

FEATURES

Career Notes



*"When Confused,
Don't Assume
Try the Resource Room!"*

by Annette Thorpe

I think one of the major problems I faced when transferring to Meredith last Spring, beyond the problem of Meredith's immunity to males, was facing my future. What do I do? Where do I go? Does anyone care what I am doing or where I am going? Like many of you, I needed help with all of the above. Well, believe it or not, I found out someone did care about my future.

I have just recently started working for Mary Anna Newman in the Office of Career Services. I suffer from "mal-income", better known as lack of money. Being the brilliant student that I am, I decided to cure this disease and get a job.

I had heard of Career Services, but was unaware of the specifics, so I decided to drop by and get some information. Luckily for me, it was a step that has proved rewarding. Ms. Newman needed an intern for this semester, and I needed a job. Being the brave person that she is, Ms. Newman hired me. As she casually showed me around the office, and introduced me to the other workers, I felt a feeling of security inside as the other workers smiled and greeted me. As I was led into a room labeled "Vocabulary Materials", I was amazed at what I found. This room contained information for students majoring in anything from English to Wine Making! I was very interested to find a series of books available on not only the many different jobs, but the specifics of the job, what type of work, salary, etc.... There were books on other colleges and graduate schools, as well as occupational books on what jobs are available and how to go about finding the one you want!

It was very reassuring to know that information on the questions I had about careers and occupations was available for both you and me, to browse through or check out. If you have any questions about your future, I challenge you to drop by the Office of Career Services located in the Cate Center, and "don't assume, try the Resource Room."

Eating Disorders Plague

Women in Colleges [Continued from Page 1]

also health- and life-threatening.

The two eating disorders addressed specifically in this article are Anorexia Nervosa and Bulimia. Symptoms of these diseases are listed below. While every symptom listed does not occur in every case or in any specific sequence, the picture portrayed is of an average progression pattern from early symptoms to crucial stage symptoms.

ANOREXIA NERVOSA

1. Low self-esteem
2. Misperception of hunger, satiety & other bodily sensations
3. Feelings of lack of control in life
4. Distorted body image
5. Over-achiever
6. Compliant
7. Anxiety
8. Menstrual cycle stops (Amenorrhea)
9. Perfectionistic behavior
10. Compulsive exercise

11. Eats alone
12. Fights with family
13. Overeating (may begin to cook and control family's eating)
14. Fatigue
15. Increased facial & body hair (Lanugo)
16. Decreased hair (scalp hair)
17. Thin, dry scalp
18. Emaciated appearance
19. Feelings of control over body
20. Rigid
21. Depression
22. Apathy
23. Fear of food & gaining weight
24. Malnutrition
25. Mood swings (tyrannical)
26. Diminished capacity to think
27. Sensitivity to cold
28. Electrolyte imbalance (weakness)
29. Lassitude
30. Cardiac arrest
31. Denial of problem
32. Continues to see self as fat
33. Joint pain (difficulty walking and sitting)
34. Sleep disturbance
35. Heightened fear of food and of getting fat

Happy Hours

(Continued from pg. 2)

With Rush winding up and other pre- and post-game parties beginning, I ask each of you to think twice or even more before you get behind a steering wheel after drinking. Meredith has already lost one student to a drunk driver, let's not make it two. Let's not make it you.

Whether or not we have happy hours or drink specials, it is important for us to drink in moderation. And if you are blowing off a weekend and know your plan on getting drunk — don't drive. This year the senior class lost a potential graduate and many of us lost a

friend when Jacqueline Edwards was killed by a drunk driver. I've heard people say too many times, "You won't believe what I did while I was drunk last night . . ." Wouldn't it be horrible to face yourself in the mirror and admit to killing someone.

With Rush winding up and other pre- and post-game parties beginning, I ask each of you to think twice or even more before you get behind a steering wheel after drinking. Meredith has already lost one student to a drunk driver, let's not make it two. Let's not make it you.

IN THE COURTYARD

by Kelly Wallace

"If an emergency arose and family couldn't get in touch with you in a hurry, the school should be responsible."
Natalie Fussell and Betsy Henney

"I like it because it may eliminate the amount of obscene phone calls."
Lisa Burch

"I don't think prank calls are asking for numbers, they call at random and don't really cause any trouble."
Candy Signon

"I disagree. In case of an emergency or if a friend comes to visit, they should be able to get your number upon asking."

Marie Owens

"I'm sure this new system will be a problem for some students, but I think it's a good idea because my freshman year I received several obscene phone calls - one right after the other for about a month from the same person. After a while, that gets scary."
Wendy Hayes

How Do You Feel About Not Having Your Phone Number Available to the Public?

I totally disagree with the new switchboard information procedure - or should I say lack of switchboard information! I do not think that this policy eliminates phone harassment; instead, it prevents friends from other campuses from getting in contact with us. I am in hopes that the administration will reconsider this policy."
Susan Morgan

"If they only want a number and not where we live, I don't think it's such a crime."

Gretchen Holt

"I'm glad they don't because if everybody got my number, then some people would call that I don't want to call."
Tonya Thompson

"It should be up to the individual to decide what calls she wants and what calls she doesn't want to take. Someone should be hired to scan calls instead of not giving out numbers at all."

Hollie Thomas

