
Beef, rib roast (3 0z.) ..... 210
Biscuit (2 in.) ..... 105
Cakes (1 slice)
Cheesecake ..... 450Chocolate $\mathrm{w} /$ fudgefrosting (2 layer)435
Fruitcake ..... 165
Candy
Candy Cane ..... 140
Fudge ( $1 \mathrm{in}, \mathrm{sq}$. ) ..... 75
Chocolate Mint, 1 1/2" ..... 45
Popcorn Ball ..... 90
Cheese, 1 oz . Bleu ..... 105
Cheddar ..... 115
ChickenFried w/skin(breast and leg)Roasted, no skin250
(1ight meat 4 oz .) ..... 185
Cookies
Macaroon, 2 1/2 in. ..... 85
Sugar, 3 in.
Cranberry sauce
( $1 / 2 \mathrm{c}$. sweetened) ..... 100
Eggnog, 4 oz.
Plain170
Brandied ..... 335
Gravy, creamed, 2 T. ..... 45
Ham, baked, 2 slices ..... 315
Ice cream, $1 / 2 \mathrm{c}$. ..... 130
Nuts
Cashews, 18 med. ..... 160
Walnuts, 14 halves ..... 185
Pies, $1 / 6$ of 9 in. ..... 355Mincemeat
425
Pecan ..... 575
Pumpkin ..... 320
Pork Roast, 3 oz . ..... 215
Potato, sweet
Candied, 1 piecePudding, $1 / 2 \mathrm{c}$.Bread w/raisins250
Plum ..... 340
Rice w/raisins ..... 195
Stuffing, bread $1 / 2 \mathrm{c}$. ..... 210
Turkey, roasted Dark, 4 oz . ..... 330
Light, $40 z$. ..... 190

## LOGO CONTEST

Students in Indiana schools have been asked to participate in a contest to select the official logo for Hoosier Celebration ' 88.

The winning design will be used as the basis for an official Hoosier Celebration' 88 logo. The logo will be used in all Hoosier Celebration ' 88 activities, including events, newsletters, films and advertising.

The winning entrant will receive a $\$ 1,000$ award from Hoosier Celebration '88 Inc., as well as a copy of the final, professionally produced version of the winning design.

The entries will be judged on the basis of simplicity, uniqueness to Indiana, uniform applicability to all aspects of Hoosier Celebration '88, and symbolism of Indiana's past and the potential for its future.

Entries should be sent to Hoosier Celebration ' 88 Logo Contest, Room 206 State House, Indianapolis, Indiana 46204. The deadine for entering the contest is December 16, 1985.


Tuesday, November 26
Auditorium Foyer
Have your blood sugar tested.
Is this your up day or down?
Have your biorhythms checked!
Have your blood pressure checked!

## MODEL U.N.

At the Model United Nations Security Council, held November 7 - 9 at Butler University, Marian College teams represented Denmark, India, and the United Kingdom. Chris Lowe, sophomore, received the award as the best delegate runner up and the outstanding service award from the president of the council. Chris was a member of the India delegation.

## AFTER-SCHOOL ACTIVITIES MAKE THE BEST STUDENTS

(CPS) -- Students who took part in a lot of extracurricular activities in high school make the best college students, a new study by the Educational Testing Service (ETS) asserts.

The study, prepared for ETS by research psychologist Warren Willingham and called "Success in college," tracked the college careers of the Class of 1983 at nine colleges.

Willingham found that, while high school class rank and Scholastic Aptitude Test (SAT) scores are still by far the best measures of students' academic potential, extracurricular activities are the truest indicators of all-around college success.

But it is students who dedicate themselves to one or two activities -- not those who may dally in a smattering of activities -- who go on to do the best in college, Willingham found.

In essence, the study results tell students to "work hard, do well academically and, if you want an edge, pick one or two extracurricular activities and do them well," says David Perham, dean of admissions at Colgate and head of the committee for the nine colleges that participated in the study.

## HG5TPER SIDE

New Dictionar, Words:
Sistercide -- What your sister does to you when you thoroughly embarrass her by telling about something stupid she has done. Example: Jenny Richart paring the washing machine twice.

Fittingroomitis -- Someone trying on a dress backwards in a fitting room <Right, Dee Williams?)
D.E.A.R.
M. Haugh

## FACTORS THAT

Indianapolis (ISMA) -- We all get headaches occasionally. In fact, it's a very common medical complaint according to the Indiana State Medical Association (ISMA). In most cases, a headache soon disappears and is not a symptom of anything serious. However, when headaches come at frequent intervals, are always located on the same side of the head, or affect your eyesight, muscle movement or sensitivity to touch, it's time to investigate the causes.

There are many types of headaches. A common one is a sinus headache which occurs when excess fluid builds in the sinus cavities and is unable to drain -- causing pressure that results in a headache. A true sinus

## CONTRIBUTE

headache
usually
requires medicine that will clear blacked sinus passages.

Blood vessels that shrink and then swell can also cause headaches. A migraine fits in this category. Migraine comes from the Greek word meaning "half the skull," which is a good description since this type of ache is usually on one side of the head. By nature, it is a combination of vascular and muscular constriction and tension.

Tension headaches are also very common. They are caused by muscles that stiffen at the back of your neck that may make you feel as though you have a tight band around you head. Usually this type of headache occurs after an unpleasant or stressful

## TO HEADACHES

experience. It can be relieved by massaging the back of your neck, applying a heating pad or simply relaxing in a hot tub.

According to the ISMA, headaches can be triggered by some surprising culprits such as cheese, chocolate, coffee, hotdogs, or wine. Also cigarette smoke, perfume and bright lights might initiste headache pain. Checking your blood pressure is also a good idea. Headaches can be a symptom of high blood pressure which is characteristically worse in the morning but eases up later in the day.

When headaches
occur frequently, the ISMA suggests talking to your physician as it could be a symptom of something more serious.

## TEA HOUSE

Need something to do this Sunday? Come out and join the Sophomore Class as we do a little work on the Japanese Tea House at 1:00 p.m. Snear Doyle Hall). Give us your support! Thanks!

## CIRCLE K

Circle $K$ meetings will be held every Thursday at 8:30 p.m. Anyone interested in knowing more about Circle $K$ please come to one of our meetings and learn a little more about us.

## Detra Hernandez, President

This week's Carbon was brought to you by:

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