

by Ruth (Mom) Anderson



The Stork Report

Essays, children, reading, housework, assignments, spouse, midterms, friends,... the list goes on and on. Life is full of demands on your time.

When the hands on the clock seem to turn like a fan, and the pressure starts to build, parent-students need to take steps to gain control over their time.

1. **Get your priorities straight.** At least 25 different activities are demanding your attention. They all want to be your #1 priority. To keep your sanity, make a daily priority list and do the most important items first.
2. **Slow down a little.** Pace yourself. Like a new car, if you drive it with care it will last 100,000 miles. If you push it as hard as it will go I wouldn't guarantee it for 1000 miles. We all have our limits and we perform best when we pace ourselves.
3. **Think positive!** Nothing takes away from a person's strength and ability more than worry. Will James said, "The greatest discovery... is that by changing your attitude you can change your circumstances."

4. **Allow yourself to make mistakes.** Acknowledge the fact that you are human and that mistakes are a part of life. Learn to laugh at yourself occasionally.

5. **Delegate responsibility.** Busy frustrated parents often think it is easier to do a job themselves. In spite of the problems, get your family to cooperate so that they are working together as a team.

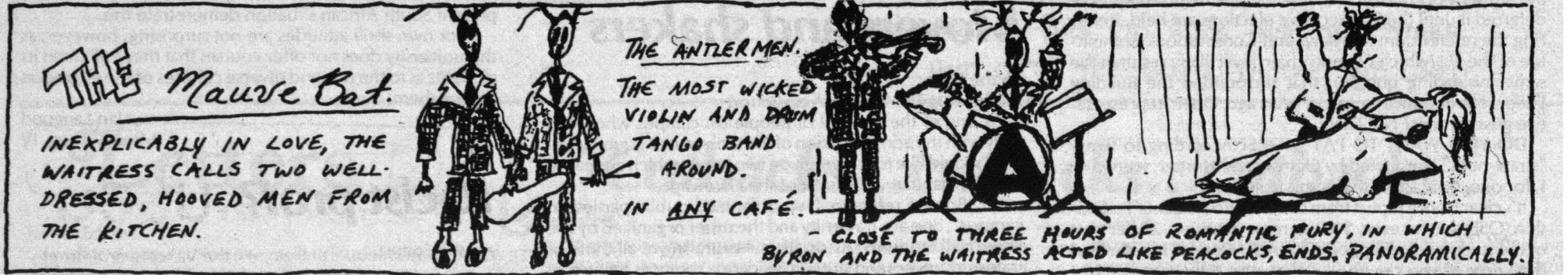
6. **Take a mini-vacation.** It's still a few weeks till Reading Week and you can't possibly "get away" from all the things you have to do now, right? Try taking a mini-vacation which lasts from 30 seconds to 2 minutes. (Don't tell me you haven't got 30 seconds!) A mini-vacation consists of taking a deep breath, relaxing all your muscles, closing your eyes, and imagining that you are at the beach or in the mountains. See the flowers, smell the air, hear the waves lapping at your feet... Allow yourself a few moments of perfect peace. Then open your eyes, yawn, stretch, and go back to the rat race.

Successful time management is the key to winning the rat race without becoming a rat.

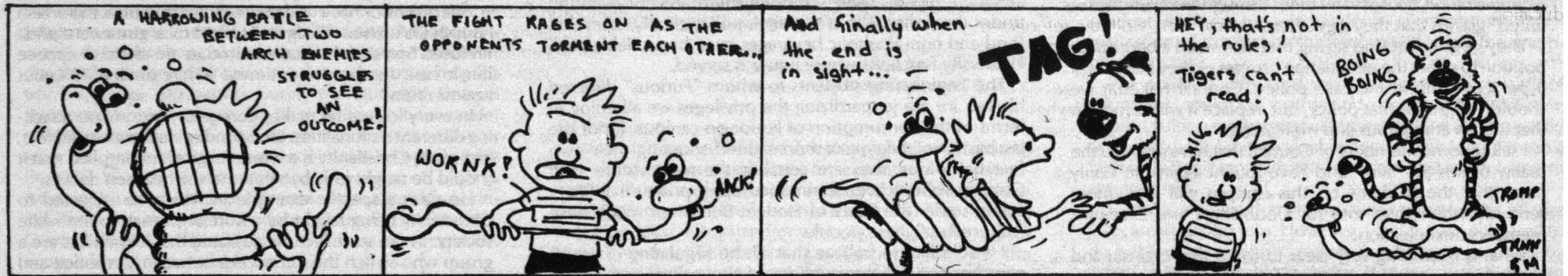
The Worse the Better



The Mauve Bat



Johnny Everly



A Letter to Keri...

My father is balding. He has been for decades now. My grandfather is bald. I do not want to go bald. I cannot think of anything worse than going bald. O.K. If someone took away my Smiths albums it may just be worse, but basically balding is the pits. Socially, balding is like a curse. If you guys out there are sure of eventual baldness then I suggest you try to get hitched as quickly as possible. But doesn't it seem like just every girl is checking the ol' hairlines nowadays? It's really quite frustrating. I mean, what can you do if you're a late 20ish guy who is just beyond wigs or hair transplants? Once you're post 50, well don't worry about it. At that age the majority of your fellow men have lost it, but when you're 28 and bald, face it, you're a freak. Sting is going bald but he's already a freak (he thinks he's a vampire!).

Marc Simao

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SPEAKER: Pia Sutcliffe London SWAP Coordinator

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