

Play It Safe - Learn To Defend Yourself

By Vickie Moir

What would YOU do if YOU were assaulted?

Bob Hammons, a member of the Winston-Salem police department, spoke to Salem Forum about this problem Wednesday, October 23, in the Alumnae House.

The program Mr. Hammons presented has been approved by the city's board of education and is presented frequently to various groups in the school system.

He mentioned that every woman ought to be aware that she can be attacked at any time.

He said that recently there have been problems with women being bothered here in Winston. He said, "When a woman is assaulted or is scared, it stays with her for a pretty long time."

Mr. Hammons offered ideas to avoid problems:

—be sure the car doors are all locked.

—call home before leaving a place so someone can be waiting and expecting you.

—if in a group, let everyone go out together.

—get the car keys out while in the light.

—if it's necessary to leave the keys at a garage, leave only the key necessary to start the ignition (names are often on key chains and it's easy enough to get a key made to your home).

—if a car follows you, don't stop, but try to get to a police or fire station.

—if you have car trouble, never accept help from someone you don't know, but ask them to get help while you remain in the locked car.

Concerning trouble while in the car, Mr. Hammons said, "At each corner where there is a traffic signal, there is an emergency box." He warned, however, about stopping and getting out of the car when being followed.

When at home, Mr. Hammons suggested:

—keeping the shades pulled and being careful about dressing in front of open shades.

—locking doors.

—keeping a light, TV, or radio on when out at night.

—not putting a first name on the mail box or in the telephone directory, but using initials instead.

Mr. Hammons said that if attacked, to use hair spray and run. He said that many items in the pocketbook, such as a pencil, fingernail file, or comb could be useful, especially on the assailant's face. Mr. Hammons said a ring could also be used in the same manner.

When some of Mr. Hammons suggestions brought looks of reluctance and doubt, he reminded, "It could be your life."

He also advised trying to keep your pocketbook close to your body and avoiding carrying valuables.

Mr. Hammons said that if you expect anything to be wrong, call the police — don't get personally involved. He mentioned, "If you want an escort, call us."

Mr. Hammons showed a film called "Nobody's Victim" after his talk. The film explained various techniques of self-defense for women.

Church Sponsors Food Bazaar

On November 14th, the Philoptohos Society of the Greek Orthodox Church is sponsoring their annual bazaar. It will be held in the Fellowship Hall at the church at 435 Keating Drive S.W. There will be a pastry sale starting at 9 a.m. The pastries include baklava, finikia (a cookie filled with chopped nuts), kourambietes (a cookie topped with powdered sugar), koulourakia (a sweet but-

ter cookie), tiropeta (cheese stuffed triangles), and kataifi shredded pastry with nuts and honey). A luncheon will be served from 11:30-2:30. The entrees will be pastitso, a layered noodle dish filled with meat, and soulvakia, which is meat on a skewer. Also included will be tiropeta, dolmathes (a grape leaf stuffed with rice) and Greek salad and homemade bread.

Salem Student In "Columbo" Film

You don't necessarily have to haunt Hollywood to get in films. If you wait long enough, Hollywood may come to you.

Tricia Daniel, a senior from Charleston, South Carolina, found this out last summer when she and many other Charlestonians were filmed for the popular "Columbo" television series. Although Tricia's role was small (she was part of a large group scene) she did get to see what making movies was all about.

Tricia explains that a South Carolina senator who is on the Board of Visitors at The Citadel first got things started. Through some Hollywood connections, he learned that the "Columbo" production crew was planning a show involving a murder at a boys' military school. He immediately suggested The Citadel as a setting and the rest is history. In August, the film crews moved in and on October 27, the segment, entitled "By Dawn's Early Light", was aired nationally.

The filming took from four to six weeks, Tricia said, and was shot during the hottest part of the summer. This made it bad for The Citadel cadets who had to spend an entire day marching in wool uniforms. But the Hollywood film crew evidently didn't mind the heat. Tricia noted that the directors walked around shirtless and in Bermuda shorts, and flirted with the women.

What really surprised Tricia about movie making was the amount of time needed to film even short scenes. She explained that the film crews spent 30 minutes shooting a simple car door slam. This was due to periodic interruptions from the make up crew or noises from the crowd.

Tricia mentioned, however, that the most entertaining part of the entire filming was watching the women in the crowds. She said many Charleston ladies dressed up in outlandish outfits, hoping to attract the attention of the directors and be "discovered".

French House Opening In Spring; Est-Ce que Vous Vous Intéressez?

By Anne Duncan

For the third year, Salem is going to have a French house on campus for the first six weeks of the spring semester. It is open to anyone who is willing to speak French while in the house and who feels comfortable with spoken French. Six or seven Salem girls will be living with a French girl in the Home Management House. The French girl, Marie-Claire-Le Denn, from Brittany, received her Licence D'Anglais which is a masters in English. She will be here to help the Salem girls learn

some aspects of France and experience the French life style.

There will be regular meetings in this program which will be open to anyone interested. The program will continue for the entire semester. There will be films, slides, records, discussions, or anything that the group wants to talk to Marie about. So if anyone is interested in living in the French house, attending the programs, or just wants to find out more about it, please contact Dr. Cardwell in 206 Main Hall immediately.

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