

Meredith Votes 2004

ASHLEY CRAWFORD
Staff Writer

There are only 47 days left until Election Day. Have you been thinking about when to register and who to vote for? November 2 will be here before you know it.

Last week we talked about the importance of registering to vote. A major advantage about voting at Meredith College is that the Meredith Votes! campaign has made the process of voting easily accessible and understandable. We hope that you will all take an interest in the campaign as well as our goals: registering the campus and stimulating political interest.

Another important form that Angels should consider is the "Vow to Vote" form. These forms are available at the same places that registration forms are offered: Johnson Hall, the Cate Center, Campbell Library, and one at each end of Belk

Dining Hall. These forms tell us that you are registered as a voter, that you promise to vote on November 2, and why you will vote.

These cards also provide an opportunity for you to secure an absentee ballot. Most of the campus is not originally from Wake County, so absentee ballots are the best method of voting.

Another important aspect of the card is the opportunity to help out with campus turnout on Election Day. Activities include driving voters to and from the polls, providing information about candidates, and canvassing faculty and students.

Meredith Votes! requests that you provide your campus/home address on the back of the Vow to Vote form. Shortly before Election Day, we will send it back to you as a reminder and as motivation to get out and vote.

In upcoming issues of the Herald, look for more registration information and news about candidates, both national and local. Meredith Votes! is also sponsoring a "Meet the Candidates" day on Thursday, September 30 from 5-7 p.m. in Belk Dining Hall on the Stringfield side. This is an excellent opportunity to meet and greet and gather information about local, state, and national candidates.

Remember - 47 days left. Don't forget to Vow to Vote!



NPR Correspondent Anne Garrels to Speak at Meredith College :

"Naked in Baghdad" was 2004 Summer Reading Selection

MELYSSA ALLEN
Media Relations

Meredith College, Raleigh, N.C. - Anne Garrels, author of "Naked in Baghdad," will speak at Meredith College on Monday, Sept. 27 at 6:30 p.m. This lecture will be held in Meredith's McIver Amphitheater and is free and open to the public.

As a correspondent for National Public Radio's for-

eign desk, Garrels was one of 16 U.S. journalists to report in Baghdad during the invasion of Iraq. Her experiences in Baghdad are narrated in her book "Naked in Baghdad."

Garrels has reported on many international issues from around the world, but it was her work in Iraq for which she was awarded the 2003 Courage in Journalism Award, an award presented by the International Media

Foundation.

This summer incoming Meredith freshmen read "Naked in Baghdad" as the selection for the College's summer reading program. For more information on Meredith's Summer Reading Program, contact Dean of Students Office at 919-760-8521.

Chartered in 1891, Meredith College is a private, four-year, liberal arts college for women.

**Grab your passport!
International Leadership**

Register for the Leadership Enrichment Series!

The Leadership Enrichment Series is designed for students who are interested in enhancing their leadership development. (see right for this year's dates and times)

Spotlight on the Counseling Center

ALLIE HORTON
Staff Writer

For students at Meredith who feel stressed, anxious or just need someone to listen, the answer may be the campus Counseling Center. The Counseling Center's mission statement on its website states that "the mission of the Counseling Center is to support and encourage students, as well as the entire Meredith Community, to grow emotionally, socially, and academically."

Beth Meier is the director of Meredith's Counseling Center, which is located in Carroll Hall, Room 105, next to the Health Center.

"We really support students who are feeling stressed out or distressed in any way to give them support and to allow them to do their academics," said Meier "and sometimes it can mean the difference in someone feeling they can take on and do college right now and take on things that you're struggling with."

The Counseling Center is open to all Meredith students, whether they are full-time, part-time, or commuters. It provides students with a place of trust, and its website states, "due to the sensitive and personal nature of counseling, all counseling services are con-

fidential." In addition, said Meier, the counseling center "helps people find connections and referrals in the community."

Each semester, the counseling center offers support groups. There are currently two programs in the works for the fall semester, "The Perfectionist Trap" and "Anxiety."

The "Perfectionist Trap", which starts Monday, September 13, will encourage participants to be happy with who they are, by focusing on balance, self-care, body image and eating disorders. Meier feels that this is of particular importance for Meredith because "so many women fall into that striving for perfection and often have a hard time saying no to everything they want to do." The anxiety support group, said Meier, is offered to help students cope with anxiety through discussion and relaxation techniques.

According to its website, the goal of the Counseling Center is "to teach those who seek services how to cope with the challenge of college and life in a healthy, productive manner," and it is an important resource for all Meredith students.

For more information, contact the Counseling Center at 760-8427 or email counseling@meredith.edu.

This year's series includes the following sessions:

"Asia Week - Ackland Museum Field Trip"

Wednesday, September 29, 2004

12:00 - 3:30 pm, Johnson Hall Rotunda

"The Trip of a Lifetime"

Wednesday, October 13, 2004

6:00 pm, Kresge Auditorium

"Women of the Globe"

Wednesday, October 20, 2004

6:00 pm, Kresge Auditorium

"Women Leading - All Over the World"

Wednesday, October 27, 2004

6:00 pm, Kresge Auditorium

Attend all four sessions and receive a certificate of completion! Sessions fulfill requirements for the Sophie Lanneau Women's Leadership Development Program.

*Brochures available in the Office of Student Activities and Leadership Development, 202 Cate Center.