

Relaxation technique to be demonstrated

At times, relaxing after a tough day is difficult. But the University's psychology department may have the solution to help people unwind after a hard day's work.

John J. Coyne, a certified instructor and private practitioner of the Alexander Technique, is scheduled to give a lecture and demonstration on this relaxation process from 1 to 4 p.m. tomorrow in 351 Moore.

Howard Hall, assistant professor of psychology, said the Alexander Technique is a method of relaxation developed by an actor who lost his voice. Alexander, an actor, found that by working with a mirror and moving his head in different positions he

regained his voice.

Most of the presentation will be a demonstration of the Alexander Technique on volunteers from the audience, Hall said.

"People are not in touch with their bodies," Hall said. "Part of relaxation is being in touch with your body."

Coyne will demonstrate the technique by readjusting volunteers' heads and necks of the volunteers to relieve tension, Hall said. However, he said, the technique can not be learned in one lesson.

Hall and his psychology of healing research group are sponsoring Coyne's visit.

—by Christine Murray

Faculty Senate resolution encourages more input during presidential selection

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"Apparently, (Oswald) felt the resolution was sprung on him," the committee member said.

Dixon could not be reached for comment.

At a news conference following the May 27 trustee's meeting, Board President Walter J. Conti said he "highly respects" the faculty's resolution, although he thinks it was "a little ill-timed."

Conti called the faculty's resolution a "difference of interpretation."

"The very thing that they are asking was done," he said. "All of the segments of the University were fully represented and they were heard."

Maintaining that secrecy is needed in selection processes, Conti had emphasized the delicacy of

the presidential search process and the need for confidentiality.

At a news conference in Harrisburg, Jordan responded to a question about the resolution by defending the process used by the trustees. The incoming president said he would not have been interested in the University presidency had extensive public interviews been required.

"I was in a job I very much wanted in Texas, a job I enjoyed and I would not have wanted to have broadcast to the world that I was considering another position," Jordan said. "I think a person who does not go out applying for a job but who is approached by an institution really should have the protection of the kind of process that the Penn State Board of Trustees pursued."

"I guess I would have to say, and I don't want

to come affront of my faculty colleagues, that I think the process was an appropriate one and a proper one."

The senate faculty affairs committee, however, disagreed with Conti and Jordan and said in its legislative report:

"The interests of the University as a whole would best be served if representatives of the faculty, administration and student body were actively involved in all phases of the search process from its inception up to but excluding the final choice of the appointee."

"Such a procedure would provide for a more widespread consultation by all concerned and would make the expertise of the faculty, administration and student body more readily available to and valuable to the Board of Trustees."



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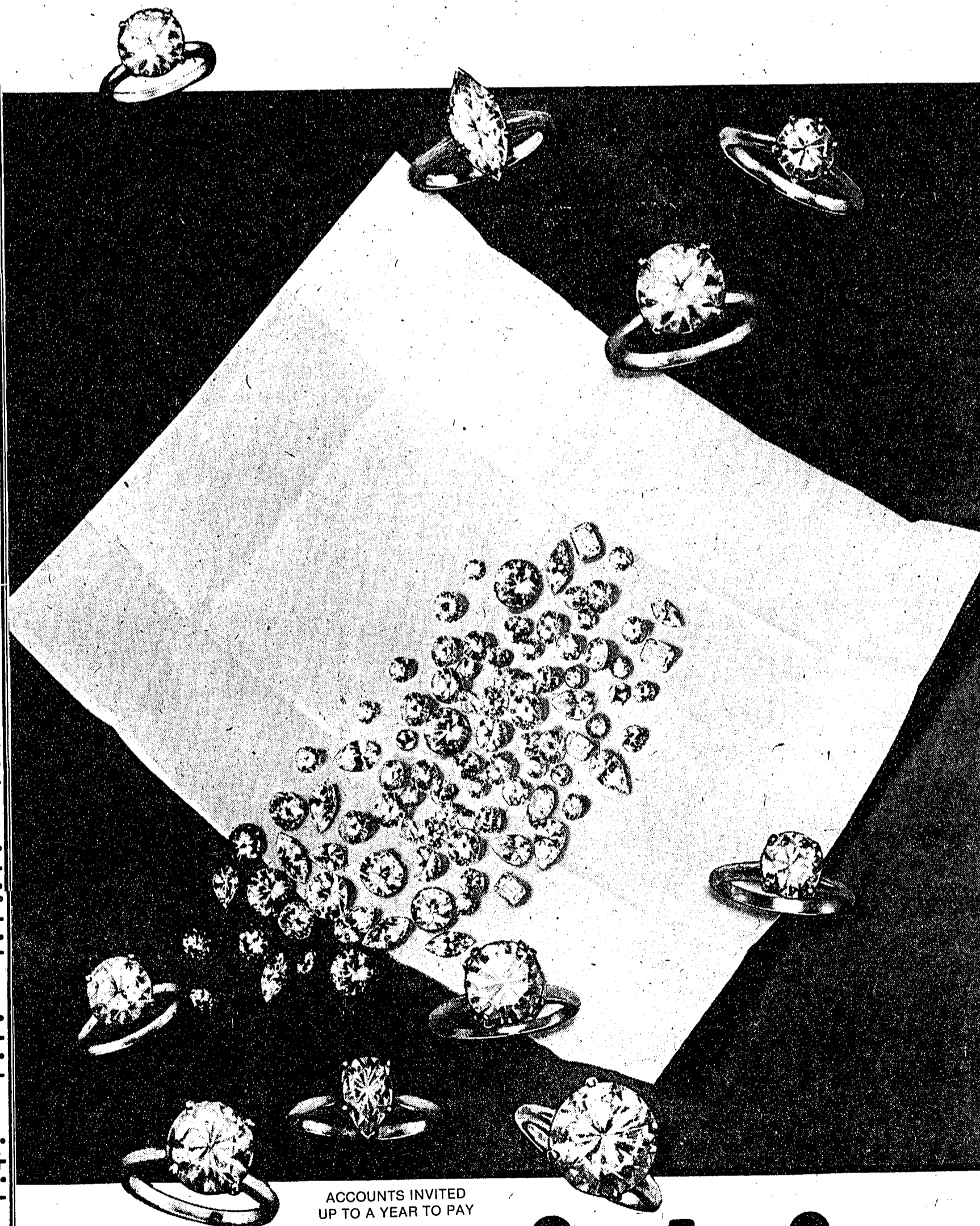
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