

Results on the way

## Accreditation results to arrive Dec. 8

By TAMMY MILLS  
Whalesong Staff Reporter

On Dec. 8 UAJ will receive the results from the Northwest Association of Schools and Colleges Accreditation Committee.

Before he left the university following his visit, Dr. Richard Swenson, chairman of the accreditation team, said he was very impressed with what he had seen.

Accreditation, according to Dr. Beverly Beeton, vice chancellor for academic affairs, will be achieved and is a "seal of maturity and higher learning."

Beeton also noted, that the university has made a lot of improvements in the last two years, including a refinement in the curriculum and more and more faculty members have been receiving their terminal degrees, along with more majors being offered, an expanded library, new buildings, and a plan to develop student housing.

Being accredited by the committee will bring recognition from the association and will allow students to be able to transfer their grades more readily to other schools outside Alaska.

In addition, the school would be able to have their own chapters, such as fraternities and sororities if accreditation is achieved.

The seven team members who were here for three days in September have retired to their various universities to write individual reports. These reports will be sent to the committee which will meet in Reno to go over the reports and send the final written results to UAJ by the Dec. 8.

Beeton stated that future improvements in the university

should include expansion of the library, student housing, recruitment of more full-time

students, and growth in the number of faculty members.

## Miller Scholarship Fund to give \$1,000 to student

By TRACEY R. WILLIAMS  
Whalesong Editor

Ross L. Miller, a longtime resident of Juneau was a friend to many. But Jim Dumont, UAJ's Director of Student Activities, knew Miller for more than 11 years, says Miller was more than a friend, "he was my Alaskan father."

On the last Friday in September, Ross Miller died at the age of 59.

Mr. Miller was born in Parker, Idaho. He attended the University of Montana in Missoula where he received his bachelor's degree in journalism. He completed his master's two years later.

Miller worked in public relations during and after graduation including public service division director, publication and news service editor and director of the alumni association. He supported and promoted sports activities and programs for the university for ten years.

In 1958, Miller, his wife Mary and their eight children moved to Fairbanks where he was director of public relations and information at UAF. He later became executive director of the Fairbanks Chamber of Commerce. He and his wife were organizers of the little league program there.

In 1962 the Millers moved to Juneau where Mr. Miller worked as an industrial and tourism development specialists for the Bureau of Indian Affairs. He was adopted into the Tlingit Raven Tribe and received the Alaska Native Tourism Award in 1980.

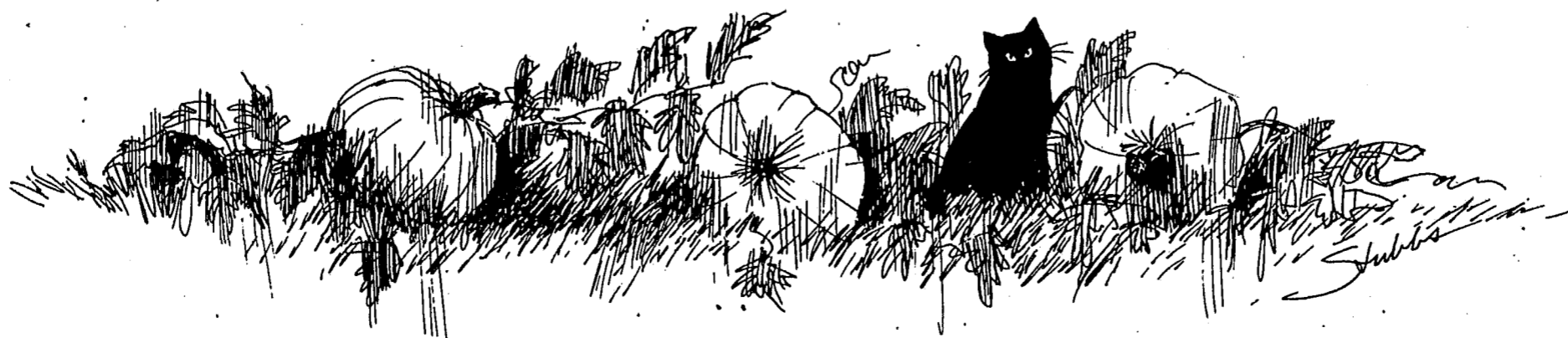
"Once upon a time," claims Dumont, "there were these three characters in a bar discussing a perfect place to start an athletic program for Alaskan students." Basically, the content of that conversation resulted in discovering an "essential need to recruit Alaskans instead of importing athletes from Europe, Canada and the lower 48," he said. Miller thought that was the "freshest idea he'd heard in years," said Dumont.

Miller initiated and supported the development of the sports program at UAJ. He was the leading advocate in organizing the Southeast Alaska Athletic Association (SEAAA) of which he became executive director. Miller was recently presented the university's first Presidential Award for his dedication to Southeast Alaska youth athletics and higher education.

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### QUOTE OF THE WEEK

Smoking can kill you. And if you have been killed, you've lost a very important part of your life. Brooke Shields



# Doggone!

Guest editorial

Hey, I spent almost an hour today trying to get rid of a couple of dogs that were doing their best to sculpt all over our campus. First I tried reasoning with them, explaining my dismay with thier actions.

"Look," I said, "it's not that I don't like dogs, it's just the fact that you animals (and let's face it, that's what they are) are really destroying the natural beauty and harmony of our our breathtaking campus."

But they were unimpressed.

Then I said, "Hey you dogs, I happen to not mind learning in a land of beauty and I can't do it with your excrement all over the sidewalks. It really disrupts my train of thought just thinking about it. So if you know what's good for you you'll just mosey on out of here and take your modern art with you." This was accompanied by multiple hand movements designed to better enhance their understanding of the underlying message of my dialogue.

By the time I had finished the dogs had again destroyed this campus's breathtaking natural beauty and harmony at least once and were in the process of examining a dead bird.

Now I felt that the only other recourse left to me, short of gunfire, was to be more convincing in my conviction. So I gave chase. Soon I had lost sight of them as they broke for the woods. It's not that I disliked them, but they had it coming.

Fifteen minutes later they were back, wagging their tails.



Your Editorship;

What's all this to-do about student housing and accreditation? What UAJ needs is a PUB! Other big colleges have them.

Just consider, if you will, student unification and all those student affairs. Jim Dumont would be ecstatic!

Student government meetings could be held properly, in a pub atmosphere. Important decisions would be made.

Furthermore I'm getting tired of doing my homework at the Red Dog. All that sawdust makes me feel like a gerbil.

Well, toy with the thought, will you? My take-home midterm is due on campus in ten minutes and my beer is getting flat.

Jentry Wineinsted  
Student at large

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Offices located in the Mourant Building  
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Dear Editor;

As a former editor (Spring semester '82), I rolled over and spouted for joy to see the UAJ campus newspaper resurface as the WHALESONG. The paper has been, is and I hope will continue to be a forum to insure controlled growth of UAJ as well as the Juneau-Douglas area: informed people tend to make decisions.

The name WHALESONG was chosen to reflect UAJ's unique location and the seasonal presence in the Alexander Archipelago of one of the two remaining populations of humpback whales. The whales haven't made the top ten chart yet, but their albums have sold well.

The latest edition was crisp and clean with no caffeine. Access to sophisticated equipment procedures an end result surpassing our painstaking efforts with typed columns, scissors and rubber cement.

We, the original three co-editors, Ann McFarlane, Bobbie Matt and I, were a free-style group; diving in with more enthusiasm than experience. The current pod appears to be attempting to be real journalists, but please don't get too high and dry newspapers are for enjoyment, not just for information.

Two of the initial goals were uniting a diverse student body located on widespread campuses and calling attention to student needs such as housing and health insurance. The latter is now a reality.

Under the University of Alaska umbrella, UAJ students have the right to demand such privileges as afforded the other campuses (I think afforded is the key word). Of course, with privilege comes responsibility, so I trust all you whaletails voted in the student elections.

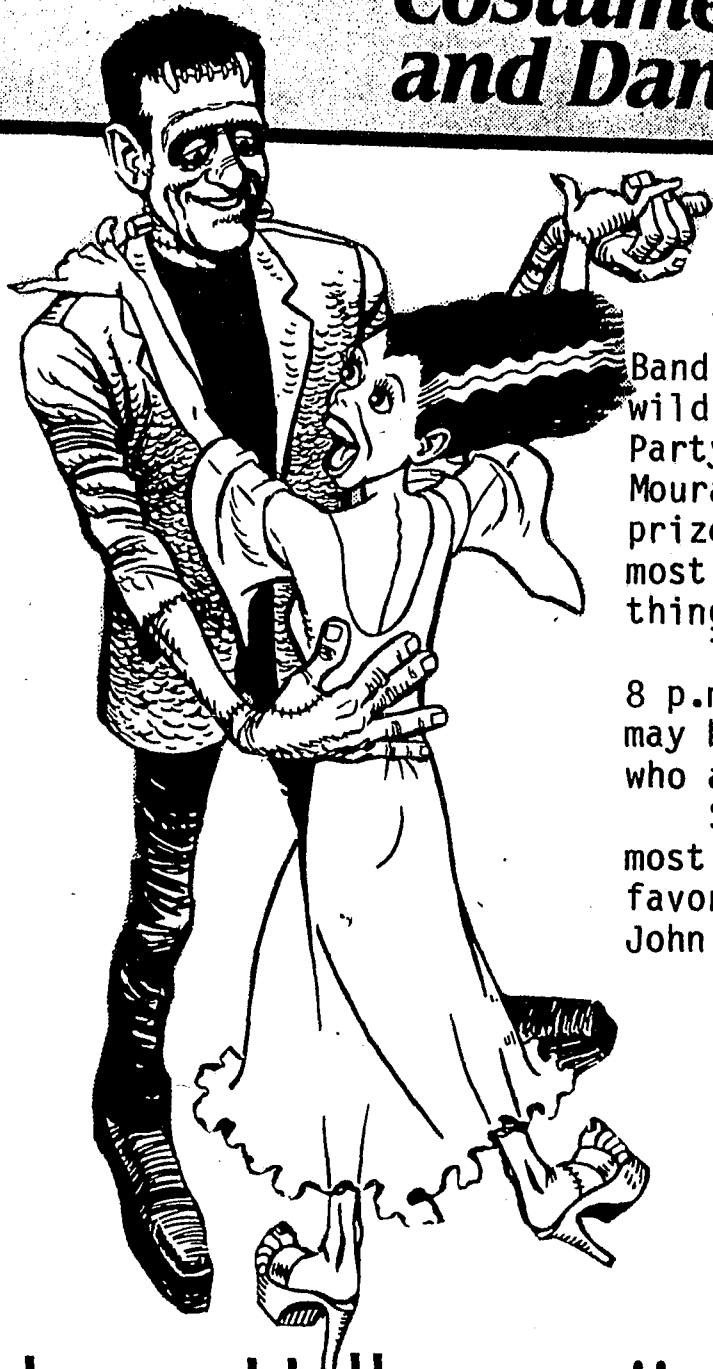
It tickled my flukes to return from a year on the Bering Sea coast to find increased bus service, the Mourant building, more than a plan and expanded food service. Although I do hear grumblings about prices that are beyond the average, starving and STILL HOMELESS student.

Juneau is a place with many oppertunities and lifestyles. It makes me proud to see UAJ continue to be a viable (I love that word) part of the growing community. And with more active students, a smoothly functioning staff, superb faculty and a top-flight administration working together, It's a whale of a song to sing!

Sounding,  
Sandra Schmidt-Cash

By the Whalesong Staff

## Costume Party and Dance



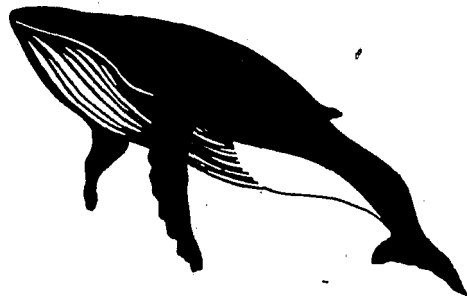
By Whalesong Staff

The incredible John Carswell Band will be performing at the wild UAJ Halloween Costume Dance Party Friday, October 28 at the Mourant Building. There will be prizes awarded for best costume, most original costume, and other things like that.

The dance party will run from 8 p.m. till midnight, and there may be alcohol available to those who are old enough.

So get down and get on your most hideous outfit, come as your favorite ghoul and party out with John Carswell.

### Happy Halloween!!



## F.Y.I.

By TAMMY MILLS  
Whalesong Staff Reporter

A program offered by the Committee on Cooperation Fellowship will soon be offered to minority students at the University of Alaska, Juneau.

The committee will award more than 50 four-year fellowships in 1984. Students that are seeking doctorates will be able to apply.

The fellowships provide full tuition and an annual stipend of at least \$6,000 for each of four years.

Students from underrepresented minority groups who are wishing to further their studies leading to a Ph.D. in the social science, humanities, and science fields covered by the program are eligible to apply. There will be a total of 25 fellowships available in the social sciences and about 12 awarded in the humanities and sciences programs.

The deadline is Jan. 15 for the fall semester, but you should get those applications in early for best possible acceptance.

For more information about the program write to CIC Minorities Fellowships Program, 111 Kirkwood Hall, Indiana University, Bloomington, In. 47405.

To the Editor:

I want to say a special thanks to all the students who participated in our recent elections for USUAJ Officers, by encouraging other students to vote, making class announcements, issuing ballots, and casting a ballot. One hundred and fourteen ballots were cast, a UAJ record, and it would certainly not have happened without you.

LaVena Sargent  
USUAJ President

To the Editor:

Thanks to Jim Dumont and the people from facilities, we now have bulletin boards around campus and furniture in the Student Government Office.

USUAJ

The student government meeting of October 14 failed to materialize as there was a lack of a quorum. Business to be discussed included the tuition policy of the Board of Regents, lockers for the students, and a discussion of a pub area for alcoholic entertainment, among other things. If you would like some input in these or other topics, the next meeting is scheduled for Friday, October 28, at 5 p.m. in the student government offices or you can contact your student government representative. The representatives are Brock Meridith and Jim Helfinstine for the Upper Division and Coven Petticrew for Lower Division students.

A special election will be held the Nov. 3 and 4, for the Student body, to elect two nominees for the office of Student Regent and two nominees for Student Commissioner on the Post Secondary Education Commission, from UAJ's campus.

Bonita Nelson and Ron Heintz have been appointed to a Special Election Committee by the USUAJ President to develop and institute the election. Each campus of the University of Alaska system is requested to send the names of elected candidates to the Board of Regents' by Nov. 18.

The names are then forwarded to the Office of the Governor and the final appointment of one student to each position is made by the Governor. The appointments are for 2 years and the regulations require fulltime enrollment for nomination and during the entire term. All students interested are to contact the Student Government Office, Ext. 434 or Bonita Nelson Ext. 450, as soon as possible.

By Whalesong Staff

University of Alaska, Juneau Counseling and Health services presents Scott Jamieson, Naturopathic Physician, in a series of health lectures at various University locations from November 2 to November 30.

The Bill Ray Center will be the scene for three of the lectures; An Introduction to Natural Health Care on Nov. 2 at 7 p.m., Herbology for Colds and Flu on Nov. 9 at 7 p.m., and Hypoglycemia on Nov. 16 at 7 p.m.

Pre-menstrual Syndrome- A Natural Approach will be the last lecture held and it will be at the modular building at Auke Lake Campus on Nov. 30 at 7:20 p.m.



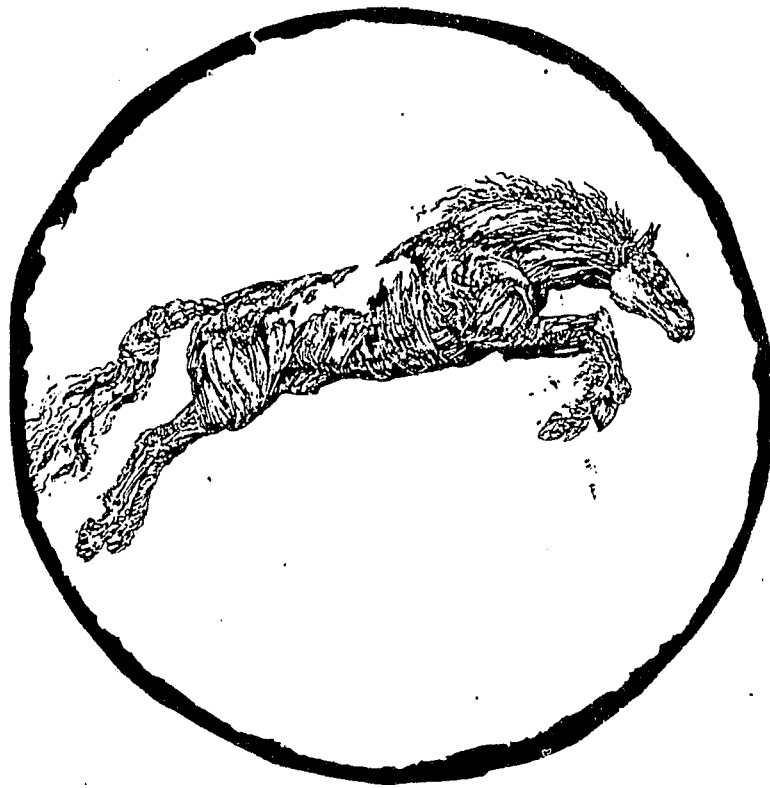
## Howlings

THE MONSTER \_\_\_\_\_ by GARY LONG

The monster they caught out behind Flannery's Barn and carried back to town by torchlight in a huge metal net and bleeding from a hundred holes they shot in him, looked a lot like Jim MacDorty who went away mad into the woods after losing his wife to fever. Jim MacDorty with a beard, that is, but when the barber shaved it, it was nobody they'd ever seen. Mrs. Morrison, who lost a dog and two daughters, said there must have been some connection between this latest finding and the burning of Doctor Snow's house and laboratory a few days before, when Paula and Bill Thompson were kept up all night at their window watching the lights in Snow's cellar flickering as shadows moved across them. How the sounds alone were terrible enough that Jones' cat had her first miscarriage in four years, some said from the fright of seeing what left the burning house just at dawn, and how the stench was the worst since the County Hospital cancer ward burned back in '59, and how so many bones were found later in the afternoon. Those older folks who had been around the time of the big scare, the time when Dorothy Dalton disappeared and Molly and Freda, returning from Jason's bar and grill were grabbed up, and how after killing the tramp by his fire under the full moon and burying him in Rockton Cemetery only to find that the murderers didn't stop, and that the tramps grave was dug by something that got in, or out, were all making sure this time. So it took all of Dr. Wallace's formaldehyde and most of Mother Ripton's prize vinegar to pickle him after they'd drawn out ten quarts of blood which Edna Elmonds said they had better put in a barrel and sink in the deepest part of Lake Charles, with a buoy over it. And how some, still not sure, asked Bishop Bitely to OK the dismembering of the corpse, and how they cut the tendons and joints and removed and burned most of the strange organs and even bored two holes into the giant skull to pour hydrochloric acid and then, how Coroner Aldridge swears he saw a yellow eye turn up, although it must have been just reflex. And when it came to burying they asked that Waldron and Smith be called in to lay forty cubic yards of concrete over the steel box they put him in up on old Low's hill, and Farrow's Electric said they'd have a 500-watt lamp installed to burn constantly. So they took all the precautions, although it seemed a bit silly to the thousands of readers who followed the proceedings all the weeks it took to get the job done, and Melbourne surely had the most publicity ever, and until the reporters left, enjoyed a rich tourist trade--all those who came miles to see the body--and every night for weeks the streets filled with lovers and drunks, fat waisted women and golf-capped husbands cruising the town in big cars, although there were still some farmers on the outskirts near Flannery's barn who hadn't slept for five years, and wouldn't sleep much even with the newly installed street light all the way up to Buck Mountain. And how gradually water skiers returned to Melbourne Pond, and some hardy campers stayed all night and no one was disturbed again for a long while. Although just last week Mrs Smith, a woman not easily given to hallucination, said she passed a huge human stool, black as bears' shit out on old Indian Trail, and how when half the town got there a pack of dogs had all but finished whatever it had been, and all night afterward, to hear them howling in the hills.

'Fantasticks'  
at UAJ

The Juneau Douglas Little Theater will perform the longest running musical, Oct 20-Nov 5. Under the direction of Charlotte Carroll, this musical takes a light hearted look at raising children. Tickets are available at Baranof & Hearthside Bookstores as well as at the door.



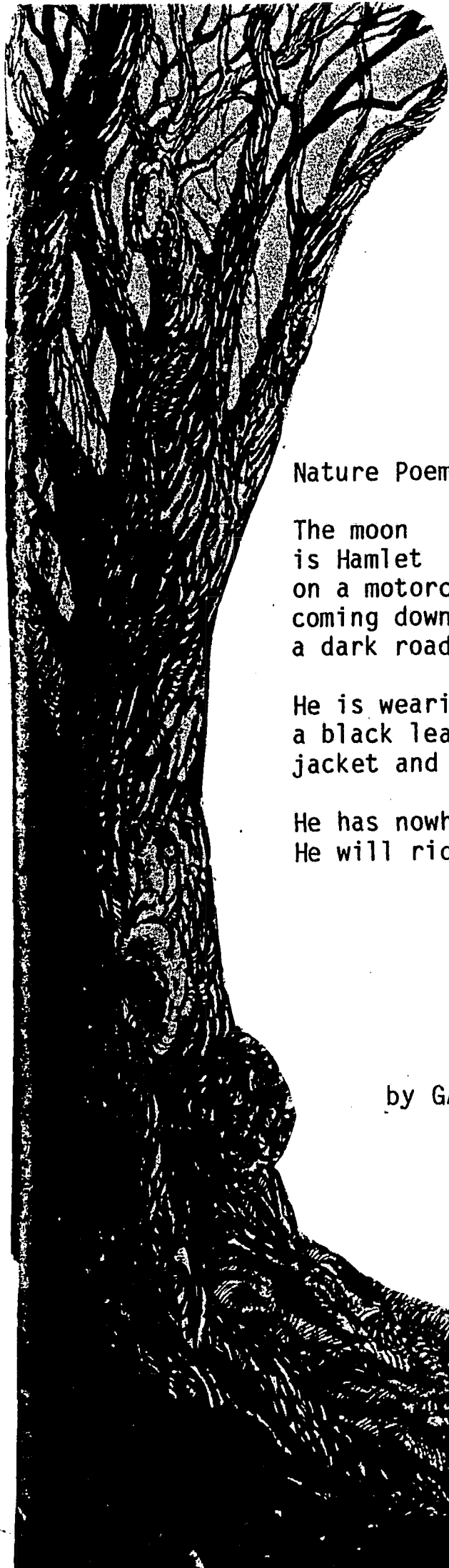
Dancers Wanted

Juneau Dance Unlimited is looking for dancers with company- level or professional experience can call 586-2176 or 586-1089 for information about the planned Rehearsal schedules will be light and not interfere with work or family life. The season will begin with a highly theatrical dance concert October 22 featuring Wade Matson & Nancy Cranborne

Alaska Positive '83

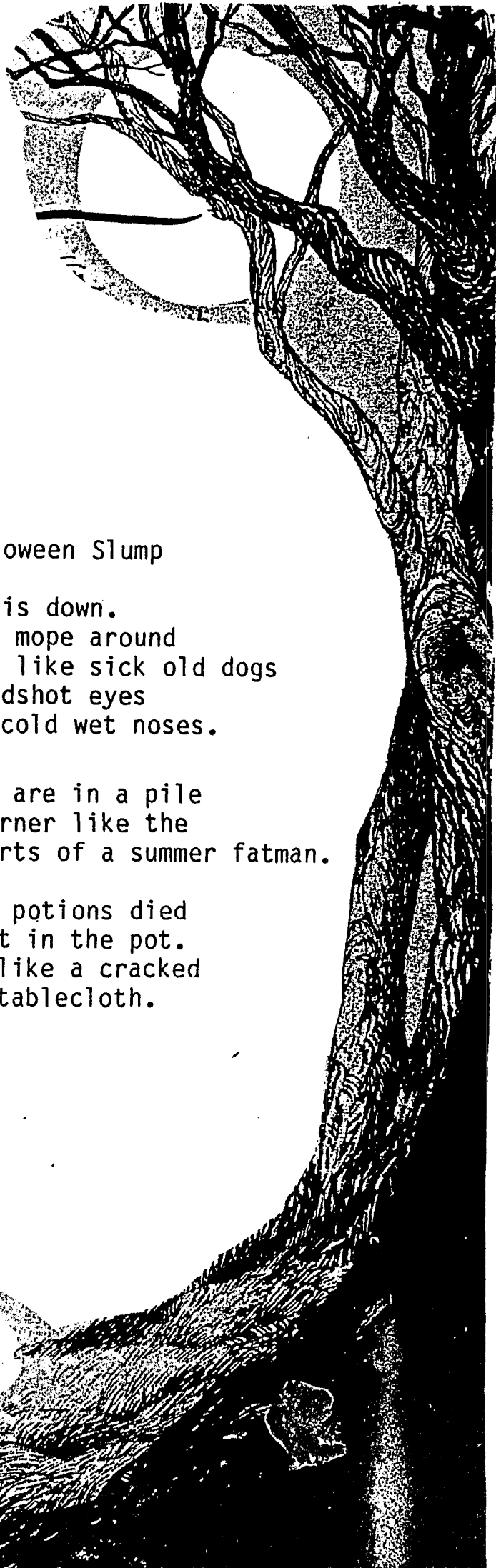
Deadline for submitting entries to this statewide juried photographic exhibition is Monday, Oct 31 at the State Museum. For entry forms and other information, call the State Museum at 465-2901 Charles Rynd, Seattle gallery owner, will be judging this year's competition.

Soundings



The Pumpkin Tide

I saw thousands of pumpkins last night  
come floating in on the tide,  
bumping up against the rocks and  
rolling up on the beaches;  
it must be Halloween in the sea.



Nature Poem

The moon  
is Hamlet  
on a motorcycle  
coming down  
a dark road.

He is wearing  
a black leather  
jacket and boots.

He has nowhere to go.  
He will ride all night.

by GARY LONG



After Halloween Slump

My magic is down.  
My spells mope around  
the house like sick old dogs  
with bloodshot eyes  
watering cold wet noses.

My charms are in a pile  
in the corner like the  
dirty shirts of a summer fatman.

One of my potions died  
last night in the pot.  
It looks like a cracked  
Egyptian tablecloth.

Boo Forever

Like an empty house  
I'm haunted  
By all the space  
I will live  
without you



# The health corner

F.Y.I.

By Nurse Jane Albee

Do you know what your usual blood pressure is? Do you know what your blood pressure reading means?

More than 60 million Americans have high blood pressure. High blood pressure is often linked to cardiovascular disease, which is a leading cause of death among Americans. Although most people are aware of the importance of blood pressure, few understand what it means.

Blood pressure is dependent on the force of the heart's contraction, the cardiac output, or amount of blood pumped per contraction and the resistance of the blood vessels. When blood pressure is checked, the top number, the systolic, will relate to the pressure during a contraction and the bottom number, or diastolic, will relate to the pressure during relaxation. The diastolic reading is more indicative of hypertension, as the systolic reading has greater variance from environmental factors.

There are many physical and environmental factors which affect blood pressure readings. It is estimated that more than half of clients with hypertension could be controlled by diet and exercise. Dietary factors which may influence increased blood pressure include salt and fatty foods. Sodium is the chief cation in extracellular fluid. Extra sodium increases body fluid volume which increases blood pressure.

A typical American adult eats as much as 10-15 grams (10,000-15,000 mg) of sodium daily. Of this amount, only 0.5 grams (500 mg) is needed physiologically to maintain sodium balance. To decrease sodium intake requires an increased awareness of sodium content in food.

High fat foods and high cholesterol foods may increase plaque deposits, which narrows blood vessels and increases resistance.

An exercise program will increase the strength of the heart muscle. In addition, exercise lowers both blood pressure and heart rate. Triglyceride level is also lowered decreasing plaque deposits in arteries. Twenty to thirty minutes of sustained exercise will provide a significant conditioning on the cardiovascular system.

Information on diet and exercise is available through Student Health Services. You may get your blood pressure checked in the cafeteria during the lunch hour, noon to 1pm. on Tuesday, Oct. 25 and Thursday, Oct. 27.

Other cafeteria screening times will be on Monday, Oct. 31 and Wednesday, Nov. 2, from 1 to 2pm. You can also have your blood pressure checked by appointment in the clinic.

The UAJ Womens Basketball team is getting organized and anyone interested in becoming a member should contact Jim Dumont in the Student Activities Office on the first floor of the Maurant Building. The deadline for sign-up is Monday, October 24.

Due to an apparent lack of interest, registration for UAJ's Wally Ball League is still open, according to Jim Dumont, director of the Office of Student Activities/ Athletics.

Wally Ball is volleyball played on a racquetball court: one male, one female. Dumont said the activity will be offered in November.

The sport is a good method to get out and get those cold bones warmed up, and have fun at the same time. If interested, you may register at the Student Activities Office by Oct. 21.

Here we go for those people who can't find enough road to drive on.

So bring those lead feet and enter the first UAJ Road Rally. The event will take place on Oct. 22 at 11 a.m. Bring your car and a navigator brave enough to get into a car with you to the parking lot at the Auke Bay campus. There you will receive a piece of paper telling you where to go and rate of speed to use.

There will be one minute intervals for which the cars will be leaving the starting point. Times for completing the race will be set, with the object being to get to the finish line in the fastest time, without killing each other.

## Miller scholarship

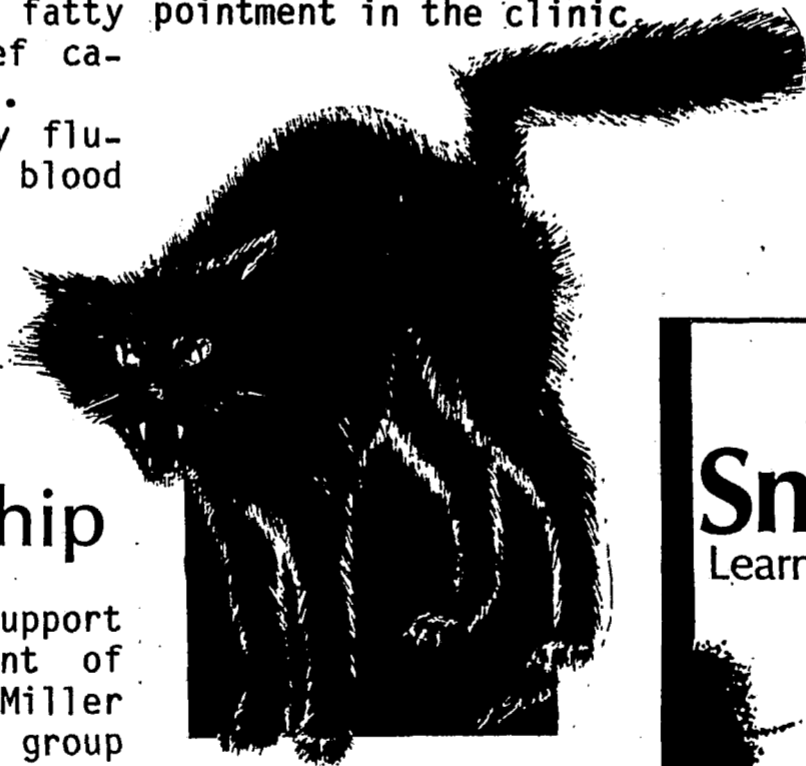
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SEAAA's goal is to "support the growth and development of UAJ," said Dumont, "and Miller was the glue that held the group together."

"What Ross Miller has given to me, this community and this university remains to be recognized and commemorated," Dumont said. Thus, in honor of a "most giving man," the Ross L. Miller Memorial Scholarship Fund has been established by members of the Miller family and the Southeast Alaska Athletic Association.

The award, in the amount of \$1,000 will go to an outstanding Alaska highschool graduate who has shown excellent scholastic and athletic achievement and plans to attend UAJ.

Applications for the scholarship will be ready in February.



## Marketing For Small Businesses

Learn how to make your business grow.

Oct. 25, 27  
7-10 p.m.

at Bill Ray Center.

A comprehensive overview of marketing strategy for people who operate small businesses

\$45 fee. Instructor is Anna Ranieri. Sponsored by the University of Alaska, Juneau and the Small Business Administration. For information only, call 789-4481. To register call 789-4460.



# Markey announced as b-ball coach

7

Clair D. Markey, former coach of the Anchorage Northern Knights of the Continental Basketball League, has recently been named to the University of Alaska Juneau's fledgling mens basketball program.

Markey is well-known throughout the state for his success as a high-school basketball coach. He has previously coached at both Marie-Drake Junior High and at Juneau-Douglas High School as well as at the community-college level and in high-schools in Alaska and Washington.

This is the first year for a basketball program at UAJ and Markey said this year will be

## Avril to show and blow his oboe

By Whalesong Staff

Franck Avril, the first oboist to win the prestigious Young Concert Artists International Auditions, is set to perform in the Capital City on Thursday, Oct. 27, at the Northern Lights United Church at 8 p.m.

Avril's performance is co-sponsored by the University of Alaska, Juneau and the Alaska State Council on the Arts.

Avril is one of a handful of oboists touring the United States today. He has won widespread acclaim for his skills at playing a full repertoire, including works by masters of the Baroque. He has performed works by such masters as Vivaldi, Bach, Handel, Telemann, Strauss, and Vaughn Williams, among others. Many of these works were written especially for the oboe.

"Avril is clearly among those destined for greatness, not just as an artist in his own right, but as one who may help elevate the oboe to its rightful place among the solo concert instruments," according to one recent reviewer.

Avril's recent engagements include concert appearances with the Napa Valley Symphony in California, the Northwest Chamber Orchestra in Seattle, and the Atlantic-Emory Orchestra.

Tickets are \$10 and are available at the UAJ Bookstore and at other Juneau bookstores.

In addition to his Oct. 27 concert, Avril will also give two performances at local schools, one on Oct. 26 and another on Oct. 27. From Oct. 31 through Nov. 5 he will perform at locations in the Southeast Island School District.

spent mainly generating interest and in preparing for next year.

"We are in a growing situation," Markey noted, adding that the athletic department at UAJ

must "go slow and make sure we do it right."

Recruiting seems to be Markey's biggest problem at the moment but he said there are Alaskans who can play basketball

and "compete on a small-school basis."

Markey said lack of housing would be his biggest problem in enticing students to come to Juneau.

Markey said UAJ must try to "make people aware that this

is a university and that we do have a (basketball) program."

Markey said UAJ should "look for students first and athletes second."

UAJ's size should not hinder the basketball program greatly, Markey said.

"Lots of schools have started out with less facilities than us," he said. "Brigham Young University

began with having to practice in an auditorium."

Asked why he chose Juneau, Markey said he loves Southeast Alaska. He said he knows Juneau well from the time he spent teaching here.

## Franck Avril • oboist



in concert  
Thursday, Oct. 27, 8 p.m.  
Northern Light United Church

AVRIL, the only oboist to ever win the Young Concert Artists International Auditions, performs in the U.S. and Europe, with a classical repertoire in-

cluding works for oboe by Baroque masters Vivaldi, Bach and Handel, among others.

Tickets \$10, at Hearthsides Books, Baranof Books, and UAJ Bookstore. Sponsored by the University of Alaska, Juneau, and the Alaska State Council on the Arts. For more information call 789-4526.

# Jump on that job market

By Jerome Mayfield

A few years ago just having an undergraduate degree would've been enough to get a good job. But that's not the situation in today's tight economy. To break into today's job market, students are now encouraged to get some practical work experience in their field before graduating.

College work experience usually comes in two forms, Cooperative Education and Internship Programs.

Co-op students spend half of their time in school and the other half at a job site in a fully paid position that relates to their major field of study. This can be arranged during alternating semesters. Sometimes co-op students are groomed to be hired by the employer after graduation.

Internship programs usually last 10 to 12 weeks and allow students to work for pay or academic credit. Interns are not prepped to acquire a full-time position at the end of the program. Comparitively, both types of training will match students

with responsible professionals who will enable them to get hands-on work experience. Interns are often given the red-carpet treatment and introduced to top executives. If the firm employs several interns, seminars and tours are conducted to familiarize the group with the full operation.

Co-op programs are open to students by the end of their first completed year of academic study. Training goes to juniors and seniors at the under-graduate, graduate and post-graduate levels. Salaries for interns and co-op students range from minimum wage to salaries equal to that of a full-time professional. Credit hours can also be negotiated.

Once you have decided how an intern or Co-op fits into your career plans, begin your search at the Career Planning and Placement Office. Remember, no matter where the employment action lies, you cannot be a part of it unless you also excel in your academic studies.

(Jerome Mayfield is UAJ's Career Counselor.)

# Students bop in their socks

UAJ's first annual Sock Hop was held Saturday, Oct. 8 with KTOO's DJ Pat Duncan spinning the discs from the '50 and '60 era. About 30 students came dressed for the occasion in costumes that gave more than a passing resemblance to the "Blues Brothers", boppers, hippies, and assorted other "fads".

The Sock Hop was the first of three dances scheduled for students, faculty, and staff this semester by Student Activities/Atheletics Director Jim Dumont and USUAJ President LaVena Sargent.

The Halloween Dance, which had been scheduled for Saturday, Oct. 29, has been changed to Friday, Oct. 28, according to Marsh Kendorziek, Chairman of the Entertainment Committee and will feature the John Carswell Band. The last dance of the semester will be a Christmas Ball scheduled for Saturday, Dec. 17.

# Explore the Explorers

The Southeast Alaska Council Explorer committee, under the leadership of Stan Hedgecorth, invites young men and women ages 14 through 20, to participate in one of several career opportunity Explorer Posts to be formed on Oct. 27.

The object of career Explorations is to make it easier for knowledgeable young men and women to break into the job market in the future. Whether this be a summer job or a future career. Career exploration posts

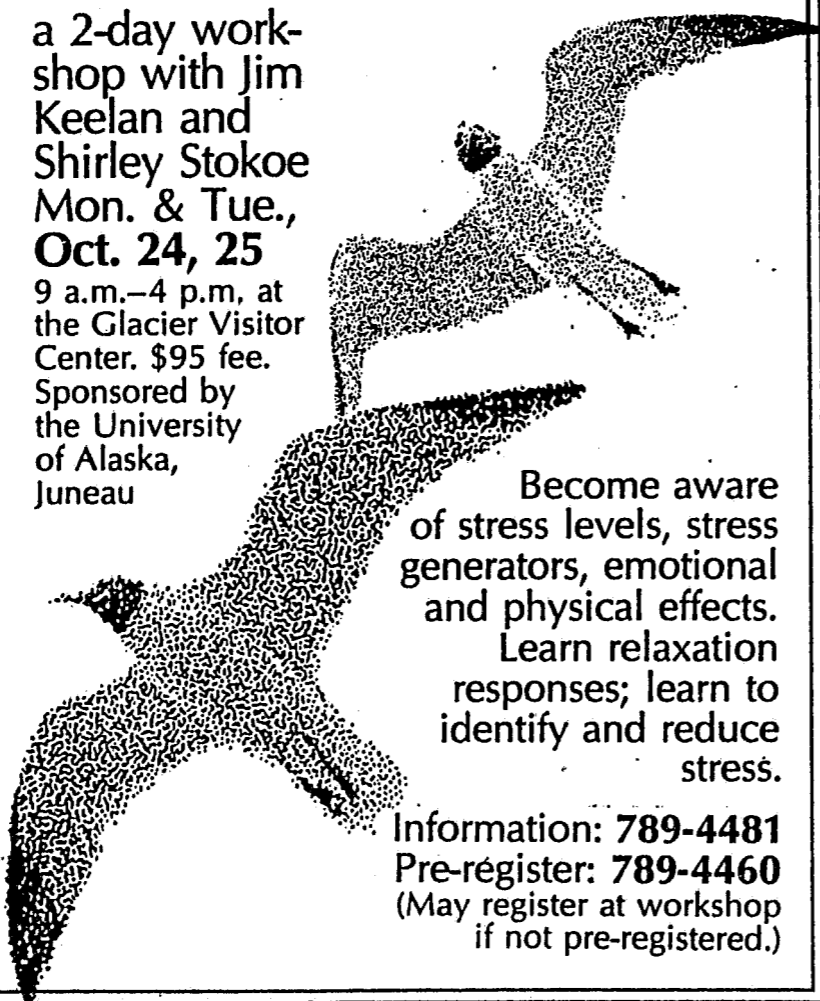
can be formed Thursday Oct. 27, at the UAJ's Auke Bay Campus. The Post specialties and some of the proposed program subjects are: Law Explorer Post. Sponser, Women's Bar Association, Juneau.

Anyone 14 through 20 years old interested in any of the above Post Specialties should attend the First Nighter organization meeting on Thursday, Oct. 27, at 7:30 p.m. in room 103 of the Modular Unit.

## STRESS REDUCTION

a 2-day workshop with Jim Keelan and Shirley Stokoe  
Mon. & Tue.,  
Oct. 24, 25

9 a.m.-4 p.m. at the Glacier Visitor Center. \$95 fee. Sponsored by the University of Alaska, Juneau



Become aware of stress levels, stress generators, emotional and physical effects. Learn relaxation responses; learn to identify and reduce stress.

Information: 789-4481  
Pre-register: 789-4460  
(May register at workshop if not pre-registered.)



### ACROSS

- 1 Algonquian
- 4 Head of monastery
- 9 Slender finial
- 12 Bother
- 13 Light brown
- 14 Deface
- 15 Lanterns
- 17 Villify
- 19 Consumes
- 21 Transgress
- 22 Tell
- 25 More secure
- 29 One of the Smiths
- 30 Radials
- 32 Existed
- 33 Bushy clump
- 35 Bridge position
- 37 Before
- 38 Dye plant
- 40 Devout
- 42 GI green
- 43 Lawful
- 45 Makes beloved
- 47 Golf mound
- 49 Colorful cheese
- 50 Callings
- 54 Andean animal
- 57 Time gone by
- 58 Wash lightly
- 60 Electrified particle
- 61 Morning moisture
- 62 Junctures
- 63 Negative

### DOWN

- 1 Maglie of baseball
- 2 Oklahoma

### city

- 3 One who shows promise
- 4 Refrain (from)
- 5 Exist
- 6 Small amount
- 7 Monster
- 8 Rips
- 9 Large bird
- 10 Moccasin
- 11 Anger
- 16 Actor's goal
- 18 Attract
- 20 Sharpen
- 22 Brazilian port
- 23 By oneself
- 24 Weird
- 26 Tip of yore
- 27 Mistake
- 28 Musical instruments
- 31 Rock
- 34 Excavate
- 36 Football groupings
- 39 Tardy
- 41 Arctic swimmer
- 44 Condens-ing looks
- 46 With force
- 48 Pennsylvania port
- 50 Ungentle-

## CROSS WORD PUZZLE

FROM COLLEGE PRESS SERVICE

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SOLUTION IN NEXT ISSUE