

Where to turn for aid

Three 24-hour Helplines deal with problems

By JEANNIE REYNOLDS
DTH Staff Writer

Three 24-hour Helplines are available in Orange County for almost any question or problem a woman might have. The Orange County Women's Center, a small, cottage-like building on Rosemary Street, houses four services for area women.

Women's Health Counseling Service, Orange County Rape Crisis Center and the Orange/Durham YWCA Coalition for Battered Women are housed in the Women's Center.

The Center itself offers a library reference service that assists 30 to 60 people a day, staff member Maye Hardin said.

Hardin said a major function of the service was general referral and letting people know where to go for legal, medical and housing problems.

"The Center is two things," Hardin said. "One, it is a service-provider organization; and two, it is the place where we all are — the housing, phone lines and meeting place."

"But it is not crisis-oriented like the other three," she said.

The Center also offers a women's library, educational counseling, sports and a monthly bag lunch (every third Wednesday of each month).

"An educational counselor is here every Friday morning for a lunch-hour seminar," Hardin said. "The counselor can help with educational and career needs, writing up a resume (and) things like that."

The Women's Health Counseling Service also offers information and referrals on health issues. It is the only service that will see clients at the Center, Hardin said.

"The Women's Health Counseling Service offers a vast array of services including pregnancy tests, counseling information and support for the women," she said.

Hardin said that they teach self-breast and even gynecological examinations.

The Women's Health Library, provided along with the counseling service, has the latest information on pregnancy,

abortion, contraception and sexually transmitted diseases.

Contacts for this and all of the services are kept confidential, Hardin said. The Orange County Rape Crisis Center is on 24-hour call.

"We provide companion service to victims of rape and to their families," she said. "Men who work with the program will meet with husbands and boyfriends to help them understand and also to develop a skill level that will enable them to give support to the woman."

The Rape Crisis Service also helps out in practical areas like providing child care when a woman has to go to the hospital, Hardin said.

Hardin said that though the service didn't directly have anything to do with convictions, they indirectly did as much as they were able.

"Volunteers go to court with the victims and act as advocates with police and prosecutors," she said. "But the service functions primarily as a support service."

The fourth service, the Orange/Durham YWCA Coalition for Battered Women, is also a 24-hour service.

"They provide a 24-hour advocate service for women and families in physical abuse," she said. "They offer temporary shelter for women and children in a shelter home that just recently opened here in Chapel Hill.

"They help women get out of the house and then they work with law enforcement," Hardin said.

In addition to normal services provided by all four organizations, the Women's Center also sponsors special programs such as the Take Back the Night, a rape awareness and prevention program, and the Whole Birth Catalogue, an eight-week series dealing with pregnancy and parenthood.

The center is a non-profit organization totally supported by donations, Hardin said. Anyone can become a member with a donation of time or money, and volunteers for each service go through training programs to prepare them for the particular area of service they have chosen, she said.

Women's shelter offers safety and support

By SONYA WEAKLEY
DTH Staff Writer

The subject of domestic violence is not one that people often like to discuss, but in Orange and Durham counties there is a place where abuse is discussed and confronted and where its victims are helped.

It is the Orange/Durham YWCA Coalition for Battered Women's shelter.

The Coalition itself has existed for four years, helping women who have been subjected to some kind of domestic violence. It offered assistance and shelter to these women and their children, but only for up to three nights at a time. Since the shelter opened in October, the Coalition has been able to offer women up to eight weeks of emergency housing.

"It gives a place of safety to these women," said Kathy Wayland, assistant director of the Coalition. "Many are in danger of their lives. It gives them a reflective, supportive atmosphere. They can talk, find alternatives and learn that they don't just have to put up with it."

The shelter, a 10-room house with five bedrooms in Chapel Hill, also houses any one else who needs temporary housing. This housing is available 8 p.m. to 8 a.m. for up to three nights.

Any woman who has been subjected to violence by her husband or boyfriend is welcome at the shelter. The shelter may be used by women who have decided to separate from their spouses, but who lack family or friends in the area to stay with and the resources to establish a residence of their own. These women can use the shelter while looking for a job, finding housing and making childcare arrangements, she said.

Children are also welcome at the shelter. Women who have

several children and cannot stay with family or friends may use the shelter. Some women may be in an exceptionally dangerous marital situation, and family or friends may be afraid to provide housing. These women may also stay at the shelter.

The shelter has no guards, but Wayland said she felt it was as safe a refuge as possible.

When a woman is admitted to the shelter, she must sign a form agreeing not to disclose the location of the house or the phone number. If she wishes to meet with her husband, she is asked not to do it there.

The shelter is staffed by a part-time coordinator, night and weekend house managers, two students from area social programs and one student from the department of psychiatry at the UNC School of Medicine.

Services offered at the shelter include counseling, legal advising, education about domestic violence and assistance with short- and long-term plans.

The shelter receives more than 100 calls about domestic violence every month and provides services to an average of 70 persons a month.

The house used for the shelter was donated to the Coalition by the board of Access Inc. when Access went out of business and donated its assets to non-profit organizations.

In July 1981, the Coalition was funded by the city of Durham, Durham County, Durham United Way, Orange County, the town of Chapel Hill and Chapel Hill/Carrboro United Fund. The Adele M. Thomas Foundation then donated \$5,000 to cover the costs of repairs and renovations.

To be referred to the house, a person who needs help should call Helpline in Orange County at 929-0479 in Chapel Hill or 732-2796 in Hillsborough, or Hassle House in Durham at 688-4353.

Student Health

Dealing with stress

Editor's note: This column, sponsored by the health educators at Student Health Services, answers students' questions about any aspect of health or preventive medicine. Questions can be submitted to The Daily Tar Heel office or the Health Education Suite of SHS or be phoned into 966-2281, ext. 275.

Q. Many times I find myself tense and anxious about school or my friends. These feelings have never been a problem, but is there anything I can do if they get out of hand?

A. Tension and anxiety are a natural part of our lives. They give us the ability to deal with stressful or crisis situations. But at times we can become overburdened with these feelings.

The National Mental Health Association says that certain things can be done during those times to overcome such feelings. As they say, "Success will not come from a half-hearted effort. Nor will it come overnight. It will take determination, persistence and time."

• Talk it out. When something worries you, talk it out. Confide your worry to some level-headed person you can trust.

• Work off your anger. Pitch into some physical activity to help relieve some of the pent-up energy.

• Escape for a while. Sometimes, when things go wrong, it helps to escape from a painful problem for a while. Lose yourself in a movie, book, game or brief trip for a change of scene.

• Give in occasionally. Frequent quarrels can leave you feeling obstinate and defiant. If you occasionally yield, you will find that others will too.

• Do something for other people. If you feel yourself worrying about yourself all the time, try doing something else for somebody else.

• Take one thing at a time. Take a few of the most urgent tasks one at a time, setting aside lower priorities for the time being.

• Shun the "superman/woman" image. Trying for perfection in everything is an open invitation to failure; decide which things you do well, and focus your efforts on these.

• Schedule your recreation. Recreation is essential for good mental and physical health.

If these suggestions are not helpful, consider seeing someone at Mental Health or the Counseling Center. Both services offer a number of individual and group opportunities for stress management, relationships, communication and time management.

FINAL EXAMINATION SCHEDULE, FALL SEMESTER, 1981

All 11:00 A.M. Classes on MWF	Tues. Dec. 8 9:00 A.M.
All 12:30 P.M. Classes on TTH;	Tues. Dec. 8 2:00 P.M.
All 4:00 P.M. Classes on MWF; *Math 22, 30, 31; *Busi 71	Wed. Dec. 9 9:00 A.M.
All 2:00 P.M. Classes on MWF;	Wed. Dec. 9 2:00 P.M.
All 11:00 A.M. Classes on TTH; *Ling 30	Thur. Dec. 10 9:00 A.M.
All 3:30 P.M. Classes on TTH	Thur. Dec. 10 2:00 P.M.
All 10:00 A.M. Classes on MWF; *Phil 21	Fri. Dec. 11 9:00 A.M.
All 1:00 P.M. Classes on MWF; *Chem 41L, 42L	Fri. Dec. 11 2:00 P.M.
All 8:00 A.M. Classes on MWF	Sat. Dec. 12 9:00 A.M.
All 8:00 A.M. Classes on TTH	Sat. Dec. 12 2:00 P.M.
All 9:00 A.M. Classes on MWF	Mon. Dec. 14 9:00 A.M.
All Fren, Germ, Span, & Port 1, 2, 3, 4; Russ 1, 2; *Educ 41Mon	Mon. Dec. 14 2:00 P.M.
All 5:00 P.M. Classes on TTH; *Engl W; *Busi 24	Tues. Dec. 15 9:00 A.M.
All 9:30 A.M. Classes on TTH	Tues. Dec. 15 2:00 P.M.
All 12:00 Noon Classes on MWF; *Chem 170L, 171L	Wed. Dec. 16 9:00 A.M.
All 3:00 P.M. Classes on MWF	Wed. Dec. 16 2:00 P.M.
All 2:00 P.M. Classes on TTH	Thur. Dec. 17 9:00 A.M.
All 5:00 P.M. Classes on MWF, and all classes not otherwise provided for in this schedule	Thur. Dec. 17 2:00 P.M.

PATCO

From page 1

Some former air controllers are also working for the now-defunct union.

The administration has proposed a 50 percent pay hike for the former PATCO members who remained on the job and did not join the strike, Lavey said, adding that the raise was not considered a bribe to resist the strike.

"They deserve (the raise)," Lavey said.

"We're recognizing the service they provide."

Lavey said the chances for former controllers being rehired by the government to their old jobs were nearly non-existent. "The government is not going to rehire them," Lavey said, echoing the official Reagan administration policy in handling the strikers. "They (PATCO members) don't exist."



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