

Dear Readers:

Well folks, here we are again. At Ease has arrived in your Thursday Battalion just like we promised.

Now you may be asking yourself why an entertainment magazine has devoted an entire issue to the subject of stress. We're at the beginning of the semester and just getting back into gear after a leisurely month-long vacation. Things aren't that bad — yet. So what's with all this stress stuff anyway?

Well, the truth of the matter is that we at At Ease have looked into your future. And what we saw was pretty scary. Sleepless nights, foodless days, dateless weekends — all the elements of a stress-filled environment. We're talking major STRESS.

So in our never-ending effort to look out for your best interests, we decided to try and prepare you for the days to come. We've included a comprehensive story on student stress, a lighter article on places to get away from it all, and a brief explanation of what stress can do to your body.

But being the honest individuals that we are, we cannot tell a lie. We are feeling pretty stressed ourselves. In our last issue we announced a new At Ease regular feature — the attention!! page. We asked for your contributions (either pictures or written work) but the response has been, shall we say, less than overwhelming.

We were a little surprised (and a lot disappointed), but considering that At Ease came out right before the holidays we figured maybe you guys just didn't have a chance to send us your work. But now is the time folks.

Look to your left. Now isn't that a pretty page? Wouldn't you like to see your name in print right there on page 2 of At Ease? We set that page aside for you the readers. And we don't mean to sound pushy. But if we don't hear from you in the very near future, we're going to have to do away with the attention!! page and put something else there instead.

If you have any questions, comments, complaints, etc. please feel free to drop us a line or give us a ring. We always like to hear from our readers. And, as always, we thank you for your support.

Karen

Nancy

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## Keeping Your Cool \_\_\_\_\_ 8

With midterm exams still a comfortable distance away, you may not be feeling stressed out yet. But chances are sooner or later the pressure is going to get to you. *At Ease* takes an in-depth look at student stress, and offers suggestions that may help you to learn to deal with the complex problems that college life can present.

## The Great Escape \_\_\_\_\_ 7

When you're fed up and just can't take it anymore, when you absolutely *have* to get away from it all . . . take a deep breath, pack your bags, and then come along with *At Ease* for a tour of out-of-the-way places that may be closer than you think.

## Stress and the Student Body \_\_\_\_\_ 11

If you're beginning to identify with the pathetic guy in the encyclopedia under the heading *Stressus Corpus*, then it's time to turn to page 11 of *At Ease*, for an informative article on the physical effects of stress.

## Album Review \_\_\_\_\_ 4

This week Karl scrutinizes the Police. Ironic, isn't it.

## Movie Review \_\_\_\_\_ 5

"The Mission" is a powerful film set in the 18th Century that explores the plight of the American Indians and the Jesuit priests that risk their lives to defend them. Karl says this one is definitely worth seeing.

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