MALAYSIA BOUND

Following the first of the year, one of the faculty of the English Language Service will receive the "opportunity to really experience being in a foreign atmosphere"—Malaysia. Tim Farley, Director of Courses for the ELS Department, will travel to Malaysia to teach English to the Malay students.

A consortium of big ten universities implemented a two-year program which began last fall. Students will receive American college credit in their own country. Farley, a graduate of Indiana University, is looking forward to the experience. He will reside in a "hot, humid, tropical environment with exotic foods, flora, and fauna." Malaysia is an Asian society located in the South China Sea off the coast of Cambodia, Vietnam, and Thailand. The Republic is roughly 60% Muslim, 10% Indian, and 30% Chinese.

Mr. Farley has been out of the United States on two previous occasions. He studied for a year in France and then returned there to teach English in the lycee, or high school. This experience, however, Mr. Farley commented, "will make France look like going down to the 7-11!" He hopes to learn the language, Malay, and "acculturate" himself. His plans are to remain in the country for 12 months with a possible second year. "We'll see," he said.

The program will allow students to learn English and then travel to the United States to continue their education as second semester sophomores or juniors. American universities are "assessable and respected," Mr. Farley explained.

JOIN THE FCA HUDDLE

To present to athletes and coaches, and all upon the influence of the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the church. Through FCA ordinary people help each other become better people and better examples of what God can do with a "meek life." (underlining added).

So often the question has been asked or even on someone's face as they looked at a posted notice reading "FCA meeting," what IS FCA? A huddle of the Fellowship of Christian Athletes, whose motto is stated above, has been formed at Marian College. Having initially attracted about twelve members, the group is now recruiting all interested persons and they are adamantly stating, "you don't have to be an athlete!"

During their second meeting, the group elected officers. The President is freshman Nora Murphy who spawned the idea having been involved with an FCA group in high school. J.R. Spillman is vice president. Kelley Ross is secretary. And Mike Luebbenhusen is treasurer. The group is sponsored by Bret Shambaugh and Coach Audrey Satterblom who has offered her time and talents.

FCA has many plans and is very determined to make a mark at Marian. Betty Warner, the area representative for FCA in the greater Indianapolis Chapter, was invited to speak to the group Sunday, December 8. After showing videos which included Dallas Cowboy head coach, Tom Landry, Mrs. Warner acquainted the group with options and ideas utilized by other huddles in the area. A huddle is a group of people recognized by the FCA area representative.

FCA plans invite local and state athletes to speak and share. Bible study takes a prominent place in FCA. Get together with other universities' and college's groups are under way. Films and videos of famous sports figures who have been touched by Christ are also part of the schedule.

FCA is both a challenge and an opportunity. It takes the courage and determination of athletes and interprets them in the light of Christian living. Come, join the challenge. Help make FCA a strong, active program on the Marian College Campus.

K.R.
On the 7th day before Break my teacher gave to me, 7 big fat quizzes.

On the 6th day before Break my teacher gave to me, 6 zits caused by nervous tension.

On the 5th day before Break by teacher gave to me, 5 term papers.

On the 4th day before Break my teacher gave to me, 4 out-of-class projects.

On the 3rd day before Break my teacher gave to me, 3 unit tests.

On the 2nd day before Break my teacher gave to me, 2 *migraine headaches.

On the 1st day before Break my teacher gave to me, 1 sadistic grin and a 20 page final.

Yes, campers, this is how it really is. The teachers tell you to study the whole book, all of your notes, plus remember the 99 lectures you have had. I start to worry about the final if the teacher is waiting for me at the door and has a sly grin on his or her face, then they wish good-luck upon you (as if luck has anything to do with the final outcome of the grade). You know right then and there it is going to be a tough one and all of the cramming you did will not help one bit.

Good luck with your finals!

D.E.A.R.

Thanks for busy weekends

The Carbon would like to express its thanks to all of those people who kept our weekends busy. There has been at least one student sponsored activity each weekend this semester (except one). A special thanks goes to the Social Planning Committee (Dave Cassis, Bill Gulde, John Hart, Michelle Cocquyt, Jean Markley, Sandra Gatton, and Charlie Rowe). Keep up the good work! We'll be looking forward to next semester, especially the ski trip and the Sweethearts Dance.

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**S.O.S. OUT**

On Monday, December 9, questionnaires were distributed to over 100 currently enrolled students to obtain information about their satisfaction with College life at Marian. The random sample of students selected is representative of the general student population and includes both traditional and non-traditional students. The last Student Opinion Survey (S.O.S.) was administered in April, 1985 and information obtained from an analysis of the responses was used to improve programs and services at the College. Results were also included in the institutional self-study in preparation for the College's re-accreditation visit by the North Central Association in January. All students who receive a questionnaire are strongly urged to complete and return it to the Office of Student Services. The information obtained from the survey will be valuable in determining the quality of student life on campus.

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**CUTTING CALORIES BY EXERCISING**

Three types of activity are beneficial in controlling heart disease:

--Moderate daily physical activity (brisk walking for an hour).

--Vigorous exercise three of four times a week (twenty minutes each time).

--Sustained hard physical labor

The list shows calories used in 1 hr. for various activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canoeing</td>
<td>2.5 miles</td>
</tr>
<tr>
<td></td>
<td>4.0 miles</td>
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<tr>
<td>Climbing</td>
<td></td>
</tr>
<tr>
<td>Cycling</td>
<td>5 mph</td>
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<tr>
<td></td>
<td>10 mph</td>
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<tr>
<td></td>
<td>14 mph</td>
</tr>
<tr>
<td>Dancing</td>
<td></td>
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<tr>
<td>Horseback Riding</td>
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<td></td>
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<tr>
<td>Golfing</td>
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<tr>
<td>Gymnastics</td>
<td></td>
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<tr>
<td>Playing Tennis</td>
<td></td>
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<td>Playing Soccer</td>
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<tr>
<td>Playing Squash</td>
<td></td>
</tr>
<tr>
<td>Rowing</td>
<td>Peak effort</td>
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<tr>
<td>Running</td>
<td></td>
</tr>
<tr>
<td>Sawing Wood</td>
<td></td>
</tr>
<tr>
<td>Sculling</td>
<td>20 strokes p/min.</td>
</tr>
<tr>
<td></td>
<td>37 strokes p/min.</td>
</tr>
<tr>
<td>Sitting at Rest</td>
<td></td>
</tr>
<tr>
<td>Skiing</td>
<td></td>
</tr>
<tr>
<td>Standing Relaxated</td>
<td></td>
</tr>
<tr>
<td>Swimming</td>
<td>Back stroke</td>
</tr>
<tr>
<td></td>
<td>Breast stroke</td>
</tr>
<tr>
<td></td>
<td>Crawl</td>
</tr>
<tr>
<td>Walking</td>
<td>Slow, 2.5 mph</td>
</tr>
<tr>
<td></td>
<td>Moderate, 3.75 mph</td>
</tr>
<tr>
<td></td>
<td>Very fast, 5.5 mph</td>
</tr>
<tr>
<td></td>
<td>Writing</td>
</tr>
</tbody>
</table>

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**This week's Carbon was brought to you by:**

**EDITOR:**

Teri Sauer

**FACULTY ADVISOR:**

Prof. Craig

**STAFF:**

Angie Richard, Kellie Jarvis, Brother James Rinard, O.S.B., Kelly Ross, Lisette Shattuck, Deb Ervin, Brad Landerwerien

The Carbon Staff would like to extend a special thanks to Mrs. Spallina and Linda Oldham. Thanks for your time and effort put into the success of The Carbon.
Merry X-mas and Happy New Year to TOH guy, jap eyes and nasty boy from "The Girls" - K.S.S.

Annibal and Tywanda,
Merry Christmas to my most favorite suite-mates in the entire universe.
Love Geek

Dear C.C.,
I wish I could be with you, but as usual I'll be with you in my heart.
I love you,
T.J.

Dear Teddy Bear,
I love you! Be good and you'll find something special in your stocking!
Love,
Kathy

Dear Henri,
I hope you have a wonderful holiday season.
From Your Secret Santa on the Corner

To Nikki,
Here's wishing you have a very joyous holiday season.
From Your Secret Santa

Merry Christmas study! Do well on your exams, ok! And maybe you'll get a big surprise!
Love You,
Kimberly

You'd better watch out...Kellie, Lora, Laurie, Liz, Beth, Brenda, Jennine, Mary, Chris and Brad.
Merry Christmas! Santa Claus

To Ernst (R.A.),
Merry Christmas (even if you are the favorite kid),
from your brother

Beanie and Deb,
Merry Christmas to two of my favorite people (even if you are only Freshmen).
Love,
Hamster

Happy Holidays to everyone and good luck next semester!
Elisa

Elisa,
A note of "Pomp and Circumstance." We love you and will miss you. Stay in touch.
The Gang

My Bro Bisc -- the finest of the nine.
Love your sister, drink a beer, Merry X-mas and Happy New Year!

Ken Schrader,
Never had it so good -- until I met you! Happy X-mas, Merry New Year, Hugs and Kisses too!!
T

To Prissy Chrissy,
We love you even though you become prissy woman after 12:00.
Merry Christmas,
Love,
Bonehead and Priss II

T. Hope you have a wonderful vacation away from me! Remember to make your bed, pick up your clothes, be home by... Oh, well, now! Tell Eric I said hi! I want a rubber tree soon.
Love,
A

John,
You better be good or else I won't take you to eskimo to become an Alaskan.
Love,
Ana

To my only kids,
Have a Merry Christmas!
Love Your "Mom."

Mark,
I hope this is your best Christmas ever! I love you!
Jill

Have a Great Break Roomies! (Germaine, Joe and Duwayne) Love your roommate.

To all my friend,
Merry Christmas and Happy New Year!!
Bonita Gauck

Mark,
I'm glad you're my buddy.
Merry Christmas!
Cath

T.K.,
Merry Christmas, sweetheart. I wish I could be with you, but as usual I'll be with you in my heart.
I love you,
T.J.

Connie,
You're a super friend and we're going to miss you. Good Luck and Merry Christmas!
3-East

Sandy, Shannon, "Z", Anne, and John,
Merry Christmas and Happy New Year! I mean... New Year!
Love,
Chris

Merry Christmas to my favorite Doyle Hall Partiers -- Butch, Panda, Donna, Cindy, Elaine, Teresa, Jill and Marcia.
Love,
Hamster

Cutie, Bonehead, and Prissy,
I am not prissy, but Merry Christmas anyway. I love you! Pencil-Head

Chair-ole,
Season's Greetings and salutations. It's been one more fine semester of "gaining Knowledge" with you!
Love,
Little One

Christine "Scrooge" Hague,
Have a Merry Christmas anyway!
Teri

Chris,
May your "real" stocking be filled with something besides sticks and stones. Remember to pull your shade!
Santa Claus

Stan,
Have a merry one! Try to be good!
98

To all the GWY gang,
Have a super Christmas!
Love y'all,
T. Watt