

Leaders:

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Rooney King plans to tackle communication between on and off campus students as AMC president.

A junior public administration major from Cary she is also involved in Alpha Lamda Delta, and the modern dance program.

She offers that no matter whether we are reentry, on, or off-campus students, we all have similar issues in common.

It is our diversity, she cites, that makes Meredith such a unique and special place.

Wings president, Sharolyn McManamy's goal is to get more people involved with activities, thus creating a positive atmosphere for all students.

She is a religion major with a minor in women's studies from Greensboro.

A member of the class of '97 she works in the religion department and is Marshall of the Latin club. Sharolyn is grateful for the opportunity of leadership offered here.

Through this, she asserts, you have the chance to look within and learn more about yourself.

She loves the interaction with the student body and adds that it is the students that make Meredith a special place.

Students are encouraged to discuss campus concerns with SGA Executive committee members and the members want the campus to feel that their leaders are "user-friendly."

All members of the executive committee stress that they welcome suggestions and concerns.

The SGA office is located in Cates Center and the phone number there is 829-2248.

They remind you that they are your voice in student government and should be easily accessible to the student body. Feel free to call or stop by at any time.

Cheryl Jenkins, Director of student activities serves as SGA advisor.

Leadership will be explored at seminar

Is a leader always at the front of the pack? Is a leader only the Director in a company? Is a leader the parent who instills the harshest rules?

Without a positive and well defined sense of ourselves, we can't comfortably lead ourselves through life, much less lead anyone else somewhere.

Our esteem is our greatest asset in becoming a leader and it develops from a combination of variables: childhood, family rules and standards, and how nice we are to ourselves.

Self-esteem requires self-understanding, assertiveness and competence.

Without assertiveness, you have no tool to lead anyone.

Assertiveness means having taken the time to formulate your beliefs, philosophies and plans and to then have the self respect to assert that.

You can't lead if you have nowhere to lead anyone.

Without a sense of competence (not perfection), we can't know what to

do once we are leaders. Competence includes ability, but also means the commitment to constantly seek knowledge.

Join us on Wednesday, Sept. 27, as we explore leadership and self esteem in a seminar entitled "Body Building" presented by Sanne Martin, CCSW from the Counseling Center. The seminar is held from noon until 1p.m. in the Dogwood Room A, below the Belk Dining Hall. Bring a lunch and drop in!

**"Body Building"
Presented by
Sanne Martin
Wed., Sept. 27
Dogwood A
1:00 pm
Exploring
leadership and
self-esteem
Join us!!**

go on to live longer. Second, as women get older they acquire more prescription drugs than men. Third, women with good incomes live 16 years longer than women with poor incomes, which relates to women now having life-long learning and multiple careers. Why should we look forward to getting old? Molnar says because it is great fun. In fact, her definition for aging is OPALS—older people with active lifestyles.

Molnar's main message is to stamp out ageism. She said we must feel confident in ourselves from birth to death.

She concluded by saying, "Aging is your opportunity for life."

Lori Molnar is sponsored through the Keenan Lecture funds and will be on campus all week working with the interior design department.

Molnar:

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social status, health, finances, and in lifestyle.

Molnar also pointed out that the nearest female relative is usually the person who looks after the elderly in the family.

Molnar stresses that "we have to improve and change our perception of getting older. We need to get rid of the idea that our image is all related to body and sex."

"The alternative to getting older is dying, you can't defy age. The older you get, the older old is."

During her lecture, Molnar also related some important facts about women. First, more male babies are born than female, however women

What's new in the infirmary?

By: Kimberly Zucker

With all the changes that have taken place at Meredith, no one is sure about what's going on in the infirmary. Here is a quick list to let everyone know exactly what the rules and hours are.

I. Hours

-The infirmary is open Monday through Friday from 7am until 11pm

-No nurse is on call on the weekends

-For emergencies after hours, go to an Urgent Care

II. Availability

-There are 3 nurses that work 3 different shifts each day

-Two doctors are available: Dr. Smithson and Dr. Martin

-Dr. Smithson is available at 1:00pm on Tuesday and 8:00 on Thursday

-The gyn clinic is open on Wednesdays from 9:00am until 12:00 noon and it is run by Dr. Smithson

-Dr. Martin works on Monday at 1:00 pm and Friday at 10:00am

-The doctors stay each day for two hours

-The Counseling Center has moved downstairs and is now a part of Health Services

III. Costs

-All services are free except for the gyn clinic which costs \$60.00

-Cold packs are available for all students

IV. Shots

-A doctor must be present for all allergy shots so students must set up an appointment

-Flu vaccines begin the week of October 15th and will cost \$6.00 for students