

## WIG5TTER SIDE

On the 7 th day before Break my teacher gave to me, 7 big fat quizzes.

On the 6th day before Break my teacher gave to me, 6 zits caused by nervous tension.

On the 5th day before Break by teaacher gave to me, 5 term papers.

On the 4 th day before Break my teacher gave to me, 4 out-of-class projects.

On the 3rd day before Break my teacher gave to me, 3 unit tests.

On the 2nd day before Break my teacher gave to me, 2 migraine headaches.

On the 1st day before Break my teacher gave to me, 1 sadistic grin and a 20 page final.

Yes, campers, this is how it really is. The teachers tell you to study the whole book, all of your notes, plus remember the 99 lectures you have had. I start to worry about the final if the teacher is waiting for me at the door and has a sly grin on his or her face, then they wish good-luck upon you (as if luck has anything to do with the final outcome of the grade). You know right then and there it is going to be a tough one and all of the cramming you did will not help one bit.

Good luck with your finals!
D.E.A.R.

Thanks for busy weekends

The Carbon would like to express its thanks to all of those people who kept our weekends busy. There has been at least one student sponsored activity each weekend this semester (except one). A special thanks goes to the Social Planning Commitee (Dave Cassis, Bill Gulde, John Hart, Michelle Cocquyt, Jean Markley, Sandra Gatto, and Charlie Rowe). Keep up the good work! We'll be looking forward to next semester, especially the ski trip and the Sweethearts Dance.

On Monday, December 9, questionaires were distributed to over 100 currently erirolled students to obtain information about their satisfaction with College life at Marian. The random sample of students selected is representative of the general student population and includes both traditional and non-traditional students. The last Student Opinion Survey (S.0.S.) was administered in April, 1985 and information obtained from an analysis of the responses was used to improve programs and services at the College. Results were also included in the institutional self-study in preparation for the College's re-accreditation visit by the North Central Association in January. All students who receive a questionaire are strongly urged to complete and return it to the Office of Student Services. The information obtained from the survey will be valuable in determining the quality of student life on campus.


This week's Carbon was brought to you by:

## EDITOR:

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The Carbon Staff would like to extend a special thanks to Mrs. Spallina and Linda 01dham. Thanks for your time and effort put into the success of The Carbon.

## CUTTING CALORIES BY EXERCISING

Three types of activity are beneficial in controlling heart disease:
--Maderate daily physical activity <brisk walking for an hour).
--Vigoraus exercise three of four times a week (twenty minutes each time)
--Sustained hard physical labor
The list shows calories used in 1 hr . for various activities:

## CANOING

| 2.5 miles | 180 |
| :---: | :---: |
| 4.0 miles | 420 |
| CLIMBING | 700-900 |
| CYCLING |  |
| 5 mph | 250 |
| 10 mph | 450 |
| 14 mph | 700 |
| DANCING | 200-400 |
| HORSEBACK RIDING |  |
| Walking | 150 |
| Trotting | 500 |
| Galloping | 600 |
| GOLFING | 300 |
| gYMNASTICS | 200-500 |
| PLAYING TENNIS | 400-500 |
| PLAYING SOCCER | 550 |
| PLAYING SQUASH | 600-700 |
| ROWING |  |
| Peak effort | 1200 |
| RUNNING | 800-1000 |
| SAlJING WOOD | 400-600 |
| SCULLING |  |
| 20 strokes p/min. | 420 |
| 37 strokes p/min. | 670 |
| SITTING AT REST | 15 |
| SKI ING | 500-700 |
| STANDING RELAXED | 20 |
| SWIMMING |  |
| Back strake | 300-650 |
| Breast stroke | 300-650 |
| Crawl | 700-900 |
| WALKING |  |
| Slow, 2.5 mph | 115 |
| Moderate, 3.75 mph | 215 |
| Uery fast, 5.5 mph | 565 |
| WRITING | 20 |
|  |  |
|  |  |

## CHRISTMAS MESSAGES

Merry X-mas and Happy New Year to TOH guy, jap eyes and nasty boy from "The Girls" K.S.S.

Annibal and Tywanda,
Merry Christmas to my most favoritest suite-mates in the entire universe. Love Geek

Dear C.C.
Good Luck on your finals and I'll see you at I.U.S. of N. next year. Take care of your penguins. Merry Christmas.

Love,
Kathy

Dear Teddy Bear,
1 lave you! Be good and you'll find something special in your stacking!

Love,
Ra inbow

Dear Henri,
Just popped up to wish you (and everyone) a Merry Christmas!

Love,
George

Dear Karen on 3-East,
Good luck on your finals!
May Santa bring you good grades!
Secret Santa on the Corner.

To Nikki,
Here's hoping you have a very joyous holiday season.

From Your
Secret Santa
Merry Christmas studly: Do well on your exams, ok! And maybe you 11 get a big surprize! Love You,
Kimberly
rou d better watch out... Kellie, Lora, Laurie, Liz, Beth, Brenda, Jenninie, Mary, Chris and Brad. Merry Christmas! Santa Claus

To Errist (R.A.),
Merry Christmas sever if you are the favorite kid).
from your brother.
Beanie and Deb,
Merry Christmas to two of my favorite people (even if you are only Freshmen).

Love, Hams ter

Happy Holidays to everyone and good luck next semester! Elisa

Elisa,
A note of "Pomp and Circumstance." We love you and will miss you. Stay in touch. The Gang

My Bro Bisc -- the finest of the nine,
Love your sister, drink a beer, Merry X-mas and Happy New Year!

## Ken Schrader,

Never had it so good -until I met you! Happy X-mas, Merry New Year, Hugs and Kisses too!!

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T
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To Prissy Chrissy,
We love you even though you become prissy woman after 12:00.

Merry Christmas,
Love,
Bonehead and Priss II
T,
Hope you have a wonderful vacation away from me! Remember to make your bed, pick up your clothes, be home by... oh, well, now! Tell Eric 1 said hi! I want a rubber tree soon.

Love,
A

## John,

You better be good or else I won't take you to eskimo to become an Alaskan.

Love,
Ana
To my only kids,
Have a Merry Christmas! Love Your "Morn."

Mark,
I hope this is your best Christmas ever! I love you! Jill

Have a Great Break Roomies! (Germaine, Joe and Dwayne) Love your roommate.

To all my friend,
Merry Christmas and Happy
New Year!
Bonita Gauck

Mark.
I'm glad you re my buddy.
Merry Christmas!
Cath

T.K.,

Merry
Christmas, sweetheart. I wish I could be with you, but as usual I'll be with you in my heart.

I love you, T.J.

Connie,
You're a super friend and we're going to miss you. Good Luck and Merry Christmas!

3-East
Sandy, Shannon, "Z", Anne, and John,

Merry Christmas and Happy Sturnting ... I mean ... New

## Love,

Chris

Merry Christmas to my favorite
Doyle Hall Partiers -- Butch, Panda, Donna, Cindy, Elaine, Teresa, Jill and Marcia. Love,

Hamster

Cutie, Bonehead, and Prissy,
I am not prissy, but Merry Christmas anyway. I love you!

## Pencil-Head

Chair-ole,
Season's Greetings and salutations. It's been one more fine semester of "gaining knowledge" with you!

Love,
Little One
Christine "Scrooge" Hague,
Have a Merry Christmas anyway!

Teri
Chris
May your "real" stocking be filled with something be:lides sticks and stones. Remember to pull your shade!

Santa Claus

Stan,
Have a merry one! Try to be good!

## 98

To all the WV gang,
Have a super Christmas!
Love y'all, T. Watt


|  |  |
| :--- | :--- |
| ACROSS | 45 Exist |
|  | 46 Prohibit |
| 1 Cover | 47 River in Siberia |
| 4 Headgear: pl. | 48 Hog |
| 8 Wild revelry | 49 Honor |
| 12 Ventilate | 52 Danish island |
| 13 Encourage | 54 At a distance |
| 14 Small valley | 56 Before |
| 15 Promise | 57 Hindu peasant |
| 17 Crimson | 58 Back of neck |
| 19 Spanish article | 59 Fall behind |
| 20 Cravat | Down |
| 21 Fondle | 1 Hit lightly |
| 22 Lamprey | 2 Lubricate |
| 23 Location | 3 Comely |
| 25 Recent | 4 Enclosure for |
| 26 Baseball league: | birds |
| abbr. | 5 Presidential |
| 27 Plaything | nickname |
| 28 In place of | 6 Hebrew letter |
| 29 Permit | 7 Scatter |
| 32 Near | 8 Unusual |
| 33 Military duty | 9 Sun god |
| 35 Pronoun | 10 Merriment |
| 36 It goes | 11 Shout |
| with eggs | 16 Expire |
| 38 Skill | 18 Latin |
| 39 Insect | conjunction |
| 40 Attached to | 21 Permeate |
| 41 Poem | 22 Cloth measure |
| 42 Chore | 23 Nod |




