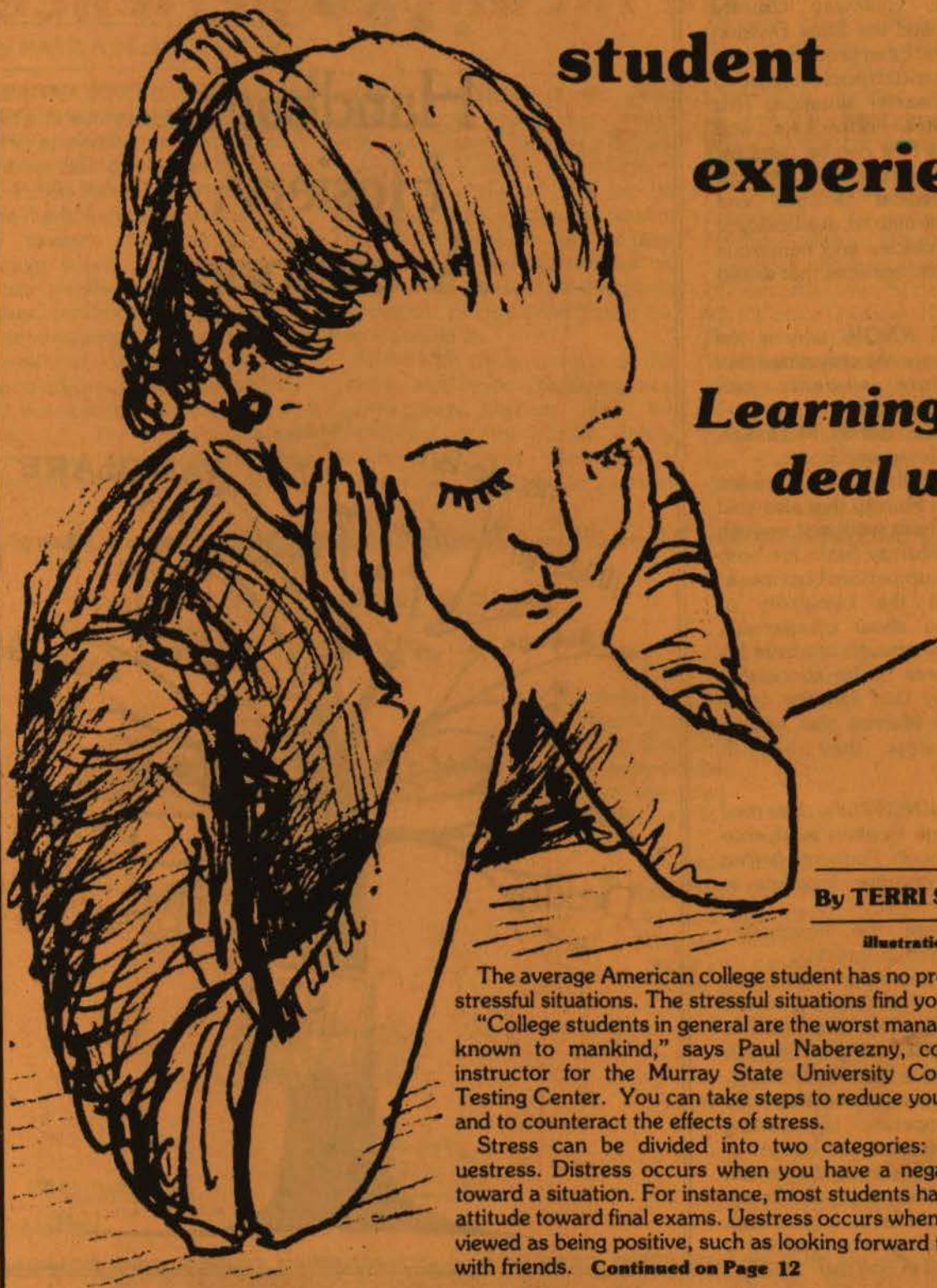
SOUTHSIDE MANOR  
MURRAY, KENTUCKY 42071



# Stress:

## The student experience

**Learning to deal with it**



By **TERRI STALIONS**

Illustrations by **Jim Irish**

The average American college student has no problem finding stressful situations. The stressful situations find you.

"College students in general are the worst managers of stress known to mankind," says Paul Naberezny, counselor and instructor for the Murray State University Counseling and Testing Center. You can take steps to reduce your stress level and to counteract the effects of stress.

Stress can be divided into two categories: distress and uestress. Distress occurs when you have a negative attitude toward a situation. For instance, most students have a negative attitude toward final exams. Uestress occurs when a situation is viewed as being positive, such as looking forward to an evening with friends. **Continued on Page 12**



# Stress:

## The faculty experience

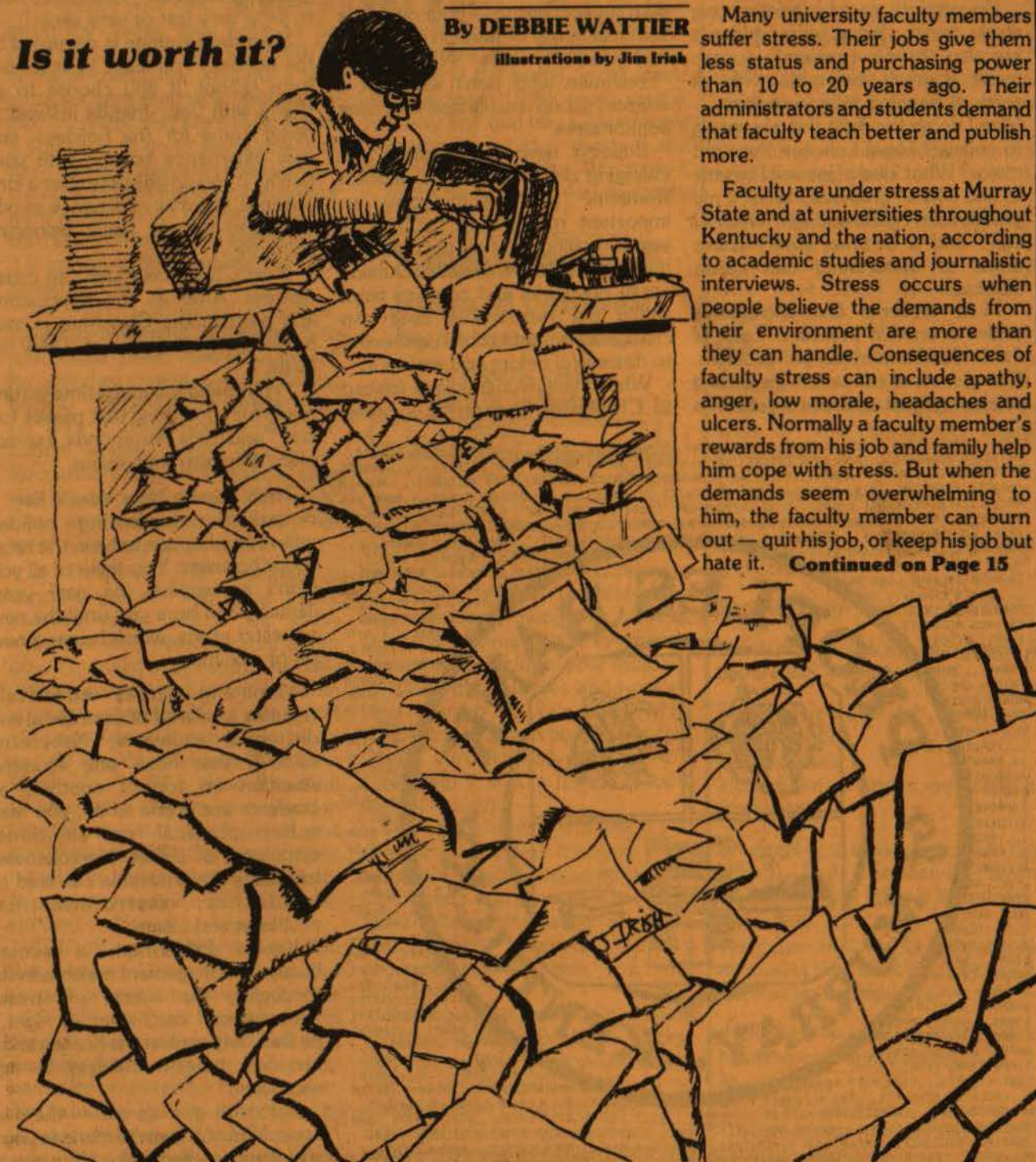
**Is it worth it?**

By **DEBBIE WATTIER**

illustrations by Jim Irish

Many university faculty members suffer stress. Their jobs give them less status and purchasing power than 10 to 20 years ago. Their administrators and students demand that faculty teach better and publish more.

Faculty are under stress at Murray State and at universities throughout Kentucky and the nation, according to academic studies and journalistic interviews. Stress occurs when people believe the demands from their environment are more than they can handle. Consequences of faculty stress can include apathy, anger, low morale, headaches and ulcers. Normally a faculty member's rewards from his job and family help him cope with stress. But when the demands seem overwhelming to him, the faculty member can burn out — quit his job, or keep his job but hate it. **Continued on Page 15**





## The holidays have hidden pitfalls.

### Student Stress (con't.)

A wide variety of situations are distressful to students. What one student views as distressful, another may not. One situation apparently is unanimous: final exams are distressful. Papers, programs and projects all add to the demands on your time, which leads directly to distress.

Uncertainty can be another big stress factor. Since most students are also chronic worriers, you can make yourself miserable with all sorts of nagging little questions — "Am I doing the right thing by going to college? Have I chosen the right major? What kind of job will I be able to find when I graduate? What if my grades aren't good enough? What if I can't find a summer job?" These areas of uncertainty can cause distress.

Most students find themselves under economic pressure. Lack of funds is a common campus problem. Rising costs of education, increasing unemployment and recent cutbacks

in financial aid have contributed to financial difficulties for most students. Being broke is usually viewed with a negative attitude.

Relationships can put an added strain on a student's already stress-filled life. Freshmen are forced to leave the warmth and security of family to lead the relatively solitary life of a college student. "Having your own support group — your own little self-built family — here on campus is important," says Naberezny. "Freshmen who don't establish a support group usually don't become sophomores."

Building new relationships and changing old ones can be difficult. Romantic relationships play an important role during the college years, ranging from casual dating to marriage and even divorce. Outside social pressures and conflicts from within the relationship itself can change a romance from stressless to distressful before you realize it.

While many students look forward to Christmas vacation as a break

from the pressures of school, the holidays have hidden pitfalls. You have to survive finals to get to Christmas vacation. Christmas shopping, hectic for most people, can be worse for a student.

"You don't have time to buy gifts for everybody because you're busy studying for finals," said one graduate student. "You either have to shop very fast or very early."

Your daily routine is disrupted by the holiday. You leave your friends from school. If you choose to go skiing with your friends instead of going home for the holidays, you may experience tension with your family. If you do go home after a long absence, you may experience an odd sensation of not really belonging anymore.

Post-Christmas blues can cause distress. After all the anticipation and preparation, Christmas is over before the third chorus of "Deck the Halls."

"You spend too much time getting ready for something that passes too fast," said Dixie Hammonds, a senior office administration major.

Then there's New Year's Eve: a remarkably depressing holiday unless you happen to be in the retail liquor business. You think of all you didn't accomplish the past year. January can bore you until the new semester starts, which brings a new set of anxieties.

Managing stress effectively requires a balance of stressless and stressful situations, Naberezny said. If you heap one stressful situation on top of another, as students are prone to do, you may suffer physical or emotional symptoms of stress. Nervousness, irritability and insomnia can lead to headaches, gastro-intestinal problems and ulcers.

Kevan Eddleman, a senior business management major, admits to feeling the effects of stress. "Sometimes I can't sleep at night," he said. "My neck starts hurting and I can feel tension building in my shoulders."

But don't give up yet — there is hope. You can learn to manage your stress more effectively. Here are a

ROOM...TRAVELER'S CHECKS...BANK MONEY ORDERS...COMMERCIAL LOANS...CHRISTMAS CLUB...VISA...  
 DRIVE-IN BRANCHES...CASHIER'S CHECKS...FARM LOANS...MONEY MARKET CERTIFICATES...ALL-SAVERS  
 CERTIFICATES...NOW ACCOUNTS...CHECKING ACCOUNTS...24-HOUR TELLER...IRA ACCOUNTS...MASTER  
 CHARGE...BANCLUB...T.V. DRIVE-IN...CERTIFICATES OF DEPOSIT...AUTOMOBILE LOANS...BANK VIA  
 MAIL...LIFE INSURANCE LOANS...HOME IMPROVEMENT LOANS...DRAFTS AND COLLECTIONS...DRIVE-IN  
 BRANCHES...REAL ESTATE LOANS...U.S. GOVERNMENT BONDS...STUDENT LOANS...SAVINGS ACCOUNTS...  
 AFTER HOUR DEPOSITORY...TRAVELER'S CHECKS...DEPOSIT BOXES...BANK MONEY ORDERS...  
 PARKING LOT...CHRISTMAS CLUB...FARM LOANS...COMMUNITY ROOM...  
 MONEY MARKET CERTIFICATES...CHECKING ACCOUNTS...VISA...  
 24-HOUR TELLER...IRA ACCOUNTS...CERTIFICATES OF DEPOSIT...CHRISTMAS CLUB  
 ...MASTER CHARGE...HOME IMPROVEMENT LOANS...STUDENT LOANS...  
 SAVINGS ACCOUNTS...BANK VIA MAIL...NOW ACCOUNTS...  
 SAFETY DEPOSIT...ROOM...MASTER  
 ...CHRISTMAS CLUB...MEMBER  
 CHARGE...MONEY MARKET CERTIFICATES...  
 FDIC...CHECKING ACCOUNTS...  
 MONEY ORDER...  
 HOUR DEPOSITORY...  
 U.S. GOVERNMENT BONDS...  
 ...TRAVELER'S CHECKS...  
 IN BRANCHES...  
 ACCOUNTS...  
 CERTIFICATES...  
 IMPROVEMENT LOANS...  
 STUDENT LOANS...  
 ...TRAVELER'S CHECKS...  
 ...PARKING LOT...  
 ACCOUNTS...  
 ...ALL-SAVERS CERTIFICATES...  
 HOUR DEPOSITORY...  
 U.S. GOVERNMENT BONDS...  
 ...TRAVELER'S CHECKS...  
 LOANS...PARKING LOT...  
 MARKET CERTIFICATES...  
 MEMBER FDIC...  
 CHARGE...CERTIFICATES OF DEPOSIT...  
 LOANS...HOME IMPROVEMENT LOANS...  
 LOANS...SAVINGS ACCOUNTS...  
 SAFETY DEPOSIT BOXES...  
 ...CHRISTMAS CLUB...  
 CERTIFICATES...COMMUNITY ROOM...  
 ...CHECKING ACCOUNTS...IRA ACCOUNTS...  
 MASTER CHARGE...VISA...PARKING LOT...MEMBER FDIC...  
 HOME IMPROVEMENT LOANS...DRAFTS AND COLLECTIONS...U.S. GOVERNMENT BONDS...STUDENT LOANS...  
 SAVINGS ACCOUNTS...AFTER HOUR DEPOSITORY...BANK VIA MAIL...IRA ACCOUNTS...NOW ACCOUNTS...  
 ALL-SAVERS CERTIFICATES...MONEY MARKET CERTIFICATES...CHECKING ACCOUNTS...MEMBER FDIC...



few things to try when the pressure starts to build:

- 1) **Budget your time.**
- 2) **Plan uestressful activities.**
- 3) **Establish and maintain a support group.**
- 4) **Look on the bright side.**
- 5) **Take care of yourself.**
- 6) **Have a restful place to go.**
- 7) **Try a relaxation technique**
- 8) **Know where to find help if you need it.**

1) *Budget your time.* Set your priorities: things that *have* to be done today, things that *you'd like* to get done today, etc. Map out a plan of attack and stick to it. Remember that sacrifices may need to be made. If you want to go to that Christmas party tonight, you may have to spend the entire afternoon working on your term paper. Don't use your priority plan as a means to procrastinate; use it to get things done on time and even ahead of time.

2) *Plan uestressful activities.* Balance distressful situations with uestressful ones. Reward yourself for spending time studying by taking time to "check out" for awhile. Curl up with a good book. (Required course reading doesn't count.) Go for a walk. Take a weekend camping trip. Spend an evening with friends. Plan any enjoyable activity that breaks up the pattern of distress.

3) *Establish and maintain a support group.* You care about yourself more when you know someone else nearby cares about you. You need to see someone daily whom you feel close to and in whom you can confide. Hugs are great stress-reducers. It can get to be an awfully long time between hugs from Mom. You need a close friend on campus who can act as a stand-in brother or sister. Fraternities and sororities promote this type of close friendship, and campus ministry organizations try to offer a close, supportive "family" group.

4) *Look on the bright side.* You don't have to be a Pollyanna, but there's no point in dwelling on the dark side of things. Don't focus on the fact that you didn't do well on a test; use that to motivate yourself to be better prepared for the next one. Try to look at the proverbial glass of water as half-full, not half-empty.

5) *Take care of yourself.* Most

students have terrible eating and sleeping habits, and stress can take its toll much faster on a run-down body. "Stress is very fatiguing," said Janice Russell, nursing instructor, "and junk food initiates a stress response." Russell advises students to eat more dairy products and whole-grain foods and to cut down on caffeine. Exercise is another good way to keep yourself strong both physically and emotionally.

6) *Have a restful place to go.* Some students make their dorm room a haven where they can relax and escape from the daily pressures. Others find the sauna or the music listening room to be more restful. You may find that you have to leave the campus and go to the park and sit under a tree to relax. Wherever it is, find a place where you can relax and feel comfortable.



### Reward yourself by taking time to "check out" for a while.



7) *Try a relaxation technique.* One technique that can be done anywhere is to take a few slow, deep breaths while thinking of something pleasant. This is a good technique to try during a test to relax and organize your thoughts. Another common technique is a systematic tensing and relaxing of your muscles, starting with your toes and working your way up to your head, while concentrating on a peaceful scene. This is very relaxing and can be a great help if you're having trouble getting to sleep.

8) *Know where to find help if you need it.* If you feel that you need additional help managing stress, the Counseling and Testing Center at MSU offers counseling in stress management. Campus ministry organizations will help you with problems.

Dealing with stress is part of being a college student. Even though you may not be able to eliminate stress from your life, you can learn to manage stress more effectively. You may get discouraged when you realize that your college years are

especially stressful, but look at it this way — if you can manage stress now, you will be better prepared to manage stress from the "real world."

## Stress forecast

### December

Seasonal parties, concerts and activities place an added drain on the student's time.

\*\*\*

Anxiety, fear and guilt increase as final exams draw near and papers and projects are due.

\*\*\*

Holiday expenses, such as gifts and traveling, add to financial problems.

### January

Post-Christmas depression sets in as new semester starts.

\*\*\*

Cold weather restricts activities.

### February

Depression increases for students who have failed to establish a support group.

\*\*\*

Midterms cause increased anxiety.

### March

Anticipation of leaving friends at the end of the semester causes depression.

\*\*\*

Academic pressure increases.

### April and May

Pre-registration causes frustration and confusion.

\*\*\*

The search for summer jobs starts.

\*\*\*

Academic pressure increases as papers and exams pile up.

\*\*\*

Senior panic over job hunting and leaving school.

### September

Homesickness sets in, especially for freshmen.

\*\*\*

Students who enjoyed status in high school find themselves feeling inadequate and inferior in college.

### October

Freshmen realize that college is not as ideal as they were led to believe by parents and counselors.

\*\*\*

Midterm pressure begins to mount because of procrastination.

### November

Financial problems increase as Christmas approaches and summer savings run out.



**Just Pantastic Prices!**

**Not only at holidays,  
but always.**



**Lee**

**DeeCee**

**Chic**

**Zena**

**Sergio Valente**

  
**JORDACHE<sup>TM</sup>**

**Levi**

**Salvation**

**just\* pants**

Visa and Master Charge

**Kentucky Oaks Mall**

**Paducah**

**444-9041**



## Faculty stress

Continued from Page 11

Murray State would "be a banana factory," a cluster of faculty under stress and not coping, if most MSU faculty didn't like their teaching and research as much as they do, according to Dr. Thomas Holcomb of MSU. Holcomb, professor of professional studies, has studied morale and stress among faculty at the regional universities in Kentucky. He found that conditions that put faculty under stress include eroding financial rewards, little appreciation from colleagues and administrators and time-consuming committees and class preparation.

"People here have made a commitment to helping individuals," Holcomb said of Murray State faculty. "If the intrinsic reward wasn't so strong, this place would be a banana factory."

"You can talk about quality academics and excellence, but you can't neglect the individual and his wants and expectations," Holcomb

said. "You really don't have an excellent university when stress is as widespread as it is here."

Many faculty at MSU and the other Kentucky regional universities would not decide to spend their careers in higher education if they could make the choice again, according to a survey by Holcomb.

Holcomb said the number of studies on faculty stress and morale has increased greatly in the past three years. "This is a national issue," he said.

Changes in university life in the past 20 years have contributed to stress among faculty. Changes pinpointed by the Association for the Study of Higher Education include: 1) less financial security for universities and their faculty; 2) loss of status in the teaching profession, caused partly by national loss of faith in education; and 3) students who on the whole differ from students of the 1950s and 1960s because of lower academic ability, age (older average student age) and because they are less inclined to work hard in a course they don't think will help them get a job.

### "This is a national issue" — Holcomb

Dr. J. Frank Bumpus, a psychology professor then at Linfield College near Salem, Oregon, presented a paper on faculty stress to the American Psychological Association in 1981. He said that for the faculty member who has spent 10 years as a student in higher education, "the real world of academic life may come to be experienced as quite out of tune with the career the person prepared for."

"Many professors entered the profession in the booming expansion of the 1950s and the 1960s when mobility, salaries, advancement and research monies were at their optimistic best," Bumpus said.

During the late 1970s and early 1980s student enrollments declined at many universities. Faculty need students to keep their jobs. Murray State and other universities have had

to cut their budgets. Most faculty think their salaries have been kept too low as a result. The MSU Faculty Senate and President Kala Stroup are doing studies on faculty salaries.

Bumpus said faculty members are "high achieving individuals accustomed to considerable influence in their environment." They may be especially vulnerable to stress because of job problems they think are beyond their control. This helpless feeling is compounded for the faculty member, Bumpus said, by temporary stress from "exhaustion, the particular time of the year, or the cast of characters with whom he must work on committee matters."

John Thompson, chairman of the MSU accounting department, agreed that "things I don't have control over" can cause him stress. The controversy from 1981-83 between former MSU President Constantine Curris and some MSU regents "put a lot of us under stress," Thompson said.

Only a few instances in teaching, a job he loves, have caused Thompson stress. He is often frustrated by difficulty in recruiting and maintaining faculty in accounting, one of a number of academic subjects for which salaries are higher in business.

Holcomb's study found that many faculty feel more rewarded and less distressed when their work included administration in addition to teaching. Other faculty would rather teach full-time. What is stressful to one person is challenging to another.

Virginia Slimmer, chairman of the home economics department, enjoys administration much more than classroom teaching. She said the most stressful part of her classroom work is "teaching women who think they will marry this man and he will work until retirement. Most of them will work sometime."

Steve West has found a return to full-time teaching more enjoyable and less stressful after several years representing MSU faculty as Faculty Regent and Faculty Senate president. West, a lawyer, is an assistant professor in the department of political science and legal studies.

Wicks  
&  
Sticks



### REAL UNIQUE STORE

Variety of candles,  
brass, wood,  
unusual candle  
decor for any  
room — From Fragile  
Figurines to more  
exotic shapes &  
sizes.

OWNED by Margaret  
Kincaid Pugh  
KENTUCKY OAKS  
MALL  
PADUCAH, KY.



## "Stress...No. 1 health problem of teachers"

Sometimes stressful to West is his "awareness of how important my job is in terms of molding young minds."

He is rewarded by "those four or five students you get every semester who do exceptionally well in class, and go on to graduate from law school."

"I know how important my job is," West said, "but when you look at the reward structure for teaching — which should be as professional as a doctor or lawyer — it is very frustrating."

Like many of his MSU colleagues, Mark Barden of the journalism-radio-television department experiences some stress because of his work load. Faculty responding to Holcomb's study said they felt "rushed" to do their jobs and felt they had "too many irons in the fire."

Barden teaches four courses, including a one course overload; directs the news program of MSU TV-11, a student-operated station; advises a student broadcast group; and serves on collegiate and departmental committees. He usually works from 7:30 a.m. to 7:15 p.m. daily with one morning off and works one afternoon each weekend.

"Irresponsible students" are stressful to Barden. He feels rewarded by other students "applying what they've learned, getting internships. I feel then I've done my job. That's what keeps me going."

Janice Russell, assistant professor of nursing, believes that "if you don't feel some degree of stress, you're not involved enough in teaching." She finds students stressful who "want to be fed rather than think for themselves."

The combination of job and personal pressures "makes stress the number one health problem of teachers," the National Education Association reported in a study on "teacher burnout."

"Many teachers accept stress as a normal part of their daily lives," according to the editor of the report. "They don't realize it can be as insidious as cancer, slowly destroying their mental and physical health."

Hans Selye, author of "Stress Without Distress," has written that "complete freedom from stress is death." Some stress is part of life; it is normal. Prolonged stress with few rewards as balance can cause a faculty member to "burn out." Symptoms of teacher burnout include:

- \* distance from students and colleagues (spending as little time with them as possible)

- \* emotional and physical fatigue (apathy, trouble sleeping)

- \* cynicism (faculty member begins to express callous or hostile feelings about other people, often saying a student or administrator deserves a problem; Holcomb said a faculty member can carry on a "guerilla warfare, griping about his job and bringing others down with him.")

- \* disgust (the faculty member gives up on his job and may quit if he can)

Most faculty members don't give up or burn out. They cope. They seek what rewards they can from teaching and research. They have a life away from work. Barden of the MSU journalism department sings with the Murray-Calloway County community chorus and his church choir. Slimmer of the MSU home

economics department travels to relax. A newcomer to Kentucky, she has put 38,000 miles on the car that was new when she came to Murray State in June, 1982. Most of that mileage has taken her to state parks throughout Kentucky.

Murray State has several programs and individuals available to help faculty to have vitality in their work instead of stress. The programs include professional development, research support and teaching consultation. The individuals include those administrators, deans and chairmen committed to encouraging deserving faculty. Holcomb's study showed that many faculty do not feel that encouragement from their superiors.

Faculty members can counteract stress in several ways, including: teach a new course, take a leave of absence, seek an administrative responsibility in place of part of the teaching load, work part-time at a university and part-time in business or government, seek a faculty internship, participate in a faculty exchange program or consult. Holcomb said consulting is good for the faculty member's self-esteem: "Get 25 miles away from here and you're an expert."

Inside

## Stress management

National interest in stress has increased in part because of the "wellness" movement. People value their health and want to work in a job that gives them self-esteem. They still must learn how to cope with stress. Some degree of stress is invigorating and healthful.

About 100,000 articles are published on stress annually. Many contain a list of suggestions on stress management similar to this:

- \* prevent problem stress by alertness to early signs of stress

- \* identify and reduce or eliminate the cause of stress

- \* change your perception of stress: recall your basic values as a way of

seeing the trivia in your life in perspective: is something worth the stress it's causing you?

- \* take care of your health: some of the most harmful effects of stress are physical

- \* establish a decompression routine to separate your work day from an evening at home: take a walk, read for half an hour

- \* improve your ability to manage your time and your work

- \* be good to yourself: develop a hobby, exercise, get your mind off the things and people causing your stress

- \* seek professional help if your stress overwhelms you



Captain Kangaroo, Batman and Robin, Gilligan's Island and Star Trek. Most of us spent more time playing with Ken and Barbie dolls than we did watching network news. About the only thing we did with a newspaper was to press Silly Putty on it. Much of the reading we did was about Dick and Jane.

Still, we were being affected by the people and environment around us. By the mid 70s, we were old enough to look back, understand and learn from what we had lived through.

All this helps explain our fascination with the 1960s and why we, along with those who were college students and adults then, will always glorify it. We tend to keep thoughts and material objects of the period alive. When the males of our generation registered with the Selective Service, we did it apprehensively with the knowledge of what took place only 15 years ago still fresh in our minds. We were observers during the 60s.

Today, we buy, collect and listen to things from two decades ago. Sixties music is popular today. The Beach Boys were the world's third largest box office attraction during the early 80s. Groups like Simon and Garfunkel and the Association got back together because of the demand for their music.

If we aren't listening to 60s music then we are riding in and restoring cars with names like Mustang, Camaro and Charger. And no telling how many hours we spent watching reruns of 60s television shows.

But while we continue to live the 60s through nostalgia, we are a living reflection of the time. As college students we are the first group to be a total product of a colorful and meaningful decade. Even today we are being taught by instructors who were college students during the 60s. Some of them were very anti-establishment at the time.

Because of all this the link between us the 60s will only grow stronger with time as it will for the generation before us. For our generation, picking up "Good Vibrations" will continue throughout our lifetime.

Inside



Icing on the cake in home economics class (above) and dancing in recreation class (below) were part of education at MSU in the '60s. Long, straight hair styles (right) were part of '60s fashion.





# 1963 in review

November 22, 1963, is the day Americans remember most vividly from 1963. We remember this day 20 years ago as a day of infamy. A selection of other days of the years 1963 and 1964 profiles life in the 1960s:

## JANUARY

January 2, UPI reports that 30 Americans have died in Vietnam combat; January 7, first class mail for one letter is a nickel.

## FEBRUARY

February 19, "The Feminine Mystique" is published; February 25, Supreme Court reverses South Carolina riot conviction, declaring that states cannot legislate against peaceful protest.

Continued on Page 20

## Flowerama's Christmas Prices Are Pretty Special.

Fresh & Silk Holiday Pieces

from \$6.99

Special Poinsettia Prices  
for the dorm or office

Long Stem Roses  
\$14.99 dozen

flowers & plants  
at affordable  
cash and carry  
prices.



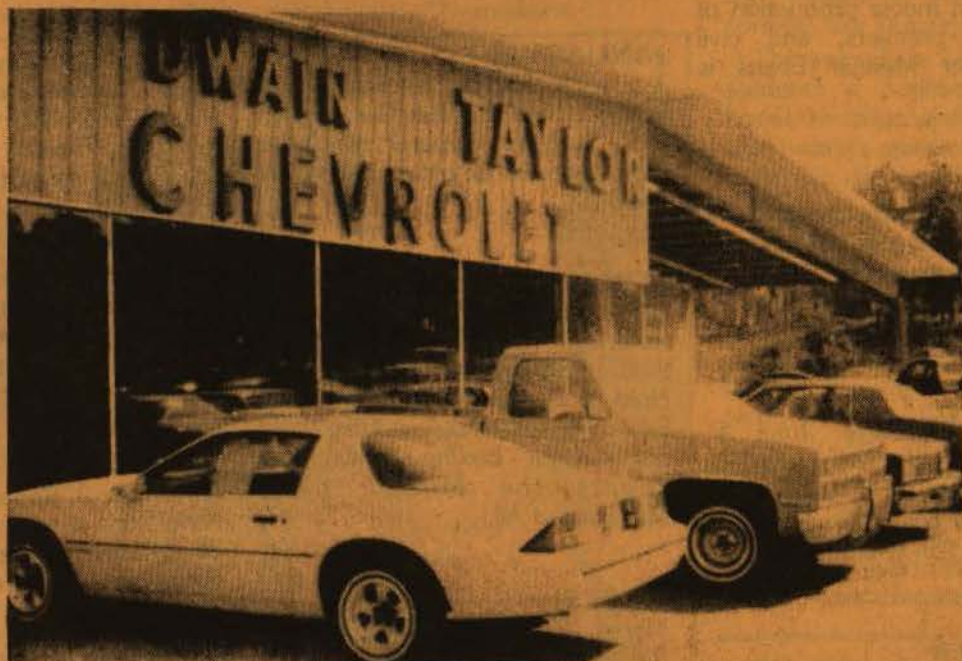
# FLOWERAMA OF AMERICA

Kentucky Oaks Mall  
Paducah

Delivery Service Available

443-9637

## Merry Christmas



From Dwain Taylor Chevrolet S. 12th St.



# 1963 in review

November 22, 1963, is the day Americans remember most vividly from 1963. We remember this day 20 years ago as a day of infamy. A selection of other days of the years 1963 and 1964 profiles life in the 1960s:

## JANUARY

January 2, UPI reports that 30 Americans have died in Vietnam combat; January 7, first class mail for one letter is a nickel.

## FEBRUARY

February 19, "The Feminine Mystique" is published; February 25, Supreme Court reverses South Carolina riot conviction, declaring that states cannot legislate against peaceful protest.

Continued on Page 20

## Flowerama's Christmas Prices Are Pretty Special.

Fresh & Silk Holiday Pieces

from \$6.99

Special Poinsettia Prices  
for the dorm or office

Long Stem Roses

\$14.99 dozen

flowers & plants  
at affordable  
cash and carry  
prices.



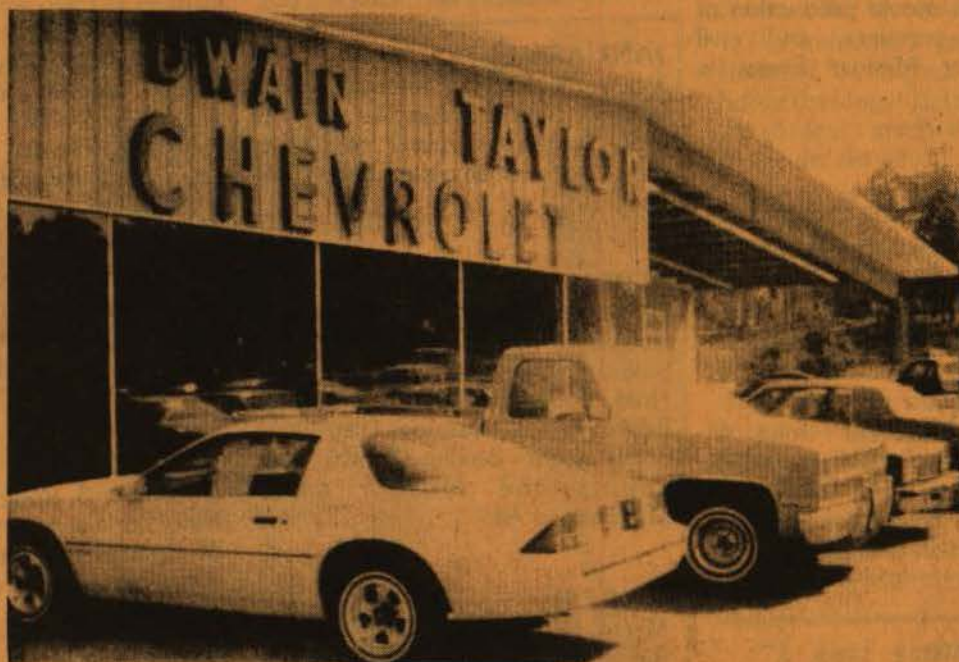
# FLOWERAMA OF AMERICA

Kentucky Oaks Mall  
Paducah

Delivery Service Available

443-9637

## Merry Christmas



From Dwain Taylor Chevrolet S. 12th St.



## August 28, 1963: King's "I have a dream" speech

### MARCH

March 18, Supreme Court rules that poor people are entitled to free legal counsel; March 30, Chiffons top the pop music charts with "He's So Fine."

### APRIL

April 2, Martin Luther King spearheads protest against segregation in Birmingham, Alabama; April 30, McDonald's has sold more than one billion 15 cent hamburgers.

### MAY

May 4, "Surfin' USA" by the Beach Boys gives them national prominence; May 29, James Bond first comes to the movie screen in "Dr. No."

### JUNE

June 11, Buddhist monk sets himself on fire to protest religious persecution in South Vietnam; June 12, the lavish movie production of "Cleopatra" premieres, and civil rights worker Medgar Evers is murdered.

### JULY

July 1, postal zip code goes into use; July 26-28, Newport folk festival crowd cheers music by Bob Dylan and Joan Baez.

### AUGUST

August 9, President John F. Kennedy's second son dies two days after premature birth; August 28, Martin Luther King gives "I have a dream" speech in Washington, D.C.

### SEPTEMBER

September 7, "Freewheelin'" by Bob Dylan makes the pop charts; September 15, church bombing in Birmingham kills four black girls.

### OCTOBER

October 7, Bobby Baker, a protege of Lyndon Baines Johnson, resigns his government post after charges of influence peddling; October 21, "The Group" is a best-selling novel.

### NOVEMBER

November 22, President John F. Kennedy assassinated in Dallas, Texas; November 24, Jack Ruby kills alleged assassin Lee Harvey Oswald.

### DECEMBER

December 2, "The American Way of Death" is a best-selling book; December 4, vernacular is permitted in Catholic mass.

## 1964 in review

### JANUARY

January 3, Soviet Union buys wheat from the United States; January 11, U.S. Surgeon General concludes that cigarette smoking endangers health.

### FEBRUARY

February 9, The Beatles perform on American television on the Ed Sullivan Show, and their "I Want to Hold Your Hand" is a hit song; February 25, Cassius Clay wins heavyweight boxing crown and adopts the Muslim name Muhammad Ali.

### MARCH

March 15, Elizabeth Taylor marries Richard Burton 10 days after divorcing Eddie Fisher; March 26, Barbara Streisand becomes a star in the Broadway opening of "Funny Girl."

### APRIL

April 13, The best movie Oscar goes to "Tom Jones;" President Lyndon Johnson (LBJ) tours Appalachia as a part of his "War on Poverty" in America.

### MAY

May 22, LBJ coins the term "The Great Society;" May 24, first issue of the "L.A. Free Press" signals trend to underground press.

### JUNE

June 21, Jim Bunning pitches the first perfect game in National League Baseball since 1880; June 22, "A Moveable Feast" by Hemingway is a best seller.

### JULY

July 2, LBJ signs civil rights legislation; July 31, Ranger 7 sends first close-up photos of the moon.

### AUGUST

August 20, LBJ signs anti-poverty program, which includes Vista; August 31, LBJ signs food stamp bill.

### SEPTEMBER

September 15, "Peyton Place" runs twice weekly on television; September 24, Warren Commission concludes Oswald acted alone in Kennedy assassination.

### OCTOBER

October 15, Brezhnev replaces Khrushchev in political shake-up in Soviet Union; October 24, 212 Americans have died in Vietnam combat.

### NOVEMBER

November 3, Robert Kennedy wins New York senate race; November 24, maximum interest on bank accounts raised to 4.5 percent.

### DECEMBER

December 3, "free speech" sit-in in Berkeley, California, ends with 796 arrests; December 17, "Zorba the Greek" movie released.



## Myloie, Garfield, McGaughey:

# Unique Techniques

Each year the MSU office of student development surveys seniors. One of the questions is, "From which teacher did you learn the most?"

Teachers from each MSU college who have been listed frequently on the surveys include: Jim Rudolph, Environmental Sciences; John Thompson and Farouk Umar, Business and Public Affairs; Bill Whitaker and James Weatherly, Industry and Technology; Robert Valentine, Creative Expression; Terry Barrett, Jeanette Furches and Willis Johnson, Human Development and Learning; and Suzanne Keesler, David Earnest and Terry Strieter, Humanistic Studies.

Because of limited space, three of the other professors often cited in the senior poll have been focused on.

By **GINA HANCOCK  
AND  
JIM SHERER**

Photography by Benny Sims

They are Gene Garfield, Robert McGaughey and John Myloie.

His constant pacing and movement in the classroom seem to reflect the high level of energy that John Myloie puts into his teaching.

An associate professor of geology at Murray State, Myloie takes his vocation seriously. But his ability to balance this seriousness with a sense of humor has made him a popular instructor with MSU students.

Myloie's teaching style is a combination of hard-core educating and humorous interaction with his students. "I try to use both the carrot and the stick," he explains.

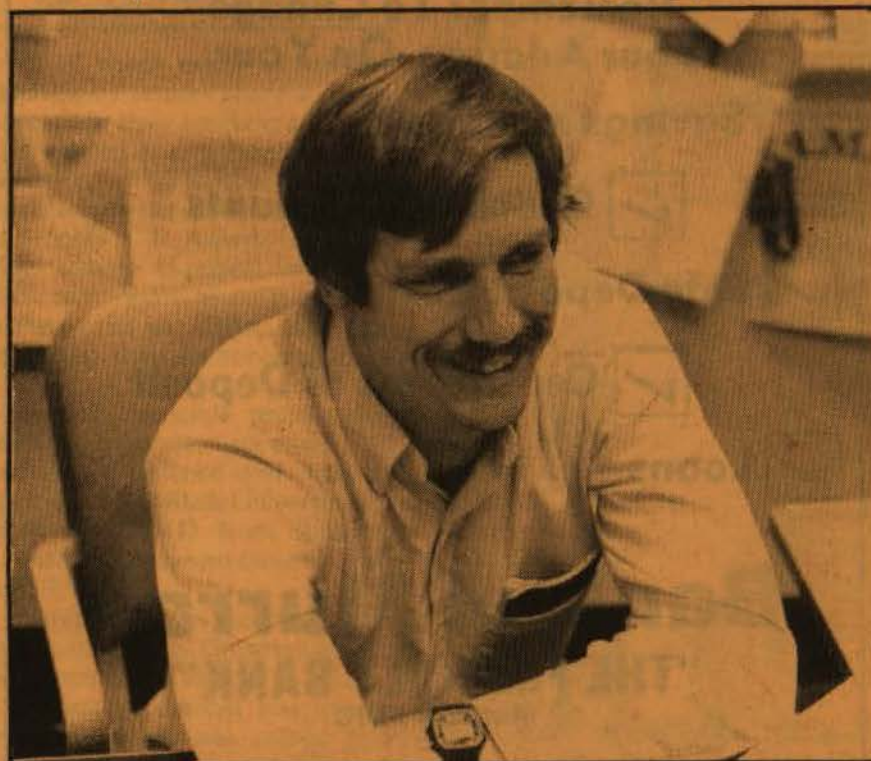
This approach includes using jokes, demonstrations and unusual stunts to capture a student's attention.

One of the most popular "carrots" that he uses is his P and S wave demonstration. Myloie explains it as "a demonstration of earthquake waves, by using a line of students." The ripple effect when students move, he said, "teaches wave motion, a concept that is often difficult for non-scientists to understand." This teaching technique of his was published in a national publication, "The Physics Teacher."

Another of his techniques popular with students involves having a student, usually the largest guy in the class, recite "Mary had a little lamb" after inhaling helium, which makes the speaker's voice high and comical, like Donald Duck's.

The immediate response among students is laughter, but Myloie hopes the longer lasting effect will be the student's grasp of the concept of molecular density.

Myloie is quick to point out the purpose of his educational dramatics. "The ultimate goal is that the kids will learn something. I try to pick a subject that is difficult to understand for the demonstrations," he said. Myloie is cautious not to step over the fine line between purposeful clowning and foolishness. "It cannot be a continual circus, it has to be balanced and has to serve a purpose," he said. "You must have a goal in mind beyond fun; you must have an educational goal in



**"I try to use both the carrot and the stick" — Myloie**



mind." Mylroie limits the number of these demonstrations in his classes.

The sense of importance that John Mylroie places on education is shown in his own educational background and academic accomplishments.

**"You want to be as warm as possible but you must remember who is boss, because you have to make boss-like decisions"**

— Mylroie

A Summa Cum Laude graduate of Syracuse University and a graduate of the Rensselaer Polytechnic Institute's doctoral program, Mylroie has written many regional and national publications on subjects relating to geology. He has given several national presentations on his studies.

His research has taken him from Egypt to Norway, and is one reason Mylroie enjoys university teaching, especially at MSU. He explains that the position of professor at a small university leaves one with "free time to do research."

Another reason he gives for his enjoyment of teaching is, "I like to interact with people, and it's enjoyable to be stimulated by young people who want to learn. I have done many other types of jobs but I do this best and it is what I want to do."

Mylroie's love of teaching is sensed by those around him and there is a camaraderie between him and his students. But Mylroie does not believe in making himself a substitute parent for his students. "You want to be as warm and understanding as possible but you must remember who is boss, because you have to make boss-like decisions," he said, referring specifically to grades and recommendations.

Mylroie expects a great deal of work from his students and his goal is to see that they receive the education for which they have paid.

This desire to ensure a quality education for his students has led him to develop ideas on the aspects

of teaching he considers important in helping the student to learn.

One important tool Mylroie uses is that of testing. He explains, "I want to use the testing experience as a learning experience. Without fail, I get exams back to students the next class period. I think this is important because it is a chance for the student to find out what he does and does not know."

Another important aspect that Mylroie believes affects the quality of teaching is whether or not the instructor has a wide range of interests outside the classroom. "It is very easy to get into the ivory tower syndrome, so you have to stay in touch with the outside," Mylroie said. "If a teacher is active outside the classroom, it has to reflect in the classroom."

The interests that Mylroie pursues to keep him from becoming "one-sided" range from refereeing soccer to enjoying his 1,500 volume collection of science fiction.

Even though Mylroie enjoys his life as a university professor, there are certain problems in the system that trouble him.

He is bothered by "the opinion of many faculty and students that certain portions of their required education are meaningless," and that only courses related to their specific department or the student's specific career choice are important.

Another troublesome part of university life is competition among departments for funds. "Since funds and resources are based on enrollment, everyone on campus is constantly engaged in maneuvering to have more enrollment," Mylroie said. "While necessary for survival, this does detract from the aesthetic value of a quality education."

Wishing you the  
**Merriest**  
Christmas ever.

From

**K-100 radio**

Hopkinsville, Ky.

## MOVING?

**Remember To Change  
Your Address, On Your...**

- ☒ **Savings Accounts**
- ☒ **Checking Accounts**
- ☒ **Safe Deposit Box**
- ☒ **Certificates of Deposit**
- ☒ **Loans**

## Bank of Murray

**"THE FRIENDLY BANK"**

Member FDIC





**Valentine and McGaughey — entertaining as Dr. Vee and Dr. Trey**

Despite the problems, Mylroie can foresee no time when he will leave teaching. Teaching, he explains, like his wife and children, is a very important part of his life.

### **"I swear a lot"** — Garfield

All of those cited as effective teachers by seniors share a central concept in their teaching methods. This concept is expressed by Gene Garfield, another teacher mentioned frequently in the senior surveys, as he quotes C.S. Lowry, a retired MSU faculty member, who said, "You can present all the great ideas in the world, but if they (students) are asleep, they are not going to get it."

Garfield, associate professor of political science, received his bachelor of science and master's degrees at Utah State University. He received his Ph.D. from Southern Illinois University and came to MSU in 1970.

Garfield teaches such classes as American National Government and Government and Politics of Asia.

Becoming a teacher was natural for Garfield. He was reared in a family of educators.

"In college I thought that of all the things you could teach, political science would be the most fun," Garfield said.

Garfield said that regardless of a student's major, he needs to know something about politics. Whatever happens in government affects you.

"One concern that I have had recently," Garfield said, "is the emphasis on practical education like computers, which I think is important, but I think we've lost the sense of education."

Garfield believes education is more than preparing a student for employment. He referred to a concept promoted by Thomas Jefferson at the University of Virginia: in order to have a government for the people and by the people, the people must be educated about government.

Garfield uses several methods to get students' attention. He sings and dances.

"I swear a lot. In fact on evaluations, students say I swear too much," Garfield said.

He moves around the classroom and waves his arms and injects emotion into his lectures.

"I speak loudly. When the windows are open, I'm teased that people can hear me at the library," Garfield said.

Garfield said he tries to have an informal classroom setting and to make students feel as if they can come to his office any time.

"There's a friendliness at MSU already, and I try to support that atmosphere," Garfield said.

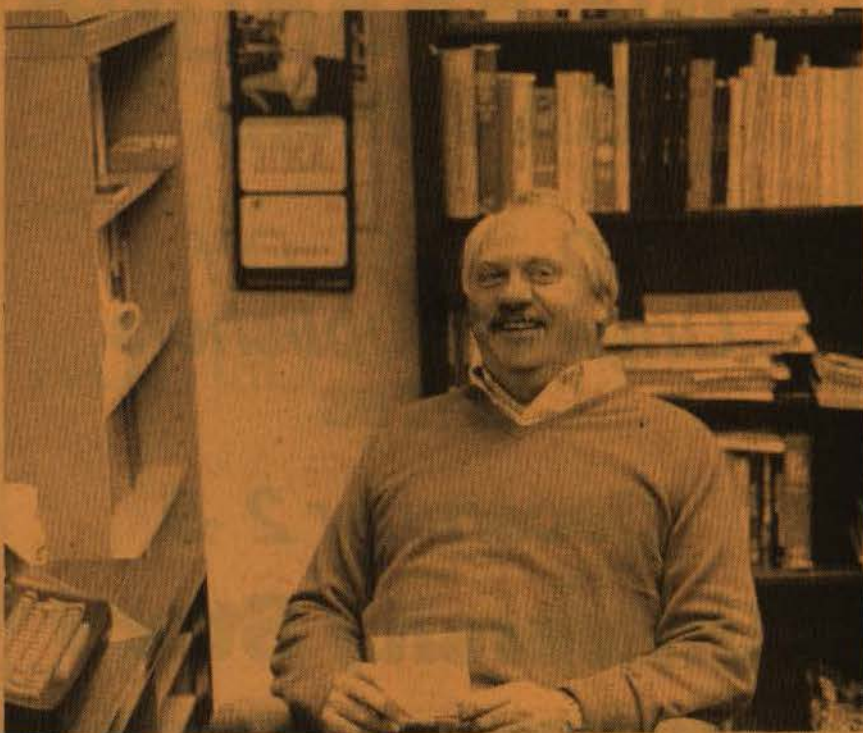
### **"We're here to help students become well-rounded people"** — McGaughey

Robert McGaughey, chairman of the department of journalism and radio-television, is another teacher often mentioned in the senior surveys.

McGaughey received his bachelor of arts and master's degrees from Murray State University. He received his Ph.D. from Ohio University and came to MSU in 1968.

Seeing a student go to work in his chosen field and do better than he or his fellow faculty members is why he enjoys teaching.

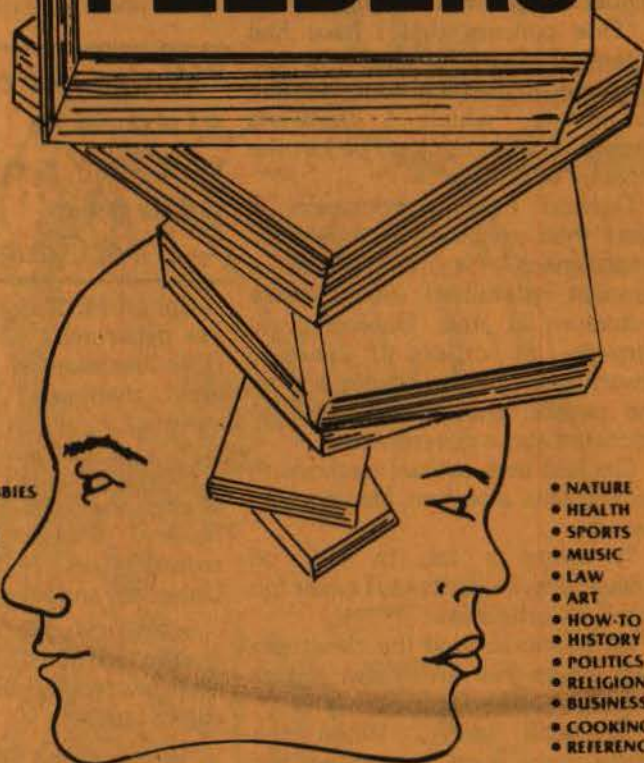
"We're here to help students become well-rounded people," McGaughey said.



**Garfield in his office — at home on the campus**



# MIND FEEDERS



- CRAFTS & HOBBIES
- PSYCHOLOGY
- MATHEMATICS
- ECONOMICS
- PHILOSOPHY
- BIOGRAPHIES
- SOCIOLOGY
- LANGUAGES
- AMERICANA
- THE OCCULT
- GARDENING
- LITERATURE
- SCIENCE

- NATURE
- HEALTH
- SPORTS
- MUSIC
- LAW
- ART
- HOW-TO
- HISTORY
- POLITICS
- RELIGION
- BUSINESS
- COOKING
- REFERENCE

## MIND BOGGLING SAVINGS

**60—85% Off**  
**Original Publishers**  
**Prices**

**December 2 -9**

**University Store**

McGaughey and Robert Valentine, of the speech department, have a reputation for doing fun and crazy things in the classroom. On the first day of McGaughey's introductory classes, Valentine has acted as if he were the teacher and McGaughey has sat in the class and acted as if he were a student.

McGaughey said he uses funny stories and unusual stunts because of the "lighthouse syndrome." The syndrome is a condition where the light is on — the student is in class — but there is no one at home — the student is not paying attention.

**"One problem you have when you've been labeled a fun guy is that students expect the class not to be hard"**

— McGaughey

"We've never researched this," McGaughey said, "but we feel with a gut reaction that TV has conditioned people to have an attention span of six or seven minutes, which is the time frame between commercials. During this time span, students take a mental break. I watch the students and when I see signs of the 'lighthouse syndrome,' I pull some gag to get them back on the topic of the lecture."

When McGaughey has told his students about the theory, they try not to be caught taking a mental break.

"One problem you have when you've been labeled a fun guy is that students expect the class not to be hard," McGaughey said, and they may be surprised by the demands of his classes.

McGaughey sometimes uses humor to keep the attention of students. "You don't have to raise your voice to gain control of the class," McGaughey said.

"You have got to get people's attention," McGaughey said. "In the areas that I teach like public relations, advertising and journalism, it is vital that you get people's attention."

**Inside**



# intramural / recreation calendar

murray state university

## bred winners

This is the fitness club sponsored by the Campus Recreation office, open to all Murray State students, faculty and staff. Bred winners gives you an incentive to stay with your exercise program. Set your own goals. You earn points for miles you jog, walk, swim or ride your bicycle. You will win a t-shirt for accomplishing your goal during the semester.

## rec-ing crew

These are Murray State's recreational classes for women. These free classes begin Feb. 1. You can choose weight training on Wednesdays or scuba diving on Thursdays. You will win a rec-ing crew t-shirt for attending all four sessions of your class.

## slide show

Monday, Dec. 5, at 7 p.m. in Barkley Room, Curris Center: Brad Reynolds, photojournalist from Owensboro, will present his show, "Cycling: A Lap Around the U.S.A." His trips will take you through several states, including California, Florida and Vermont; and to Mexico and Canada.

## ENTRY DEADLINES

### gameroom

belles 'n beaus (Tuesday)	1/17/84	one pocket tourney
ladies' day (Wednesday)	1/18/84	foosball challenge
ping pong challenge		(Tuesdays)
(Thursday)	1/19/84	scratch 'n tap bowling
bred bowl	1/20/84	tourney
moonlight bowling		individual match play
(Saturdays)	1/21/84	bowling
rent-a-lane bowling	1/23 to 1/27/84	mixed doubles 8-ball

### intramurals

coed innertube water	1/23/84
basketball	1/25/84
weekend basketball	1/25/84
Racer open-basketball	1/29/84
tournament	1/30/84

## WHY NOT GO FOR IT!!!



**Campus  
Recreation**



**GAME  
ROOM**

Sign up for all campus recreation activities  
Room 101, Carr Health Bldg.



# Christmas present — Christmas future

Luanne Smith, a graduate student in English, wrote the first six paragraphs of this fiction story. The balance was written by Tommy Priddy, a journalism student. The creative works of Miss Smith and Mr. Priddy were selected from writing submitted to *Inside* by several students. The *Inside* staff appreciates the work of all of these students. We also thank Ken Smith, assistant professor of English, for his assistance in planning this Christmas story.

Jonas looked at the calendar hanging from the plastic bookcase. December 24 and 25 were circled in a heavy green ink.

One of the grandchildren, he thought. Don't know the danger yet. It's a big game to them, all the secrecy and late night stuff.

He pulled the calendar off the hook he had glued to the side by the desk and flipped the front cover over. The year was splashed across

Introduction by Luanne Smith  
Story by Tommy Priddy

the front in the center of a fat rainbow — 2031.

Not a good year, he said to himself. He pushed a button and a drawer of the desk opened. He dropped the calendar in, pushed another button and watched it close.

I should burn it, Jonas thought. If one of the inspectors comes, he'll

find it and issue a watch over us. I wonder what the penalty is for celebrating Christmas these days.

Jonas stood over the buttons on the desk top for a moment, recalling a Christmas from long ago. He remembered the excitement of getting ready as much as he remembered Christmas Day. He pressed a button and watched the drawer open again. Jonas pulled the calendar out and threw it into the fireplace. — — —

As he sat watching it burn, he could almost feel the flames reaching up for him, pulling him down into the fire. "What was there to live for now?"

He seemed to be living his life as if he were a robot, programmed to carry out certain functions but not to remember why he did them or remember the way life used to be.

"What's that?" Jonas jerked his head away from the flames and looked outside through the curtainless windows that allowed one to look out but did not provide the passerby with a view of the inside.

"Good, just one of the mechanical guards checking to see whether anyone dared to go outside the city into the real world." Jonas wondered whether there really was an outside world. Maybe they just had an image that appeared to be bright and sunny whenever one looked outside. It could be just a picture that you saw when you looked out to see the grass and the trees. Come to think of it, Jonas couldn't remember the last time it wasn't sunny when he looked out. He guessed it always was that way, but couldn't remember.

Jonas turned toward the fire. He again felt the heat of the flames.





He could almost hear the flames calling him, but could not make out their message.

"What seems to be wrong?" A voice jolted Jonas from his thoughts. Again: "You have not finished your work in the past hour. Do you have a mechanical problem? Reply!" The voice blared into the room from a speaker high on the wall next to the entrance.

Shaken, Jonas struggled for an answer. "Uh, yes, the touch key was stuck for the control unit, but I have got it going now."

Again the machine-like voice came into the room with Jonas: "Finish your work. Do everything within the next hour or you will be docked personal time."

Personal time. This was the time that Jonas got to be with his wife and children and grandchildren. They sure had fun before they were married. What was it they used to do, before they were married? Oh, yes. They used to go back into the country on a secluded road, pull over and park. A car. He had not thought of a car in years.

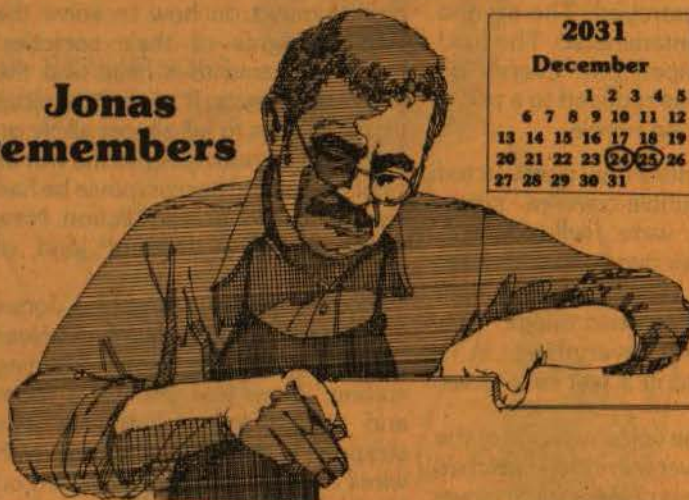
Travel was not necessary now. You simply pushed a button and you could have anything you desired brought to you. Food, clothing, games, anything you wished. You even did your work at home. Just push the right buttons and your work was done.

Work! Another hour gone. Guess there won't be any personal time for tonight. There hadn't been in a month. Just as well. Jonas' grandchildren would ask him to tell

his funny stories about what the earth was like a long, long time ago. Jonas would have to tell his grandchildren what it was like to grow up on a farm and go hunting or fishing. While they laughed, Jonas would tell them what it was like to hit a baseball or to open gifts at Christmas.

Jonas had to quit remembering. If one of the sensors were to lock in on him, it would be the end. His place would be taken by a robot identical

## Jonas remembers



2031											
December											
		1	2	3	4	5					
6	7	8	9	10	11	12					
13	14	15	16	17	18	19					
20	21	22	23	24	25	26					
27	28	29	30	31							

Christmas is coming  
and READMORE Book-N-Card  
is your Christmas store  
for gifts under \$10.

Chippendale playing cards/mugs/ calendars

Key chains  
Glass figurines  
Picture frames  
Brass items/plaques  
Stationery/pens

Men's desk accessories



Stuffed animals  
Garfield gift items

Bring this ad  
and get 10% off





## It started on Christmas Day 1988.

to Jonas. It would look, act and talk as he did. The robot would be like Jonas in every way, except it couldn't remember.

His eyes again focused on the fire. Again, Jonas got the feeling the fire was trying to talk to him. Trying to tell him, to remind him. Wait, Jonas remembered now. There was a terrible war between the super powers of the world. The entire earth was almost destroyed. The air and water were contaminated. The food supply was wiped out. Everything everywhere was reduced to a pile of burning, smoking rubble.

That was before they constructed the huge, bubble-covered cities. These cities were self-sufficient. They made their own food and water for residents. They provided their own materials to build things. They created nearly everything in a laboratory and in a test tube. Even people.

"Jonas!" The voice was one of the mechanical overseers that watched certain elements of the society to see that everything was functioning perfectly. He hadn't heard it at first. "You have not completed your work for the fourth consecutive work period. Our thought censors indicate you have serious problems dealing with reality. Come along please."

"Wait," Jonas protested. "I haven't been having problems!" At the instant Jonas protested, the mechanical warden shot a long arm and injected Jonas with a tranquilizer. It would force him to obey the overseer.

The overseer led Jonas out of the room and down the hall. As they walked, Jonas could see other occupants of the city looking at him, shaking their heads in regret. He heard one muttering: "Poor old Jonas. I knew it was going to happen. Wouldn't let go of the past. Why, the other day he was talking about things that had happened, and about something called Christmas. I told one of the censors he had better keep an eye on Jonas or we were going to be in trouble."

Again Jonas began to remember. It was the beginning of the great war.

It started on Christmas Day 1988. In the years before the war, people had become increasingly selfish. Families rarely got along. People seldom visited neighbors. Old traditions were forgotten. Money was in short supply. People were trying to get something to eat. Past generations had robbed the present of the future.

The two world powers were repeatedly in conflict and disagreement on how to solve the vast problems of their societies. Finally, it came to a head and the great war began. It took little more than two days to kill almost all life on earth. Jonas remembered the war as similar to an old horror movie he had seen as a child. Science fiction. Now Jonas faced a different kind of horror.

How could I have forgotten, Jonas wondered as he and the overseer walked toward the re-programming station. Jonas was led into a room and seated in a chair. He was strapped in the chair. A helmet with wires connected to it was placed on his head. Soon a switch would be thrown. Jonas' brain waves would be transferred to his mechanical double.

As he sat waiting for the end to come, Jonas continued to remember the past. He remembered that people had almost all become thieves during the great war. They stole anything. They robbed children of their rations of food. Why couldn't life be as it was when Jonas was a child? People worked to get ahead then, and often did. Men and women worked and took care of their families. The kids went to school so they could become educated and better themselves even more than their parents. Well, Jonas guessed that constant drive to improve was what got the human race in the mess it was in now. Maybe they should have been content.

Jonas saw the overseer reach for the switch. The overseer's hand stretched out automatically, reaching uncaringly for the tool to end life. The hand grabbed a pearly knob and began to push it forward.

"NO!" Jonas screamed. He awoke with a jump that lifted him almost clear off the couch. He looked

around the room. Jonas realized he had been dreaming. He was in his den at home, near a roaring fire in the fireplace. Jonas looked into the fire. It did seem to be mocking him. He was embarrassed in a way. He still felt an urge to tell his grandchildren more about the importance of Christmas, and of giving and sharing. The children might not listen well. They would be busy playing with the toys from Santa Claus.

The telephone rang. Jonas answered. The voice of his boss from work boomed across the line. "Where have you been, Jonas? You know you only get an hour for lunch. This is the fourth consecutive day you've pulled a stunt like this. If it happens again, I'll be forced to ..."

Jonas hung up the phone. He thought: It's just a job. They can't keep me from having a good Christmas, this year.

**Inside**

*Holiday  
Greetings*

From

**Judy & Shere's  
Beauty Salon**

Bel Air Center  
Murray, Kentucky

*a  
Christmas*

*Wish*

From

**Parker Ford**

7th & Main, Murray, Ky.



# If I were MSU president

I'm always hearing people say things like, "Yeah, well, if I were in charge, things would be a lot different."

So I started wondering what it would be like if students actually ran this campus. I asked people what they would change if they were president of this university. I wasn't ready for some of the answers.

Replies ranged from straight-faced to comical. Examples:

- More emphasis on academics and less on athletics.
- More campus spirit.
- Fewer roaches in the dorms.
- Legalized sale of alcohol on campus.
- Renovation of Oakhurst so it would resemble the Taj Mahal.
- Nothing different at all.

I made the mistake of asking one student who looked like a holdover from a 1960s anti-war demonstration what he would do if he were MSU president.

"First I'd pull American troops out of Vietnam," he said. Then I'd end the war in Indochina. Then I'd..." He looked as if he were getting tired, because his head nodded forward and a slight snore came from his nostrils. Suddenly he jerked up, looked at me and said, "Was I finished yet?"

"You sure were," I said, and I moved on.

A friend of mine, who is a graduate student here, suggested that he would start a new class called Fraternity Party Experience 101. It would be limited to incoming freshmen, and it would be a requirement for graduation. One other thing. It would be a night class that starts at 9 p.m. and ends at 2 a.m.

A few of the slightly less than serious answers didn't sound like such bad ideas at all.

Take the thought of chalkboards in bathrooms, for instance. Graffiti on the walls would cease. I'll bet the custodians would like that idea.



One girl said she would make arrangements for sorority housing. Even though she's in a sorority, and her answer was as biased as a Goodyear Steel-Belted Radial tire, it's still a good idea.

On a recent rainy day, one guy came up with the idea of starting an umbrella service. Umbrellas would be available at all dorms and at the Curris Center. Any student or faculty member with a valid I.D. could check one out just as they would a library book.

Then came the answers that suggested changes in some things we take for granted.

Perhaps one with the best possibilities was the idea of "alarm beds" in every dorm room. Everyone knows how difficult it is to crawl out of bed after a hard night down south. Making it to an early class is virtually impossible.

These new beds would ensure that the student would get up in the mornings. All the student would have to do is set the alarm system before he hits the sack, and in the morning, when it's time to wake up, the bed simply turns up on its side,

throwing the student on the floor. I realize it sounds a little harsh, but at least you would get up.

One person suggested that we change our nickname from "Racers" to "Thunderheads" because of the periodic heavy rainfall. He said that a good mascot would be the little Dutch boy with his finger stuck in the dike.

Another would-be comic said that she would change the school colors to brown and black. Her reasoning was that she had never in her life seen a blue and gold horse. Well, maybe once. But that was also the same time she saw a pink elephant.

Finally, someone said he would expand the potato bar in the cafeteria to include a turnip bar, a spinach bar and a parsley snip bar. I don't know why he would include those certain foods, unless it would be for the benefit of people who like to torture themselves.

I think that if I had the chance to be MSU president, I would probably kick back and let things go just as they have been. I might even hire somebody to help me do my job. Somebody like Kala Stroup maybe?



# A Christmas Calendar

## COMMUNITY

By LINDA HARTLINE

**December 3:** Murray Rotary Club ham breakfast at Pagliai's, 6-10 a.m., followed by Christmas parade

**December 5-19:** Choirs sing Christmas music, Kentucky Oaks Mall in Paducah, 7-9 p.m. Monday, Tuesday, Thursday, Friday; Santa Claus in mall daily until Christmas

**December 8-10, 15-17:** Murray-Calloway County Community Theater production of "Wind in the Willows;" call theater office for reservations (students admitted for \$1 December 8, \$2 other dates)

**December 11:** Christmas Tour of Homes, 2-4 p.m., sponsored by Kappa Department, Murray Woman's Club, call 753-3843 for reservations

**December 13:** "Twelve Days of Christmas" begins at Chestnut Hills Shopping Center, Murray

**December:** Churches are presenting Christmas music throughout the month, call church offices for schedule

**December:** "Christmas Corner," five cottage shops full of seasonal gifts and decorations, open throughout the month in Grand Rivers

## MURRAY STATE

**December 2:** Stage II productions, call Robert E. Johnson Theatre office for reservations

**December 4:** Hanging of the Green, 4 p.m., Curris Center

**December 8-10:** Madrigal Dinners, 7 p.m. in Ordway Hall, and again at 1:30 December 11, call music department for reservations

**December 11:** "A Sacred Concert," faculty recital by Kay Bates and Marie Taylor, 3:30 p.m., Recital Hall, Fine Arts Building

## AT THE MOVIES

A number of movies are scheduled for release in December at theaters in Murray and the region, including: *Sudden Impact*, with Clint Eastwood; *Scarface*, with Al Pacino; *Christine*, based on a Stephen King novel; *The Rescuers*, based on a Disney original, shown with *Mickey's Christmas Carol*, a cartoon; *The Man Who Loved Women*, with Burt Reynolds; *Sahara*, with Brooke Shields; *The Right Stuff*, based on John Glenn's days as an astronaut; *Yentl*, with Barbara Streisand; *Two of a Kind*, with Olivia Newton-John and John Travolta; *To Be or Not To Be*, a Mel Brooks movie; and *Silkwood*, with Meryl Streep.

Happy Holidays From

# Charles Market



COUPON

good for **\$1.00** off any

case of your favorite beverage.

COUPON EXPIRES 12-16-83

Puryear, Tenn.







once in a while,  
you just gotta  
hava pizza



# 753-2975

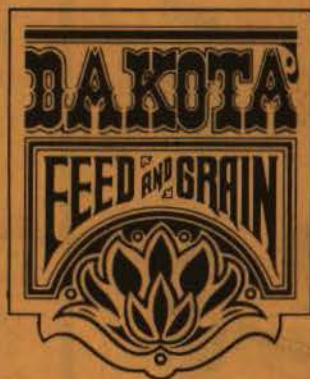
**PAGLIAI'S**

Pizza • Sandwiches • Salads • Lasagna • Spaghetti • Breakfast

**Fast Hot Delivery**

510 Main

Open Monday-Friday 6 a.m., Saturday 11 a.m., Sunday 10:30 a.m.



Chestnut at 16th  
759-4455

**Yes, dinner is affordable  
at the Dakota . . .  
and you can tell 'em  
Brodie said that!**

- Prime Rib
- Quiche
- Sunday Brunch
- Steaks
- Burgers
- Seafood
- Salad Bar

Open daily at 11 a.m.  
Sunday at 8 a.m.

We honor: Visa, Master Card, American Express, Diner's Club



***WE GO WHERE THE NEWS IS.***



***News Beat***  
**WPSD-TV**