

Meredith Counseling Center adds new support group

Counseling Center to offer new program focusing on self esteem.

JULIE STANSBURY
Staff Reporter

The Meredith Counseling Center is introducing a new counseling group this semester to provide help for Meredith students struggling with identity issues or low self-esteem.

"Exploring Identity and Self Esteem" is touted by the Counseling Center as a group for women who want to find out more about themselves. The first meeting will be Feb. 3 at 4 p.m. and the group will continue to meet Mondays at 4 p.m. until Apr. 28. The group

participants will learn to be comfortable with themselves and will be able to share their life stories with supportive people.

"Our goals are to provide experiences in the group such as story telling and creative activities that allow the members to discover parts of themselves that hold strengths and beauty, or perhaps parts of themselves that they want to nurture, or change," said Lynne Kohn, assistant director of the Counseling Center.

"Our focus will be on self expression without judgment," Kohn added. "Each member will learn what feels good or important in their overall way of relating to each other, or to

life in general."

Kohn invites all students to join this group. All sessions will be confidential.

To join, please contact Kohn or Lynn Shumaker at extension 8427. Kohn said the group will be accepting new members at least until Feb. 10 and possibly until Feb. 17.

The stated mission of the Counseling Center is "to support and encourage students, as well as the entire Meredith Community, to grow emotionally, socially and academically." The Counseling Center helps students cope with the challenge of college and life in a healthy way. The Counseling Center has counseling, support groups, crisis interventions, disabil-

ity services, psychological consultation, an annual seminar series and a peer educational program.

The peer education program allows students to gain experience with communication and leadership skills within a specific interest field.

Other programs the Counseling Center is planning for this semester include Women's Health Issues Week (Feb. 24-28) and Disabilities Awareness Day (Mar. 26).

Eating disorders exhibit on display in Johnson Hall

Personal experiences add to the art of Debora Myles.

JENNA AUSTIN
Staff Reporter

The controversial work of artist Debora Myles is now on display in the Johnson Hall rotunda. Her exhibit, "E.D.," features drawings and sculpture installations that capture the feelings and changes involved in eating disorders.

Her work is inspired by her personal memories and experiences. Myles wishes to use her artistic abilities to chart her daughter's struggle with an eating disorder. Her goal was to make the viewers aware of the changes one goes through with such a disorder and to change their per-

ception of such subjects.

In her artist statement, Myles, an adjunct instructor of studio art at Auburn University, said, "what began as a reaction to observed physical changes [in her daughter] grew to include components of the psychological and cultural 'causes' of this frightening disease. The drawings suggest a narrative from the onset of E.D. [eating

disorders] to the bottom of the black hole, and conclude with a search for identity and balance. This work is meant to extend beyond its autobiographical beginnings."

Myles' drawings include girls with distorted, skeleton like limbs that appear fragile. A vanity surrounded with mirrors, broken and unbroken, and shreds

of wood are her sculptures that symbolize broken self images and the weightless appeal of having an eating disorder.

In conjunction with Myles' exhibit, Meredith offered "The ARTS as Healing Tools: A Workshop Focused on Eating Disorders and Healing" on Jan. 13.

The full-day workshop featured a presentation by the Meredith Counseling Center, dance performances by Meredith students, and a multimedia presentation by Myles. The workshop was free for Meredith students, faculty and staff and offered at a \$15 charge to the community.

The exhibit will be on display through Feb. 16.



One of the pieces on display in Myles' exhibit.

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