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Commuter Link



Volume 1, Number 1

Fall 1992

Pathways to Change

When Alice was wandering in Wonderland she came to a crossroads where she met a Cheshire cat.

"Which path should I take from here?" asked Alice. The cat replied "That depends on where you want to get to."

"I don't much care where", said Alice. "Then it doesn't matter which path you take", said the cat.

-Lewis Carroll

We reach a crossroads in life when we experience a need for change. In making major life decisions, many factors must be considered. Ultimately, a final decision will be made after much agonizing contemplation. With that decision comes the realization that any new goals or paths we set will have an effect on ourselves and the world around us for years to come. Hopefully, the path one chooses has a destination which yields positive benefits and rewards for oneself.

The non-traditional commuter student, who returns to school, seeks to further educational skills and knowledge for employability or personal growth. When we make conscious choices for an improved quality of life, realistic goals are attainable. A technique which is useful for achieving goals is called S.M.A.R.T. The desired result should be Specific, Measurable, Attainable, Realistic, and with a specified Time frame. Writing down this process solidifies your commitment.

What is not measurable - but what is most important in being able to realize any lifestyle change is **MOTIVATION** for change. For us to be successful in accomplishing our goals, our desire and motivation to change must be greater than the comfort level we experience from continuing our life circumstances.

Each of us must choose our own path, and the path chosen will invariably come with a host of obstacles, hurdles, and other doorways. Maintaining a focus on the final destination can assist you to overcome

any roadblocks you encounter. Setting up a support system of friends and family is useful to help smooth the way. Sometimes accessing campus or community resources can make a difference - and help you to make it over one more hurdle.

The **Commuter Link** is a new campus newsletter designed for non-traditional and commuter students, who may have trouble accessing all of the campus resources available to them, due to time constraints, external commitments, etc. This newsletter is being produced to acquaint you with the many resource available to you - personally, on this campus, and in the community. Then, it becomes a simple act of asking for assistance and connecting with the appropriate person or place.

And, when you achieve your goals, you will look back and see that the path was always there.

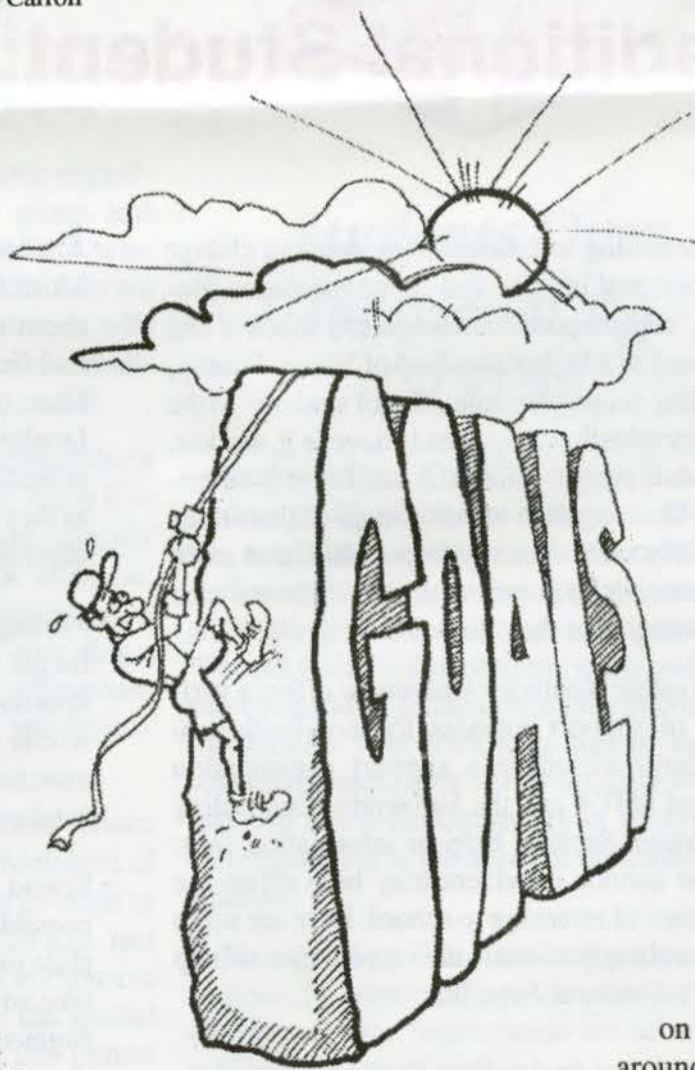
The Fourth C: Commuter

Research on mental outlook and attitudes shows that people who, despite living under high stress, experience low rates of illness, feel in control of the direction of their lives, are committed to goals and significant others, and view change and problems as challenging rather than threatening. These attitudes are known as the **three C's: Control, Challenge, and Commitment**. Although most college may gain from developing and strengthening these attitudes, many non-traditional commuter students must do so within a particularly difficult context.

Believing that you are in control of your own destiny can be extremely difficult when you are struggling to balance family and job responsibilities with college attendance. Even the seemingly simple prospect of gaining control of one's own study time proves frustrating when family members, co-workers, employers and friends place competing demands on your time. When classes cannot be scheduled around outside responsibilities, plans must be altered for programs to be completed, further contributing to a sense of lack of control. Non-traditional and commuter students, obviously, are the only students who have difficulty with control issues; however, the additional stresses inherent in off-campus environments can add to that uncomfortable feeling of not being in control over one's own life.

The ability to view problems, changes, and academic tasks as challenges is a great coping skill. Here again, the commuter student is at a disadvantage. Trying to balance work and home with academic demands can quickly begin to feel overwhelming. When you feel overwhelmed, your ability to view obstacles as challenges may be

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From the Office of the Registrar

Withdrawal from a Course

Students are reminded that withdrawal from a full-semester course will be accepted until October 20th. This date also is the last day to change from credit to audit. November 12th is the last day second bi-term courses can be dropped from the student's schedule.

Breaks

November 3	Election Day
November 25 (12:45)	Thanksgiving holiday begins
November 30	Classes resume
December 21	Christmas break
January 11, 1993	Spring semester begins

Advance Registration

Advance registration for spring 1993 begins October 21st. Students should be advised to consult the spring schedule bulletin for specific dates. Prior to registration all full-time seniors should review the undergraduate degree program for incomplete coursework or other academic

deficiencies. An application for baccalaureate graduation (\$25 fee) must be filed in the Office of the Registrar. Any junior (60-89 earned hours) should file a degree program.

How to Obtain a Transcript

A written request is required to obtain an official copy of a student's transcript. The request must include full legal name, social security number, dates of attendance, and where it is to be mailed. The fee is \$2 per copy. Send requests to:

Office of the Registrar
1526 Russellville Rd.
Bowling Green, KY 42101-3576

A student can come to the office and, with a picture identification, receive an official copy immediately for a charge of \$4 per copy. No individual can receive a copy of someone else's transcript without written permission from the person.

The University reserves the right to withhold release of a transcript if the student has an obligation to the University.



Being A Non-Traditional Student: What it Might Mean

Non-traditional students are a diverse group of men and women who resume their formal academic education at an older age than traditional age college students (who enter college immediately after high school). The numbers of non-traditional college students are increasing on campuses nationwide. The Carnegie Council on Policy Studies on High Education projects that by the year 2000, about 50 percent of undergraduates will be over the age of 22. At Western, that figure is approaching 40 percent now.

Non-Traditional students return to college for a variety of reasons. Some return to improve their economic status, some want to advance in their career hierarchy, while others seek general self-improvement or stimulation. Whatever their intentions, non-traditional students typically bring to campus a wealth of experience, maturity and concrete goals.

There are, however, some stresses with which many non-traditional students must learn to cope. Outside obligations, including work and family, may make the college experience feel more like a complex juggling act of responsibilities than anything else. These students often feel confused by the language and procedures of college administrative offices and worry that they have forgotten most of what they learned when last in school. Non-traditional students also often feel isolated and unlike other students. They may have some difficulty finding other students who share similar challenges and interests.

Returning to college often means a change in personal income and economic status. Being "student poor" can be quite a shock if one is used to a higher standard of living. Finally, adding yet another role - that of student - to the many roles that they already have (e.g. worker, spouse, parent, citizen...) can be very stressful. Creating time to perform all of their roles equally well is nearly impossible, and often frustrating for returning students who are used to doing what they do well.

Western Kentucky University offers a variety of support services for non-traditional students including a support organization called SOTA and the University Counseling Services. Seeking help or information from these service providers may help offset the stresses of returning to school. Here are some general suggestions to use on your own to help you adjust to college life:

- **Try not to dwell on feelings of inadequacy;** realize that you are in an ambiguous situation and all college students feel inadequate at times.
- **Consider how your job and life skills can transfer to college.** Punctuality, responsibility, self-direction and planning ahead are all important "student" skills which many non-traditional students have learned as homemakers or workers.

- **Encourage yourself to ask questions.** Most faculty and staff enjoy talking about their programs and services so feel free to ask any questions you may have. Contrary to popular belief, most faculty and staff do want to help and can probably understand your situation well, as they may be closer in age to you than other students.
- **Manage your time well, but don't forget to include recreation and relaxation time.** Use campus resources wisely while you are a student and remember that it's okay, even necessary, to take time to have fun while at college.
- **Spend as much time on campus as possible.** There are many outside of class time activities and experiences to take advantage of on campus, that can augment your educational experience.
- **Set realistic goals.** Working full-time and carrying 12 hours per semester may sound good because you will get out in three years and have more income while you are here, but, realistically, few people can manage this schedule without increased stress and lower-than-desired grades. Know your own limits and pace yourself accordingly.

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seriously diminished.

Since struggles with control and challenge may be unavoidable, the most important C for the commuter student is commitment. This concept involves not only an ability to see life tasks as goal-related, but also to work towards these goals in a committed way, engaging the help and support of significant others as part of the process. It has been suggested that the opposite of commitment is alienation. Residential students may feel alienated from others when living in the campus community, but the very nature of living with other students insures a variety of support groups and networks aimed at helping students to achieve academic goals. The non-traditional and commuter

students often feel that they "go it alone."

Building a personal support network can be critical to your success in achieving personal academic goals. While the University can do little to change your experiences in an off-campus environment, there are many campus resources available to help non-traditional and commuter students to feel more a part of the academic experience. This, in turn, can significantly reduce the stress associated with attending college as a commuter. Simply knowing that these commuter support groups and activities are available can go a long way toward helping you, the commuter student, stay healthy as you experience the stresses of college life.

Support for Non-Trads on Campus

STUDENT ORGANIZATIONS: Did you know Western has two organizations for non-traditional students?

Women In Transition (WIT)

Women in Transition is a student organization that serves as a support group and addresses the needs of women students who are twenty-five years of age or older who are beginning college for the first time or who have taken a break from their previous enrollment and are now resuming their studies.

While obtaining a college education is both a rewarding and fulfilling activity, it can also be an added burden for a woman already committed to meeting the needs of home, husband and family. The WIT organization wants to help ease the tension by providing a place with a relaxed and friendly atmosphere where problems can be solved and friendships formed.

Room 102 of Garrett Conference Center serves as "home base" for WIT. Members of WIT are free to use "their" rooms as often as they like between the hours of 7:30 a.m. and 10:00 p.m. A refrigerator and a microwave are available for use, along with the special addition of a personal computer and printer installed in the WIT room for further convenience to meet member needs.

A membership fee of \$5.00 per semester is charged which is used to purchase supplies for the WIT room and to fund special projects or events sponsored by WIT.

For more information, you are invited to visit the WIT office in Garrett Conference Center 102 or call 745-4554.



Students Over Traditional Age (SOTA)

Students Over Traditional Age is a new student group which was formed to address the needs and concerns of nontraditional students. SOTA provides opportunities for adult students to meet other students at Western with similar interests, goals, and outside obligations. It also creates an opportunity for students over traditional age to have a collective voice, directed by an open forum, that will assist the University in identifying and responding to the needs of nontraditional students.

Recognizing the time restrictions on campus for nontraditional students, initial meetings for the organization are scheduled on three different days:

Date	Time	Location
T Nov. 17	3:00 p.m.	DUC, Rm. 340
W Nov. 18	Noon	GCC, Rm. 100
Th Nov. 19	3:00 p.m.	GCC, Rm. 100

Everyone is welcome! *United, we have no boundaries and our potential is unlimited.*

Contact: Donnie Miller (SOTA President), at 843-1975, David Fields, at 769-3009, or write for information from: SOTA, P.O. Box 8272, WKU, 1526 Russellville Rd., Bowling Green, KY 42101-3576.

Non-trad Student Services Office now open in Cherry Hall

LOCATION:

The office of Non-traditional Student Services is in 229 Cherry Hall.

HOURS OF OPERATION:

Noon - 6:00 p.m. Monday - Thursday
9:00 a.m. - noon Saturday.

Academic advising and registration services, formerly available to eligible students in the Center for Evening Programs and Non-traditional Students, 316 Science and Technology Hall, will now be provided in the Cherry Hall location. Evening registration is available to any student who has been admitted to the University and meets one of the following criteria:

- graduate student enrolling in 15 or fewer hours.
- undergraduate student enrolling in 11 or fewer hours.
- any full-time undergraduate student whose schedule includes at least one-half of the course load in evening, weekend or extended campus classes.

Full-time undergraduate students taking primarily on-campus daytime classes are not eligible for evening registration.

Student/Dependent Ticket Plan

A Student/Dependent Ticket Plan for Athletic Events is planned for the 1993 spring semester. The plan will provide, at a fixed rate per semester, opportunities for enrolled students to secure tickets to regularly scheduled athletic events for dependents in their households (spouse and/or children). Students enrolled either full-time or part-time at the University or its Community College are eligible to participate. Children attending an event under this plan must be accompanied by an adult. Additional information and application forms will be available in Non-traditional Student Services, 229 Cherry Hall, upon implementation of the program.

Honor Society

The office of Nontraditional Student Services serves as campus liaison for the local chapter of Alpha Sigma Lambda, a national honor society created to recognize academic excellence among adult undergraduate students. The advisor for the Eta Iota chapter is Jim Gardner. Invitations for membership are extended to part-time students who:

- are twenty-five years of age or older
- have not been awarded any baccalaureate degree
- have attended Western for at least four academic terms
- have earned at least 30 semester hours with at least a 3.4 cumulative GPA
- are enrolled on a part-time basis

**Announcing the
1992-93
Western Kentucky
University
Theatre Season**

.....
*presented by the Department
of Theatre and Dance*
.....



November 23-24, December 1-6

THE ROVER

by Aphra Behn

Russell H. Miller Theatre

One of the most popular plays of the first professional female playwright, Aphra Behn, also known as "the incomparable Astrea." In this play, the amorous adventures of Robert Willmore are chronicled, as he takes leave as an English Privateer to find romance on Carnival Day (Mardi Gras) in a Spanish port of call in the Caribbean.

February 19 and 21, 1993

DON GIOVANNI

by Wolfgang Amadeus Mozart

Van Meter Auditorium

Considered by many as the greatest work of Mozart, this story follows the last, lusty adventures of Don Giovanni. The music is superlative and brings the Don Juan legend to a new height of artistic excellence.

April 6-11, 1993

BURN THIS

by Lanford Wilson

Russell H. Miller Theatre

An explosive play with a great mixture of dramatic and comic effect. Three lives: a young dancer who is devastated over the recent death of her roommate; the dancer's rich and straight-laced fiancée, and her other roommate are turned topsy-turvy with the arrival of the bizarre and disturbing brother of the late roommate.

April 21-25, 1993

"An Evening of Dance '93"

Western Kentucky University Dance

Company in Concert

Russell H. Miller Theatre

Original choreography by the dance faculty and guest artists are presented by the WKU Dance Company. Ballet, jazz and musical theatre are featured in a full evening of dance theatre entertainment.

Weekday and Saturday

performances begin at 8:00 p.m.

Sunday performances begin at 3:00 p.m.

Admission: Adults, \$5, Students

and Senior Citizens, \$3

for all performances

except *Don Giovanni* (\$6/\$4)

**Children's Theater
Series**

Except where noted, all performances will be held Fridays, at 4:00 p.m., Saturdays and Sundays, at 1:00 and 3:30 p.m.

The Children's Theater Series is held in Theater 100 Gordon Wilson Hall, WKU. Admission is 75¢ per person.

TAR HEEL TALES

October 23, 24, 25

ALADDIN

October 30, 31, November 1

**THE CRYING PRINCESS
AND THE GOLDEN GOOSE**

November 13, 14, 15

**THE MASQUE OF BEAUTY
AND THE BEAST**

November 20, 21, 22

CHARLOTTE'S WEB

December 4 at 4:00 p.m. *only*

Exercise Your Brain, Too

What applies to your body applies to your head, too. If you want a "fit" brain, give it a "workout" regularly. Increase your brain power with mind exercises like these...

Use your head. Limit your use of calculators or computers. Heavy reliance on calculators can stunt your mathematical abilities. Go back to balancing your checkbook and doing everyday calculations simply by adding, subtracting, multiplying and dividing.

Learn new skills. Take a class on an interesting subject, apprentice yourself to a friend, or check out a how-to book at the library. Whether it's wood working, art, gardening, tennis or camping, new subjects and interests keep the mind active and healthy.

Play mental games. Card games like bridge, board games like scrabble, or knowledge-testing games like Trivial Pursuit can provide some challenges. Increase your knowledge of languages or build up your vocabulary.

**Healthy Relationships & Families
What Makes Them Work?**

How partners in a relationship or family members communicate plays a big part in how healthy the relationships are between people. When relationships are good between partners, parents, parents and children, and siblings, stress levels are lower. For good communications in your relationships and family, try these tips:

- **Communicate as needed, not on a schedule.** When your partner, spouse, or a child talks to you, make time for them; he or she may need help with an important decision which can't wait until it's convenient for you.
- **Know when to listen, as well as talk.** Good listening skills facilitate good communication.
- **Respect each other.** Humiliating or ridiculing each other can terminate any efforts at good communication.
- **Understand and support each other.** These are important for building trust among group members.
- **Come together as a unit.** Whether it's dinner time or a Friday "fun night" or evening out, spending time together on a regular basis builds communication and enjoyment of each other's company.
- **Admit problems and mistakes.** People in healthy relationships apologize when they're wrong (including partners, parents *and* children). Many times this is the most important step in solving difficulties.
- **Keep confidences.** If you want your partner or children to confide in you, they need to know that you won't betray their trust and reveal "secrets" to other friends, neighbors, brothers, sisters, or grandparents.
- **Pay attention to nonverbal communications.** Partners or family members who brood, or are withdrawn, depressed or angry are usually signalling they are upset about something. Talk with them; try to help them with what is bothering them.
- **Wait for "right" times to deal with problems.** When someone is very angry, when the doorbell is ringing and kids are yelling, etc., it's not the right time to bring up "sore" subjects. The best time to talk about problems is when tensions are low and people are receptive to discussion without interference and interruption.

Mocktail Madness

At your next social gathering, tantalize your tastebuds and those of your friends with one of these concoctions.

Maryland Sunset

(1 serving)

- 1 cup chilled orange juice
- 1/2 jigger grenadine
(1 1/3 oz.)

Pour the orange juice into a tall glass. Add the grenadine; allow to settle on bottom. May be served over ice.

Maggi's Mash

(4 servings)

- 1 cup orange juice
- 1 cup white grape juice
- 1 cup ginger ale

Mix fruit juices and chill. Add ginger ale just before serving.

Parent's Punch

(25 servings)

- 1 1/2 quarts pineapple juice
- 1 quart cranberry juice
- 2 1/2 quarts ginger ale
- 1/2 cup lemon juice

Chill all ingredients. Pour over ice in punch bowl. Garnish with orange slices.

Terrapin Passion

(2 servings)

- 1 cup cranberry juice
- 1/2 cup lemon-lime soda
- 1 wedge fresh orange

Pour cranberry juice over ice in a tall glass. Add lemon-lime and stir. Garnish with orange wedge.

Angry Feelings: Express Them or "Explode"

You are rushing, late, to an important class, or worse, an exam. You run into a traffic jam, loosing precious minutes. When you get to campus, there are no parking spaces anywhere. Finally, someone pulls out, you pull in - and make it to class with seconds to spare. After a long day of classes, you arrive home to find an empty refrigerator and the house a mess - thanks to your wonderful housemates! Who wouldn't feel frustrated, frazzled, and angry?

Sometimes, however, this anger can lead to more serious problems. Anger is one of the most difficult emotions for many people to manage. Some people have a hard time expressing their anger, and hold it inside. Others tend to "explode" in outrage when they feel provoked. Many people feel guilty or ashamed if they feel angry, even though anger is normal and often functional, when handled constructively.

Anger generally results from our feeling helpless or unable to control certain situations. We feel trapped, and see no way out. Suppressed anger is thought to lead to depression. A good approach for dealing with both depression and anger is to learn to express your strong feelings and energy in a positive way.

The first step is to recognize that you are, in fact, angry. If you pay attention to your body signals, you'll find that muscles get tense, your heart may start to race, your energy increases, and you may feel flushed. "Hidden" anger may be expressed in hostile or sarcastic remarks, interpersonal problems, and even accident proneness.

The next step is to determine what has caused your anger. Be specific. Blaming the world rarely helps to resolve a problem. Sometimes, the main cause for your problems is *you*. Once you pinpoint the cause or causes, you can take action.

Now, you must decide how to express your anger. Constructive expressions of anger can sometimes instigate problem-solving or relieve stress, so that you can move on to other matters. Inappropriate expression of anger, however, will only worsen the situation. If you are in danger of exploding, take a deep breath, step back from the situation, count to ten, run around the block - any alternative outlet you can think of to release energy until you regain control. Exercise, creative pursuits, hobbies, and active relaxation techniques - meditation, yoga, breathing exercises - are all productive ways to release energy. Humor is often a great method for overcoming angry feelings. Whatever method works for you - use it. Don't let feelings build up. Many physical and mental health problems can be traced to repressed anger.

If anger becomes uncontrollable, or if you have trouble expressing these feelings constructively, you may want to speak with a counselor who can help you learn to deal with these feelings more appropriately. Counselors are available on campus at the Counseling Services Center, 408 TPH. Call for an appointment at 745-3159.

University Center Board: THAT'S ENTERTAINMENT!!



While getting an education is your primary purpose in coming to Western, college includes more than just attending classes and going to the library. The University Center Board presents a wide variety of cultural, educational, and social programs, throughout the year, for all students enrolled at Western. Enrich your educational experience and give us a try!

FALL SCHEDULE

November 5, Thursday

Dance Contest
Nite Class
Time: 8:00 p.m.

November 9, Monday

The Cousteau Society Lecture
D.U.C. Theater
Time: 7:00 p.m.

November 18, Wednesday

Lip Sync Contest
Nite Class
Time: 8:00 - 11:00 p.m.

December 9, Wednesday

Jeff Cordes Concert
Nite Class
Time: 7:00 p.m.

February 22, Monday

Malcolm X's daughter, Attallah Shabazz
D.U.C. Theater
Time: 7:00 p.m.

March 1, Monday

Beauty Myth Lecture
D.U.C. Theater
Time: 7:00 p.m.

Stress Busters

30 ways to "Get A Grip"

- * Get up 15 minutes earlier and stretch
- * make a list of "things to do tomorrow" before you go to bed
- * say "no" more often
- * get a massage
- * always have a "Plan B"
- * make duplicate keys
- * strive for excellence NOT perfection
- * quit trying to "fix" other people
- * set your priorities in life
- * ask a friend for a hug
- * unclutter your life
- * practice preventive maintenance
- * smile
- * don't procrastinate - do it!
- * remember: stress is an attitude
- * take ownership of your own feelings
- * be cheerful and optimistic
- * do something for someone else
- * pet a friendly dog or cat
- * practice deep breathing
- * pat yourself on the back for a job well-done
- * have a support network of people, places, and things
- * write or read a poem
- * keep a journal
- * work in your garden
- * change your routine - drive a different way to work
- * EXERCISE
- * look for the "silver lining" in everything
- * walk (in the rain) with a friend
- * stop looking for a better tomorrow

P.S. Relax and take each day one day at a time...you have the rest of your life to live.

Full Service for Your Career

The Career Services Center is pleased to have the opportunity to reach commuter and non-traditional students through the *Commuter Link*. The services this office provides are available to all university students, as well as alumni. We already assist a number of students like yourself and hope that those of you who are not aware of our office will find this information helpful.

What can the Career Services Center do for you? Our staff can help you explore career options and determine professional goals. You might wish to gain career related experience through employment or volunteer work in cooperative education or internship positions. We serve as a link between students and employers for this type of work experience. If you are close to completion of your degree, we will assist you in learning how to launch your job search for permanent employment and show you how to access information on current job openings.

We offer the following services:

- Career Advising
- Self Assessment and Career Inventories
- Resource Library of Career and Employer Information
- Strategies for:
 - job search
 - resume development
 - interviewing
- Placement File
- Campus Interviews
- Confidential Computerized Job Matching
- Job Vacancy Information

Let Career Services help to build your future. Come to our office in Cravens Graduate Center, Room 216, or call us at (502) 745-3095/2691.

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Alcohol and the Risk of AIDS: Is There a Relationship?

The AIDS epidemic has given new urgency to an area of recent alcohol research: What is the relationship between alcohol and sexual behavior? More to the point, does drinking increase the likelihood that a person will engage in the kind of "unsafe sex" associated with the spread of AIDS?

Where drug use is concerned, previously, research has focused on needle-sharing among users of intravenous drugs - which is one of the most common ways of transmitting the HIV virus, which produces AIDS. However, IV drug users represent only a tiny segment of the population. Millions of men, women, and teenagers drink alcohol, and may be exposed to the HIV virus through unprotected sexual intercourse related to its use. Mixing alcohol with sex is always risky; in the "age of AIDS" it may be like playing Russian Roulette.

Source: *Prevention File*, Winter 1991

Have Money Woes Got You Down?

"I bounced another check."

"How am I going to pay my next tuition bill?"

"How will I ever get out of debt?"

Sound familiar? Managing money effectively is a difficult matter, especially during the college years when you have a limited income and a lot of expenses. But, what better time is there for you to replace any bad money habits you have with effective ones that prepare you for a successful financial future?

Use the following quick checklist to find out where your money "traps" are:

1. My expenses often exceed my income.
yes no
2. It is difficult for me to save money on a regular basis. yes no
3. When I have a credit card, I tend to spend money on things I might not otherwise purchase. yes no
4. Although I know about good money management methods, I still have difficulty curtailing my spending. yes no
5. I find I frequently argue with others in my household about money. yes no

Planning Makes Cents

The first step in effective money management is evaluating your current spending habits. List fixed expenses (housing, automobile, insurance, loan payments, savings, tuition/books, child care, and taxes); variable expenses (food, utilities, transportation, school supplies, medical, clothing & shoes, household items, and miscellaneous). Now consider your income: take home pay, financial aid, Veteran's benefits, investment earnings, interest income.

The next step is to identify some realistic long- and short-term goals. Short-term goals

Western Kentucky "Inn"

The Continuing Education Center makes campus accommodations available to groups and individuals visiting Western Kentucky University. Facilities on the third and fourth floors of Schneider Hall include 40 suites of two rooms connected to a bathroom, a large classroom, and a kitchen. The room charge includes bed linen, towels and washcloths, and a telephone.

Rates for 1992-93

\$22/night for a single room

\$25/night for a double room

\$20/night for a group of 10 or more

\$238/month for a single room

Those who typically stay at Schneider Hall include visiting groups, new or visiting faculty, extended campus students using campus facilities, or weekend students. For further information on reservations or to tour the facility, please call Dr. Sandra Webb, 745-4137.

might be saving money for next semesters books or a semester-break vacation. Longer-term goals might be a new car after graduation or entering a Master's or Doctoral level program. Balancing expenses with financial goals during the college years is difficult for many. When income is short, you must set clear spending priorities and stick with them. Go back to your budget plan. Where can you cut back on expenses, (e.g. buying used books, finding a roommate to share rent?) Now, do a reality check. Have you planned for some unexpected, emergency expenses? Can you really live within this budget. Keep working through the planning process until you build a budget that works for you - then stick with it.

A Penny Saved

"Pay yourself first" is the key to saving money. To meet financial goals, think of yourself as the most important creditor and pay your savings "bill" first. Some people find it easier to save if they never see the money - look into direct deposit of your paycheck, if possible. Financial experts suggest a savings goal of 3-months take-home pay.

Credit Card Quandry

Credit cards can make it easy for you to spend money you don't have. Misuse can lead to impulse buying of items you haven't budgeted and can't afford and a bad credit rating, if you can't pay your debts. Set rules for using your credit card: limit use to buying only those things which you have planned ahead of time to purchase as part of your budget. If you still have trouble resisting the temptation to purchase on impulse, you may need to leave your credit cards in a safe place at home or snip them in half and throw them away.

(continued on p. 8)

Nutrition Tips for Being 'On the Go'

College student's budgets and lifestyles often conflict with good nutritional habits. Students face heavy competing demands on time and energy which can make achieving good nutrition a challenge - *but*, with a little know how and practice, *it can be done*.

Nutrition Basics

Your body needs more than 50 nutrients to meet its energy needs. A healthful diet includes choices from the various food groups, concentrating on complex carbohydrates: **bread/cereals/grains** (4 or more servings/day) and **fruits and vegetables** (4 or more servings/day). Also, **dairy products** (4 servings per day to age 25, then, at least 2/day); **protein sources** (2 servings/day); and a small amount of **fats and oils** are needed.

Guidelines

- decrease intake of fat, especially saturated (animal) fat
- increase complex carbohydrates
- limit dietary cholesterol; use alternate protein sources: fish, legumes, nuts, seeds
- increase fiber by using whole grain products instead of refined foods
- eat a variety of foods
- practice moderation in quantity/selection
- exercise regularly

Fast Foods & Snacks

Fast foods and snacks are convenient, can be eaten "on the run", and often are a large part of the college diet. In moderation, fast foods can comprise part of a healthy diet. However, they tend to be **high** in fat, calories, sodium, and sugar and **low** in calcium, and vitamins A & C. When selecting fast foods, choose foods which limit fat and calories, and provide adequate nutrition for optimal functioning:

- Choose *grilled* or *baked* in place of fried
- Go easy on butter, sour cream, cheese
- Choose low-calorie salad dressings and low-fat or skim dairy choices
- Hold the "mayo" and extra sauces

Snacking, in itself, isn't bad. It's *what*, *how often*, and even *why* and *when* you eat that matter. Some snack food **allies** are: unbuttered popcorn, fresh & dried fruits, fresh vegetables, pretzels, low-fat/non-fat yogurt & other dairy; fruit & vegetable juices. Some snack food **enemies** are: chips, cheese puffs, etc.; pastries, pies, cakes, and cookies; whole milk cheese; sugared soft drinks. Don't skip meals. Don't substitute munching for meals. Plan ahead strategies not to binge when you're tired, bored, frustrated, anxious, depressed, lonely, angry, or happy. Go for a walk; call a friend.

A word about...

Alcohol: When you go to reach for a drink, remember that alcohol has many calories, little nutritional value, and too much alcohol can increase your risk for many health, academic, and interpersonal problems. Consume alcohol only in modest quantities: *no more than* 1-2 drinks per day, 3-5 days per week. If you find yourself needing a drink to relax at the end of a busy day, you may be heading for or have an alcohol problem.

Tobacco: If you smoke and use cigarettes to delay hunger or give you a boost when energy lags, think about this: the disease links between tobacco (whether you smoke, dip, or chew) and cancer, heart disease, and many health problems are well-established. While, depending on your age, the risk of heart attack may seem remote, more immediate effects of smoking are persistent coughing, decreased stamina, and a faster heart rate. There are many better ways to "get a lift"; try exercise, a healthy snack, or deep breathing.

For more information about nutrition, alcohol, or smoking cessation contact the APPLE Health Promotion Program at 745-6438/5033 or Wellness Programs in the Preston Center at 745-6531.

College Heights Bookstore Services for Commuters

GLASGOW BOOKSTORE: In addition to the main campus facility, the Bookstore maintains a branch store on the Glasgow campus. The textbook offering is restricted to the course requirements at the Glasgow campus. The Glasgow location also sells school supplies, souvenirs, and W.K.U. t-shirts and sweatshirts. The regular BUSINESS HOURS for the Glasgow store are 9:00 A.M. UNTIL 6:30 P.M. MONDAY THRU THURSDAY. The Glasgow store is closed on Friday. Store hours vary when classes are not in session. For more information on the Glasgow store CONTACT: Bob Napier, at (502) 651-7337.

CLASS RINGS: JOSTENS class rings are available from the Bookstore the year round. Jostens provide special price promotions several times each year. The specials are advertised in the *College Heights Herald*. For more information on ordering your personal class ring call (502) 745-2466.

COMPUTER SALES: In an effort to provide state-of-the-art computer hardware and software at an affordable price, the Bookstore maintains a reseller program for the W.K.U. community.

W.K.U. students, faculty, and staff can

purchase *MacIntosh* and *Zenith Data Systems* computers in the Bookstore at substantial savings. In addition, the user can choose from a vast selection of the most popular software with pricing far below suggested retail price.

Western students are encouraged to visit the Bookstore Computer Department during regular business hours. Product demonstrations, literature and pricing are available with many items in stock. Telephone inquiries are also welcome. CONTACT: Rick Ashby, at 745-2466.

SPECIAL SERVICES: The Bookstore offers a variety of special services for Western students, including use of the SUPER CARD in the main bookstore and lobby shop, EXTENDED HOURS the first two weeks of the Fall and Spring semesters, YEAR-ROUND BOOK BUY-BACK -- books are bought back every day that the bookstore is open for business. The BEST BOOK PRICES are paid during finals week for books being used the next semester.

BUSINESS HOURS: Regular Bookstore hours are from 8:00 A.M. until 5:00 P.M. MONDAY THRU THURSDAY and until 4:30 P.M. FRIDAYS.

DUC THEATER MOVIES

The DUC Theater schedule for Fall semester includes: *A League of Their Own*, *Basic Instinct*, *Prince of Tides*, *Wayne's World*, and more. Tickets are \$2.00 per movie. Movies are shown Tuesday through Saturday at 7:00 p.m. and 9:00 p.m. The theater seats 750 people on a first come first serve basis. Come enjoy the great shows!

DOWNING UNIVERSITY CENTER RECREATION TOURNAMENTS FALL 1992

Wed., Oct 21 Darts 301
Wed., Nov. 11 Bowling
(Men/Women)
Wed., Dec. 2 Billiards
(9-Ball)

* These tournaments will be held on the 4th floor of DUC. Wednesday tournaments begin at 6:00 p.m. Tournaments to be held in the Spring semester will include Video Games, Spades, Chess, and Billiards (8-Ball), in addition to the activities shown above.

Dates to Remember

Don't get left behind. Here are some important days to remember before the semester break.

Second bi-term begins

Last day to drop a full semester course with a "W"

Last day to change from credit to audit
Oct. 20

Last day to register for a second bi-term course

Last day to drop a second bi-term course without a grade.
Oct. 22

University closed in observance of Presidential Election Day.
Nov. 3

Last day to drop a second bi-term course with a "W"
Nov. 12

Last day undergraduate and graduate students may remove an incomplete from the 1992 Spring term

Nov. 13

Thanksgiving holiday begins at 12:45 p.m.
Nov. 25

Classes resume
Nov. 30

Final Exams
Dec. 14-18

(continued from p. 6)

Emotionally Spent

On paper it may look easy: plan, save, and no more money worries. Then why is it so difficult to manage money? Your personal spending habits are rooted in the complex matrix of your values, emotional needs and past learning from your family.

At the heart of the problem is that people tend to attach emotions to money spending which make money management difficult. Money often takes on a character of its own. It can be used to nurture you, reward you, indulge you, lift your spirits, satisfy an emptiness, or give you a feeling of control. It is important to clarify what role money plays in your emotional life. Try keeping a notebook of your purchases for a couple of weeks. Record when and what you buy and how you were feeling before and after your purchase. As you become more aware of the significance of money in your life, and more conscious of your personal pitfalls, you can take steps to free yourself from your money traps.

Don't Procrastinate! Advance Registration for Spring, 1993 is Here

Advance registration for the Spring semester begins October 21st. Students are advised to consult the Spring schedule bulletin for specific dates and times of classes.

Prior to registration, all full-time seniors should review their undergraduate degree program for incomplete coursework or other academic deficiencies. An application for baccalaureat graduation (\$25 fee) must be filed in the office of the Registrar. Any junior (68-89 hours) should file a degree program.

Managing money effectively is a skill which takes practice, patience, and commitment. Spending time to learn about financial planning is a positive investment in your future.

University Counseling Center presents...

This Fall, the staff of the University Counseling Center will present a series of one-hour workshops designed to help students with typical challenges of college life. Each program will include a brief presentation, discussion, activities, and handouts. These programs are open to all WKU Students. Students do not need to sign up for these programs to attend, but the Counseling Center would appreciate a call, if convenient, to let us know if you will be attending, so that we may prepare sufficient handouts.

"Major Decisions"

October 27, 1992 6:30 p.m.
Room 406 TPH

How people choose their majors? Why do some majors seem unrelated to jobs? This program will describe how choosing a major doesn't need to cause anxiety. Students who are undecided may particularly enjoy this program.

"Home Alone...Not"

November 23, 1992 6:30 p.m.
Room 406 TPH

Going home for the holidays sounds like fun but can be a real headache for some when parents expect the old rules to be in place and you want some new rules to apply. "Hot spots" to avoid and how to communicate about problems and issues will be covered.

For more information about these programs call the Counseling Center at 745-3159.



Commuter Link

Student Health Service
139 Academic Complex
Bowling Green, KY 42101