

Editorial Opinion

# Antique process

### Open committees to revamp outdated trustees election system

The University is no longer the Farmers' High School. Beaver Stadium has doubled in size and has moved from the center of campus. And the school colors are no longer pink and black. But there are still 12 members of the Board of Trustees elected by state agricultural and industrial societies.

The University was created in 1855 to educate the state's farmers, and at the time it seemed as though it was proper to call on the agricultural and industrial societies for leadership. But now there are 60,000 students in 10 colleges majoring in everything from East Asian studies to economics. There is no longer a need for more than one-third of the trustees to represent agricultural and industrial interests.

The structure of the board is antiquated, so four University students set out to challenge it four years ago. Last week their challenge ended, but their cause should not.

The students sought to have more representation in the composition of the board by either holding student elections for the trustees or by having the governor appoint the trustees. Either way, they hoped to eliminate the 12 private citizens — who are elected by the societies and are not affiliated with the University — from the board.

The students who filed the suit rightfully challenged the placing of 12 trustees on the board by the societies' delegates without a final check by any University representatives or the state legislature. Surely, no corporation would

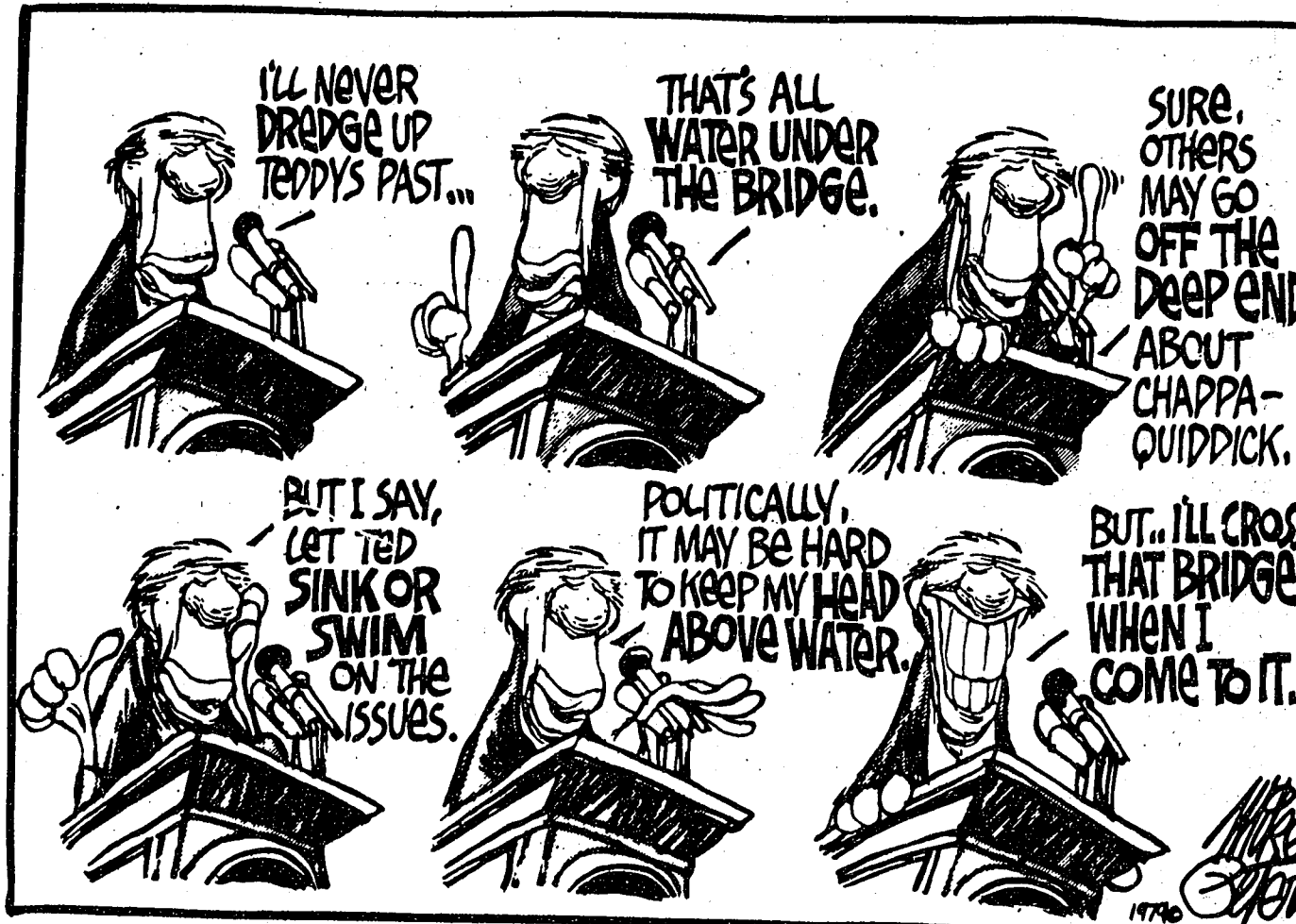
stand for its board members to be appointed without the approval of the executives or shareholders.

It should be the same with the University. One judge, who ruled against the students in their challenge, commented that "students should be represented and that they would make important contributions to the resolution of such issues as tuition."

Now that the student suit has been stopped by the U.S. Supreme Court, it is time for both the students and representatives of the faculty, administration and trustees to sit down outside a courtroom and discuss some alternatives to the outdated trustee selection system. Last month, the trustees appointed a committee to study the regulations governing alumni trustee elections. A similar committee should be formed to study the election of all trustees.

It is not the proper time to force open the University's charter to make vast changes in the trustee system. What is needed is a dialogue to determine what is best for all parties involved in the University. The final decision is not important.

Whether it is a student election of trustees, or the appointment of them by the governor, it is important that students, faculty, administrators and trustees reach the decision together — so a more democratic and representative trustee selection process can be worked out to replace its 125-year-old predecessor.



# Letters to the Editor

### Sign of inhumanity

To the person or persons who stole the handicap parking sign in the parking area between McFee and Watts Halls: This parking space is very important to me as I am in a wheelchair. I cannot go great distances without riding.

If you take great pleasure in stealing signs, please refrain from stealing signs from the handicapped, as you create a great inconvenience for them.

I do not wish you any bad luck for I have had enough bad luck of my own.

### Face the music on Op-ed page

With this season's coming of Pure Prairie League and Chuck Mangione, the University Concert Committee has answered many of its critics.

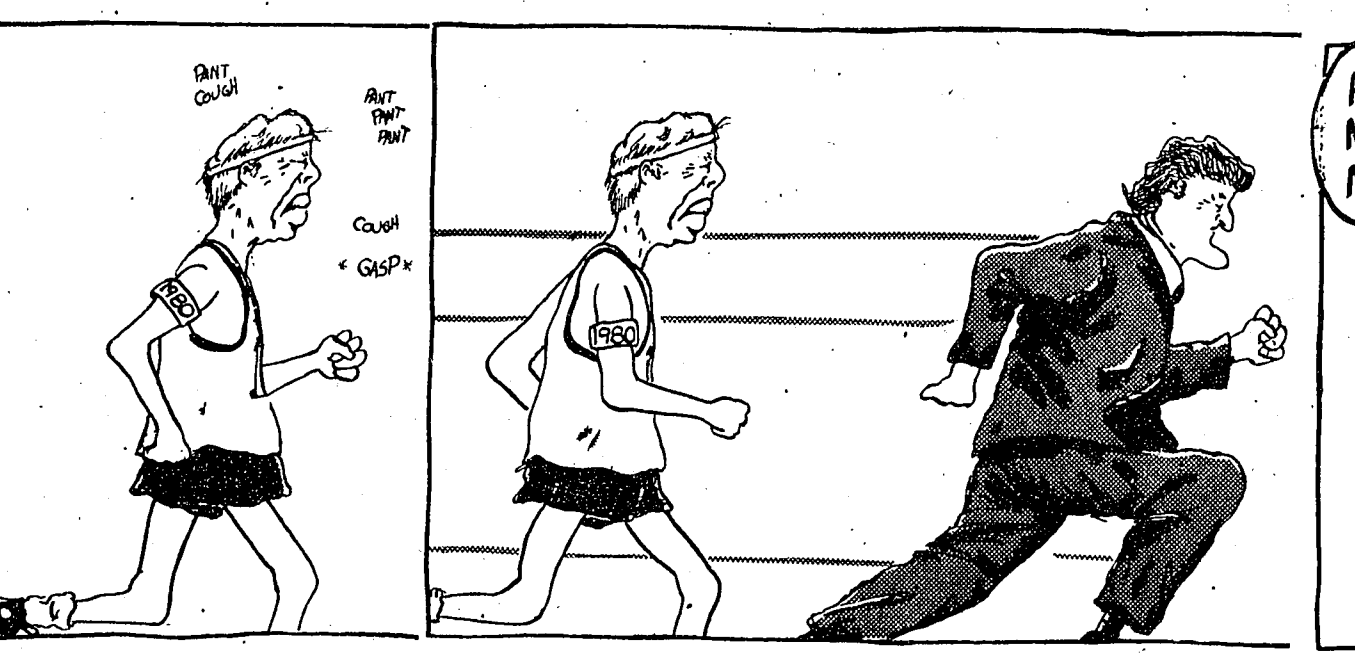
Yet many students still express dissatisfaction over the entertainment brought to Happy Valley. A common complaint is the big-name bands that play Philadelphia and Pittsburgh rarely pass through Happy Valley, even though metropolitan ticket prices frequently do.

By the same token, the UCC is strapped by a location far from the maddening concert tour routes, very limited on-campus facilities and the seeming unpredictable music tastes of University students.

On Tuesday, Oct. 16, The Daily Collegian will focus its weekly Op-ed page on the topic of on-campus concerts. If you have any gripes concerning past performances or requests for future acts, please write to the Daily Collegian Editorial Editor, 126 Carnegie (across from Willard).

**Richard E. Farrell**  
graduate-vocational and industrial education  
Oct. 1

**Marije Schlessinger**  
Business Manager



# Bad news bared:

### A report on why you probably shouldn't get out of bed tomorrow

Have you ever had the feeling that things just can't get worse?

When the Atlanta Rhythm Section wrote the song "I'm Not Gonna Let It Bother Me Tonight" the line "the rats keep winning the rat race," maybe they were closer to the truth than even they'd like to admit. A glance at the newspaper these days is enough to make one consider moving to a nice one-bedroom cave with eastern stone.

Psychologists say when things look really bad, one should just take a look at the bright side. And there are bright sides to every problem.

For example:

Item: President Jimmy Carter has received the lowest popularity ratings of any president in recent American history. People believe that he is honest but incompetent. With Carter as president things can't get worse, right?

Response: Possible headline in November 1980, "Carter gains reelection by landslide." Could it be worse?

Response: After possible headline in November 1980, "Kennedy elected president." Could things get even worse?

Response: Still another possible headline in November 1980, "Reagan

elect president." We doubt things could get worse in this case.

Item: After last year's near national football championship, students returned to campus expecting a repeat performance. Seniors returned with a special glow. Maybe they would be honored by Penn State finally winning the national championship in the year of their graduation.

It also seemed that Eastern collegiate football was about to be recognized as equal to college football elsewhere across the nation. Instead, Penn State has failed to live up to expectations three out of three times in recent games against formidable non-east opponents (Alabama, Texas A&M, Nebraska). Could things be worse than being Penn State football fan this year? Especially a senior football fan?

Response: Yes they can, being a member of this year's freshman class. In 1982, when this year's frosh will be seniors, Penn State is scheduled to play Texas A&M, Nebraska, Missouri, Alabama and Notre Dame. Could things look dimmer for freshmen football fans?

Response: Yes they can. In 1982, the games against Missouri, Alabama, and Notre Dame are away.

the bacteria and the vaccine provided "near complete" protection. What could be worse than being the part of the 135 that made the results "near complete" and not complete?

Response: Being married to one of the almosts. Could it be worse?

Response: Being one of the almosts and discovering that you're allergic to penicillin.

Item: They've been at it again. The no-nuke generation has been protesting at a nuclear power plant in New Hampshire. Ever since Three Mile Island, a wave of protest has enraptured the nuclear power industry. What could be worse than the threat of a nuclear plant melt down these groups warn us of?

Response: Switching to solar energy and having 365 cloudy days. What could be worse?

Response: The Department of Energy moving the solar plant to State College and deciding that it would only operate on Fridays.

Item: A University of Pittsburgh research scientist has come up with a vaccine against gonorrhea. A group of 135 male volunteers were infected with

# Congress knows how to win

One issue that seems to be drawing an increasing amount of attention from local and national politicians is inflation.

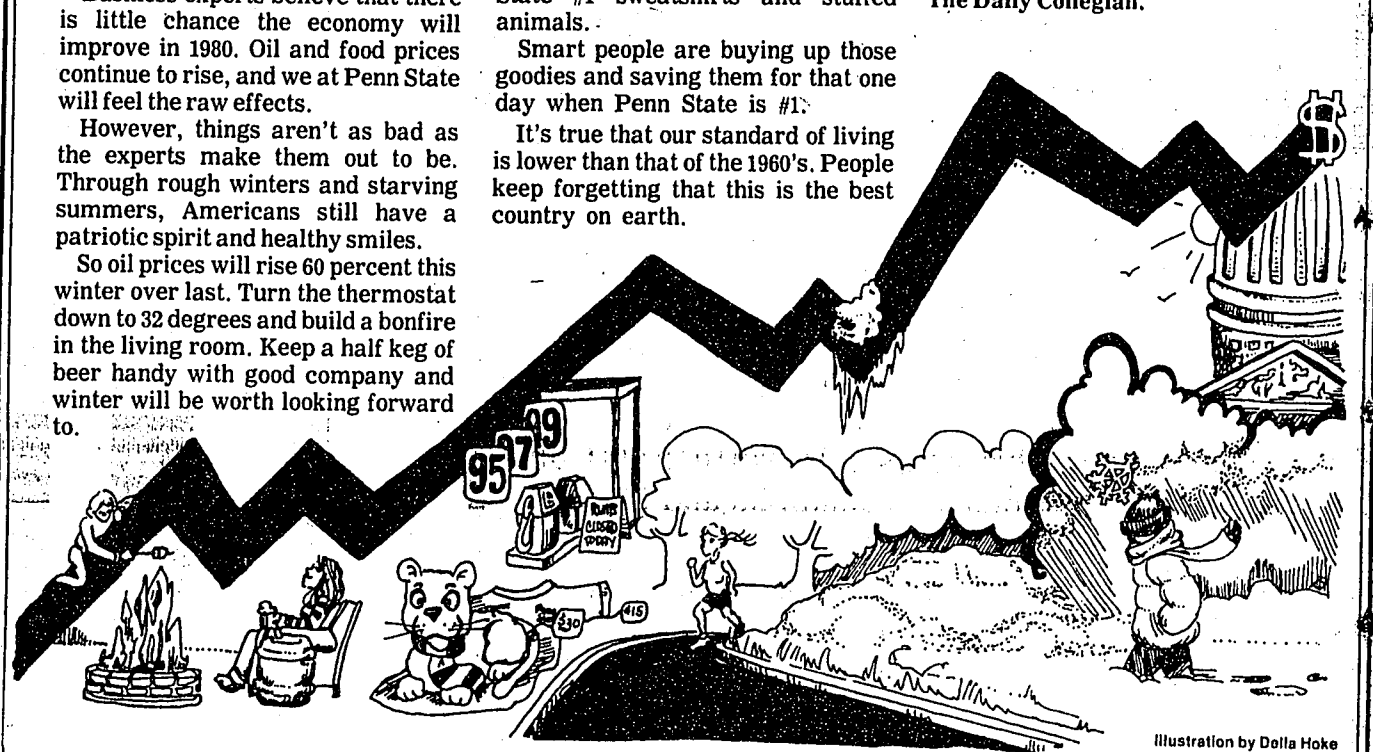
Automobile prices are just as high as ever. Gasoline rose at unbelievable rates this year. Who can we thank? You guessed it — inflation. With drivers in State College being the way they are, you should be thankful you can't afford a car.

But for those who own a car, it is advisable to keep the tank full at all times. Better yet, fill a couple hundred five-gallon cans and store them.

Souvenir industries have been socked by inflation. Just take a walk downtown and look at all those Penn State #1 sweatshirts and stuffed animals.

Smart people are buying up those goodies and saving them for that one day when Penn State is #1.

It's true that our standard of living is lower than that of the 1960's. People keep forgetting that this is the best country on earth.



# Signals and preventions of stress outlined

By KAREN McMANIMAN  
Daily Collegian Staff writer

Do you find yourself finger tapping, snacking excessively or chain smoking?

If so, you may be showing signs of stress, according to William P. Simons, supervisor of occupational safety at the University's Institute of Public Safety. Symptoms appear in other more obvious forms such as high blood pressure, depression, muscular aches, sudden bursts of energy and cold, clammy or clenched hands, he said.

Simons, who works primarily with stress related to industrial safety, said stress is an extremely important factor in everyday life.

People under a lot of stress are likely candidates for accidents because they can't think and react in a normal, relaxed manner, can't concentrate, or may be so depressed or apathetic they don't care if they come to harm, he said.

"When an individual is preoccupied with problems, when he's tense and worried, that's when accidents often occur," Simons said.

The first step to alleviate stress is to recognize the extent of pressure and its sources, he said. To identify stress, he suggested using the Schedule of Recent Experience compiled by Thomas Holmes, M.D., at the University of Washington School of Medicine. (See table.)

On this life change scale, one can check off which of the 49 "events" have had personal effect in the past 12 months.

Each event is assigned up to 100 points according to its stress severity. If the event happened more than once, points are increased.

According to Holmes, if an individual's total life change score is more than 150, he is very susceptible to illness and accidents.

Simons said that although none of the events usually cause problems individually, stress is additive. This means that when it starts accumulating, serious problems can begin, he said.

Most of the life change events are impossible to avoid, such as death of a family member or personal illness. On a smaller scale, however, students find themselves in pressure situations — such as the need to excel in class, social problems and career choices — every day, he said.

These sources of stress may seem drastically smaller compared to those on the scale, but the physical effects are often identical, Simons said.

After the origin of anxiety has been identified, steps should be taken toward reducing it to minimize its ill effects, he said.

There are two ways to do this, according to Dr. Guy Pilato, University clinical psychologist. One method is to attack the stress directly by using relaxation techniques, he said.

People who engage in sports also

# Senate rejects legislation, may bend on pay raises

WASHINGTON (AP) — The Senate Appropriations Committee yesterday rejected two House-passed emergency bills needed to keep the government operating fully, and voted instead to stick with its own version of the legislation.

The House-Senate dispute, stemming largely from differences over federal financing for abortions, forced several major government departments and numerous smaller agencies to continue using funds left over from the fiscal year that ended Sept. 30.

Another result, announced yesterday, was that employees of the Transportation and Labor departments will receive only half pay when their next paychecks are due.

The Senate committee bill now goes to the Senate for action, and a House-Senate conference committee was scheduled tentatively to meet today to reconcile differences.

The dispute centers on legislation that would provide emergency funds to keep the government operating until Congress passes regular appropriations bills for the 1979-80 fiscal year, which began Oct. 1.

Payments for several government programs — mostly benefits administered by the Labor Department such as unemployment compensation — already have been withheld.

On another issue in contention, Senate leaders indicated they were willing to bend on a proposed 5.5 percent pay raise for members of Congress, as demanded by the House, so long as only House members and not senators are voted a raise.

But several senators expressed displeasure with that idea, which would mean House members would make \$3,200 a year more than senators. The suggestion, advanced by Senate Democratic Leader Robert C. Byrd of West Virginia, was not included in the Senate committee's bill, which makes no provision for a pay raise for any member of Congress.

### Stress Table

Job term	63
Death of a close family member	63
Marriage	50
Fired at work	47
Change in family member's health	44
Pregnancy	40
Change in financial state	38
Outstanding personal achievement	28
Beginning or end of school	26
Change in living conditions	25
Revision of personal habits	24
Change in sleeping habits	16
Change in eating habits	15
Vacation	13
Christmas	12
Minor law violations	11

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