

Healing Arts Festival

The 5th Annual Healing Arts Festival will be held Saturday, November 6th at U.N.C.'s School of Public Health, Rosenau Hall, Columbia Street. Participants will be able to explore a variety of ways of taking care of themselves by choosing from forty workshops on topics ranging from massage acupuncture, yoga, self-hypnosis, E.S.P., and dreams to nutrition and the biopsychosocial approach to wellness.

A large group meditation will start the festivities at 9 a.m. At midday, a delicious natural foods lunch and baked goods will be available. There will also be an exhibition hall featuring local health-oriented businesses and organizations. The day will conclude at 5:30 p.m. with a raffle drawing for the grand prize of a beach weekend and ten other prizes. Child care and easy parking will be available.

Registration forms for the festival may be found at various Triangle locations and at the Community Wholistic Health Center at 107 North Roberson Street, Chapel Hill. Workshops are \$4.50 each or \$18 for the day with discounts for early registration and for members. Call 929-1021 for further information.

The Community Wholistic Health Center is a non-profit membership corporation which promotes optimal health and well-being with the emphasis on taking responsibility for oneself. The Center offers medical services, referrals, therapeutic message, nutritional counseling, biofeedback and psychotherapy as well as classes on ways of taking care of yourself mentally, physically and spiritually.

Preregistration! is upon us! Monday, November 8th/preregistration begins and your fate for second semester will be decided! Course lists and fall semester exam schedules are now available.

A future campus activity of significant importance is the Volunteer/Internship Fair to be held Wednesday, November 17th. In Founders Hall will be information tables and representatives from a variety of community service organizations. Both pre- and post-graduate work will be offered, on both a volunteer and a subsistence-salary basis.

An exhibit of monotypes by Bernard Chaet, Art Professor at Yale University, is on display in the Commons Room (Passion Pit) in Founders Hall through November 30. Chaet's *The Art of Drawing* is used by the Art department as a text for Drawing I and II.

Florida Seminar: Sand Dollars and Sand Dunes

by Emily Bonk
Staff Writer

Although most Guilford College students look forward to going home for fall break with great anticipation it is not always so. Guilford offers the opportunity for students to participate in several off-campus seminars each semester as alternatives. Participating in Dr. Robert Bryden's invertebrate zoology class, this past break would have found you on Seahorse Key, Fla., a subtropical island in the Gulf of Mexico, swimming and canoeing by day, and eating the scallops you gathered and sitting by a bonfire by night. Oh yes, you would also find yourself with the opportunity to absorb as much knowledge about the plant and animal life on the island as a week's time would allow, as this trip is a requirement for the course.

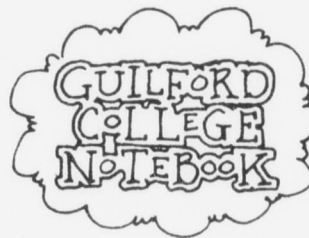
Dr. Bryden, has been leading such seminars, usually offered both fall and spring semester, since 1968. Previously, he has taken groups to N. C. beaches and other locations, but Florida has always seemed to be the most popular. The 24 students maximum included not only biology majors, but any students who were interested and willing to learn. The \$100.00 fee covered transportation, all meals on the island, boat fees to and from the key, and lab fees. Lodging in a converted lighthouse was paid for by the college. Since the popularity of the course is so high, students began signing up as early as last year, and by the time break arrived there was already a long waiting list.

The students began working the weekend of October 16 and 17 and continued throughout the time there. About 6 hours per day were devoted to such activities as collecting algae, marine invertebrates, classifying them and studying them in a running sea water aquarium. They went out as a group at low tide and collected as many specimens as they could find, then went back to the lab where some of the biology majors helped them with identification. One seminar member described his experience in this way, "The learning was fun and wasn't pressed on you. It came easy; there was no pressure." The group also took hikes to study the island ecology and took boat trips to other nearby islands.

Admittedly, the zoology class members had more required of them; they had to identify all the species collected (amounting to nearly 150) while the non-class members were made to learn about 40. Lili Carpenter, a junior biology major, commented, "The best part of the trip was going out in the ocean and collecting specimens and going back to the lab to identify them. I was amazed at how diverse the animal life was and how unspoiled."

Due to a pressure greater than we can withstand, the Guilford College Coupon Book, formerly sold for \$10.00, will now be on sale for \$8.00. We feel that lowering the price will speed up sales, so we can go back to our studies sooner. We also accept checks. If you don't catch a coupon-seller outside of the cafeteria, contact anyone in English Dorm.

WQFS, the campus radio station, will be broadcasting news music shows in Spanish. This new concept will be aired on Thursdays at 9:30 p.m.

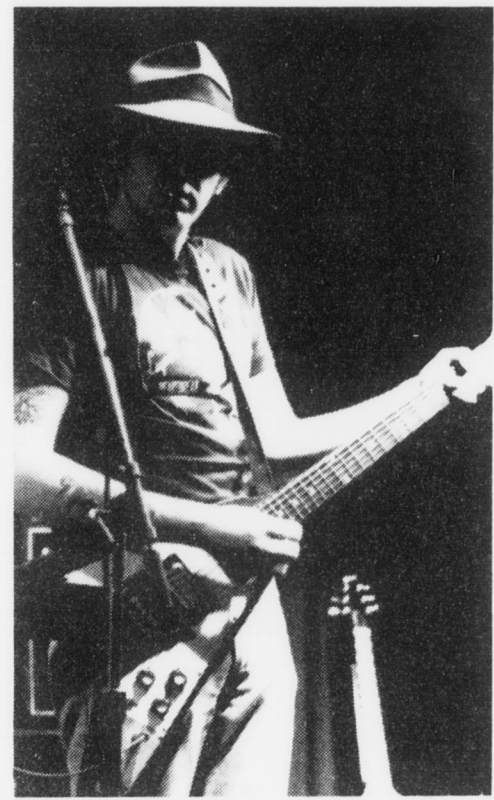


GREENSBORO - Renowned feminist artist Miriam Schapiro will give a lecture and slide presentation of her work Nov. 18 at Guilford College.

Schapiro is an abstract expressionist who employs "pattern painting" movement in fabric collages, painting dynamic and struggling shapes within huge structures, and making use of actual objects like doilies and aprons to form complex designs. An exhibitor in one-woman shows since 1950, she helped to found the Feminist Art Program seven years ago and has taught at both the University of California at San Diego and the California Institution of the Arts.

The program is scheduled for 8:15 p.m. in the Leak Room of Duke Memorial Hall, with a reception to follow. The public is invited, free of charge.

The Career Development Office will be presenting a variety of seminars to aid in the preparation of students for today's job market. On Nov. 9 will be a seminar on job search strategies. This Tuesday lecture will be held at 3:30 pm in Founders 203. In the same room on the following day (November 10) is a presentation on interviewing skills. November 11, Thursday, the last topic to be covered-Resume Preparation-will be discussed. This seminar begins at 3:30 and is also in Founders, room 203. Registration for these free courses take place in the Student Service Office.



Washington D.C.'s "Nighthawks" rock Guilford.

The students also found plenty of time to enjoy themselves between pipefish and sand dollars. Some went crabbing, or took out one of the motor boats available to explore nearby keys, while they snorkled, and fished.

On Friday everyone was given a pass/fail exam and later required to turn in a journal of observations. All the group members agreed the trip was worthwhile. Lili said it was 85% most of the time and the sunsets were beautiful. Those who passed were given one credit towards graduation. If taking an off-campus seminar appeals to you, see Bill Schmickle on 2nd floor of Founders.

The Day Students are having a Yard Sale/Bake Sale, Sat., Nov. 13 from 10:00 a.m.-5:00 p.m., at the Yellow House (5408 W. Friendly Ave.).

Our first picnic of the year will be this Saturday, November 6. Check your mailbox for more details and please come.

A discussion group for gay students and their friends is now in progress. All interested individuals should contact Mark Gurley (P.O. 17212) or William Meade (P.O. 17349). The meetings are off campus and transportation is available. Privacy will be respected.

Pressures of life getting you down? Starting Thurs., Oct. 28 and continuing until the end of the semester, every Tues. and Thurs. 7:30-8:00 p.m., there will be informal relaxation study breaks. Drop in to the Poetry S.E. Center (old time Arts) 2nd floor of the Library. This is student run and you might be surprised by its effectiveness!

In addition, there are sessions being held in the CCE conference room by a CCE student. These are Wed. and Thurs. 7:00-7:20 p.m. Join Us!

The second annual student International Day, sponsored by the International Relations Club of Guilford College, will be held on Sunday, November 21, beginning at 12:30 p.m. in Sternberger Auditorium. Afternoon and evening activities are planned and over 30 countries will be represented. Activities will include dancing, national dress, displays, food and games. Admission is free of charge.

How many times have you bought something at Bestway? How many times have you thrown that little white receipt slip away? Well, it's time to KICK that habit and put those receipts to better use. Bestway is making a contribution to Greensboro Urban Ministry for every receipt that is turned in; that means that every time you throw away a receipt, you throw away bucks that are needed elsewhere. So, when you see a BESTWAY BUCK BOX on campus, slide your slip through the slot-it's the only decent thing to do. Watch for BESTWAY BUCKS BOXES all over campus, starting Nov. 8. Sponsored by the Lighthouse, an alternate house that gives a receipt.