Magrath Calls St. Louis Important In UM

Steven Bowley
Student Staff

It is a startling development reminiscent of last fall’s meeting. UM President Peter Magrath said Thursday he would be going to St. Louis this fall to interview candidates for the chancellorship.

Magrath told UM Student Media that he would be conducting his search in St. Louis because of the many academic institutions here and that the city is a vital part of the UM system.

"St. Louis is a community that has everything," Magrath said. "It has the arts, a vibrant cultural community, and it is also a thriving research center."

Magrath said that he was encouraged by the search committee’s work and expressed his confidence in their ability to find a suitable candidate.

Magrath also talked about the importance of communication and the need for transparency in the selection process. He emphasized the need for a collaborative approach involving the faculty, students, and other stakeholders.

"I believe that the candidature, the process, and the outcomes of the search will be communicated in an open and transparent manner, ensuring that there is a high level of trust among all parties," Magrath said.

He concluded by expressing his confidence in the search committee and his commitment to the university community.

"I am optimistic about the future of the university and the role that St. Louis will play in it," Magrath said. "I am fully committed to the search and the success of the UM system."
Marine Marching Band Concert Benefits UMSL

The United States Marine Marching Band, formerly recognized as "The President's Own" by President John Adams in 1798, will present a concert at 8 p.m. on Saturday, Sept. 10, in the Student Recreation Center. All proceeds from this concert will be used to benefit the School of Music at UMSL and the KWMU Student Broadcasting Lab.

The concert will feature a variety of music performed by the Marine Band, including an opening fanfare, "Onward Christian Soldiers," and "The Star Spangled Banner." The program will also include a performance of "The Battle Hymn of the Republic," a favorite of President Abraham Lincoln, and "The Star-Spangled Banner," the national anthem of the United States.

The concert will conclude with a rendition of "America the Beautiful," performed by the Marine Band and the UMSL Choral Union, under the direction of Dr. Richard T. Bush, conductor of the UMSL Symphony Orchestra.

The concert is free and open to the public. Seating is limited, so patrons are encouraged to arrive early to secure their seats.

For more information, call 314-516-4509 or visit the UMSL Music Department at umsl.edu/music.
Living With Stress, Pressure Can Determine One’s General Health

Margorie Bauer
Assistant Instructor in Psychology

Stress, a factor of life today and one we learn to live with it, determines, to a great extent, the level of our well-being. If one looks at a street scene one is likely to see faces that express a great degree of stress; predominantly the expressions are frowning, holding one’s breath, and tense. While some people seem to thrive on the challenge of deadlines and pressures at work, others succumb to varying degrees of emotional or physical disorders, which include coronary heart disease, accidental suicide, irritability, chronic headaches, and depression. The problem is so great that loss due to stress has been estimated to amount to between $15 to $25 billion in absenteeism, medical expenses, and lost productivity per year. In terms of the employed American, this amounts to a loss of about $50 per person. Recognizing the severity of these stress-related illnesses, major corporations are establishing stress-management programs to combat it. One of these programs has set up various programs, from exercise facilities for workers to psychological classes to reduce stress on the job. "Ten or 20 years ago, we thought there was not a treatment for stress," said Witkin-Lanoil. "We now know that relaxation is not a gimmick. It works."

"A certain amount of stress is a positive thing. In some cases," she said, "stress can lead to greater productivity." The individual must determine for himself how much stress he can tolerate before his health begins to suffer, she added.

Stress can be treated with drugs in conjuction with stress management counseling or by counseling alone, to improve wellness and its functions. In our lives, stress is viewed by behavior experts from many angles. For some people, it is a factor of life today and although they enjoy the "ball" of their work, they are overwhelmed. Stress, Witkin-Lanoil found guilty to be a significant problem in women who demand perfection in themselves, at work and at home. The guilt they feel, Witkin-Lanoil said, is that of being unable to do a "worthwhile" thing and a family that will "reward" them if they are "perfect" at being a homemaker, and although they enjoy their careers, they are overworked. Each woman overwhelmed herself in both spheres of her lives, and as a result, suffers greatly from depression, anxiety, irritability, and other stress-related disorders. With Lanoil’s help, these women learn to understand their expectations and not arrive to be perfect at work and at home.

### Magrath

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"If there’s one thing business calculations, usually require a lot of time professionals need, and that’s the BA-35," said he. The BA-35 is a very productive year. On Tuesday’s trip to St. Louis, he said that he “knocked” on the UMSL campus several times. He said that he visits the St. Louis area as a critical part of the entire UM system.

In his recent remarks to the faculty, Magrath emphasized the fact that there are problems facing the University, and that open dialogue is an effective way of approaching these problems.

The UM president said that he hopes to make another important announcement in the near future. Magrath said that he was in a pleasant meeting with the faculty and he wished them a very productive year.

Other ways to control stress are by practicing some of the "relaxation" skills taught to eliminate stressful techniques. These include a six-second technique to relax mind and body, abdominal breathing or specific "central" breathing, and to relieve stress within oneself, using these exercises.

In cause of "cardiac cripples," patients receive such diet and exercise programs. The exercise programs are designed to reduce stress and are designed to improve your emotional and physical progress. Patients exercise religiously to clarify myths regarding the anxiety of the cardiac patient and the spouse.

Treatment of some cardiac disorders can be treated without medication or intervention, according to Marty Hart, Saint Louis University stress center counselor.

Get down to business faster. With the BA-35.

If there’s one thing business students have always wanted, it is an accessible, busines-oriented calculator. The Texas Instruments BA-35, the Student Business Calculator, is just that.

In built-business calculations, the BA-35 is simple, yet sophisticated. It is accurate, yet uncomplicated. Every function of the calculator, as the ones that usually require a lot of time and a stack of reference books, like present and future value calculations, amortization and balloon payments. Also, in the student, instantly and almost spend less time calculating, and more time learning the rest. It is a calculator that builds a business, the Business Analyst Guildhall. Business professionals helped us write it, to help you get the most out of calculator and courses.

Representative In Cabinet Needed

We have to wonder exactly what is holding up the implementation of a student representative in the Chancellor's Cabinet at UMSL. It is a step in the right direction in moving toward open governance. In the UM Board of Curators and the University Cabinet, that is a step well overdue.

UMSL Chancellor Arnold B. Ostrach, however, has declined a written request by Student-Attention Points (SAP) Greg Barnes to allow a student representative in the cabinet. Under Barnes’ proposal, the student representative would be the elected student body officer.

We doubt that Ostrach’s idea that the cabinet would be less effective if it were held to a student body officer. For the cabinet to be effective, it must represent the students and their concerns.

We agree with Barnes that it would benefit the entire campus if the new system clearly linked together the voices of students. Ostrach’s recent efforts proved that students are capable of providing keen insight into their own issues.

We further agree that the representatives of the UM Board of Curators and the University Cabinet must include some direct voice from the students, and this, obviously, can come through student representation.

We can't help but notice that it certainly is better for the students and cabinet to touch base directly. It makes sure of any meaning being taken in.

Bankruptcy Plan Targeted Wrong Way

Vince Chancellor for Academic Affairs Article C. MacKinnon took a step in the right direction to provide solutions for the students. He suggested an “academic bankruptcy” plan at UMSL. MacKinnon restated the need for a new system to help students avoid and overcome attention over the summer months.

If MacDonald is right, the step is in a wrong direction previously under consideration in the Senate. We don’t feel MacDonald’s comment was not aimed to help and much like to have had a “positive step in education.” To allow students to vir- tually choose the first three years and compile the student’s choice from the first three years, and all grades from the senior year would compile the student’s overall GPA.

We feel there are measures to be taken, measures which can be positive. Chancellor Arnold B. Ostrach has suggested allowing students the chance to retake failed courses, counting only the improved grade.

A step such as this would continue to encourage academic excellence and dedication. Whether it is the final answer to the grading system addressed by the previously proposed plan is questionable.

It is concluded that UMSL should continue to use transferable transcripts in any student’s courses and grades be recorded on transcripts. UMSL will remain in virtually the same positions as other UM campuses and other colleges and universities in Missouri. It would have been a strong blow to the campus should the “academic bankruptcy” be approved.

The reducing factor behind a grading system, we feel, is not to mark one’s progress. Grades allow the student both positive and negative reinforcement in the need for a college education. To mark the pro- gram, to inevitably start from nothing and end up among the top, definitely is not a step in the right direction for UMSL.

We applaud the rejection of the policy and we applaud the efforts of MacKinnon, who, in essence, hoped to clear the way for new chances of student improvement.

Champion’s Departure Show Inadept

Dreams, supposedly, last only a few seconds. That’s not much longer than the baseball career of Kirk Champion held his year ago, received just three years past. Champion’s actions help correct the steps in a wrong direction after again denouncing the institution of bankruptcy in UMSL.

As He Sees It

In denouncing the proposal, the student representative would be the elected student body officer. We feel this certainly is better for the students and cabinet to touch base directly. It makes sure of any meaning being taken in.

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We applaud the rejection of the policy and we applaud the efforts of MacKinnon, who, in essence, hoped to clear the way for new chances of student improvement.
One of the articles seems to be discussing the development of a new shopping mall in St. Louis and how it will affect students. However, the text appears to be quite messy and difficult to read, with many missing words and unclear sentences. It is challenging to extract coherent information from this text.
**Thursday**

- The UMSL Continuing Education-Extension division with other courses on "Advanced Programming (Data Files)" on Monday from 6:30 to 9:30 p.m. Students will learn to work with sequential and random access data files. Participants should have some knowledge of BASIC and know how to work with arrays and subroutines. The registration fee is $5. For more information, call 553-5961.

- The University Program Board presents Walt Disney's "The Jungle Book" tonight at 8 p.m. and tomorrow at 2 and 10 p.m. in the Maple Auditorium on the South Road. Admission is $1 with a valid UMSL ID, and $3.50 for general admission.

- Last day for undergraduate students to enroll.

- Pi Sigma Epsilon will be holding a new member orientation meeting at 8 p.m. in Room 72 J.C. Pennypacker Building.

- Women's Volleyball in UMSL Division II invitational.

- A "LAST Preparation Course" will be offered by the UMSL Continuing Education-Extension division on Saturdays, Sept. 7 through 28, from 10 a.m. to 2 p.m. and Oct. 2 from 8 to 10 a.m. Tuition and registration are open to all students.

- The UMSL Student Association will hold an assembly meeting at 3 p.m. in Room 75 J.C. Pennypacker Building.

- "Creative Aging" arr is an UMSL RIM 81) every Sunday from 7 to 9 p.m. Tonight the retiree will compare warm weather experiences in this in the J.C. Penneny Building. The course is designed to help prepare students for the examination to be held on Oct. 6. The registration fee is $75.

**Friday**

- The Chess Club meets each Friday at 1 p.m. in Room 218 SSB.

- Getting Acquainted: The University Players present theatrical costumes to promote their group at 7:30 a.m. in UMSL Expo Center.

**Saturday**

- The UMSL Student Association will hold a free orientation meeting in the J.C. Penneny Building.

- The Newman House, the UMSL Catholic student center is holding a get acquainted dinner from 5:30 to 7:30 p.m. at the Newman House, 6200 Natural Bridge Road.

**Sunday**

- "Getting Acquainted: The University Players wear theatrical costumes to promote their group at 7:30 a.m. in UMSL Expo Center.

**Monday**

- The sixth annual UMSL Expo will begin today and continue through Tuesday. The event is designed to highlight services programs and organizations from all areas of the UMSL community. A central setup with booths will be located in the quadrangle area north of the J.C. Penneyauditorium. Organizations and offices are invited to reserve space in a booth. The space is free for the feedback. More information is needed to use the "data files". The registration fee is $95.

- The UMSL Continuing Education-Extension division will offer a course on "Lotus 1-2-3" on Mondays, Sept. 7 through 30 from 8:30 to 10:30 p.m. in the CBT IBM lab, 5690 Clancy Road. The course is an introduction to using an electronic spreadsheet on the IBM-PC. The student will learn how to use LOTUS 1-2-3 for applications in accounting, budgeting, expense control, and other data processing.

- The UMSL Women's Center will be holding a special fashion show and welcoming reception for all new students of non­traditional college age. The reception begins at 7 p.m. in the Hassebrook Room of the University Center.

**Tuesday**

- Last day to return fall textbooks.

- "Developing Your Solo Vocal Talents" will be offered by the UMSL Continuing Education-Extension division on Mondays, Sept. 10 through 29 from 6 to 8:30 p.m. The class will deal with vocal-technique, such as breath control, stage deportment and the interpretation of music. Therefore the registration fee is $55.

**Wednesday**

- Men's Soccer vs. Principia 6:30 p.m. on the Mark Twain Field.

**Thursday**

- Women's Soccer vs. Principia 4:15 p.m. in Room 218 SSB.

**Friday**

- The UMSL Peer Counselling will present a time management workshop from 2 to 3:30 p.m. in Room 427 SSB. Learn to control your time through the use of time management techniques. For more information, call 553-5961.

**Saturday**

- Women's Volleyball in UMSL Division II invitational.

**Sunday**

- The UMSL Peer Counselling will present a time management workshop from 2 to 3:30 p.m. in Room 427 SSB. Learn to control your time through the use of time management techniques. For more information, call 553-5961.

**Monday**

- The UMSL Student Association will hold a townhall meeting at noon.

- The UMSL Continuing Education-Extension division will offer "Supervisory Skills" for business, management from 8 a.m. to 4:15 p.m. in Room 225 J.C. Penney Building. The course is designed to assist owners and managers of small businesses, as well as others, in improving their managerial efficiency. The registration fee is $40. For more information, call 599-2911.

- The UMSL Women's Center will host a special reception for all new transfer students. The reception will begin at 3 p.m. in the Hassebrook Room of the University Center.

- The UMSL Peer Counselling presents the "Career Exploration Workshop" from 3 to 5 p.m. Individual and group counseling and a variety of career materials will be available. Additional workshop dates are scheduled for Sept. 16 and 25. For more information, call 522-5711.
Rivernanders Just Miss In Tie With McKendree

Jim Doudan 2063P

Rivernander football Coach Ken Hudson is entering his fifth season as the team's leader. Hudson is in the process of rebuilding, and the team is now in the process of regrouping.

Rivernander forward Dan Sakamoto (16) for the ball. Paul Bielicki (6) watches.

The Rivernanders are in the process of scoring in the last few minutes of the game.

Daley Sakamoto and Marni Maturo were Invited to audition for the upcoming season. They are attending the University of Illinois-Chicago at the time.

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Help Wanted

Major company needs six persons to work at its business school to participate in mock interviews on Sept. 9, Sept. 10, 11 a.m. - 11:30 p.m. Interview students will be paid $25. Contact SWAP, 346 Woods Hall for details.

Part-time mail clerk needed to work Mon., Wed., and every other Friday from 12:30 to 5:30 p.m. $5.16 per hour. Will train. Interested students contact Jonna Brown, 346 Woods Hall.

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