

## Cut out those coupons, save some money around town

**BY BRITTANY MURDOCK**  
STAFF WRITER

Is eating at the school's caf or picking out lunch from the same menu at the Grill or Quakeria just not cutting it for you? Have you found yourself wanting to purchase an item from your favorite store but not a single dollar is to be found in your wallet?

It's especially important to save money as a college student, and couponing is a fantastic way to start.

Now, I'm not saying that you have to get up every Sunday morning and look through the dumpsters to gather as many coupons as you can like in TLC's "Extreme Couponing" show.

With classes to study for, practices to attend and football night games in action, we just can't find the time to fit hours of couponing into our schedule like the people on TV.

"I don't blame (extreme couponers) for what they do," said sophomore Brittany Drew. "If I had time to do it, I would. In this economy, it's always good to save."

The first logical place to look for coupons is in the Sunday paper, where you will find them in the slick inserts folded into the middle of the paper. Coupons include items for groceries, store coupons, household cleaning products, hygiene items, and coupons for health and beauty. You'll also find great deals on restaurants and travel.

If you don't have time to get the newspaper, try browsing the Web for some great deals. Make sure to visit Coupons.com, RedPlum.com, SmartSource.com, Groupon.com, DealCatcher.com and DealTaker.com

### HOW TO GET STARTED:

1. Look through the Sunday paper or browse online for coupons that interest you
2. Cut them out and place them together in a coupon book, separating them by category or store
3. For each coupon, make sure you are aware of the expiration date
4. When going to the store with your coupons, double-check to make sure that you use all applicable coupons when checking out

### Enjoy your savings!

for coupons that cover a wide variety of items.

Janet Wright, faculty secretary and ombudsperson, has firsthand experience with outdated coupons.

"I do try to rid my coupon wallet of outdated coupons," said Wright. "Occasionally one will slip

through and the cashier will hand it back."

Are you finding yourself struggling to afford those late-night diner runs or even those 1 a.m. Jimmy John's deliveries? Many restaurants in Quaker Village offer great deals that are wallet-friendly for students.

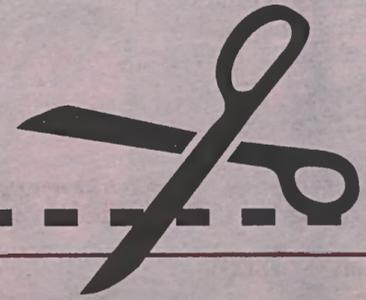
Carolina's Diner offers 10 percent off your meal when you present your Quaker Card ID, along with a Frequent Diner program that is free to sign up and allows you to win points toward a free meal.

Elizabeth's Pizza not only buys produce from the Guilford Farm but is another restaurant that offers 10 percent off your meal with a valid Quaker Card ID.

You can enjoy some frozen yogurt and visit our very own Zachary Kronisch, junior and president of the rugby club, at Menchie's. They offer a customer rewards card known as the "Smileage card."

With each purchase, you earn points that will eventually earn you free money towards the store. And yes, I said free!

Now, it would be a shame not to take advantage of all these great deals. Couponing is an easy and fast way to save, and who doesn't love saving money?



## New disc golf course is a fun new hole-in-one

**BY AUDREY ROTH**  
STAFF WRITER

As you begin a normal afternoon meandering through the meadows — the sun shining, the breeze calm — you may now stumble upon a group of your friends having the time of their lives.

This is courtesy of the newly formed Disc Golf Club, which has installed a disc golf

course in the Meadows.

The course itself is spaciouly spread throughout the Meadows, weaving through the wooded and grassy areas, with each hole presenting a new challenge. The course is a gratifying way to spend a beautiful afternoon.

"I hope (the new course) gets people out there in nature," said sophomore and Disc Golf Club president Nate Secrest.

Secrest has taken on the project of building a disc golf course before. His high school senior project was coordinating and constructing a disc golf course at his high school. His experience has been crucial in the construction process and will help keep Guilford's course up to par.

The club is new to campus, and due to hard work and dedication, the current course has nine holes with proper disc golf baskets. There are nine more baskets on the way to make it a complete 18-hole course. Students will be able to rent out discs from Founders Hall's Information Desk at their convenience.

The club hopes to install tees and signs so players know where to begin each hole, what direction the basket is in and what type of terrain they are dealing with.

"I haven't really played disc golf before, but it was fun to get out there and try something new," said senior Taylor Shaw after playing the Meadows' course for the first time.

"(Disc golf is) an innovative and inexpensive twist on the game of golf, which costs way too much in memberships and equipment to play regularly," said Aaron Hale, former Guilford student and local disc golf extraordinaire.

Disc golf has become a widespread sensation since the Disc Golf Association was founded in 1975. Now websites share statistics and reviews of disc golf courses across the nation. Currently, there is only one course listed in Greensboro, which has been rated at 2.46 out of 5. The Meadows' course has the opportunity to be a local disc golf hot spot.

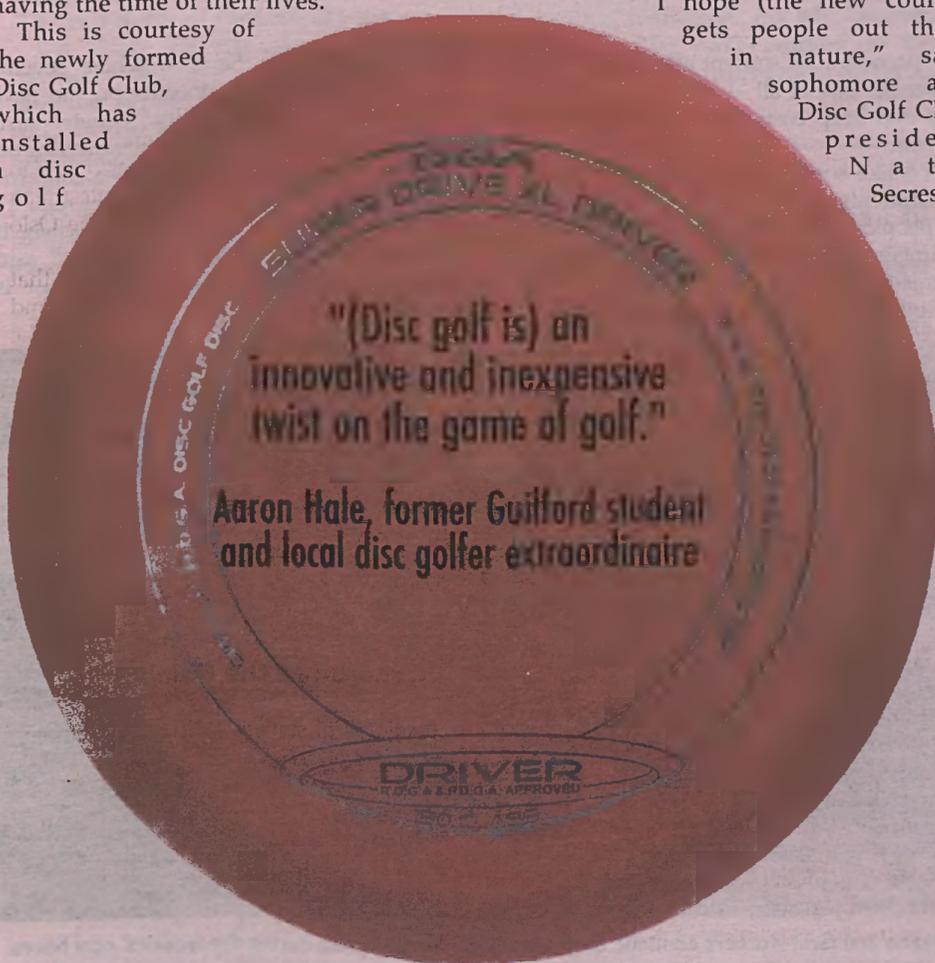
"If (the new course) gets really popular — which I think it might considering how low the ratings are in Greensboro and how

much interest I've heard from students alone — I think that it could probably be the best course in Greensboro or the Greensboro area, if the work gets put into it," said Secrest. "It has potential to be really great."

Once the course is completed, there is talk of a grand opening event and possible tournaments. Secrest also mentioned the possibility of having a few workshops on weekends to teach people about disc golf, the course and the sport in general.

"The challenge of playing disc golf is that it is nothing like throwing a normal Frisbee," said Gabe Fraboni, local disc golf enthusiast. "You have to completely relearn the process of properly throwing a disc. The challenge it presents is a fun one to take on with friends."

Once the course is completed, it will be a fixture in the meadows for years to come.



Contact [discgolf@guilford.edu](mailto:discgolf@guilford.edu) for more information on how to get involved.

Come rent out discs at the Information Desk to play the Guilford College meadows course today!