Study shows mood improves with one-hour nap or rest

Parents have known it for years: Four-year-old Susie gets cranky soon after lunch and Daddy says, "You need a nap." "I hate taking naps!" Susie protests. "Well then, I want a rest," her father responds. "I won't fall asleep," she warns. "That's OK," he replies.

Recent research shows the wisdom of this parental advice for children and adults. A study designed by Amy D. Bertelson, Ph.D., director of the Psychological Service Center at Washington University, indicates that both napping and resting in bed will improve a person's mood.

"The moral of the story for me," says Bertelson, "is that you don't have to fall asleep in order to get the benefits of a nap. A lot of people think it would not do any good to try to nap, because they would never fall asleep, or if they fell asleep, they would not be alert afterward. But both the habitual nappers and non-nappers benefited from a one-hour nap or rest.

Taking a break may be as beneficial as napping, depending on how sleepy you are, says psychologist David Dinges, of the University of Pennsylvania School of Medicine and Institute of Pennsylvania Hospital.

During the mid-afternoon "down time," people who can not conveniently nap usually take some kind of break. "That's when you'll see people streaming to the coffee machine in offices," he adds.

"It is probably important for most of us just to take some time out during the day. Whether that is bedrest, napping, meditation or exercise, it is probably good. Perhaps the greatest value comes from removing yourself from stressful situations. The lull also will usually pass if you just wait it out."

Bertelson's research, conducted at Texas A&M University by graduate student Suzanne R. Dais and professor Ludy T. Benjamin Jr., was reported in a recent issue of the professional journal Psychophysiology.

The study involved 94 male and female university students, aged 18 to 22, who consistently slept eight hours at night. "Nappers" were

Continued on p. 2

‘Feminism as a New World View’ is topic of Nov. 19 CIRCUIt lecture

Rosemary Ruether, Georgia Harkness Professor of Applied Theology at Garrett-Evangelical Theological Seminary, will deliver the annual CIRCUIt Lecture at 11 a.m. Wednesday, Nov. 19, in Graham Chapel.

Her lecture, titled "Feminism as a New World View," is part of the Assembly Series. A discussion, led by Ruether, will be held at 2 p.m. Wednesday, Nov. 19, in the Women's Building Lounge. The discussion and lecture are free and open to the public.

Ruether is the author of several books that examine women and feminism in religion, including Women and Religion in America: 1900-1968 and Women-Church: Theology and Practice of Feminist Liturgical Communities.

She is a columnist for the National Catholic Reporter and a contributing editor to Christianity and Crisis and The Ecumenist.

Ruether was a Fulbright Scholar at the Universities of Lund and Upsala in Sweden in 1984, and was named U.S. Catholic of the year by U.S. Catholic Magazine in 1983.

Ruether's lecture is sponsored by the Assembly Series, CIRCUIt and Student Union. CIRCUIt, the Council for Inter-religious Concerns, is a student group founded by the Campus Ministry and the Campus YMCA/YWCA to promote discussion among students and faculty of various religious backgrounds.

For more information about the lecture, call 889-4620.

Bates will direct alumni, fund-raising programs for medical school

Mark W. Bates has been appointed assistant vice chancellor and director, alumni and development programs, for the School of Medicine at Washington University.

The appointment was announced by Herbert F. Hitzeman Jr., senior vice chancellor and director of corporate and foundation relations.

In his new position, Bates will direct all the alumni and fund-raising programs for the medical school, including the annual fund, major gifts, corporate and foundation relations and planned giving. He succeeds Jack Siefkas, who has accepted a position with a Chicago-based development consulting firm.

Bates most recently was assistant vice chancellor and director of special development programs in the Office of University Relations at Washington University.

Bates came to the University in 1985 with nearly 27 years of institutional advancement experience in Chicago. He has served as vice president and executive secretary to the board of trustees at Illinois Institute of Technology and executive vice president of the American Fund for Dental Health.

He also has served as vice president for institutional advancement at the College of St. Francis, Joliet, Ill., and vice president of C. W. Shaver & Company Inc., a development consulting firm whose clients included the Chicago Symphony Orchestra. He has a bachelor's degree in journalism from Northwestern University.

Rosemary Ruether

Mark W. Bates
Black student retention is goal of 40in/40out program

A new program to promote black student retention has been developed at Washington University.

Lorraine Warren, area coordinator for activities for the Department of Residential Life, designed the program, with assistance from Alfreda Brown, a career development specialist. The program is titled 40in/40out in reference to retaining approximately 40 new black students enrolled at the University this fall. It features a series of workshops focused on black students.

40in/40out enables students "to talk about their feelings and common fears," says Mark Kellum, a graduate student who is pursuing a doctorate in mathematics. "During the process, they discover they aren't alone in their anxieties."

Warren says 40in/40out began as an opportunity to meet and communicate with each other. Tonya D. Barkley, a senior from Kansas City, Mo., who works on the coping strategies panel, says 40in/40out helps students realize people are willing to help.

The goal of 40in/40out, according to Warren, is to feature monthly events on a related issue. Tentative topics for next semester include the Black Graduate Students at Washington University and career strategies. Also scheduled is a discussion of the film, "Harlem to Harvard," and a social activity before finals.

Warren and Brown hope 40in/40out will eventually become a mentor program, whereby upperclassmen and others will be role models and aid the students' transition to college life. Having a mentor is vital, says Kellum. "The students' professional enthusiasm can help students attain their goals."

"The helping hand is extended to the students," notes Barkley. "I know when I talk to students, they always tell me, "If you need anything, call me."

Tonya Barkley senior

Some minority upperclassmen already have an informal mentor relationship with the new students.

"The helping hand is extended to the students," notes Barkley. "I know when I talk to students, they always tell me, "If you need anything, call me."

Summing up the program's focus, Brown says, "Hopefully 40in/40out will let the students know it's okay to talk about problems and that there is help. It's a normal to experience obstacles during the process of getting an education. But the key to success is learning how to overcome difficulties."

Carolyn Sanford

Napping—continued from p. 1

classified as students who also slept one-half to two hours at least three times a week during the past year, and "non-nappers" were those who rarely napped.

Of the nappers, 55 percent said they took naps because they lost sleep the night before or anticipated counterproductive naps. The middle 70 percent of the nappers, 61 percent said they didn't nap because they don't have time or they're not sleepy. Other reasons included interference with work, study or nighttime sleep; uninteresting naps; and a preference for resting.

The students were divided into three groups for a one-hour assignment: the first group slept, the second rested in bed with the lights on and the third control group watched a nature program videotape on communication in whales and chimpanzees. To keep the control group alert, the testers said they would quiz the group about the nature program. All subjects went on a mood and performance tests before beginning their assignments and were rested afterward.

As a result of their one-hour siesta, both the nappers and resters were happier and more vigorous, regardless of their normal napping patterns. Their videotape-watching counterparts, on the other hand, were less cheerful and energetic. Performance was not affected in any of the three groups.

Pennsylvania's David Dinges has studied sleeping patterns since the early 1970s, when he did graduate work at Washington University's Central Institute for the Deaf. "Much work now suggests that the siesta is biologically determined," he says. "The biological clock dictates increased tendencies toward sleep at night, between 11 p.m. and 6 a.m., and during the middle of the morning, 7 p.m. to 11 p.m., and 5 p.m., depending upon your habitual bedtime."

The post-lunch dip now appears to be a relatively normal response," Dinges says. Around mid-afternoon, your latency is shorter — that is, you fall asleep quicker. Contrary to some thinking, napping does not indicate a sleep disorder. "In fact," Dinges says, "a normal morning nap is perfectly healthy in most people."

"Many of us need eight or nine hours of sleep to function properly, but only get six or seven. This chronic sleep loss occurs because we cheat on our sleep. You can make up the deficit by napping, which is what many college students do," Dinges concludes.

As the Bertelson study shows, napping does not affect performance, but it does provide energy. Performance increases after a nap only when you have lost a sleep at night," Dinges states.

College students and the elderly are the most ardent nappers, probably because they can allow for naps in their schedules. "A tiny group of people regularly nap three to four times a week. They have a two- to three-phase cycle. We call them "appetitive nappers,"" Dinges says. Oddly, children aged 9 to 11 do not have the napping tendency, apparently because they sleep so deeply at night. But once they hit adolescence, they are again able to "hit the sack," as Dinges sees it.

This much is clear: "When people have critical tasks to perform that requires a high level of alertness, they will try to do them in the morning, late afternoon or early evening," Dinges says. "Nobody chooses mid-afternoon!"

Régina Engelken

Newman to hold fund-raising brunch

The 35th annual brunch and fashion show for the Newman Center at Washington University will be held on Sunday, Nov. 23, in the ballroom of the Park Terrace Hilton Hotel, 10350 Natural Bridge Road. The self-supporting center operates primarily on funds raised by the annual event.

The fashion show is being staged by Leppert Roos, who will feature everything from furs to jeans to suits. The models' back-up will be plants, feathers and other items. The annual event features music by The Bosman Twins, a jazz group. Faculty, staff and administration will hold the event, which will be from 7 to 10 p.m. in the Women's Building lounge.

Response to the program has been positive. "I'm glad they instituted it," says Betsy McDonald, a student at Xavier University.

The last event for the semester, a potluck dinner and study break, will be Sept. 10, and will provide food by music by The Bosman Twins, a jazz group. Faculty, staff and administration will hold the event, which will be from 7 to 10 p.m. in the Women's Building lounge.

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Régina Engelken
Garland E. Allen, Ph.D., professor of biology, presented a summary discussion of 31 papers by historians of science at a recent symposium on "The Emergence of American Biology in the 19th Century," sponsored by the American Society of Zoologists at the University of Washington's Friday Harbor Laboratories in San Juan Sound. The symposium will result in a published volume, under the same name, to be issued by the society in celebration of its centennial.

Edward Bocchia, professor emeritus of art, won a book prize Oct. 4 for his poem, "The First Go-Round," in the Poetry Society of America's Mid- west Regional Programs in Sts.oux. Bocchia also won a first prize for a sonnet (postcard) from The World Order of Narrative Poets in Flushing, N.Y., and one of his poems will appear soon in an anthology titled Variations of White. CSS Publications, Iowa Falls, Iowa. Bocchia will read his poetry at 7 p.m. Sunday, Nov. 16, at the St. Louis Artists Guild in Webster Groves.

Susan Crawford, Ph.D., director of the School of Medicine Library, was elected chairman of Medical Informa
tion Systems of the American Society for Information Science at its annual meeting in Chicago. The society, which has some 4,500 members, rep-

Gray L. Dorsey, J.S.D., Charles Nagel Professor of Jurisprudence and International Law, has published a book titled Breakdown in the United Na
tions: Changing Discourse in Interna
tional Politics and Law. It is jointly pubish
ed by Brown University Press of America Inc. and The White Burket Miller Center of Public Affairs at the University of Virginia.

Joe F. Evans, associate vice chancellor for business affairs, has been ap
toined to the Trustee Committee on Finance of the College Board. The College Board, based in New York City, is a nonprofit membership or-

Jeffrey Kurtzman, Ph.D., music department chair and associate professor of music, and Gina Spagnoli, graduate student in music, all delivered papers at the 13th St. Louis Conference on Manuscripts, held at the Pulitzer Library, Oct. 4-5. Kurtzman spoke on "A Remnant of Claudio Monteverde's Visit to Rome," and Spagnoli on "The Sistine Chapel, Mus
code Codex 107." Montzer's paper was titled "A Seventeenth-Century Opera Cycle," while Spagnoli's paper was titled "Heinrich Schutz: A New Look at the Documents."

Eric Plutzer, doctoral candidate in sociology, was promoted to associate professor of sociology. "The Social Bases of Americans' Attitudes Toward Abortion" in a refereed research paper in the American Sociological Association Meetings in New York. Plutzer's study of leftist-radical belief

in the United States will be published in a forthcoming issue of Social Forces.

Barbara Ryan, Ph.D., who recently received her doctorate in sociology, presented a paper she wrote as a graduate student in a panel discus-
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nual meetings of the American Sociological Association held in New York. The paper was titled "Ideo
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Robert H. Salisbury, Ph.D., Sources Professor of American History and chairperson of the Department of Political Science, recently partici-
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Gerhard Williams, Ph.D., acting chair of the German department, presented invited lectures in 1991, 1992 and 2786 on late medieval German and French literature at the Universi
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ty of Washington, Seattle, and the Con-
ference of Women in German, Portland.

Murray Weidenbaum, Ph.D., direc-
tor of the Center for the Study of American Business, Kenneth Lehn, Ph.D., assistant professor of business and public policy; and Robert Thompson, J.D., and E. Thomas Sullivan, J.D., professors, were participants in the Conference on Problem Definition in Public Policy Toward Corporate Takeovers, held Nov. 7 at the law school. The event was co-sponsored by the Center for the Study of American Business, the School of Business and the School of Law.

Anne L. Yard, managing director of Edison Theatre, participated in a panel discussion at the annual Mid-
west Association of College, Universi-
ties and Community Arts Administrators (A.C.U.C.A.A.) conference held Sept. 25-28 in St. Louis. The panel discussion was titled "Presenting the New in the Midwest." The discussion was part of a day-long workshop, sponsored by the A.C.U.C.A.A. and the Mid-America Arts Alliance, titled "What's New: Programming the Arts Gallery." Members of the work-

Shuffled From Diabetes is the tile of the title of the September issue of Dis
cover Magazine's eight-page feature on juvenile diabetes. Paul Lacy, M.D.; Robert L. Kroc professor of pathology, and David Scharp, M.D., associate professor of surgery, are both prominently featured in their research on islet transplantation and immunosuppressive therapy that may someday free juvenile diabetics from daily insulin shots.

Have you done something good for someone?

Have you: Presented a paper? Won an award? Been named to a committee or elected an of-
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Golf classic: Members of the Washington University community raised more than $4,000 last month for the Community Hospice Association of St. Louis by holding a golf tournament and party. Donors and co-workers of Handy Fuchs, former director of Information Systems who is on disabili
ty leave from the University, participated in the fund-raising event to show their thanks for the suppor

ture has given Fuchs and is wife, Virginia. Some 40 golfers participated in the "First Ever Handy Fuchs No Hold Barred Never Leave a Bridge Putt Short" Invitational Semi-Pro-Am Fall Golf Classic," and more than 100 attended a party held afterwards in Bowles Plaza. Among the golfers were, above from left: Fay Bowton, Treasurer; Manish Leach, Research Office; Larry O'Neill, retired from Physical Facilities; and Ed MacCordy, Research Office.

Snyder retires from engineering chair

Donald L. Snyder, Ph.D., professor of electrical engineering, has stepped down from his position as chairman of the Department of Electrical Engi

neering. After 10 years of active department leadership, Snyder is leaving the post to devote additional time to teaching and his research in quantitative image processing. Snyder said his tell as chair, the department greatly increased its commitment to undergraduate educa
tion and increased the number of

NEWSMAKERS

Washington University faculty and staff make news around the globe. Following is a digest of media cov

erage they have received during re

cent weeks for their scholarly activi
ties, research and general expertise.

"Suicide and violence are closely linked," comments Lee N. Robinson, Ph.D., professor in psychiatry, in an article from the Aug. 22 Research News. The article out-

liged new research that focuses on the growing social problem of teen
age suicide and the evidence that a large number of suicide victims had been "destructive toward others."

Unshackled From Diabetes is the tile of the title of the September issue of Dis
cover Magazine's eight-page feature on juvenile diabetes. Paul Lacy, M.D.; Robert L. Kroc professor of pathology, and David Scharp, M.D., associate professor of surgery, are both prominently featured in their research on islet transplantation and immunosuppressive therapy that may someday free juvenile diabetics from daily insulin shots.

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Robert H. Salisbury, Ph.D., Sources Professor of American History and chairperson of the Department of Political Science, recently participated in a conference at Brown University on Problem Definition in Public Policy. Salisbury presented a paper titled "Most Important Problems and Problem Definition: Explorations of the Range and Power of Policy Agendas." Salisbury also gave a colloquium presentation at Harvard University on his current research on interest group representation in Washington.

Gerhard Williams, Ph.D., acting chair of the German department, presented invited lectures in 1991, 1992 and 1996 on late medieval German and French literature at the University of Wisconsin, and at the University of Washington, Seattle, and the Conference of Women in German, Portland.

Murray Weidenbaum, Ph.D., director of the Center for the Study of American Business, Kenneth Lehn, Ph.D., assistant professor of business and public policy; and Robert Thompson, J.D., and E. Thomas Sullivan, J.D., professors, were participants in the Conference on Problem Definition in Public Policy Toward Corporate Takeovers, held Nov. 7 at the law school. The event was co-sponsored by the Center for the Study of American Business, the School of Business and the School of Law.

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CALENDAR

LECTURES
Thursday, Nov. 13
2:30 p.m. Dept. of Mechanical Engineering Seminar, "Failure Embrittlement in Polycrystalline Alloys: Over the Last Century," R.B. Hazer, WU prof. of mechanical engineering. 100 Cupples II.
4 p.m. Dept. of Chemistry Seminar, "The Importance of Understanding Complex Systems," John Goodenough, WU prof. of chemistry. North Hall.

FRIDAY, NOV. 14

Monday, Nov. 17
2 p.m. Dept. of Chemical Engineering Seminar, "Computer-Aided Screw Design for Tandem Foam Extrusion Processes," John Park, senior scientist, plastics products division, Owens Illinois Corp. 100 Cupples II.
3:30 p.m. Dept. of Mathematics Analysis Seminar, "Nonlinear Algebraic Functions on Symmetric Spaces," Brian Blank, WU prof. of mathematics. 159 Cupples I.

Wednesday, Nov. 19
11 a.m. WU Libraries Bookmark Society Lecture, "Feminism as a New World View," Rosemary Buecher, Georgia Harkness Professor of Applied Theology, Garrick-Theological Seminary Graham Chapel. Part of the Assembly Series.
4 p.m. Dept. of Physics Colloquium, "Photons Correlations as a Test of Quantum Mechanics," Brian Blank, WU prof. of physics. U. of North Carolina. 204 Crow.

Thursday, Nov. 20
4 p.m. Dept. of Art History and Archaeology Lecture, "Observations on the Iconography of Leonardo's Mona Lisa," Claudia Rosousek, WU prof. of art history and archaeology. 200 Steinberg Hall.
4 p.m. Dept. of Chemistry Seminar, "Recent Developments in the Design of Sequence DNA Cleaving Molecules," Robert Dervan, WU prof. of chemistry, California Institute of Technology. 113 McMillan.
4 p.m. Central Institute for the Deaf (CID) Colloquium, "Coping With Hearing Loss," Peter Meeske, WU prof. of psychology. 200 C & D.

Friday, Nov. 14
8 p.m. Performing Arts Area Presents Brian Griffith's "On the Edge of the World." "Wizards." 82. Brown Hall. (Also Sat., Nov. 15, at 9:30 p.m., and Sun., Nov. 16, at 9 p.m., Brown.)

Monday, Nov. 17
4 p.m. Dept. of English Colloquium, "Lines of Authority: Politics and Literary Culture in the Late Seventeenth Century," Steven Zucker, WU chairman and prof. of English. Hunt Lounge; Duncker Hall.

PERFORMANCES
Friday, Nov. 14

Friday, Nov. 21
7:30 p.m. The Film "Glissements progressifs du plastique," with a 30-minute filmed commentary by Alain Rohde-Grellier, WU Distiguished Professor of Romance Languages and Literatures, will be shown in Meyers Language Lab, Ridgley Hall.
8 and 10 p.m. WU Filmboard Series, "La Cage Aux Folles." 82. Brown Hall. (Also Sat., Nov. 22, same time, and Sun., Nov. 23, at 7 p.m., Brown.)
Midnight. WU Filmboard Series, "Goddess vs. the Sea Monster." 82. Brown Hall. (Also Fri., Nov. 21, 7:30 p.m., and Sat., Nov. 22, same time and same location.)

Wednesday, Nov. 19
7 and 9:30 p.m. WU Filmboard Series, "The Man Who Lies." 82. Brown Hall. (Also Thurs., Nov. 20, same time, Brown.)
"Guys and Dolls." 82. Brown Hall. (Also Fri., Nov. 21, 7:30 p.m., and Sat., Nov. 22, same time, Brown.)
Midnight. WU Filmboard Series, "Godzilla vs. the Sea Monster." 82. Brown Hall. (Also Sat., Nov. 22, same time, Brown.)

Wednesday, Nov. 19
7 and 9 p.m. WU Filmboard Series, "The Love Bug." 82. Brown Hall. (Also Sun., Nov. 16, same time, Brown.)
"Cage Aux Folles." 82. Brown Hall. (Also Sat., Nov. 15, same time, and Sun., Nov. 16, at 9 p.m., Brown.)
5:30 p.m. Thursday Night Chicken Soup Cafe and Deli at Hillel House, 6300 Forsyth Blvd. Cost is $3. Reservations are required. To make reservations or for more info., call Sister Marya Polhemus at 726-3558.

Sports
Friday, Nov. 14
5:30 p.m. Newman Center Retreat at Rockhart in House Springs, Mo. (Continues through Sun., Nov. 16, until 3 p.m.) Cost is $20. Reservations are required. To make reservations or for more info., call Sister Marya Polhemus at 726-3558.

Friday, Nov. 14
11 a.m. Project Kosher Brunch and Discussion, "Chosenim or Chaveirim: A Contemporary Look at an Old Jewish Belief." Rabbi Susan Talve and Simcha Waxberg. Hillel House; 6350 Forsyth Blvd. Admission is $3 payable at the door. Reservations due by Nov. 13, should be made by calling 726-0177.

Thursday, Nov. 15
10 a.m. to 8 p.m. Red Cross Blood Drive. Sponsored by Sigma Alpha Epsilon Fraternity. Langen Lounge, Mallinckrodt Center. (Also Wed., Nov. 19, same time, Lambert Lounge.)

7:30 p.m. "The Mountain Tremble" will be shown. Lambert Lounge, Mallinckrodt Center.

Sunday, Nov. 16
5:30 p.m. Thanksgiving Dinner at the Newman Center, 6552 Forsyth Blvd. Cost is $5. Reservations are required by Nov. 19. To make reservations or to obtain more info., call 725-3558.

7 p.m. Latin America Forum Series, "Guatemala." A video "When the Mountains Tremble" will be shown. Lambert Lounge, Mallinckrodt Center.

Calendar Deadline
The deadline to submit items for the Dec. 4-13 calendar is Nov. 19. Items must be typed and state time, date, place, nature of event, sponsor and admission cost. Incomplete items will not be printed. If available, include speaker's name and identification and the title of the event, also include your name and telephone number. Address items to King McEnery, calendar editor, Box 1070.