

Mount Joy B.P.W. hears talk on biofeedback

STATE THEATRE
downtown Columbia
684-2273

Starts Thurs.
Casey's Shadow

Thurs. & Sun. 7 p.m.
Fri. & Sat. 7 & 9

The Mount Joy Business and Professional Women's Club met at Hostetter's Dining Hall and heard a talk by Ms. Elva McCann, R.N., a teacher in the nursing program at Millersville State College.

Ms. McCann talked about stress and relaxation. She described biofeedback to the group, and recommended it as a way to fight tension. "Our society is up-tight," she said. "Cat naps" are also good for

releasing dangerous tensions, she said, which can cause many health problems for people.

Patricia Eicherly, chairwoman of the personal development committee, introduced Ms. McCann and the soloist, Lauralee Baker, who was accompanied by Ethel Broske.

Joi Shearer was introduced along with her mother by Diane Rice. Joi was recently the DHS Girl of the Month.

Joyce Mummau, the bylaws chairwoman, reviewed the bylaws. They were adopted as presented.

The nominating committee presented a slate of officers: Yvonne Koser, president; Patricia Enos, 1st vice president; Dorothy Wagner, 2nd vice president; Carol Lambert, recording secretary; Mary Jane Hoffer, corresponding secretary; and Patricia Shearer, treasurer. The

nominating committee consists of Mary Sheetz, Nellie Blake, and Ann Bell.

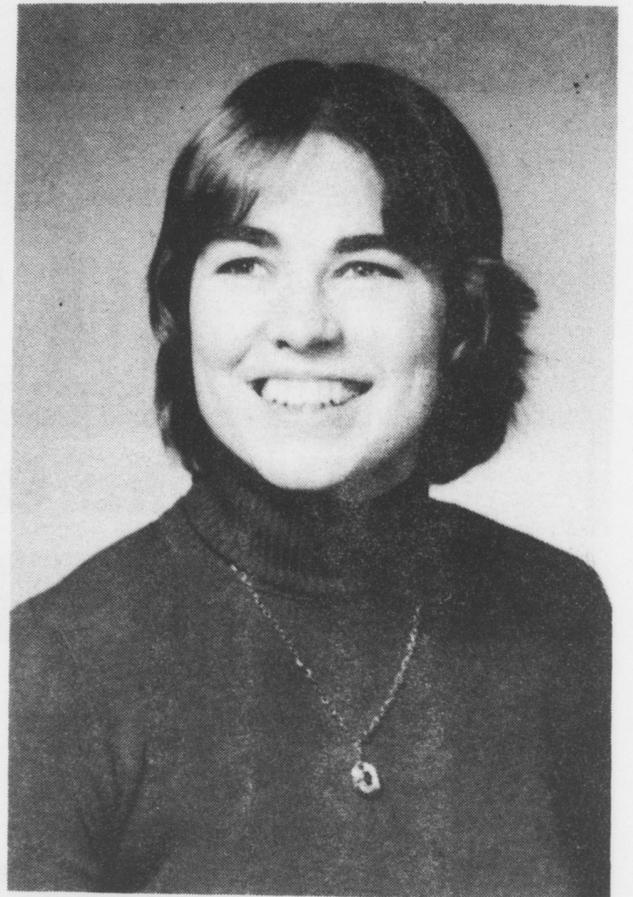
Helen Whealand, Ruth Eby and Elsie Lefever were appointed to the auditing committee. Margaret Brown accepted the responsibility for July events.

Helen Barto will chair

the Fulton Theater benefit on August 10th, a presentation of **High Button Shoes**.

President Yvonne Koser announced that the annual chairwomen's reports are due in triplicate at the May session. The annual dues are also payable now.

Deb Bernhisel is ideal woman student



Deb Bernhisel

Deb Bernhisel of Elizabethtown won the Susquehanna University award for "senior woman most typifying the ideals of Susquehanna University."

A Latin and English major, Bernhisel has been active in student publications and women's tennis. She will get a bronze medal at a luncheon on May 6th.

Sheetz, Kendig, Musser make dean's list

Among the 4800 undergraduates at Penn State who made the dean's list (getting a grade average of 3.5 or better out of 4.00) are the following local students:

Jeffrey L. Sheetz, 120 S.

Arnold Street, Maytown, with a 3.64; Newton E. Kendig, 62 East Main Street, Mount Joy, with a 4.00; and Kenneth D. Musser, Box 531 Musser Road, Mount Joy, also with a perfect 4.00.

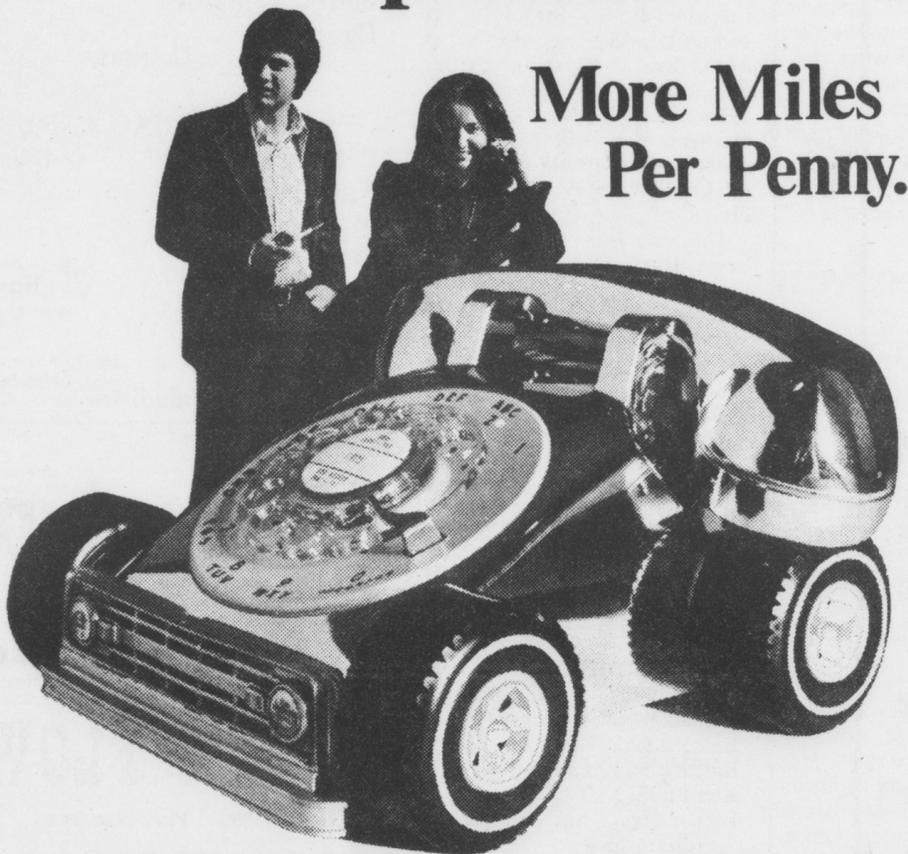
Rmmmm (backfire!)

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