

# Northeast Today

February 23, 1976

THE BOARD OF REGENTS will meet at 1 p.m. Friday in the Conference Room of the Student Union.

RELAXATION THERAPY IN THE HIGH SCHOOL as a deterrent to physical and mental disease was Fred Shaffer's (Social Science) topic Wednesday during the Fourteenth Annual Conference for School Administrators and School Counselors held in the Student Union. He emphasized that if students can be taught how to relax in the elementary and secondary grades, we will reduce the incidence of essential hypertension (high blood pressure), migraine headaches, colds and flu, anxiety neuroses and more serious mental and physical disorders prevalent in our society.

He discussed several modes of relaxation therapy including the Harvard Relaxation Procedure, meditation, and biofeedback and demonstrated two biofeedback machines, the EEG (electroencephalograph) and EMG (electromyograph). He is currently doing research on test anxiety among college students using students from his General Psychology and Everyday Living classes as subjects and comparing the effectiveness of several forms of relaxation therapy.

A TAX SHELTER PLAN, sponsored by the Missouri State Teachers Association, is being made available to Northeast faculty, according to Bob Sprehe of the Business Division, CTA president of MSTA. John Ingalls, MSTA insurance representative, will be on campus to answer questions about the plan from 9 a.m.-4:30 p.m. Wednesday in the Tangerine Room of the Student Union. All interested persons are invited to drop in.

THEATRE IN THE ROUND comes to campus tonight with the opening of "When You Comin' Back Red Ryder?" O.J. Merrell, director, hopes that seating the audience around the stage will enhance the thematic value of the play.

Faculty, staff and students will be admitted free with a validated I.D. The production begins at 8 p.m. tonight and continues through Thursday.

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PARENTS WITHOUT PARTNERS INTERNATIONAL will hold an organizational meeting at 2 p.m. Sunday at Faith Lutheran Church, Baltimore and LaHarpe. Membership is made up of single parents who are divorced, widowed, separated or unmarried. Marcia Bergquist, a University sophomore, is the local organizer.

Max Snodgrass, district supervisor from Jefferson City, will explain the educational and social aspects of the organization and conduct a question and answer session at the meeting Sunday. For additional information contact Marcia at 665-1523.

WEDNESDAY IS THE LAST DAY TO REGISTER to vote in the Kirksville city elections and on the one per cent city sales tax on April 6. Registration may be completed with the Adair County Clerk in the court house.

BACKPACKING THE HISTORIC SHENANDOAH TRAIL -- that's what the University's Outing Society plans to do May 8-26. Sponsor Ray Barbeau of Military Science says that the group plans to backpack the scenic 104.5 mile trail taken by many of America's early pioneers followed by two short side trips to Washington, D.C. and Williamsburg, Va. The Shenandoah Trail travels along the Blue Ridge Mountains from Front Royal in the northern part of Virginia to Waynesboro in the south.

Barbeau, who is a backpacker and will be making the trip, says that costs will be kept to a minimum. Anyone interested in joining the group should contact him at ext. 7191 for more details so that pre-trip conditioning can be coordinated.

THE PHI MU ALPHA JAZZ FESTIVAL, scheduled for Saturday on campus, will feature 50 junior high and high school bands from a three-state area. The competition is rated by Down Beat magazine as one of the top seven jazz festivals in the midwest.

Competition will be held in seven classes in morning and afternoon sessions, followed by a concert at 8 p.m. in Baldwin Auditorium. The concert will feature the winning bands in each class, the University's three jazz bands and guest artist Marvin Stamm, trumpet soloist.

Tickets are available at \$1.75 from Phi Mu Alpha members and in the Student Union this week. Tickets will be good for admission to the competition during the day and the night concert.

"THIS IS YOUR LAND" is the theme for the University Dames Style Show scheduled for 7 p.m. Wednesday in the Alumni Room. Clothes from local stores will be modeled by University faculty and staff, their spouses and children. Reservations can be made by sending \$1 (for dessert) to Mrs. Bob Dager, Business, or Mrs. Rich Robinson, 267 Violette Hall.

FACULTY NOTES ... Marlow Ediger, Education, has his article "The Pupil and Listening in the Language Arts Curriculum" accepted for publication in the winter 1975-76 Virginia English Bulletin.... Kenneth Fountain, Science, and Michael Pierschbacher, B.S. '74, are co-authors of "A Phosgeneless Synthesis of Diaryl Carbonates" scheduled to appear in the May, 1976 Journal of Organic Chemistry. Fountain said the article documents a new and safe method for making compounds which could be used as polymers or plasticizers without using very toxic phosgene gas.