

Students Prepare to Go to Paris

by Besty Vance

"You who have been to Paris, know; and you who have not been to Paris -- go!" (John Ruskin, *A Tour through France*).

Some Guilford College students took this advice seriously and have planned to spend four months in Paris -- the entire spring semester. The students met together Thursday, November 10, to obtain detailed information about living in Paris.

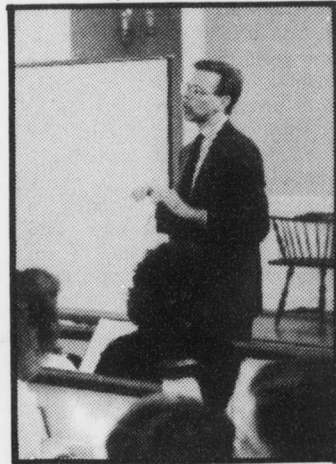
Ed Costello, director of the Paris Semester Abroad program, was the featured speaker in a series of discussions about the lifestyle and academic and cultural experiences available while attending the Institut Catholique. Several 1988 Paris semester abroad students presented detailed perspectives of their experiences, while other students who went to Paris in previous years answered questions for the 1989 group.

There are two residence options for students when they get to Paris: living with a family or in a "pension," a type of boarding house. Taylor Moore, who went to Paris in Spring 1988, strongly advocated living with a family. She believes that was the easiest way to learn the French language and Parisian culture. Students who had chosen the boarding house arrangement explained the advantages and disadvantages of that program.

Other topics discussed included travel and study

opportunities. Most of the Guilford students travel extensively by train on weekends and during spring break. Passes for the European train system can be purchased in the United States and used for unlimited travel during a designated time period.

Costello stressed the academic program at the Institut Catholique, because students are in Paris primarily to continue their educations. Classes in French Conversation and Grammar are required. Other courses offered are French Literature and Painting, Contemporary French Society, and French Justice. The classes are difficult, so Costello warned the students to be prepared to work, study, and see their GPA



Ed Costello, director Paris semester photo by Charles Almy

decline -- the latter due to the wealth of activities available in Paris that may tempt students away from studies.

Even though there are numerous advantages to spending a semester abroad, Costello also encouraged the students to consider the drawbacks. American students must adjust to a strange city in which the inhabitants speak a strange language and practice strange customs. Students must be prepared to experience and overcome culture shock and homesickness.

Costello resides in Paris, so he will be available to help students adjust to their new situations. He also teaches at the Institut Catholique.

The first week of the semester is an orientation period, in which students practice everyday conversations skills, learn about practical matters such as using public transportation, reading newspapers, and enrolling at the Institut. Parisian points of interest will be visited throughout the week.

For Guilford students who would like to study in Paris, one semester of French is required, but at least three semesters of the language are recommended. The cost of the program is the same as for a full semester at Guilford, plus airfare and a small housing surcharge. Students can apply for the program through the Center for Off-Campus Education.

The Great American Smokeout

by Sue Crowther

Take a breather, smokers -- it's a chance to give your lungs a break. This year, HEAR (Health Education Action Resource), a new organization on campus, will sponsor the Great American Smoke Out. On Thursday, November 17, millions of individuals, organizations, businesses, schools, and hospitals will join in this nationwide effort to encourage smokers to give up cigarettes for 24 hours.

Through interviews on campus, it is evident that many smokers are looking for an excuse to quit. This Thursday will provide all the support you need.

What's in it for non-smokers? They get to participate in all the fun helping smokers quit for the day. Wednesday, November 16, from 11:00 - 1:00 in Founders lobby is sign-up day where non-smokers will be given the chance to "adopt a smoker" for the day. There will be competition for prizes and "survival kits" will be given out. There will also be a balloon launch which will take place at noon.

TIPS FOR ADOPTURES
-- don't nag, threaten, preach or scold, MORAL SUPPORT, INCENTIVES, AND ENCOURAGEMENT is what they need.

- Show you care.
- Make use of the survival kit.
- Be available to your adopted friend for the entire day.
- Schedule fun events, especially for those long evening hours (go to the movies, out to dinner -- non-smoking section of course)
- Be sure adopted friend is wearing a "quitters sticker."
- Congratulate partner at the end of the day.
- Suggest that your adopted friend should continue to "stay off" since he/she made it for the day.

QUIT TIPS FOR SMOKERS

- Throw away all cigarettes (or at least let your adopter hold them for you).
- Clean out and put away all ashtrays and things that remind you of smoking.
- Exercise to relieve tension.
- Make use of the survival kit.
- When the urge hits, eat a carrot or drink a Coke, chew gum -- do anything but reach for a cigarette.
- Eat three meals a day (try to avoid sweets or spicy foods which may trigger desire for cigarettes).
- Drink lots of liquids (6-8 glasses/day).
- Keep your hands and mind busy. Work on a crossword or jigsaw puzzle, read a good book, go swimming, play tennis -- the options are limitless.

Craft Center A Missed Part of Guilford

by Sandie Edwards

How would you like to make your own tie-dye shirt? Tie-dye shirts, candles, Christmas ornaments, bead bracelets, stained glass, papier-mache, leather work, carved pumpkins, and silk-screen t-shirts were made during craft meetings two years ago.

While about twenty people came to a given meeting, there

were approximately sixty members. The meetings, held on Wednesday and Thursday nights, were used primarily for craft project work. Enthusiastic members might obtain the key to the craft center during their free time.

Paneeen Call, former president of the craft center, described the club as "a productive break from studying." Students would often discuss deep issues or just their homework as they carved soap or knitted. Call said, "The center allowed

people to artistically express themselves who were not art majors."

What happened to this organization? A few years back the fire marshal declared the Bryan basement unsafe for meetings. The problem was (1) there were no windows, (2) there was no sink, (3) only one exit existed, and (4) chemicals were stored improperly.

After they were forced to leave the Bryan basement, Bob White, housing director, said there was no other room available for this organization.

About ten members of the craft center informally talked to the administration, suggesting a Frazier apartment or the basement of Hege-Cox as a meeting place.

Despite the urgency conveyed, the administration did not approve of a new location for the craft center. Dick Dyer, faculty advisor, said there was no space in the basement of Hege-Cox. He also mentioned that the decision was made to use the Frazier apartments strictly for

living space. Lack of space is a campus-wide problem. More space is needed for quiet study, music practice rooms, faculty offices, and classes. Concerning the craft center, Dyer said, "The college felt that there was not adequate and proper space at that time."

Call said that she received little support from the administration in her attempts to continue the craft center. Call said that the school "lost one of the most valuable clubs. Crafts are so prominent in North Carolina."

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