



## — THIS WEEK —

- Dec. 9 -Wo. Basketball, Marian College Tourney, 5:30 p.m. and 7:30 p.m.
- Dec. 10 -Open House  
-Men's Basketball, Huntington (A) 7:30 p.m.  
-Wo. Basketball, Marian College Tourney, 1 p.m. and 3 p.m.
- Dec. 11 -Open House  
-Senior Recital, John Kendall (Stokely), 3 p.m.  
-Midnight Breakfast, 9 p.m. until 12 a.m. in the cafe.
- Dec. 13 -Work Study checks issued

# Carbun

vol.1 no.11 dec.9,1983

## Test Anxiety Can Be Overcome

I'm too nervous to study!!

Get me a coke-I need caffeine!

I'll never be able to memorize all this stuff...

Oh, I can't remember,...but I can see it right on the page of my notebook.

As you prepare for finals this week, take the advice of Ellen Mangum, relax and tell yourself-"What's the worst that can happen?"

Good Luck on your Finals!!!

Does that sound familiar? If so, you may have been interested in a talk given in the library auditorium at 8:00 p.m. this last Wednesday, December 7, on "Stress and Test Anxiety." The talk was given by Mrs. Ellen Mangum, M.S. from the Stress Treatment Center, of Indianapolis, and sponsored by the Psychology Club.

During the lecture stress was defined as possessing both positive and negative attributes. Positively, stress is a motivator. If you have no worries before a test, you probably won't study. Stress becomes harmful when bigger fears become attached to minimal ones.

Trouble concentrating while being tested, nausea, faintness or a blank state of mind are all symptoms of test anxiety that Mangum pointed out. For help, Mangum suggested that people make suggestions to themselves, and to relax. "Three, slow, deep breaths can do wonders!"

# Final exams.





# VIEWPOINTS

## Lighter Side by Jackie Bagozy



If there's one thing in life you can depend on, it's Christmas! I mean December was nothing until Christmas came along. Every year without fail, people become drunk-em with joy (among other things). And every year, while Rudolph plays his reindeer games, I have a minor crisis.

I know, I know, it's the season of good cheer, a time for peace on earth and goodwill towards men. Obviously the guy who intended all these good tidings and wrote those endearing little ditties about jingling bells and obese little men who hang out with the reindeer, was not a college student. How can I possibly concentrate on my Christmas shopping with all this to do about exams?! How can I concentrate on tests when there are presents to be bought and sales to be conquered! Who cares about praying for a C in Humanities, the Dean's List, or even passing when Ayres is having its 14 hour sale?!

My crisis is not ill-founded, however. You see, I see it as my personal responsibility to find the perfect gift for everyone on my shopping list; the gift that reflects the person's true personality. For instance, the mint green polyester tie embossed with fuchsia squirrel monkeys was

more than perfect for Dad last year. Call it crazy, call it bizarre, but my calling in life is to fulfill the ultimate in fantasies, "Jackie Bagozy north pole elf."

Of course, one with my sense of aesthetic beauty and my refined tastes, finds great difficulty in finding the finances necessary for truly memorable gift giving, like Popeil's pocket fisherman. As a result, I've spent the last two weekends babysitting, or rather doling out constant threads of shortened lifespans backed by the worst of ultimatums to a child, "Santa is watching each and every move you make!" All this and more for a \$1.50 an hour - what a way to make a living!

Of course Christmas vacation allows for relief from some of the winter wonderland blues. However, two weeks into vacation, I'm generally bored with the homefront, and I'm ready to return to the academic swing, or in my case the academic noose, of things. I mean, a person can only take so much MTV without feeling withdrawal from reality, if not from intelligence. There's just something about Mick Jagger singing "O Holy Night" that leaves me feeling empty. All I want to know is, when will Alvin and the chipmunks do a video of "sleigh ride?"

## ODDS ENDS



### YOU ARE NEEDED

Sr. Rose Mary Lee and Sr. Jean Gabriel need volunteers to help deliver Christmas gifts packages to the needy Dec. 24. If you can help please let them know.

### 1984-85 FINANCIAL AID FORMS ARE READY

Dorm students yours are in your mailboxes. Commuter students pick them up in the Financial Aid Office before you leave for the semester.

Thank You,  
F. A. Office

### HOMEcoming PICTURES

It is not too late to order copies of the pictures Dr. Appleby took during Homecoming Week. If you are interested, please see him as soon as possible.

### SEMESTER BREAK MAIL SERVICES REGULATION

Newspapers delivered during the holidays will not be saved. All other mail will be saved until you return. If you expect some important first class mail which you wish to be forwarded, please notify the mail room personnel before you leave for the holidays. If you are not returning to Marian in Jan. please leave your address.

Thank You

### NEW BOOSTER CLUB OFFICERS

President - Shelly Smith  
Vice President - Betsy King  
Secretary - Julie Mathias  
Treasurer - Janet Kuehr

All those wishing to run for Booster Club Functional Board, 1983-84 please pick up a form in Student Services. These forms must be turned in today. Voting will be on Mon. and Tue. during lunch in the cafe.

### MEMORIAL PUBLICATION

Our college chapel is dedicated to Bishop Joseph Chartrand of Indianapolis. To mark the 50th anniversary of his death, James Divita of the History Department prepared a 36-page memorial publication under the auspices of the Campus Ministry Committee. A limited number of booklets is available free to Marian students. For a copy, stop by Mr. Divita's office, 203 Marian Hall, or write your name and address on a piece of paper and place it in his faculty mail box.

James J. Divita  
History Department

### WORK - STUDY

Work-study checks will be ready for pick-up or signature today, Friday, Dec. 9. All checks must be taken care of before you go home for the semester.

A few students will not have checks this month because they failed to sign the time card and give it to the supervisor. The check for Dec. will be included in the Jan. check that will be ready when they return in Jan.

Students be sure to sign your Dec. time cards before leaving and supervisors be sure to turn the cards in at the Financial Aid Office by Dec. 21.

Thanks and Happy Holidays to all,  
Sr. Rose Marie Butler





# KNIGHTS IN ACTION

by: MO & POO

## KNIGHTS '83/'84

### WOMEN'S B-BALL

### MEN'S B-BALL

This past week-end, the men's basketball team played in the Wabash Tourney. They lost to Heidelberg on Fri. night by a score of 75-62. Dave MaHurin was high scorer with 14 points. On Sat. the Knights beat Wheaton 66-58. Chris Craney led the victory with 16 points. Congratulations to Dave MaHurin who was named to the Wabash Tourney All-Classic Team.

Last Tue., Chris Craney scored 14 points to lead the knights over Marion, 73-57. The team is now 6-3.

They travel up to Huntington tomorrow. Good Luck Guys!!!

The men's junior varsity team had a close game with Marion and came out on top, 69-67. Dave Thwaits led the team with 22 points. Their record is 4-1.



The Lady Knights traveled to Fort Wayne and took on Indiana Tech. they went down to defeat 60-80, and Julie Wilhoit was top scorer with 14 points.

This past Sat., the women beat Tri-State, 75-62. Center Liz Gilmore put in 16 points to lead the team to victory. On Tue., they took on St. Mary's of the Woods. Julie Wilhoit had 18 points in the 102-28 win. Their record is now 2-1.

Tonight the ladies are hosting a Marian College Tourney. At 5:30, IUPUI takes on Anderson. Then at 7:30, the Knights take on St. Mary's of the Woods. The ladies will either play at 1:00 or 3:00 on Sat. depending on the outcome for tonight's game.

Come out and support the ladies in their first Marian College Tourney!! Good luck gals!!!

## ★ coming ★ ATTRACTIONS

by Lisa Fritz

"The Big Score" - Fred Williamson produced, directed and stars in this surprisingly effective picture. It's a slick, gritty picture filled with good supporting performances. However, the sequences - who runs a nightclub at Rush and Delaware - seemed tacked on.

"Danton" - It is a sweaty, passionate, re-telling of the duel between Danton and Robespierre at the climax of the French Revolution. The movie stars Gerald Depardieu as the fiery French leader, in a story more concerned with the spirit of the time than with the facts. Exciting and filled with energy.

"Nate and Hayes" - One of the dumbest movies in many a moon, starring Tommy Lee Jones and Micheal O'Keefe in an utterly senseless series of would-be adventures involving pirates, buccaneers, German counts, savage natives, armor-clad warships, sacrificial maidens and other once-potent cliches now reduced to mindless fodder.

### Theatre -

- Pump Boys and Dinettes at IRT  
December 13 through January 8
- The Wizard of Oz at Civic  
December 26 through January 1
- Christmas Carol at IRT  
December 9 through December 31
- The Brute at Marian College  
Dec. 9 and 10 in Peine Arena Theatre
- The Typest at Marian College  
Dec. 9 and 10 in Peine Arena Theatre

Movies to watch for over Christmas Break!

- "Yentl" starring Barbara Streisand

## MARIAN COLLEGE by: Jac & Mac Physical

The men's 3 on 3 b-ball tourney has begun. Going into the tourney, the team with the best record is Fiddler - Lee - Martin. The tourney will last until Sun., so head on down to the intramural gym and check it out.


The women's 3 on 3 tourney will begin Sun. night. At this time there are 6 teams signed up to play, so girls be watching the Intramural board to see when you play.

(ed. note - Finals week is coming up, my co-editor and I would like to suggest that you head over to the Physical Education Center and play some racquetball or basketball, lift weights or run a little. It's the best thing for anxiety, stress, tension and the finals week blues!!)



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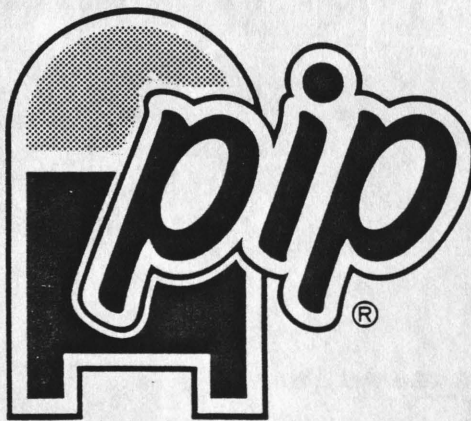
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Editors note:

The next edition of the CARBON  
will appear January 20, 1984. GOOD LUCK  
on Finals and have a marvelous break!!!