

HAWK



TALK

HAMMOND

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Elizabeth Cox Visits Hammond

By: Thomas Kennedy

On Tuesday October 17, the Hammond community was pleased to have Elizabeth Cox on campus to talk about creative writing and poetry with students and parents. She is a writer from Chattanooga, Tennessee, who studied at the University of North Carolina and who happens to be Dr. Barks' sister. As well as teaching creative writing at UNC and Duke, she has published a novel entitled Familiar Ground, which was reviewed in The New York Times Book Review as being "a work of startling originality."

While at Hammond, Mrs. Cox introduced the Senior AP English classes to her fiction and short stories and also read a portion of Familiar Ground to students during an assembly.

We were glad to have a person that Publisher's Weekly called "a writer of deep insights and a talent for conveying a sense of time and place" on our campus, and we wish to thank Dr. Barks for bringing her to Hammond.

Skyhawk Scholars Score Big At "Super Saturday"

By: Kerry Stubbs-team member

On September 16, Coach Hult took the hastily formed Skyhawk Scholars Academic Team (Cameron Howell, senior and team captain; Rem Reynolds, sophomore; Laurin Smith, sophomore; Anne Sproul, senior; and Kerry Stubbs, senior) to the Winthrop Challenge "Super Saturday" statewide academic competition at Winthrop College in Rock Hill. The team had an exciting day; one of the highlights being the fire alarm that went off right after we started our first match. The chaos that ensued surpassed that caused by the air-raid siren and van breakdown of last year's competition. Needless to say, this instance, coupled with a narrow (65-70) loss to Hilton Head, unnerved the Scholars (and their coach) somewhat, but we came back strong after a power lunch at Quincy's, with sweeping victories over Gaffney (150-25) and McCormick (140-10). In between matches, we relaxed and observed other teams (We all had a chuckle at two teams who didn't know who the Traveling Wilburys were). We finished the day with a total of 490 points, which was good enough to put us in the finals of the Challenge, with 32 other teams. These finals will be broadcast on SCETV at a later date. We are the only independent school in the state to make the finals, and we hope to go all the way. Wish us luck!

Patriotism Prevails

By: Leslie Robinson

On October 13, Congress passed a law which would make it a felony to burn, stand on, or destroy the American flag. This goes into effect on Sunday, October 29. The punishment for an offense of the law will be either one year in prison or a \$1000 fine. Upper School students were surveyed to see their views on this law. The response was excellent. The first question asked if one supported the law. Sixty-six percent supported it for various reasons. The most recurring one was that our flag symbolizes freedom and

patriotism. Others responded by saying that people who want to burn the flag have no pride in their country and should leave. Of the supporters fifty-six percent found the punishment for a violation of the law to be too severe.

On the other end of the spectrum, thirty-four percent disagreed with the law. Reasons given were mainly that the law is a violation of Constitutional rights. Many also thought that there were more important issues facing Congress. Others said that patriotism comes from more than just a flag. Another group of people responded that they did not even know that people burn the flag. Where have they been?

A Global School?

By: Margaret Ellen Pender

A global school? At first, these words did not hold much meaning for me, and I probably did not stand alone. As the year progresses though, I am beginning to realize these words mean much more than a new letter head and new buses with globes painted in the "O" of Hammond. These words mean being aware and getting

involved. Recently, we have begun to do this. We were involved in Hugo relief, and new ideas of service to the community are constantly being suggested and presently being considered. Not only are we growing in knowledge concerning the problems directly surrounding us, but also we are learning about the world. For example, Mr. Wolpert is beginning a fight to save the elephants. Hammond is definitely changing with the times and becoming more globally aware.



The Left Lives On

By: Trevor J. Dunrad PhD

After the incredibly successful response to my last submission, I couldn't bow out and leave my fans screaming for more. As for my loyal opponent and colleague Dr. Edgars, we may have to wait a month for his next pitiful argument while he this month fails to wagging his infectious tongue.

The topic I would like to address is the endangered environment. It simply disgusts me with what zeal some morons support environment harming companies. Exxon, for example, should not only be severely reprimanded for the oil spill, but their business should be destroyed. In fact, all oil production should immediately be halted while we devote our entire energy needs to hydroelectric power.

What we really need is stricter legislation concerning conservation. Littering should be punishable by 1 year imprisonment and a \$1,000 fine. Likewise, spitting should be a felony, and, while we are on the subject of personal pollution, having bad breath should be a misdemeanor, and public flatulence a serious federal offense.

In addition, I think that recycling should be mandatory in all households. The process is rather simple. At every location in the house where there is a trash can, simply put eight waste holders; one each for plastics, paper, metal, wood, styrofoam, rubber, various organic matter, and miscellaneous trash. Likewise, all would be expected to dismantle items and distribute the elements between the waste baskets; eg for a pencil, divide between wood, metal, and rubber. The side benefits would be the creation of new jobs in the recycling plants and a boom in the waste basket industry.

Some lily-livered pansy conservatives are too afraid to give up any aspect of their terribly indulgent lifestyles for the good of the generations of people to come. I think this is the worst of the many forms of sniveling Republican avarice. They'd rather see the ozone layer disappear and the ultraviolet rays fry our skin than part with their hairspray and foamy packing materials. Kill these people! They have no right to stand on the fertile ground that supports them.

Civilization as we know it is dirty and disgusting. Let us do away with cars, tall buildings, and all waste materials and endeavor to live in caves without harming our environment. We can live as hunters and gatherers and be part of the wonderful ecosystem we have worked so hard to destroy. We can become one with nature in our quest for inner peace. Well, I'm off until next month. See me for directions to Walden.

The Rise of Pinko Communism

by: Dr. Ronald N. Edgars

Section II: The Flag

In my last column I talked about the necessity of having the Pledge of Allegiance become mandatory in our schools. What good is that, though, if there is nothing but a pile of ashes to which the students can pledge? How dare you pinko liberal burns defend the burning of our dear Star Spangled Banner? The flag represents freedom, that's true, but if you burn it, are you not in a sense giving up that freedom? I think so, and I also think that any commie pinko who burns the flag should be deported to West Germany or Korea where their misguided views will fit in with the norm. Yes, America is a great country, but it does suffer from a disease called Liberalism. If this disease is not nipped in the bud, we will all suffer. Therefore, those of us who share the right opinions should band together to see that the pinkos never get too much power.

Yes that pathetic loser Dunrad is right. The head of the eagle does point to the left, but only if you look back on it. I would rather have placed the eagle in front of me and have it lead me. Thus, from my point of view, the eagle points my way, the Right way, and is only looking in scorn at the column of that miserable commie Dunrad. It makes me sick to my stomach that bleeding hearts like you enjoy manipulating what is every American's God-given birthright. You are scum. You are worthless. You are what roaches floss their teeth with. So why don't you just take a walk to Lebanon and get out of our face with your crazy ideas, you flag-burning commie. As for me, I long for the day when pinheads like you will be thrown out of this country for desecrating Betsy Ross' fine gift to our nation. So until next time, this is the original "King of the Right Wing" Dr. Ronald N. Edgars telling you that this is America, and you pinko jerks can love it or leave it.

Varsity Hawks Rack Up Four More Wins

by John Kleckley

With four more wins the Varsity Hawks improved their season mark to 7-0. After a slow start (in Skyhawk terms) the offense caught fire to catch up with the already awesome Skyhawk defense. The offense averages 34 points a game while the defense has given up only 24 points all year and has yet to be scored on in the first, second, or third quarters.

The Skyhawk's first road game of the year took them to Charlotte to play Providence Day. The vicious onslaught of D and O was too much for the Chargers as the Hawks spoiled homecoming and whipped 'em 41-8.

The Varsity road tripped it to Hilton Head to play the Dolphins of Hilton Head Prep who were coming off a season of no football. The result was not a sight to be seen by those of weak heart. The only bright spot for the Dolphins in the 50-0 loss was a 41 yard pass completion on the second play of the game.

The men were forced to play Thomas Sumter team fresh off a 14-7 win over Heathwood on a hot afternoon in Dalzell due to the damage of Hugo. Coach Eddie Taylor predicted a win for the Generals and a physical beating for the Hawks. Boy was he wrong! Behind the excellent coaching of Phil Sandifer and James Buchan the Hawks dominated both sides of the line and sent Eddie runnin' with his tail between his legs. Final score: Hammond 40, Thomas Sumter 0.

October 20, 1989 the night the lights went out on Wilson Hall's dream of avenging their 1988 playoff loss to the Skyhawks. The Hawks led a tough defensive game 3-0 until the fourth quarter when Baron linebacker Jamie Glasscock intercepted a John Jenkins pass and returned it to the 7 yard line. Four plays later Allen Shaw scored to make it 6-3 Barons. After stalling on their next drive, the Hawks punched it in the second time with 39 seconds left to make the score 10-6. With 11 seconds left and the Barons attempting a comeback, the stadium lights went out signaling the end for Wilson Hall's dream.

The defense led by Ben Fuller, George McCutchen, Ken Philbeck, and Mike Martin allowed the Barons no room to run all night, and the secondary of Jenkins, Ed Parler, and John Kleckley caused several coverage sacks of All-American Quarterback Milt Lowder. The team has two regular season games left, Porter-Gaud and Heathwood.



Cross Country Sets Eyes on Championship

By: Chad Brasington

Although it has hardly been noticed in light of the football team's overwhelming success, the Varsity Cross Country team is making strides of its own this year. Coming off an undefeated State Championship season last year, the team has responded with fifteen wins and a single loss with one meet remaining until the State championship. Lee Anne McAlister, a retired Olympic marathoner, is coaching the team to its continued success.

Jack Strifling has assumed the first position on the team by himself this year, with the loss of senior captain Chad Brasington to an injury. Jack has won all nine of the dual and tri meets this year, against some formidable opponents. He has run a 3.1 mile course in 17:04, which is a new school record. Senior Kevin Watt has been a great asset to the team this year, running in the second position. He has consistently placed well in all of the meets, and has run 3.1 miles in 18:01.

Cliff Harmstad, Chris Daves, Rem Reynolds, and Tommy Cantey occupy the third through sixth positions, providing the solid core of the team, which is essential to success in cross country. Weston "Thinks He's Bad" Edmunds, Chal Brasington, Hardin Bethea, and Ed Eubanks complete the roster of the varsity team. Laurie Howell, being the only girl on the team this year, has fared well despite several injuries.

The team has defeated some large high schools such as Richland Northeast, Eau Claire, and Hartsville; and it has manhandled teams such as Heathwood, Camden Military, the Governor's School, Pelion, and Ben Lippen.

The Cross Country team was given the chance to spend several hours with Ian Jackson when he came to Hammond. A dinner was arranged for Ian and the cross country runners the first night he arrived. He helped the team with relaxation and breathing techniques to improve their running, and also told some incredible stories about big-wave surfing in Hawaii. The team was pleased to have this opportunity to talk to such an exceptional athlete.

Lady Skyhawk Tennis

By: Trent Gillespie

The varsity girls' tennis season is off and running this fall. The skyhawks have a record of 8-1 in the conference and 8-5 overall. The team consists of four seniors, four juniors, four sophomores, and one eighth grader. The team is led by Lindsay "GNR" Gillespie at #1, Lauren "How does my hair look" King at #2, Kathy Boozer and May Graham share #3, Lee Hopkins at #4, and the #5 position is shared by Elizabeth Gilbert, Perrin Clarke, Eliza Pender, Laurin Smith, Emily Stover, and Leslie Tomlinson. The #1 doubles team is composed of Lindsay Gillespie with either Lauren King or Kathy Boozer. The #2 doubles team has consistently been the team of Dorothy "Where's Toto" Robinson and Mary Rhett "Boris" Ball. After pulling off a major upset against Hilton Head Prep, the team has two matches and the state tournament left to play. They are looking forward to the tournament to take their revenge on Ashley Hall and Heathwood Hall.

Middle School Learning the Ropes

by John Kleckley

Through four games Hammond's Middle School football team is 2-2. They opened the season with a come-from-behind 8-6 win over Camden Military. That win was followed by a 12-6 overtime loss to Orangeburg Prep. They then traveled to Dalzell and hammered the Generals 28-8. In a rematch of week 2's game the Indians of OP handed the Hawks a 20-0 defeat.

The team has been led by four eighth graders: Flk/Monster Franklin Cate, C/DG Ryan Brady, HB/OLB Michael Edens, and QB/OLB Heyward Brabham. The offense started slowly but is starting to come around, meanwhile the starting defense has given up only 24 points all year. With three games left the team is poised for a strong finish.

Dear Pepe,

Dear Pepe,

I'm really attractive and can't decide which guy at school is going to be lucky enough to take me out. What should I do?

Signed,

I'm Beautiful and I Know It

Dear Beauty-Full,

Get a new direction! It's not the man's job to flaunt all over the woman. The women serve the men in this world. After you've taken a guy out a few times (your treat) and given him lots of presents, and he's put you in your place, then HE can decide whether you can go out with HIM.

Dear Pepe,

If you were a bird, what kind of bird would you be?

Signed,

Home Office

Rutledge Hall

Dear Homes,

A vulture.

Endangered Elephants

By: Leslie Robinson

About 625,000 enormous elephants roam the earth today. Ten years ago over 1.5 million were alive. This is a significant decrease in the number of elephants that we share the planet with. Armed poachers sneak around the earth with their semiautomatic rifles killing the peaceful animals for one part, the ivory tusk. A beast is shot, the tusks are removed, and the dead carcass abandoned. We, as citizens of the world, need to consider the welfare of these gentle beasts. We ultimately decide whether or not they will become extinct in the next ten to twelve years. Is the beautiful ivory really worth having to add another creature to our growing list of extinct animals? Every week about 1,000 elephants are murdered. At this rate the next generations will not know of elephants as we do; they will have to read about them in books. The choice is ours, but if we choose not to act, we will have no second chance. As you make your choice, I remind you that extinction is forever.

Seniorwatch '90

By: Rhett Davis

As educated readers, you must bear in mind that the writer of this article is afflicted with the dread disease SECS (Seniors Entering College Syndrome), more commonly known as Senioritis (as classified by Dr. Russell B. Smith, associate professor of total knowledge at Wake Forest University). This is not to be confused with SACS. One we are evaluating; the other evaluates us. I am, however, doing my best to report the most up-to-date, unbiased reports. But you must know, several new developments have recently arisen.

On Thursday, October 6, Cameron Howell opened his French book during Advisor period, frowned, and said, "Oh, *@#!, I won't do it! I'm a senior! I don't have to do my homework!" Apparently, this is not too uncommon a sentiment. Coach Tom Feddrici, chairman of the Administrative Commission on Obeying, said to us, "I've never seen anything like it, which is untrue, of course. This happens every year." When questioned about his plan for remedying the situation, he told us, "We have experts working round the clock to identify the causes of this disease. And, of course, our hearts and thoughts are with those who have been swept into the wake of this horrible, horrible tragedy." High School Principal Steven A. Landry was also reported as saying, "Don't quote me."

Our own team has been working on the solution for the SECS, and has come up with the following thought. If the superiority complex commonly associated with SECS is the result of certain entrance into college, then why are they afflicted before they are accepted? Answer: There is another cause. Seniors think they are superior not because they know they are accepted, but because they are working their tails off this year, harder than any being on the planet. Because of this, they deserve some respect. Parents! if your senior does not want to mow the lawn, lay off him! He has three applications due next week. Teachers! if your students complain about excessive homework, give them a break! They're taking four AP courses and have reading backed up for two weeks. Underclassmen! if you are bothered by a senior's conceited attitude, read "Dear Pepe," last month's issue.

News: when you want it, if you want it; and anyway, if you don't. This is Rhett Davis for SENIORWATCH '90. By the way, don't miss visiting psychotherapist Dr. Alfonso Vidivoombaatz's special article on stress management.

Peace Education

By: Eleanor Green

For almost two years the Carolina Peace Resource Center has been located in the brick building next door to Tracks Records in Five Points. The peace center is managed solely by volunteers and is "dedicated to offering opportunities for involvement to any and all who are interested in our work." It has local, state, and nationwide affiliations. The center has a nuclear interest group, a coalition for the liberation of South Africa, and interest groups for any other local or larger issues. There is also a peace education program for elementary school age children called Peaceful Saturdays. A bimonthly newsletter and calendar of activities are published by volunteers. The center also has a library and resource development program. Anyone interested in these activities can call the Peace Center at 799-3640.

Lunch Committee's October Excursion

By: Chad Brasington
Rhett Davis
Richard Davis

Guest Reviewers: Scott Hubel & Chris Walkup

RHETT: Before we begin, let me introduce the Hammond Lunch Committee, a group dedicated to seeking out the absolute finest dining available to Senior lunchers, and, of course, delinquent underclassmen.

RICH: Wednesday, October 18th, the group piled into the committee van, a 1985 Zimmer Conversion, to go to Wendy's Old Fashioned Hamburgers Restaurant Extraordinaire.

CHAD: I'll have to say that I was pleased to see that their sanitation rating had been upgraded from a C to an A, even though Scott swore there were horses in the back.

RHETT: Oh, well, inside joke. We got to the register in record time, a mere 56.43 seconds.

CHAD: I was especially impressed with the courtesy of the cashier when she politely asked if we would be dining with them this afternoon.

RICH: Now, on to the orders. Chad started with the traditional order of a double with cheese w/o pickles and water for \$2.68.

CHAD: I thought the onions were repulsive, but the mixture of grease, ketchup, and mayonnaise which ran down my wrist was especially delightful. Overall the meal was quite tasty. What more can you say about a hamburger? One other definite plus is the complimentary Saltines, which I enjoyed garnished with a light coat of ketchup.

RHETT: I might add here, that a sure way to shave a dollar off your tab is to drink water.

RICH: Yes, all of us opted to drink water but Scott who only got a baked potato anyway. He apparently enjoyed it, but did say, "The potato ran out of cheese too quickly."

RHETT: I reminded him that he put the cheese on himself, but he simply said, "The customer is always right!"

RICH: I turned out to be the big spender of the group with a chicken club and a "Biggie" fry (and water) for \$3.93. The chicken club was excellent, although it had a bit more mayonnaise than I would have liked, but this is typical of many restaurants in the Columbia area. The fries were, for the most part, good, but my particular serving came from the dregs of the fryer, and about 20% were overgreased, which gives Wendy's a Fry rating 8.0.

CHAD: Chris, lacking the resources for a substantial meal, got a Single with everything and water for a total of \$1.73. His only comment was, "I couldn't afford cheese on my hamburger."

RHETT: I got the large meal of the day, the well stocked and better advertised SuperBar (and water) for \$3.87 and a Frosty with a coupon from specially marked boxes of Crispix cereal. I wanted to test their claim of 26,355 combinations on the Superbar, but after eating four bowls of Crispix this morning, I wasn't quite as hungry.

CHAD: We attempted to calculate the validity of their claim and figured that with 30 items on the bar, one would have to make combinations of at least 5 items to come up with the advertised 26,355. Also, we

reasoned that these combinations would have to entail such meals as pasta with cottage cheese or refried beans and Thousand Island dressing.

RHETT: Yes, the advertised number is a bit far fetched. All in all, the possibilities include salads, pasta, and Mexican food, although there are 4 different noodle types and 3 varieties of nachos. I ended up eating two tacos, some spaghetti and two bowls of the aforementioned refried beans. The beans, however, were more like Hawaiian poi.

RICH: To sum up, Wendy's is a nice little place to eat. I would add that it is 100% SACS approved and its vicinity to Hammond makes it a perfect choice for Seniors without an extra period but with a few superfluous dollars to throw around.

RHETT: We almost didn't make it back in time, though. Chad, in an effort to beat the first red light, futilely burned rubber in the committee van, and in the extra minute, Scott fell to openly insulting rednecks on the committee CB.

RICH: And so ends the first meeting of the lunch committee. Look forward to more reviews of eateries around the Hammond area. We would like to thank Dr. Steven Arthur Landry for donating his luxurious office and lemon drops for the entertainment of the committee writing session.

Exchange Programs to France and Germany

By: Catherine Clark

This past summer, two Hammond students, Paula LaMotte and I, went on a short term Rotary Club exchange. Paula went to France and I went to Germany, each for a month, and then we brought a person from our "families" back with us for a month.

Many students all over the world take part in Rotary Club exchanges every year. There are short term (2 months - summer) and long term (all year) exchanges to any country in the free world (and soon there will be clubs in a few communist countries). They are available to students aged 16 - 18, and you don't have to have a Rotary member in your family to take part in an exchange. If you are interested, contact any Rotary Club member or feel free to ask Paula and me any questions.

Staff

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Thorne Barrett

(aka Dr. Ronald N. Edgars)

Chad Brasington

Richard Davis

Trent Gillespie

Eleanor Green

Cameron Howell

(aka Dr. Vidivoombaatz)

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(aka Dr. Ronald N. Edgars)

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Leslie Robinson (Features Editor)

John Kleckley (Sports Editor)

Rhett Davis (aka Trevor J. Dunrad) and Thomas Kennedy
(Editors-in-Chief)

For Seniors: A Guide To Stress Management

By: Dr. Alfonzo Vidivoombaatz, psychotherapist

For many of you seniors, you're experiencing especially unnerving symptoms of stress - inability to relax clenched jaws, insatiable desire to drive at high rates of speed in the near vicinity of old women crossing the street, or simple signs of manic-depression. And believe you me, you've every right to be uptight! This is only the single most important semester of your entire high school career, and your teachers are doing their best to make your report cards sure signs of your own private apocalypse. Stress in this situation is perfectly natural! What you need to know is that you're not any different from your classmates. Tell yourself, "Hey--I'm okay!"

The first step in this direction is learning to cope with stress. Stress management is the key to your very sanity - indeed, to your future. Learn to relax, unwind, and vent your frustrations. Here are some excellent examples of techniques used by your classmates to kick that uptight feeling and lead a stress-free life:

After those afternoons of rummaging through his college applications, John Kleckley understandably is a little nervy. His solution? He beats his girlfriend into submission! Not only does this exercise help John get rid of nagging frustrations, but it gives him that undeniable feeling of superiority to get him through the day.

Mr. Bierregaard's physics class makes everyone batty. How does Trent Gillespie cope with pre-test jitters? He enjoys relaxing at a family picnic or campfire with his favorite relations, toasting marshmallows and singing rounds of "Bingo." Trent especially likes singing the "Bingo was his name-o" part, crawling on all fours, and barking like a cocker spaniel. This technique is also helpful in unwinding before the SAT. Just bark a few times before you begin, you'll feel worlds better!

When pressure's on, how does Scott Huebel stay cool? He utilizes one of his little known talents, aquatic ballet. "Try it," Scott says, "it works!" He's right; though some experience negative side effects like water up the nose, this technique is usually infallible.

Everyone knows Heyward Robinson is the quintessential stressed-out man. To get a break and shake those tensed-up blues, he uses rather odd means. After shaving his incredibly rough and forest-like beard, Heyward flexes in front of a mirror, telling himself "I know you love me. I'm bad." This method is not for everyone, but it sure returns Heyward's long lost confidence and self-esteem!

Rhett Davis takes a walk on the wild side when his computer gets him ticked. He puts on his butterfly-collar shirt, a pair of bellbottom jeans, and his favorite leather jacket. Then he hops on his vintage Harley-Davidson chopper and takes off, the wind blowing his billowy locks. If you don't have a motorcycle to drive away your frustrations, Rhett recommends reciting lines from Easy Rider or singing "Born to Be Wild."

Jennifer Hilliard listens to her favorite Paula Abdul tunes whenever guys get her angry. "Paula reinforces my knowledge that men are lowly serpents and that women are truly the superior gender, forced to administer to the male ego because of public expectations and traditions of female stereotyping," says Jennifer. Hearing Jennifer's philosophy, Curry Verner turns violently red in the face and says, "Yeah."

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Jay Johnson has tried some strange methods to relieve stress. "I've tried everything from eating sacks of raw potatoes to shaving my legs," he says. But now Jay has rediscovered an old nervous habit which eases his insecurities. He simply rubs his thighs in a steady rhythm and mumbles incantations under his breath. Coincidentally, these incantations are the same Kendrick Richmond mumbles in his stress-disturbed sleep. Translated from a strange Peruvian dialect, the words were found to say "anything for a new car with tint." Interesting....

Most people think Weston Edmunds is never stressed out. This can be attributed to the fact that Weston is a text book example of pent-up stress; he simply buries his frustrations in hopes that they will go away. "It works for me," Weston says. Beware, however! Though Weston may look calm, cool, and collected on the outside, his psychological stress manifests itself on the surface in the form of extreme sensitivity in the collar bone area.

When the weight of the world seems heavy on Nick Papadea's shoulders, he seeks guidance in the words of guitar great Jimi Hendrix. Though this method works well for Nick, I question its effectiveness. After all, how much wisdom could flow from the mouth of a man who died in a pool of his own vomit?

Coach Hull's AP History class gives Jim Gettys a real headache. He chases his migraines away by practicing his future career - hairstyling. Jim has known he wanted to be a hairstylist since he first met his mother's hairdresser, Ramone. "Mom," he is remembered to say, "I want to grow up to be just like Ramone." Now Jim cuts his

friends hair to relieve his headaches. Some of his recent customers include George McCutchen, Eliza Pender, and a less fortunate victim, Adam Brantley.

Elizabeth Hearon, my final example of effective stress management, uses an amazing method to unwind. "What does she do to unwind, Dr. Vidivoombaatz?" you ask in melodious apprehension. Elizabeth wraps her long, flaxen hair tightly around one of her fingers and stares into space. "It's like a mystical experience," she says. "I just look out a window and go pensive! My problems become palpable spheres for my psyche to mold into glorious shapes for my mind's alleviation." Wow! now that's some heavily psychoanalytical stuff. Maybe Elizabeth would consider bearing my children, Sigmund and Carl...but, I digress!

So, oh ye of little stability and much distress, management of your frustrations is all in the technique! You can't hide from stress behind tinted windows. It will find you! Therefore, seniors, relax! And if you get so tense that you feel like strangling someone, do it! You'll feel better about yourself! This has been Dr. Alfonzo Vidivoombaatz reminding you to say, "Hey--I'm okay!"

