

# Disabilities Awareness Week educates campus

AYANA RHODES  
Staff Writer

The red and yellow footprints on the floor of the Cate Center last week were representative of Meredith's Disabilities Awareness Week's theme, "Walk a Mile in My Shoes." The several activities sponsored by the Counseling Center were aimed at helping people understand disability.

According to LoriAnn Stretch, Assistant Director of the Counseling Center and coordinator of programs for students with disabilities, there is a need for people to be aware of disabilities because there is a "higher percentage of people with disabilities than people realize."

Stretch defined a disability as anything that limits a major life function. She stated that disabilities can range from asthma to Attention Deficit Disorder. As a person with asthma, Stretch believes the statistic that "if you aren't disabled, you have a 50% chance of getting a disability or of hav-

ing a family member who has one."

According to Stretch, the primary function of the experiential learning lab was to give people the opportunity to be able to experience what it is like to be disabled. Stretch said that there are many things about disabilities that people don't understand.

"In most cases, disabilities are permanent," said Stretch. Often, those who are not disabled do not realize this. According to Stretch, there are two types of disabilities, those that are visible and those that are hidden. "People have a hard time understanding hidden disabilities," said Stretch.

At the learning lab, the Counseling Center had twelve stations with resources to help people overcome their lack of understanding. The resources included cards that describe a specific disability and how to accommodate it. A couple of the cards also gave examples of case studies for certain disabilities. The card for dyslexia had

two paragraphs printed the way they would look to a person with a certain form of dyslexia.

The experiential learning included a wheelchair challenge that students, faculty, and staff were encouraged to participate in. Lisa Coltrain, a junior who participated, said that they were required to go from the bottom of Cate Center, up the elevator, around the top of Cate, back down, out to Johnson Hall and back. Coltrain, who admitted to having trouble with moving forward up a hill, said that it was definitely "challenging."

Coltrain said that many people did not know what she was doing and would ask if she needed help. Others opened doors for her, which she said was a problem. Coltrain was a little disappointed at finding out that Johnson Hall is only wheelchair accessible from the sides.

Overall, Coltrain learned from the experience. She said, "I realized that if I were in a wheelchair, I couldn't make it

to class in ten minutes. It's more difficult than it looks."

On Tuesday, the Counseling Center had Open House to introduce new members of the staff to the students, faculty, and staff. Lynne Kohn, who is the Coordinator for Outreach and Peer Education, and LoriAnn Stretch are both new to the Meredith community.

The Open House gave Meredith students a chance to find out what the Counseling Center offers. Stretch said that it was a safe way to dispel fears and misconceptions about what they provide.

On Wednesday, the Chapel service was also dedicated to Disability Awareness. Christa Bucks, a former Meredith student who has traveled abroad many times, spoke about being disabled. She talked about the difficulties, but focused primarily on the ways people could help the disabled achieve their dreams. Bucks firmly stated that everyone can

achieve their dreams if they work at it.

During the week, the Counseling Center utilized MCTV to reach people about disabilities. In addition to disability trivia, students could find movies such as *How Difficult Can This Be?*, a film about a project which put special education teachers and counselors through the experience of having a learning disability, and *What Do You Do When You See a Blind Person?* on MCTV.

Lea Metz, Resident Director of Stringfield, felt that the week went "really well," despite the cancellation of activities due to Hurricane Floyd. She said, "I feel that the wheelchair challenge was a successful means for allowing people to experience disability."

Stretch said, "Overall, campus responded extremely well." She said that she looks forward to doing it again.

## Blood drive matches needs

REBECCA JOHNSON  
Staff Writer

On Wednesday, Sept. 15, the Meredith Christian Association sponsored a blood drive in the lower level of Belk Dining Hall. The blood drive had been scheduled for some time but because of the approaching hurricane, it became very important.

Debbie Beasley, a Red Cross Volunteer who was helping with the drive, said that even though the blood supply levels in Wake County are adequate, the county does need to have an extra supply when a storm with the magnitude of Floyd was approaching last week.

Beasley said, "Meredith is a true hero. When other sites were forced to back out because of the storm, Meredith

did not, and therefore it became the primary source for blood donation for Wake County at this time."

The blood drive began at 2:30 p.m. on Wednesday and was scheduled to end around 9 p.m., but because of the weath-

Campus Minister Sam Carothers and MCA Outreach co-chair Melissa Willard helped plan the event. Both stayed at the blood drive on Wednesday to ensure that everything went smoothly.

Everyone working and volunteering seemed pleased with the number of donors who showed up to give despite the adverse weather conditions.

Overall, the drive appeared to be a success. Willard said that there were 36 attempts to give.

Willard also added that College President Dr. Maureen Hartford gave a pint of blood.

er, the coordinators of the drive were forced to end a little early. No one wanted to take any chances with Floyd on his way and the Red Cross wanted nurses as well as volunteers home safely before the storm began.

**"Meredith is a true hero... and the primary source for blood donation for Wake County at this time."**

**--Debbie Beasley,  
Red Cross Volunteer**

### Mastering Reading and Note-taking Skills:

Learn the nuts and bolts of succeeding in the classroom. Bring a current textbook and notebook with you to this session.

Thursday, September 23, 3:45-5 p.m.

Ann Gleason, Dean of Students

Dogwood A

### Test Taking 101:

Prepare yourself for study and success on exams, quizzes and midterms. Learn how to prepare for objective and essay tests and to cope with test anxiety. Bring copies of old tests.

Wednesday, September 29, 12-1 p.m.

Nan McAden, Director of Academic Advising

Dogwood A

### Chapel Worship Schedule

**Sept. 22: MCA  
worship**

**Sept. 30: Rev. Kirk  
Oldham, Wesley  
Foundation of  
NC State.**