

M E R E D I T H H E R A L D

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'Wisdom' Programs Provide Answers

by Melinda F. Willis

Meredith's Personal Growth and Counseling Center is presenting a series of five lectures to answer questions dealing with women's health issues. The series will be conducted by the Counseling Center and by Susan Schrag, the former Health Education Coordinator at Planned Parenthood of Raleigh. The series begins on Wednesday, March 22 and a different lecture will be presented every Wednesday evening until April 19.

The first lecture is titled "Changes, Women's Health Issues 'Now What's Happening to Me?'" The lecture will involve the physical dilemmas faced by many women today, including pre-menstrual syndrome, toxic shock syndrome and breast tenderness, and how these "maladies" can affect a woman's daily performance and attitude. The lecture will provide advice on how a good diet and exercise can positively affect the reproductive system.

The purpose behind the lectures is to provide information that Meredith feels is essential to the well-being of her students. In an effort to answer questions students may be too embarrassed to ask, students will be given the opportunity to write the questions anonymously and have them answered.

The lectures will be held in the Cate Center Auditorium with the exception of the last lecture on April 19, which will be held in 103 Joyner. All lectures are on Wednesday evenings from 5:30-6:30 p.m. More information on the series can be obtained from Gina Roberts at the Personal Growth and Counseling Center.

Alcohol Awareness Week Scheduled for April

by Marlea Doane

SGA is gearing up for Alcohol Awareness Week April 3-7. According to Cheryl Alderman, alcohol awareness co-chair, the theme this year is focusing on drinking responsibility and drinking in moderation.

"The theme is to be positive and not condemn drinking," said Alderman. "We also hope to make Meredith students

more aware of NC laws and penalties concerning drinking."

In addition to teaching NC laws, SGA plans to make students more aware of drinking and driving.

SGA is working on getting some great speakers as well as other activities in which students may participate. More details will follow soon.

Meredith Announces New Board of Associates Members

Meredith College has announced new members and committee chairpersons for its 62-member Board of Associates. The board, whose purpose is to promote the advancement of the College, meets twice a year at the College. **Mr. Ed Vick, Jr.** of Raleigh has been named Chairperson of the Board of Associates, and **Mrs. Lois Eldson** of Raleigh is Vice Chairperson. Other new members are as follows:

RALEIGH AREA

Mrs. Jo Ellen Ammons
Mr. Jim Fain
Mrs. Katherine Hudson
Mr. Bob Luddy
Mrs. Barbara Bullard Page
Mr. George D. Robison III
Ms. Carol ter Wee

OTHER NEW MEMBERS

Mr. Dick Futtrell, Rocky Mount
Mrs. Tony Inscore, Rocky Mount
Mrs. Pauline "Pinky" Perry, Winston-Salem
Mrs. Thomasine Hayes, Winston-Salem
Mr. Parks Helms, Charlotte
Mr. John W. Robinson, Greensboro
Mrs. Mary Ann Warren, Marion
Mrs. Elnora Sneed, Wilmington
Mrs. Robert White, Elizabethtown