

Editor's Editorial

Psychologist image stained; Associated stigma unfair

By SUSAN SHUFORD

"Don't cry out loud; keep it inside. Learn how to hide your feelings." The words to this current hit by Melissa Manchester exemplify the attitudes of American society.

Don't be a baby, keep a stiff upper lip, and pretend nothing ever happened are the catch phrases upon which many Americans are taught to base their behavior.

As a result of these cultural stereotypes, many Americans are afraid to explore their true emotions. They are terrified to let others know who they really are, for if a person bares his soul to another, and that individual doesn't like it, what does he have left?

Only the most courageous, those who are willing to open up to change and to improve themselves, ever visit a counselor or psychologist.

Here at Guilford, the Counseling Center is aptly named the Center for Personal Growth. The Center is not only a crisis related service. It is also a place where people can expand their consciousness.

Jane Caris and Guilford's other counselors want to help students prevent crisis and encourage them to deal with already existing problems in a creative way.

Life is not always a smile. People pay the price for change through increased stress. Still, a peaceful life is not always enviable. Those who avoid change often lead rigid, stagnant lives.

On a scale of 300 points, entering college rates a minimum of 217, according to Holmes stress test. If a freshman is confronted with any other emotional upheavals outside of school, he may find himself plunging into a serious life crisis. If a person's stress level exceeds 300 points they may run the risk of developing a serious illness.

Though college is one of the most difficult and stressful times in an individual's life, many troubled students never seek professional help.

People are afraid to reach out. Our society places a cultural taboo on admitting that life is anything less than a smile. Break that taboo! Be brave! If you have problems, or if you want to improve yourself, seek help. It's the only way you'll ever be able to let yourself and the world know what kind of a person you really are.

Teacher raps dumping

Editor of the Guilfordian,

The controversy about where to dump the PCB-contaminated soil has totally submerged the question of whether there might be more acceptable disposal methods than dumping.

Polychlorinated biphenyls do not degrade quickly; they remain serious poisons for a very long time. It is probably impossible to keep them from contaminating our food and what we drink as long as they are in our environment.

I find the choice of Warren County for dumping the soil peculiarly distressing because Soul City is located there, a place designed to be a community of harmony and beauty for many, black and white, who have had no chance to live in such a community before.

There are alternatives to dumping. One is incineration, a method

attempted in similar situations with unhappy consequences. Burning is seldom complete, often producing new carcinogens or sending chlorine compounds into the upper atmosphere where they will attack the ozone layer.

There are, however, chemical degradation procedures that should be able to convert PCB's into harmless chemicals or even into commercially useful ones. This is a relatively simple chemical problem which the state's chemists and chemical engineers should tackle. A period of waiting to explore this approach can do no harm and might avoid much suffering for future generations.

Theodor Benfey



Student worried with damages; "Childish frustrations" cause

Dear Editor,

I am very concerned about the tremendous, cumulative damage which has occurred in Guilford College's Recreation room over the past year. The damage began when holes were poked in the ceiling and walls.

Restoration of the walls may cost anywhere from \$700-\$1000. Much of the destruction occurred during the same weekend as exams.

Apparently a group of people got together and released all of their childish frustrations by poking holes into the walls with pool sticks. These irresponsible people also succeeded in causing \$50 worth of damage to the glass in the juke box.

The burning of white pillows in the Passion Pit, two partitions torn down in the men's room at Milner, and the stealing of the faculty's coffee pot are other examples of destruction.

It is true that staffing was not properly organized. Still, can we honestly blame security for the problem? No way.

This damage happened due to a lack of communal feelings, love for one's school, and pride in a society such as we have here at Guilford.

Perhaps the most disturbing part of this episode is nonrespect for one's self. Obviously these people have such hatred for themselves that it promotes them to destroy property that is valuable to others.

A few students may have seen certain possible suspects, but refuse to testify due to their lack of positive knowledge. Hypothesis leads us to believe some of the vandals may be off campus high school students.

Reopening of the recreation room has been accompanied by heavily staffed, all-around-the-clock workers, and the checking of I.D.'s as students enter the room.

Hugh Stohler, Director of Student Activities, stated that even though the majority of students are not irresponsible, "there is no sense of a strong community. Obviously, there are some who do not feel good about where they are in college or even about being part of a community."

Instead of working, living, and

learning together as a family, these few people have chosen to produce much psychological and physical damage to our atmosphere.

Sure, everyone enjoys excitement, but destruction of personal property is a serious matter. Why not let these angry students transfer their negative energy into a positive cause and help oppose the destruction of our college community?

Debby Blaine

Deadline Correction

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