While public relations for the school will not be his only priority, R. Dean Mills said, he will work to "spread the word and try to make sure the school

"Perhaps the main thing I hope to ccomplish is to give the school the kind of credit nationally it deserves," Mills said. Mills is currently vice chair of the

Department of Communications at California State University at Ful-Learning about the School of Journalism and discussing possibilities

for its future with faculty, members of the media and students will also be SALT talks in Helsinki, the Waterone of Mills' top priorities when he arrives on July 18. Mills said he wants to find out where the school is and where it

should be headed. · His initial concerns will also include maintaining quality enrollment but not necessarily expanding encerned about maintaining the quality of education within the school in the face of limited resources.

vomen in the field of communications, starting with a conference for omen in management positions. The conference would be designed for persons in the media, for those in Texas last year. nanagement and for students. more women on the School of Journa-

The exchange of ideas between academics and professionals would also be beneficial for both parties and for students, he said.

of its faculty. "The school has a really hard working faculty who really want students to learn top level skills and work at

Mills, 39, said he believes one of the reasons the search committee showed an interest in him was his background and interests in international communication. Before joining the faculty at Cali-

fornia State in 1979 and being promoted to professor this year, Mills was a reporter for the Baltimore Sun. Mills served as the Moscow Bureau chief, U.S. Supreme Court and Justice Department correspondent and diplomatic correspondent.

have an exclusive interview with Soviet Premier Leonid Brezhnev. gate hearings, and former U.S. Vice President Spiro Agnew's resignation. Mills left the Sun to become a visiting lecturer at the University of Mississippi in 1976. Later that year, he joined the faculty at the University

ollment, he said. He is also con- Iowa with bachelor's degrees in journalism and Russian, Mills received his master's degree from the University of Michigan and his doctorate in

Mills will replace Robert Blanchard, former director of the school, who accepted a faculty position in John J. Romano, associate dean of Mills said he would also like to see the College of Liberal Arts, served as interim director during the search for

Mills as someone who could "exert new leadership in the school - not Mills said his decision to join the just maintain the status quo."

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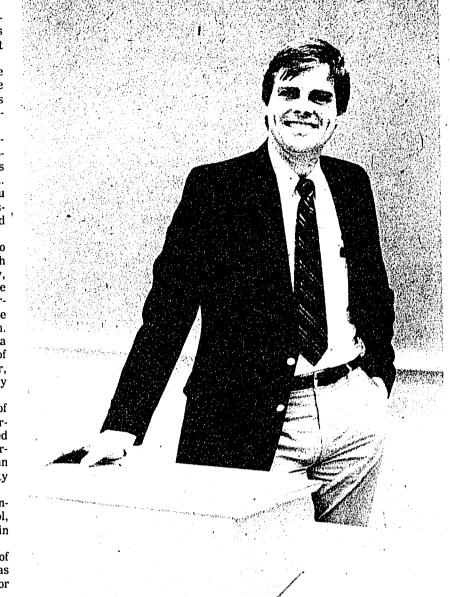
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R. Dean Mills

#### **UNIVERSITY CALENDAR** SPECIAL EVENTS Monday-Wednesday, June 20-22

Aikido Club workout, 7 p.m., IM Wrestling Room.

Students for Reproductive Rights meeting, 7:30 p.m., Room 227 HUB. CDPC seminar, Job Search Strategies, 2nd period, Room 413 Boucke.

Gamma Sigma Sigma meeting, 6 p.m., Rooms 318/319 HUB. Student Union Board meeting, 7 p.m., Room 227 HUB. P. S. Science Fiction Society, 7 p.m., Room 317 Boucke. France-Cinema, Tati, Mr. Hulot's Holiday, 7 p.m.; Mon Oncle, 9 p.m.

GSA Explazaganza film, The Wizard of Oz, dusk, Fisher Plaza.

Late Registration deadline (8 week session).

Add deadline (8 week session). CDPC seminar, Resume Preparation, 2nd period, Room 413 Boucke.

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## Technique relaxes body through mind

Collegian Staff Writer

that the faster they get something done, the better. But John J. Coyne believes otherwise.

People must take time to think about things they do before doing them, he said. Coyne is a certified instructor and practitioner of the Alexander Technique, a method of relaxation that uses the body and the conscious mind to control mus-

cle movement. Coyne said no actions are psychological or physical alone; rather, all actions are psycho-

physical. "The Alexander Technique deals with re-educating the whole psycho-physical being," he said. was doing while he was standing Coyne learned about the Alexander Technique at age 35, when he was studying acting as a hobby. He left his regular job in industry to become an Alexander Technique practitioner.

"The Alexander work is a significant individual concept." Coyne said. "To me, it's a way of life.". Covne was invited to speak at of healing research group within the psychology department. Many of the Saturday afternoon audience came for tips on dealing with must first learn to say no, he said. problems ranging from muscle

aches to poor posture. Coyne began his demonstration having trouble with his voice. discovered when actor Frederick starts ringing.

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Matthias Alexander found that after working with a mirror and moving his head in different positions, he regained his voice. He started by asking Brown to sit down on a chair and then get out of it. Coyne said Brown did what almost everyone else does, when he stuck his chest and chin out to sit down, thus cutting off the

flow of blood to the brain and

Most people sit down this way

causing a strain on the larynx.

because it is instinctive, automatc behavior, Coyne said. Before Brown got up again, Coyne asked him to say to himself, "Allow my neck to relax, allow my head to go forward and up, allow my back to lengthen and widen." Coyne said this would make Brown conscious of what his body

up. Coyne also said that to prevent the automatic action of muscle tension, you should either tense your body or collapse it. Most people prefer tensing their bodies, When you sit the right way, you align your diaphram with the pel-

vis to get maximum massage powthe University by the psychology er to keep the liver and bowels clear, Coyne said. In order to learn how not to do everything automatically, people

People should consciously think

about their actions, he added. Our society teaches that saying on Raymond Brown, a professor of no is wrong, Coyne said. He recmusic at the University, who was ommended practicing saying no to the telephone by answering it only The Alexander Technique was when you want and not when it

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MY UNCLE

### collegian notes

7:30 p.m. tomorrow at the State College Area Eisenhower Chapel. High School on Westerly Parkway in Room 38. The topic for discussion will be the prospects for the clean-up of hazardous waste at the Drake Chemical Plant in Lock Haven. The public is invited.

• The Free University course on the Baha'i

reported Friday that a T-roof was missing from a Chevrolet Corvette belonging to Donna Pletcher, 800 Stratford Drive. Police said the

estimated the value of the bicycle at \$200.

• State College police reported Saturday that the residence of Daniel Arlotti, 125 E. Nittany Ave., was entered by unidentified trespassers. An estimated \$150 was missing, mated at \$50, police said.

"Terry Whitlock" N.C

"High Risk" (Foxle)

"the Hurricanes"

"Daddy Licks"

"Daddy Licks"

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• The Sierra Club will hold a meeting at Faith will meet at 8 p.m. tomorrow in 211

• The Graduate Student Association will show The Wizard of Oz at dusk tomorrow night in Fisher Plaza. Admission is free.

• The Daily Collegian will hold try-outs for reporting candidate's school at 7 tonight in 127

### police log

• The State College Police Department roof was valued at \$1,000.

• Tina DeBene, 706 Schulze, told University Police Services Saturday her bicycle was missing from outside her residence. Police

• Santosh Vilanilam, 456 E. Beaver Ave., told University police Saturday his backpack was missing from an unsecured locker at the Penn State Bookstore. Police estimated the

 Roger Harris of Bellefonte told University police Friday that his watch and money were missing from a locker in White Building. Police estimated the loss at \$60.

• Elizabeth Gamble, 321 Atherton Hall, told University police Saturday that her wallet was missing from Pattee. The contents were esti-

# Looking for some way to spice up your summer? Join the Collegian.

The Daily Collegian — recently named the best all-around college newspaper in the country by the Society of Professional Journalists, Sigma Delta Chi — is looking for hard-working students interested in reporting.

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If you are interested in writing for the Collegian, a tryout will be held at 7 p.m. Monday, June 20, in 127 Sackett. Bring a blue book.

If you have any questions or cannot attend the tryout, call the Collegian editor or news adviser at 865-1828.

-by Michael J. Vand

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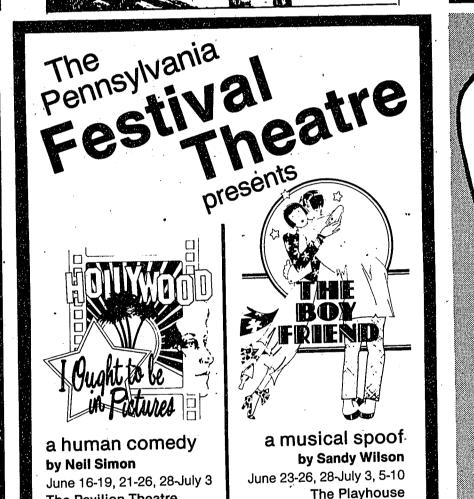
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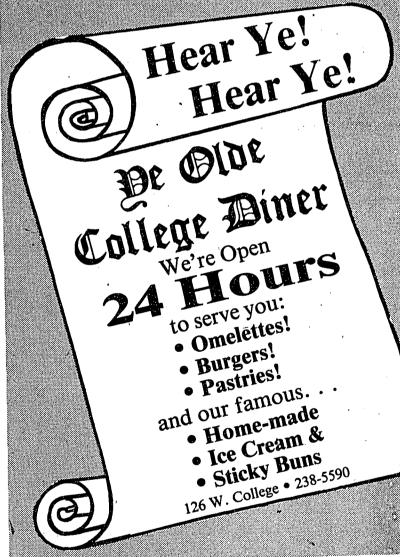
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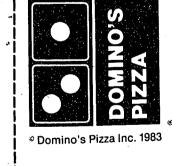


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