

Fire safety stressed by Residence Hall Board

By Becky Bradshaw

Did you know that when you are inside a burning building the smoke gets so dense that everything becomes black as night, making it easy to become disoriented?

Did you know that within one minute of the start of a fire, a room can become engulfed in flames and the heat is so intense that if someone walked in, the heat would cause their body to cease to function?

Did you know that most deaths in fires are not caused by burns, but by smoke?

These are just a few of the frightening facts that over 130 campus fire marshals, RAs and Residence Hall presidents learned from Jan Parker of the Raleigh Fire Department, Aug. 25,

at Fire Marshal Training. FMT is an annual event sponsored by the Residence Hall Board. But it is not just up to fire marshals, RAs and presidents to ensure the safety of each Meredith resident student.

"Everyone must accept some of the responsibility in keeping our buildings safe and in knowing the correct procedures to follow in the event of a fire in a residence hall," said Karen Howell, RHB Chair. She said, "This year the upperclass residence halls will have only two fire drills per semester, so it is extremely important that students know what to do and take the drills seriously."

When the fire alarm rings, students must remember to do several

things. 1) Assume it is a real emergency and take the alarm seriously. 2) Turn off all lights in the room except for the overhead light. 3) Exit the room, leaving the door open. 4) Move as quickly as possible, without running, to the designated evacuation location outside their building. 5) Stay with their hall once they arrive at that location.

Fire marshals will check each room as they proceed down the hall toward the exit. They will turn off overhead lights and close windows and doors. They will also note who is missing from the hall and report those to their RA.

"We realize that students see fire drills as a major interruption and something that they wish we

didn't have," said Howell, "but if there was a real fire, they would be glad that they knew what to do."

Janice McClendon, Director of Residence Life, is glad that she experienced fire drills when she was a student here. "This summer I was in a hotel fire," McClendon explained, "and I didn't panic because I knew just what to do."

She said, "I saw people heading for the elevators and I told them to take the stairs instead. We got out safely thanks in a large part to what I learned in fire drills here."

So when that fire alarm goes off, don't moan and groan. Take it seriously and follow the procedures outlined here and by your fire marshals. One day it could save your life.

Personal growth and counseling center offers new seminar

By Gina Roberts, Personal Growth and Counseling Center

The Personal Growth and Counseling Center is beginning registration for the upcoming program, "Healing the Ties that Bind," an on-going group designed to provide members with information and counseling which will enhance their understanding of destructive psycho-social patterns modeled by and adopted from dysfunctional family patterns. The group will meet eight consecutive Wednesday afternoons, 3:30-5:00 p.m., beginning Sept. 23. If you think you might be interested in joining this group, please call the counseling center at x8427 by Friday, Sept. 11. The group will accommodate a maximum of eight women.

You may want to check with the counseling center about programs planned for the spring semester and keep them in mind when planning your schedule. Beginning Jan. 20 and continuing for eight consecutive weeks, the counseling center will offer a counseling group designed to explore, in a confidential setting, the mutual concerns of recovery for those struggling

with eating disorders. The program will be held on Wednesdays, 3:30-5:00 p.m. Also, watch for future information about ANAD (National Association of Anorexia Nervosa and Associated Disorders) as we will be attempting to organize a campus chapter. ANAD is a nonprofessionally sponsored, peer-facilitated support group which resembles other twelve step support group programs.

The Counseling Center will be in transition the early part of fall semester as it adjusts to a few personnel changes: the resignation of Tracy Knight, part-time office manager for three years, and the reduction of hours of the part-time counselor, Gail Yashar. It is the hope of counseling center staff that the transition incurred by these changes will be smooth and that students and faculty will experience minimal inconvenience during this time. We hope to be able to introduce a new person to you soon who will be filling the position vacated by Tracy Knight.

How to spare yourself from tire trouble

By Gilda Boyd

Picture this! You are cruising along a major highway on the way to visit your boyfriend, when suddenly you hear a "pop-like" sound. As you drive on, you hear a few more loud pops. Due to your good judgment (or fear) you pull over onto the shoulder of the road. In anguish, you discover that your tire is flat and the tread on the tire is peeling off! What do you do? As an independent Meredith angel, here are the steps for changing your tire, so you don't have to call dad.

1. With the crow bar dad packed in your trunk, pull off the hubcap and loosen the bolts on your flat tire
2. Place the jack under the fender next to the tire that must be changed, and use the crowbar to lift up the side of the car where your new tire will be placed. (Warning: do not lift the car higher than the width of the new tire).
3. Finish removing the bolts, and remove the flat tire. Place the spare tire (or training wheel) onto the car and replace the bolts.
4. Slowly bring the car down off of the jack and use the crow bar to tighten the bolts. Be sure that the bolts are tightened, to insure that the wheel is on securely.
5. Once the tire is on, drive slowly to the next exit where a mechanic can put a new tire on for you.

Before you embark on your next journey down the highway, remember to pack these five steps, and know where your spare tire, jack and crowbar are. This will insure a safe and happy trip.