

notes

Free University will sponsor a Satisfying Vegetarian Cooking Class and Feast at 6 tonight in 158 Willard.
Nittany Grout will meet at 7 tomorrow night in 119 Boucke.
Free University will sponsor a discussion class on "Eckankar, The Ancient Science of Soul Travel" from 7:30 to 9 tonight in 113 Sackett.

The German Department will sponsor a free showing of "Die neuen Leiden des jungen W." at 8 tonight in 202 Burrows. The film is in German only.
The Krishna Yoga Society will hold discussions on Bhakti Yoga / Bhagavad Gita followed by a vegetarian feast at 6 tomorrow, Thursday and Friday nights at 103 E. Hamilton St.

COLLEGIAN CLASSIFIED ADS

NOTICE

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The decision on whether to release this information shall be made by the management of Collegian Inc.

FOR SALE

DORM CONTRACT: FEMALE grad, information 717-784-6014.
GREEN BARCOLOUNDER CHAIR, needs repair \$7 by double drawer ledger card file, five sections plus base. Call 355-4934.
HORSE BOARDING ON the bus route. Your horses welcome in riding rings and -when possible- daily turnout to pasture all included. Lessons available. 237-1552

ATTENTION

AMERICA: LIFE, LIBERTY and the pursuit of a hole in one. Championship Miniature Golf. 238-8481
ARE YOU PREPARENTY Worried? Uncertain? Free pregnancy testing. Confidential services. CRCP, 234-7340
CONGRATULATIONS GRADUATES Enjoy bed and breakfast at historic home during festive occasion. Phone 238-2028.

APARTMENTS

AN ISLAND Apartment: New two and three bedroom townhouses, 1 1/2 bath, finished and unfinished basements, walk-in closets, deck, carport, laundry chute, Jenn Air stove, Kitchen Aid, breakfast bar, 5 minutes to campus by car or bus. Guaranteed electric bill. Families, professionals, mature and elderly only. \$500-\$600. 234-5251 by HCL.
ONE AND TWO bedroom furnished apartments close to campus. 237-7055

RENTAL OFFICE

New Open Saturday 10-4
The Apartment Store
444 E. College Ave., Suite 210
234-6860

Chronic worriers should limit anxiety to scheduled times, professor says

By GORDON ZERNICH
Collegian Staff Writer
The most useful thing a chronic worrier can do for 30 minutes each day is shut off all the hustle and bustle and get quiet, a University professor of psychology said last week.
Thomas Borkovec, who was a guest on the Phil Donahue Show last week, said he encourages people to limit their worrying to the certain time and place. He offered on the show to offer insight into the effects of worrying — a topic he researched from 1980 to 1985.
"Your overall goal is to understand worry and how to deal with it," Borkovec said. "The result of that will give you a better sense of well-being and less fear and anxiety. Then we can have better social relationships, happiness and love."

Borkovec said people inclined to worry should replace troublesome thoughts with something different since worrying about something a person has no control over is useless.
"When you are worried about something, think about a worst-case scenario," he said. "Sometimes when you do that you can discover that it isn't so terrible after all. It may not be the way you prefer it to be, but it won't be the disaster it sometimes feels like when you are worrying."

Borkovec said in and of itself, worrying is not good and it limits us, but it can be used constructively.
He said worrying can be motivational. It can give people energy, let them know what needs to be done, help them set goals and make plans.
He said worrying can also help to emotionally prepare people for handling difficult situations. However, problems arise because many times the things we worry about don't happen, he said.
A study conducted between 1956 and 1976 reported that worrying has been increasing among young people, Borkovec said.
Appearing on the Donahue Show was a terrific experience, he said. There were good comments, questions and ideas about how to change troublesome behavior.
"The problem was there were no specific questions from Donahue to me," Borkovec said. "I knew those areas I wanted to talk about, and we were told to make relevant comments whether asked or not, but I was limited to what I could say because of the questions asked. I couldn't control where the discussion went. The transitions from one subject to another would make some comments difficult."

Threat of avalanche ends rescue mission

BELLINGHAM, Wash. (AP) — The search for two climbers caught in an avalanche on Mount Baker was ended yesterday, hours after rescue workers were chased from the slopes by the threat of new snow slides.
No evidence of life was found at the scene, and the chance of new slides was too high as the sun heated the slope, Whatcom County Sheriff Larry Mount said.
Two other climbers in the party were rescued Sunday, hours after the daybreak avalanche.
Thirteen people equipped with specially trained dogs searched five hours yesterday morning for Steve Raschick, 21, of Emuclaw, and guide Ian Kraebel, 23, of Seattle.
The victims were buried under car-sized blocks of ice and snow on the mountain's Roman Wall at the 8,900-foot level of the 10,795-foot North Cascades peak.
"Further evidence was found to indicate anyone was alive in the area," said Jan Leonardo, Whatcom County Emergency Services coordinator.
Rich Murphy, operations leader for Bellingham Mountain Rescue, said he doubted further signs of the victims would ever be found. "They are buried too deep and the bodies probably won't ever be recovered," he said.

Group tries 'adopt a cow' plan as way to aid in drought relief

CHARLESTON, S.C. (AP) — In a nation that adopted Cabbage Patch Kids and pet rocks, a group working to aid South Carolina's drought-stricken farmers hopes it will adopt cows.
The idea of the group is also considered by the state's legislature, which is discussing pictures of the cows and the adoptees down on the farm.
He said the group is also considering including pictures of the cows and is discussing how to allow the adopters to visit the adoptees down on the farm.
Rose said FARM has set an initial goal of raising \$1 million to help keep shipments of hay moving into the state. But he said as much as \$15 million may be needed by next spring when local farmers will again be able to feed their livestock with their own hay and grain.
Since the formal organization of FARM was announced last week, an estimated \$30,000 has been raised.
FARM is talking with rock stars in hopes of staging benefit concerts in Atlanta and Myrtle Beach, N.C., Rose said.
"IT some of the national figures were asking get involved... this (FARM) could potentially spread beyond South Carolina to the rest of the Southeast," he said.

Caring helps reduce airline lawsuits, lawyers say

DALLAS (AP) — Delta Air Lines' sensitive treatment of the families of victims of a 1985 plane crash has cut down the number of lawsuits against the carrier, attorneys for some of the relatives say.
Marsha Greer, a Delta Air Lines marketing representative, spent last Thanksgiving with the parents of Mark Vitch, who died two months after he was injured in the crash of Delta Flight 191.
"IT care about those people," Greer said, "and I truly think they care about me, too."

'Some families were actually reluctant to file suit because of their feeling that Delta was as much of a victim as they were.'
—Rod Tanner, Fort Worth attorney
year of the accident.
U.S. District Judge David O. Bellow, who is hearing the federal lawsuits against Delta in Fort Worth, said he is surprised by the number of suits filed.
"I thought everybody would file a lawsuit," he said.
Whit Hawkins, Delta's senior vice president for marketing, said, "I will assure you nobody ever once said we're going to do this for effect."

COLLEGIAN CLASSIFIED ADS

ROOMS

Alexander Court
Beaver Hill
Cedarbrook
Carter Court
NEW ROOMING HOUSE #12 E. College Ave. Non-smoking, references required. 2 rooms left. Chuck 237-8950

FOR RENT

AVAILABLE FOR FALL and Spring. Rooms. Swimming pool, free parking, 2 blocks from campus. meals optional. 238-9334
ONE BEDROOM APARTMENTS, utilities included, partially furnished, close to campus. 237-7055.

PERSONALS

CHRIS, LOVED YOU sneakers at APEI. Saturday night was fun. Sorry I had to leave in such a rush. Do it again sometime? 237-7348.
MAN OF SUBSTANCE: available via (special) arrangement. 234-1600. 1600VINE Seaside. WDAY 730 exciting. I love you Starshine.

HELP WANTED

ARCHITECTURE STUDENT NEEDED for 16 hours work in laying out parking lot. Must be done by Aug. 2nd. Chuck 237-6950 237-6751
CHAMPIONSHIP MINIATURE GOLF needs part-time help for August, September, October. 10 am till 5 pm shift weekdays. Apply either location, call 238-8481.

LOST

FOUND: BRACELET ON College Avenue 731. Call 672-5472 for more information.
"Found" notices are published for three days at no charge. This policy does not apply to "found" notices for "PSU" key.

FOUND

NEED FAST, FRIENDLY people for customer service, food preparation and delivery. Must have own car. Apply Tiffany Galt, 318 East College Ave. 237-8200.

WANTED TO RENT

DO YOU HAVE an apartment you would like to share with a non-smoking female who would like a bedroom of her own? Call collect immediately ask for Eddie 655-8265 234-7850.

ROOMMATES

DORM CONTRACT: FEMALE grad., information 1-717-784-6014, 432 Jefferson St. #2, Bloomsburg, PA 17715 evenings.
FALL ROOMMATE NEEDED for 10/9 Beaver Terrace apt. \$175.00 monthly plus utilities. Non-smoking preferred. Call 237-9373

WANTED

DESPERATELY SEEKING DORM contract. Female. Please call immediately. Kelly 238-6063 or 238-8207
PLAY THE LOTTO at GRAHAMS 103 S. Allen St. 6:30am to 8:00pm Daily

ANSWERS

TO TODAY'S PUZZLE
L I L L A C C L O S E T
D E T E R D I A M O R
G I A T A E P L I C O D I E
T O T L I T A R M E L M
P I A T I O N E N I O R I C
I T R A P E D A S K E B

Isn't it about time you saw what we have to offer. For grads, singles, and professionals. One Bedroom Apartments Available. Live at the center of it all... the address of distinction. 301-315 South Allen Street, State College. 614-238-0741

BARKWAY PLAZA OPEN HOUSE FOR STUDENTS Saturday, August 9th 10am - 5pm. Welcome to Parkway Plaza's Open House. Register to win a FREE 3-head VHS/VCR by NEC (\$500.00 value), FREE T-shirts will be given away to the first 100 people at the model apartment. Refreshments will be served.

Collegiate Arms 218 S. Sparks St. 9 & 12 month leases for fall. 2 Bedroom Apts. \$295, 1g. Deluxe 1 Bedroom \$375, 2 Bedroom \$400. Now Renting For Fall \$100 Holds Your Apartment.

Lions Gate Apartments 424 Wauppelani Drive 238-2600. Efficiency \$295, 1g. Deluxe 1 Bedroom \$375, 2 Bedroom \$400. Now Renting For Fall \$100 Holds Your Apartment.

Hungry? Check the Collegian for coupons! Become Uplifted. Read the Collegian. A Lifestyle of comfort in a country setting. An ideal environment for the serious student and the young professional.

Parkway Plaza The ideal place for the ideal people! Everything you asked for - and more - is yours when you call the professionals at the Apartment Store. Stop by the Apartment Store where you can sit down, relax, & review in comfort all the options available of over 900 apartments.

The Apartment Store Now you can do all your apartment hunting in one location... with one stop... THE APARTMENT STORE. Stop by the Apartment Store where you can sit down, relax, & review in comfort all the options available at over 1000 apartments.

The Apartment Store Classified Information Mail-In Form. Date ad begins, Total days in paper, Amount paid, Classification. ALL ADS MUST BE PREPAID AND MUST FOLLOW COLLEGIAN POLICY.