

Self-defense workshop offered to Meredith community

by Christina Peoples

The SafeSkills program was held Sept. 24 and 30 in Weatherspoon Gym, as well as a training session for RAs and RDs. The program will be offered again on Oct. 22 and 26. The instructors are Kathleen Hopwood and Elizabeth Seigler. Between them, these women have over 30 years of experience in the crime and violence prevention field. Both Hopwood and Seigler emphasize the importance of being psychologically as well as physically prepared to meet the challenge of a confrontation.

SafeSkills incorporates both verbal and physical techniques in a three-hour program. The main points of the agenda were as follows: assessing personal danger, knowing options, effective resistance, ploys attackers use, and verbal assertiveness.

The program teaches four steps to both acquaintance and stranger rape. Despite the stereotypes associated with rape, 60-75 percent of all reported rapes are committed by someone the victim knows. In acquaintance rape the four steps are intrusion into personal space with touching or sexual language, desensitization or the dismissing of uncomfortable feelings by the victim,

isolation, and assault. Stranger rape involves searching for a vulnerable victim, testing the victim by the reaction to the rapist's approach, isolation, and assault.

If confronted, before physically fighting back, a person should act confident not vulnerable, deal with uncomfortable feelings, say "no," and yell and/or run. If physically fighting back is the only option, then act quickly and strike the target areas: the eyes, nose, throat, groin, knees, and feet.

Scottie Eustis, a freshman who attended the program, said, "I learned a lot. I definitely feel more confident.

I think I would have the courage to take control of the situation if something ever came up."

Shannon Smith, freshman, said, "I found the information helpful and useful. It was actually kind-of fun. I encourage others to take the class. It was a well-spent \$20."

With the statistic that one in three women will be assaulted in their lifetimes, self-defense is a very beneficial program. If you are interested in attending a session of SafeSkills, contact your RA or your RD, or contact SafeSkills at P.O. Box 61643, Durham, NC.

White Iris Ball considered a success

by Kate Stewart

The 1992 White Iris Ball, sponsored by the Meredith Entertainment Association, was held last Saturday night at the Raleigh Civic Center.

According to Jill Tuttle of MEA, the event was a huge success. Tuttle explained that since the ball she has gotten a good response from some of those who had attended and felt in particular that the new laser light show at the ball went very well. Ticket sales were strong this year as there were approximately 1,200 people in attendance.

The decorations for this year's

White Iris Ball crystal bowls with irises and greenery around them along with balloons that were scattered around. In addition to the decorations, veteran ball-goers may have noticed that the ball did feature a bigger dance floor than in years past.

According to Christina Peoples, freshman, the ball was a lot of fun because everyone seemed to feel comfortable since the atmosphere was nice but not too formal. She also enjoyed the decorations as she felt that they were nice and simple. The deejay at the ball also did a good job. Peoples commented on the music by saying, "I loved it because he played a wide variety of music, which covered everyone's tastes."

Flag football victors determined

by Sara Maultsby

The flag football intramurals ended in an exciting final game. Third Faircloth defeated First and Second Faircloth for the Superbowl title on Oct. 6.

On Oct. 7, the Student/Faculty football game was held. Even though the game ended in a tie, the faculty dominated most of the game, with the students coming from behind to keep the faculty in check.

The game was filled with great spirit and fun. Dr. Michael Novak, History department, said, "It was the best spirited game I've ever played in." He summed up the faculty's performance by saying, "For a bunch of old guys, we did pretty good against all those stars."

Meredith students volunteer for NC Star

by Kimberly Zucker

North Carolina Students Teach and Reach (NC Star) gives middle and high school students a chance to learn about racial tolerance in a safe environment. College students go into schools and lead discussions on these topics. Their three main objectives are to help students practice racial tolerance, to improve human relationships in schools and communities, and to improve the educational environment in schools.

Meredith has about thirty students involved in the program. To be a NC Star volunteer, the students must go through facilitation and diversity training. This training involves interactive training, role-playing, and brainstorming. The training sessions are offered at different colleges throughout the year. The next one is Nov. 5, in Chapel Hill. More training sessions will be offered in the Raleigh area next semester.

NC Star began in 1990 during the 30th anniversary of the Greensboro Sit-Ins. By 1991, six school systems were involved in NC Star. There were 15,000 public school students working with 300 college students.

Robert Hawkins, the director of NC Star, feels that the program teaches not only how to deal with racial tolerance, but also how to raise self-esteem. This program sheds a positive light on sensitive issues by providing a role model to which high school students are able to relate. Once involved in the program, the volunteers often branch out to other community services. NC Star is a way that people can give back help and support to their communities in many different forms.

Channel	Time	Program
Meredith Network News / Calendar Events / Job Listings		
Channel 10	2:00 pm	Deutsch Direkt #8
Channel 13	7:00 pm	Female Alcoholism
	8:00 pm	Film Reviews
	9:00 pm	Low Impact Aerobics
Channel 10	3:00 pm	Deutsch Direkt #8
	4:00 pm	Prego! Chapter 4
Channel 13	7:00 pm	Alcohol Awareness Video
	7:30 pm	Film Reviews
No Programming Scheduled		
Channel 13	7:00 pm	Beyond Brochures (Alcohol Awareness Video)
	7:30 pm	Film Reviews
	9:00 pm	Low Impact Aerobics
Channel 10	11:00 am	Prego! Chapter 4
	2:00 pm	Deutsch Direkt #8
Channel 13	2:00 pm	Drunk Driving: An Act of Violence
	2:30 pm	Film Reviews
Channel 10	10:00 am	Prego! Chapter 4
No Programming Scheduled		