

4 *newsl*ine

Guilford Merited for Academic Advising

The Guilford College is one of 16 institutions being awarded a certificate of merit for its outstanding academic advising program in the 1986 National Recognition Program for Academic Advisors competition, sponsored jointly by The American College Testing Program (ACT) and the National Academic Advising Association

(NACADA). Guilford College was nominated for the award by William R. Rogers, President and

Samuel Schuman, Academic Dean.

The recognition program is designed to honor institutions and individuals making significant contributions to the improvement of academic advising on college campuses, and to disseminate information about these award-winning activities to other professionals in the field. The goal of the program is to encourage wider support and recognition of the importance of academic advising

by colleges and universities. A longer-range outcome of this program will be improved advising services for students.

Awards are being made in two categories. Outstanding Advisor awards are presented to individual advisors who demonstrate the qualities associated with excellent academic advising. Outstanding Institutional Advising Program awards recognize institutions engaged in innovative and/or exemplary practices

that have improved their advising services.

The awards are being presented during the NACADA annual conference, October 12-15 in Seattle. A publication describing award-winning programs has been prepared by The American College Testing Program.

ACT, founded in 1959, is an independent, nonprofit organization that provides a variety of educational services to students and their parents, to high schools and

colleges, and to professional associations and government agencies.

NACADA, founded in 1979, promotes the quality of academic advising in institutions of higher education. NACADA is dedicated to the support and professional growth of academic advisors and the advising profession. Through its publications and meetings, NACADA provides a forum for discussion, debate, and the exchange of ideas regarding the role of academic advising in higher education.

Great American Smokeout

It's time again to kick the habit at least for one day. Thursday, November 20 GREAT AMERICAN SMOKEOUT (GAS) day. GAS hopes to get at least one in every five smokers to give up cigarettes from midnight to midnight. On Wednesday, November 19 we will have a balloon launch in front of Founders Hall at 12:15 p.m. Each balloon signifies the need to toss your habit to the wind. If you are a smoker, bring a friend to the lobby on Wednesday at 11:30 a.m. and sign up to be adopted for GAS day. Your friend can give you the encouragement you will need on Thursday to help get you through the day. Survival kits will also be available for your use on GAS day.

General Facts on Smoking and Health

The risk of developing lung cancer is 10 times greater for smokers than for non-smokers. Those who smoke two or more packs of cigarettes a day are 15 to 25 times more likely to die of lung cancer than non-smokers.

Lung cancer is largely preventable. It is estimated that 83% of lung cancer cases could be avoided if individuals never took up smoking.

Last year, for the first time in U.S. history, lung cancer exceeded breast

cancer as the leading cause of cancer deaths among women. Again in 1986, it is expected to be the number one cancer killer of American women.

Quitting "cold turkey" seems to be more effective than a gradual tapering off, according to the experience of many ex-smokers.

Only one-third of smokers gain weight when they give up cigarettes. One-third actually lose weight as a result of combining a general fitness program with their efforts to quit.

Many former smokers report that it can take three or more times before finally quitting.

"Service Saturday"

By Michelle Godard
Community Senate's Development Committee is planning a Service Saturday for Saturday, November 15. The purpose of Service Saturday is to raise money for the Student Loan Fund. This fund makes up for cuts in the National Direct Student Loan Fund, which has been reduced drastically this year. Over thirty-five students currently use this

at Guilford.

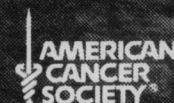
The general plan of Service Saturday is to rent students to the Greensboro community to do various cleaning jobs. Students will go in teams of their choice for a minimum of two hours between 12pm and 4pm. All proceeds will go to the Student Loan Fund. Any interested students should contact Michelle Godard, Chair of the Development Committee, P.O. Box 17196.

Let Your Voice Be Heard

Did you like having your say in last week's elections? This week you can have your say again, if you stop in Founders lobby during lunch and dinner Thursday and Friday (and you don't have to be over 18 or registered). The Student Affairs Committee is conducting a survey about the cafeteria and the Grill Room. Also on the survey are the ideas of having the

cafeteria open during non-meal times to purchase snacks on a cash basis. The Community Senate also wants to find out your opinions on self-scheduled exams. So, stop by Founders lobby Thursday or Friday. If you like the things the way they are or if you would like to make some changes, your opinions will help us to make YOUR community better.

If you're worried about cancer, remember this.
Wherever you are, if you want
to talk to us about cancer, call us.
We're here to help you.



2,500,000 people fighting cancer.