

The Guilfordian April 15, 1983



College Survival Kit

— A series of 12 articles dedicated to better reading, writing and communications skills is being offered free to college students by International Paper Company (IP).

Provided as a "College Survival Kit," the collection of articles is from the "Power of the Printed Word Program" developed by IP and written by

well-known professional communicators, writers and public personalities.

The kit includes articles on topics ranging from how to write clearly to how to read faster, improve your vocabulary, use a library, make a speech, write with style, enjoy the classics, write a resume, enjoy poetry, spell, write a business letter, and

read an annual report.

The "Power of the Printed Word" program has been praised by educational organizations throughout the country. A free kit may be obtained by writing International Paper Company, College Survival Kit, Dept. P., PO Box 954, Madison Square Station, New York, NY 10010.

Workshop Offered

"Understanding Older People" is the subject for an all-day workshop at Guilford College April 16.

Designed to help adults become better informed about aging, the program is open to community volunteers, persons with an older family member, or anyone concerned about growing older.

The workshop includes sessions on the aging process—physical, social and psychological changes; support groups for families; communicating with the ill or dying; living arrangements; and social and recreational opportunities.

Registration fee for the program, sponsored by the College's Center for Continuing Education, is \$25, which includes materials and lunch.

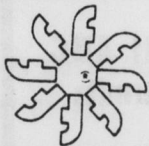
Sessions will begin at 8:30 am in the Gallery of Founders Hall and end at 3:45 p.m.

To preregister or receive additional information, contact Ann Johnson, Center for Continuing Education, 292-5511, ext. 126.

Family Seeks Student to Live In.

Room and Board is available in exchange for household duties. For details call Mrs. Ende, 852-6717.

CLASS of '83



LOOK FOR a Gift Certificate in the Next Issue!

Farewell's Never Final

by David Nash
Features Editor

Although these lush, fertile spring months have sung to me in notes of natural renewal, I have still felt a growing undertone of something else: the sadness of separation from Guilford friends during the summer. Paradoxically, I've coped with this sadness by sitting alone at the lake. My last mournful meditation was interrupted by an old friend—the unicorn.

She was surprised to find me here, sullen. "I can't believe you're brooding in a time of such youth and hope for nature. You're in a sick state—your face is as long as mine"— (attempt to create humor. My unicorn fancied herself to be a comedienne, like Phyllis Diller. And I thought I was a little deranged.)

"How can you make jokes when I'm about to lose all my friends until next January?"

"Summer just lasts until August."

"But I'm Going to London in the fall."

"Well," she began, "assume the worst. What will you be like if you never see any of your Guilford friends again? You will still not have lost them—will you? You have shared yourself with too many people to forget all of them. Only if you'd never met a friend here would you have headed home leaving none. In fact, Even though you say "farewell" to someone with whom you've been genuine, you will never forget or lose them. Besides, being with someone in spirit is much closer with him or her than being with them in person. I would rather have the inner warmth of friendship than the physical presence of anyone.

"And don't worry about crying or feeling bad. If someone had been at Guilford for nine months and didn't feel bad about leaving, he has wasted his time. Good-bye and don't forget to write."

Turning tear-wetted cheeks, I waved, watching her walk into the woods.

Quaker Notes

"The Orange County Women's Center is sponsoring the following programs in April:

SUPPORT GROUP FOR WIDOWS meets April 11-May 16 every Mon, 7-8:30 p.m. at the Women's Center. The goals of this group are for widows to meet other widows, share feelings and experiences, and come to understand the grief process. Group facilitators are Virginia Grantham, MSW and Olivia Slome, BSN. Cost is \$3/session.

CAREER PLANNING AND JOB SUPPORT GROUP meets for 6 Mon. evening sessions starting April 11 from 7-9:30 p.m. at the Women's Center. Series will include assessment of interests and skills, researching the job market, how to find a job, resume writing, and interviewing techniques. Women in transition will welcome the supportive atmosphere of these sessions. Facilitators are Eunice Grossman, MEd, and Miriam Slikin, PhD. Cost is \$5/session.

SUPPORT GROUP FOR NEW MOTHERS meets April 13-May 25 every Wed, from 7:30-9 p.m. at the Women's Center. Group will provide the chance for mothers to express their feelings—both positive and negative—as well as gain a sense of the importance and validity of being a mother. The facilitator is Sharon Williams-Dennett, MEd. Cost is \$3/session.

PARENTING SKILLS WORKSHOP is for parents with children who are toddlers-6th graders. This 2-session workshop meets Fri, April 15 & 22 from 9:30-11:30 a.m. at the Community Church. Will focus on how to set limits & problem-solve for everyday concerns such as getting dressed and bedtime. Facilitators are Mary Dodge Smith, MSW & Lynne Johnston, ACSW. Cost is \$5/session.

MOTHERS AND DAUGHTERS: A WOMEN'S STORY is a 2-session workshop which meets on Sat. & Sun. April 16 & 17 from 2-5:30 p.m. at the Women's Center. Will examine the special and sometimes complicated relationships that occur between mothers and daughters. Facilitators are Marilyn Bentov, PhD, & Jill Hammer, MA. Cost is \$5/session.

MIDLIFE: CRISIS OR CELEBRATION meets on April 19-May 24 every Tues. from 7:30-9 p.m. at the Women's Center. Goals of this group are for participant to receive respect and support for their individual needs and desires, gain clarity on the issues they are facing, and gain a sense of their "next step" direction. Facilitator is Kelduyn R. Garland, MSW. Cost is \$3/session.

PERSONAL GROWTH SUPPORT GROUP meets April 20-May 25 every Wed. from 7-8:30 p.m. at the Women's Center. This is a group for women to share their feelings, issues, and concerns and gain a strong sense of self. Facilitator is Mazine Soloway, MSW. Cost is \$3/session.

To register for our program, simply call Toni at the Orange County Women's Center 968-4646. The Center is located at 406 W. Rosemary St. in Chapel Hill.

WFQS has a Spanish show every Sunday from 11:00 A.M. to 3:00 P.M. It has news until 12:00 Noon and then starts with music from Latin America and Spain until 3:00 P.M. This show is done by Antonio Garcia.

So if you want to know what's happening in your own Latin American country and want to hear some good music turn on Sundays to WQFS 91FM from 11:00 A.M. to 3:00 P.M.

LSAT PREPARATION TEST: On Saturday, April 16, 1983 the Pre-Law Club will sponsor the administration of an LSAT Preparation Test. Call Dr. Stoesen at ext. 266 if you plan to take the test. You do not have to be a registered Pre-Law Club Member to take the test.

Happening on Saturday, April 16...9:00 a.m., Junior Olympics at the football field...7:00 p.m., Choir Concert, Dana Auditorium...9:00 p.m., Binford Beach on the dorm grounds, dance to be held in Sternberger in case of rain.