

**Campus Calendar**

**WEDNESDAY**  
 11 a.m. SEAC will sponsor an opposition to NAFTA in the Pit. After an address by labor activist Jackie van Anda at 11:30 a.m., students then can write or call Rep. David Price, D-N.C.  
 UNC Study Abroad will sponsor a Study Abroad Fair.  
 3:15 p.m. The Anthropology Department will present Carla Freeman speaking on "High Tech and High Heels in the Global Economy" in 308 Alumni Building.  
 4 p.m. The Undergraduate History Association will sponsor two career planning and placement speakers to address what can be done with a history degree in 569 Hamilton Hall.  
 The Political Science Honors Program will meet in 355 Hamilton Hall.  
 5 p.m. The Association of Business Students will present "Job Hunting in the '90s," a question-and-answer session with recruiters in T7 New Carroll.  
 Women Against Rape will meet in room 226 of the Student Union.  
 5:30 p.m. The Asian Student Association will meet in Union 208-209.

Newman Catholic Student Center will have dinner and a program on the Rosary.  
 7 p.m. POWER will sponsor a forum on Health and Gender led by Kaja Finkler in 101 Bingham Hall.  
 7:30 p.m. The UNC Shag Club will hold a shag workshop in Carmichael Ballroom.  
 The Marine Action Committee will meet in the Campus Y.  
 N.C. Hillel will play Duke Hillel in basketball in Carmichael Auditorium. Wear white if you want to play.  
 Student Congress will meet in T5 Carroll Hall.

**Ehringhaus Wellness Floor Bolsters Mental, Physical, Emotional Health**

BY RACHAEL LANDAU  
 STAFF WRITER

Wellness takes on a whole new meaning on the second floor of Ehringhaus Residence Hall, where over 80 students participate in the Living Well Program.  
 Kris Brockmann, an area director in Ehringhaus Residence Hall who started the Wellness Floor, said she wanted to provide an alternative to regular dormitory life.  
 "We are looking at students as a whole and are giving them every opportunity to be whole and healthy because living on a college campus and being a college student isn't healthy," she said.  
 "In designing the program I wanted to prove that 'Animal House' is not a documentary."  
 UNC's Wellness Program is distinctive from those at other universities, she said. Although over 500 schools around the country have similar programs, most of

these other programs concentrate on fitness. The Living Well program at UNC stresses more than just physical fitness. "It's not just about eating and exercising right, but it's about mental and emotional health and crime prevention," said Lauren Lovelace, a freshman from Ramsey, N.J., who lives on the floor.  
 The key to the program is a personally designed healthy lifestyle that is based on each person's optimal wellness model. The program focuses not only on physical health but also on the emotional, intellectual, spiritual, environmental and social aspects of health.  
 All participants are required to sign a contract that says they will agree not to use illegal or illicit drugs, abuse prescription drugs, smoke or use smokeless tobacco or drink alcohol in the Wellness community. The contract also requires that students attend seven programs per semester and participate in one of the three committees: programming, social or outreach.

As a result of the program's guidelines, Brockmann said discipline problems and alcohol violations had decreased in the entire dormitory.  
 "Of the 650 residents in the dorm, 80 have signed the nonuse contract," she said. "I think in people's minds, they know that they have other choices than to drink."  
 "If we don't give an alternative, what can we expect for them but to drink?"  
 The program began in the spring of 1991 with only 35 students. Participants now fill the whole floor except for three suites. Participation has increased 300 percent since last year, Brockmann said.  
 "We had to open up a whole other wing this year to do it," she said.  
 Next year, Wellness participants will take up the whole floor.  
 One highlight of the program is the living-well room, which replaces the area composed of the small kitchen and two study rooms on other floors in Ehringhaus. The living-well room has a full kitchen with a large table and chairs, couches and armchairs and its own library of living-well books.  
 Only those students who live on the floor have access to it with the use of their keys.  
 Lovelace said she chose to live on the floor to get away from the drinking atmosphere at college.  
 "It really bothered me that in all the college books, drinking seemed to be the focus in every college," she said. "I thought there could be more to college and I wanted to be around other people who felt the same way."  
 James Hammond, a freshman from Wilmington, also said he joined the floor to stay away from the pressures of drinking. "I personally find things like alcohol and drugs distracting from more productive things. They are not necessary to be happy," he said.  
 Many residents say the Wellness Floor is a great place to live.  
 "I really feel comfortable here. It is an extension of home," said Carrie Lovelace, Lauren Lovelace's twin sister and one of the five Wellness Floor coordinators.  
 "I am not forced to do things, and I don't have to put an act on."

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 Video followed by Student Panel  
 303 Dey Hall UNC-CH Campus  
 for directions, call (919) 962-0154

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 —1992-93 Participant

**For the Record**

Tuesday's article "APPLES Gives Volunteers Hands-On Learning" gave incorrect information on who to contact for more information. Interested students should call Lori Meadows or Mike Dilorio at 962-0902. The DTH regrets the error.

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**Green Games**

**Keep UNC Green!**

The Green Games are monthly contests between teams of residence halls for recycling and energy & water conservation. The contests will begin in September and last through Earth Day, April 1994. Ask your R.A. for more details.

Congratulations to  
**Old Campus Upper**  
 You have won the **September Green Games Prize**. A pizza party in the Old Campus Upper quad at 5:30 pm, Tue., Nov. 2nd.  
 \*Bring your room key for admittance.

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