

Student Activities Union

Update on Upcoming Campus Events

March

- 3 "Basic Otis" live in concert.
- 4 Orange presents Casino Night with "The Psalter" acoustical folk music, playing in the Gathering Place.
- 11 Granville presents Oysterfest at Granville.
- 17-26 Spring Break
- 31 Mecklenburg party featuring live reggae on the grass by Meck, Orange and Pate.

April

- 1 Orangehurst featuring live entertainment to be held in Orange.
- 3-6 S.A.U. presents Bacchanalia games.
- 7,8,9 **Ganza! Ganza! Ganza!**
Featuring 5 live bands:
Valence; Mellow Madness; Truth and Rights, One Love; The Mullets and The Truly Dangerous Swamp Band
Live music beginning Friday at 4 p.m. continuing until Sunday 4 p.m.

Coming Up:

Road trips to Carowinds in Charlotte, hiking at Black Mountain College and a canoe trip

On Campus

Grief Tips From The Counseling Center

Louise Marr

Grief is a natural and healthy reaction to a significant change or loss in our lives. There is no time limit on grief. It is usually a slow process ranging from a few months to two or more years, depending on the individual, the severity of the loss, and the person's response pattern. The stages of grief typically experienced are: **shock and denial**- a kind of emotional numbness
anger- feeling resentful and angry with yourself and others
guilt- blaming yourself for what happened
loneliness- feeling isolated and alone
hope- accepting loss and focusing on the future

Responding appropriately to the pain of loss is very important. Facing the reality of loss and dealing directly with the accompanying feelings facilitates the grief process.

Tips for Coping with Grief:

- be kind to yourself; practice the art of self-nurture; be attentive to your emotional needs, be gentle and patient with yourself
- express your feelings to someone such as a friend, minister or family

- member
- expressing feelings through writing can be a very effective release: journal writing, poetry, letters, or just spontaneous expression of feelings; try writing a letter to that person
- accept help from those who offer; understanding and support from others facilitates healing; learn to be a receiver
- ask for help when you need it; people are usually willing and eager to help but often do not know what to do
- join a support group:
-available through the Counseling Center or campus minister to students who are interested
-also locally, McDougald Funeral Home sponsors a support group for people experiencing any kind of loss. Meetings are at 7 p.m. Mondays at St. David's Episcopal Church, Darlene Kimbrough is the facilitator (276-2200)
- keep yourself healthy; rest, diet, and exercise are even more important during times of crisis and stress; avoid using alcohol, tranquilizers, and other drugs

Call the Counseling Center, extension 210, if we can be of assistance.

Dean Searches for New Chaplain

Deborah L. Kelly
Mary Griggs

In the next few weeks Dean Cynthia Greer will be visiting the Union Theological Seminary in Richmond to look for possible chaplain interns to replace the current pastor position.

Citing financial reasons for the decision to use chaplain interns, Greer said that the college can "only afford to pay at the intern level." Another reason behind the change is the fact that that a Presbyterian minister is desired by the school. Current Campus Pastor, Shirley Arnold is a Methodist. According to Greer, Arnold was hired

as Interim Chaplain with the position ending in May.

In a letter sent to two St. Andrews' students last summer, the Dean stated, "During the fall, with Shirley's help and with student, faculty and staff input, we will assess what are needs are in this area and begin our search...it is our goal to find a Presbyterian for this role."

Dean Greer did mention that she was only "investigating the possibility" of interns and was not sure if she could find a suitable replacement for Rev. Arnold.

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