

New center at Meredith focuses on students' personal growth

by Kathy Seeger

One of the many new features on campus this year is the Personal Growth and Counseling Center. Located on the second floor of Cate Center, this facility is staffed by Marge Shelton, the college counselor, and Anne Huffman and Debra McGuire, two associate counselors.

A green flyer has been distributed to all students with some information about the

center, but Marge Shelton feels the students should know more about what is available to them.

Marge gives credit to Dr. Sandra Thomas, Vice President for Student Development, for the establishment of the center. According to Marge, Dr. Thomas' encouragement and support for the center made it a reality. Marge also mentions the great amount of positive feedback on the outer room of the center from students as well as faculty. Another area which

the Personal Growth and Counseling Center will hopefully receive favorable reviews on is the Wednesdays at the Center program. The following is a list of programs which are already scheduled.

October 5: Mother-Daughter Individuation

October 12: Food for Thought: A Discussion of Anorexia and Bulimia

October 19: Human Sexuality and Christianity

Also, there will be an off-campus speaker on October 12 from noon until 1:30. She will talk about "Wellsprings: Health, Wellness, and Self-Healing." Other topics for future seminars include Touch Therapy, the use of Dreams for Personal Growth, Meditation, and Relaxation and Guided Fantasies.

Personal Growth and Counseling is not a new idea at Meredith; however, the center does provide a better setting

with more facilities to promote personal growth. Finally, Marge emphasizes that coming to the center does not indicate a shortcoming but rather an acknowledgement of a desire to grow. Because Meredith is a place where academic growth is nurtured constantly, the Personal Growth and Counseling Center has been designed to nurture the personal and emotional growth which when combined with academic [Cont'd on Page 7]

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Safe Roads Act creates many changes

Students under and over 19 need to be aware of a number of changes that took place October 1 due to the new Safe Roads Act.

Under the new law, which raised the drinking age for beer and wine to 19, it is an offense to use a fake or altered I.D. or to use another's I.D. or allow the use of your I.D. It is also unlawful to aid or abet an underage person in the purchase of alcohol. Punishment for the above offenses includes a fine and revocation of driver's license.

Another ramification of the Safe Roads Act is the setting up of roadblocks. These roadblocks can be set up at any place and time by law enforcement agencies to check for impaired drivers.

If charged with a DWI, a person who refuses a breath-

alyzer test or has blood alcohol level of .10 will have her license revoked automatically for 10 days.

There are several other new rules which relate to the new DWI law. For example, a driver cannot consume an alcoholic beverage while driving. Also, a bar selling alcohol to a minor who as a result of the alcohol commits an accident can be subject to civil liability.

Most Raleigh bars are turning into private clubs as a result of the Safe Roads Act. Another reaction to the law has been a bus shuttle service that takes customers home from the various participating bars.

For more information and a brochure on the Safe Roads Act, write The North Carolina Department of Crime Control and Public Safety, 215 E. Lane Street, Raleigh, NC 27601.



Frankie and Doug Quimby

Music Tour to perform at Meredith

"The house lights dim as the musicians gather on stage, welcoming the audience. 'So glad I'm here...' they sing and shout. The legendary Southern Grassroots Music Tour is working its magic. Soon the crowd is clapping, singing along, listening—drawn into the spirit of this living music of a People—of the South." The best of Black blues and gospel singers as well as fiddle, mountain and topical country musicians will be here Tuesday, Oct. 4, at 7:30 p.m. Jones Auditorium brings to life the South's grassroots musical traditions.

"All of the performers will be sitting on stage together and sharing their music, culture and the folklife of the South. The music is traditional, yet contemporary, roots music that is powerful and compelling as anything on the music scene today. There will be moaning church songs, hard driving blues, fiddle and banjo tunes and up to the minute songs of people's lives in hard times and good times," says Anne

Romaine, director of the 18 year old Southern Grassroots Music Tour.

Featured on NBC Network new in February of this year, the Tour is being presented by the Nashville-based Southern Folk Cultural Revival Project, an organization that has been in the vanguard of presenting multi-cultural tours of traditional artists in the South since 1966.

Partially supported by the National Endowment for the Arts, the performers on this tour include:

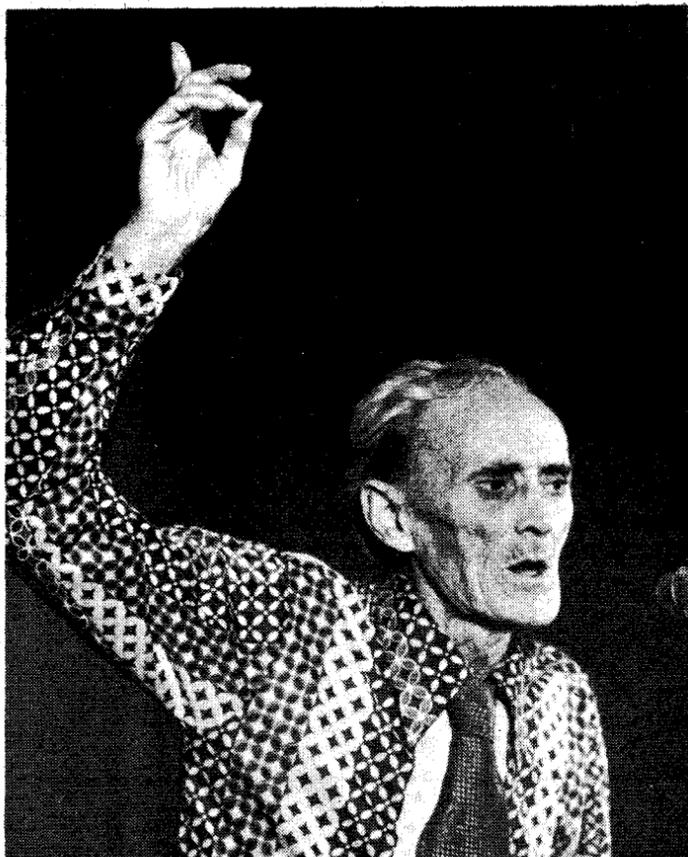
- *Nimrod Workman*, 86 year old West Virginia ballad singer and retired coal miner, who was featured in "Coal Miner's Daughter" and "Harlan County, USA,"

- *Sparky Rucker*, a powerful black blues singer from Knoxville who represents the finest of the Afro-American tradition in terms of blues, gospel, and cultural statements of the Black experience.

- *Frazier Moss*, String Band, banjo, fiddle and guitar music of the Southern Mountains led by the 72 year old World Champion Fiddler since 1977, Frazier Moss.

- *Doug and Frankie Quimby*, A husband and wife team who also perform with the widely acclaimed Georgia Sea Island Singers, presenting black songs from slavery times including work songs, spiritual songs and game songs.

- *Ann Romaine*, Program Presenter, writer and singer of traditional and contemporary country and topical songs about mills, mines and life in the South.



Nimrod Workman

