

# Jordan Lake Haven for Sunbathers, Stargazers



Editor's Note: This is the first in a weekly series featuring getaways in the Chapel Hill area.

BY ELIZABETH MAYBACH  
STAFF WRITER

With Spring Break over and summer vacation an eternal six weeks away, students yearning for a little distance from the chaos of class can escape to Jordan Lake.

Located in the heart of North Carolina, Jordan Lake lies about 20 minutes from Chapel Hill and has facilities for water skiing, camping and other activities. Studying is allowed but definitely not required.

You want sunshine? You're taken care of with six separate beaches for swimming and catching rays. You're more of a night person? Again, no problem. Jordan Lake has several boat access areas that are available 24 hours a day for stargazers.

The Jordan Lake construction project began in 1967 after a study by the Army Corps of Engineers determined that the Triangle needed another large water source and better flood-prevention measures.

The result of the 6-year project was a 46,768-acre state recreation area that is open year-round and offers the community a variety of educational and recreational opportunities.

Originally called New Hope Lake, the area was renamed B. Everett Jordan Dam and Lake in honor of the former N.C. senator. The lake consists of almost 14,000



Swimming, fishing and water skiing are some of the many activities people enjoy on Jordan Lake's 46,768 acres. The park has also gained notoriety for its population of bald eagles.

acres of water in its main channel and also serves as the central source of water in the Cape Fear Basin, producing up to 100 million gallons per day.

A unique aspect of Jordan Lake is the eagle population. The area is home to as many as 50 bald eagles yearly and is one of the largest summer homes in the eastern

United States for the bird. The eagles can be seen from several locations, and one of the best is the Wildlife Observation Deck on N.C. 751.

The beaches are open on weekends in April, May and September, but from June through August they are open every day. To reach Jordan Lake from Chapel Hill,

take U.S. 15-501 south until you reach Mount Carmel Church Road, which is the first road after you cross N.C. 54.

Take a left and stay on the road until you reach U.S. 64. To reach the park office, take a right on U.S. 64 and look for the sign for N.C. State Park Headquarters on the left.

DTH/CHRIS GAYDOSH

DTH/KIMSHALA WILSON

# After 10 Years, Center Still Provides Teen Service

BY LAURA GODWIN  
STAFF WRITER

For the past 10 years, area middle and high school students in need of a safe environment to go to have turned to the Street Scene Teen Center for entertainment and encouragement.

The center, located in the basement of the post office on Franklin Street, opened its doors to students March 15, 1985, after two years of planning by merchants and concerned residents, center Director Mary Wallace said.

Wallace said the group had seen a need in the community for a safe place where teens could meet friends or just hang out. "The center gives youth a place to go, someplace beside the street to hang out," she said.

The center, while providing a place for students to go, gives the participants an opportunity to take advantage of useful programs, including career and college counseling, Wallace said.

Wallace said each student who came to the center was unique. "There is not really a typical teenager," she said. "They all want to have some fun and be with their friends and be themselves."

To help the students on a daily basis, the center constantly seeks volunteers. Currently, the center has 82 volunteers. The majority of the center volunteers are University students, including members of Alpha Phi Omega service fraternity.

Wallace said these much-needed volunteers could be found doing a variety of work from clerical to tutoring. Although volunteers perform a variety of jobs, often their most important job is just to be a friend. "Their main priority is just to hang out," she said.

Holly Stallings, a junior from Hobbsville and a first-year APO member, said individual APO members volunteered at the center at least once a week. "Basically, we just interact with the kids; we talk to them or play pool if they want to," she said. Stallings said sometimes the members

of APO helped out by simply keeping a watchful eye on the students. "We are basically supervisors, because Mary only has two eyes," she said.

On Fridays, when the center has bands or DJs, APO sends as many as six members to help out. Stallings said that on Fridays, APO members performed a variety of jobs including stamping hands at the door and staffing the snack bar.

Wallace said that on Friday nights there was an admission charge but that it was minimal. "We try to keep it affordable for the teens," she said.

The results of APO's work with the center is easily seen, and that is why the fraternity continues its support, Stallings said. "In terms of service, it's a real laid-back project," she said. "We see where our money is going." From a personal standpoint, Stallings said, she believes she makes an impact on the students she works with.

Wallace and a part-time assistant director are the center's only paid employees, she said.

Funding for the center comes from various private donations as well as municipal funding. "We get some funding from the town of Chapel Hill, Carrboro and APO," Wallace said. The after-school program receives the majority of its funding from the Chapel Hill Parks and Recreation Department, she said.

Last week, to commemorate the 10th anniversary of the center, Chapel Hill Mayor Ken Brown proclaimed the week "Street Scene Teen Center Week." On Monday, the center was featured on WCHL radio; Tuesday, the students participated in a service project at UNC-TV.

On Wednesday, 15 students from the center challenged six Chapel Hill police officers to a basketball game at Chapel Hill High School. "The police ended up winning because we let them," said Wallace, who coached the center's team. The proceeds from the game went to the center.

To finish out the week, the center held a three-day Battle of the Bands contest with 11 teen bands.

## Campus Calendar

THURSDAY

8:30 a.m. Tax Seminar for all international students and scholars in the Union film auditorium until 11:30 a.m.

11 a.m. APO Blood Drive in the Great Hall. 1 p.m. Tax Seminar Individual Assistance for all international students and scholars until 4:30 p.m. in Union 224. Bring your forms and questions!

3:30 p.m. "Computers, Electronic Information and the Humanities: Views Toward the Twenty-First Century" will be presented in 111 Murphy.

Nonprofit Sector Internships, a workshop on nonprofit sector internships, in 307 Hanes Hall. Particle and Field Theory Seminar: "Universal String Theory," will be presented in 258 Phillips. 6:30 p.m. "Muslim Perspective on Racism,"

open forum with Fred X Hall, in Union 212.

7 p.m. Is your semester lacking adventure? Come to the Outing Club and go skydiving, hiking, climbing and more... every Thursday in 109 Fetzer Gym.

Questions about Judaism? Come to our Jewish Night of Why in Union 209. Have questions ready! Community Service Planning meeting will be held in the upstairs lounge of the Union.

7:30 p.m. Casino Night will be held in the Carmichael ballroom until 9 p.m. \$3 for on-campus residents and \$4 for off-campus residents.

8 p.m. "Education: How Can We Ensure That All Children Will Receive an Education?" will be held in 100 Hamilton. Heavy hors d'oeuvres, a step show and a panel discussion will be held. Sponsored by Delta Sigma Theta Sorority Inc.

# Fair to Focus on Better Health, Stress Reduction

BY STACEY MEWBORN  
STAFF WRITER

The seventh annual Health Fair, being held from 10 a.m. to 2 p.m. today in the Student Recreation Center, will provide information that can harmonize the mind, body and soul through a variety of techniques.

Activities such as safety and stress management will expose students, faculty and staff to traditional and less-traditional health practices. All activities, excluding cholesterol checks, are free.

"We want to move away from the 'pick up a handout' approach and get people involved through interaction," said Fiona Bradley, assistant director of Helping Employees Enhance their Life Styles for health, a sponsor of the Health Fair.

Considering the level of stress reached

by some students and faculty, one focus of the fair will be on stress management. Techniques to manage stress offered by the fair include massages, reflexology, biofeedback and humor, said Tammy Dorfman, health education specialist for H.E.E.L.S. for health.

"Reflexology operates under the principle that massaging certain reflexes in the feet will relieve tension, improve circulation and enhance well-being," Bradley said.

Biofeedback demonstrations will measure the body's response to stress, including muscle tension, temperature and blood flow.

Carolina Dining Services will provide low-fat foods and drinks at the Health Fair. Other brand-name healthy foods will be sampled.

Local health organizations will sponsor booths that demonstrate biofeedback, der-

matology screenings, blood-pressure checks, bicycle safety, campus security, plastic surgery simulation and cholesterol screening, which are \$6 for a basic check and \$13 for a breakdown of "good and bad" cholesterol.

A new addition this year is a series of 30-minute seminars pertaining to topics such as "Couples Communication," "Pre- and Post-Natal Well-Being," "Talking to Teens," "Reflexology" and "Health, Humor and Happiness."

Lecture participants need to be preregistered for the lectures and massages; however, additional spaces will be filled on a first-come, first-served basis. All other activities are on a walk-in basis.

Other demonstrations will include yoga, social dance, self-defense, and slide and box aerobics. The fair will hold drawings for prizes from local vendors.

## UNC Health Fair

All of the following activities are free and will be held at the Student Recreation Center today.

- Health Fair Seminars**  
 Reflexology 10:15 a.m. - 10:45 a.m.  
 Positive Pregnancy and Parenting Fitness 11 a.m. - 11:30 a.m.  
 The Healing Power of Humor, Laughter and Happiness 11:45 a.m. - 12:15 p.m.  
 Couples Communication 12:30 p.m. - 1 p.m.  
 Talking to Teens 1:15 p.m. - 1:45 p.m.
- Health Fair Demonstrations**  
 Side aerobics 11:40 a.m. - 12 p.m.  
 Line dancing 12 p.m. - 12:30 p.m.  
 Box aerobics 12:30 p.m. - 12:40 p.m.  
 Social dance 12:40 p.m. - 1 p.m.  
 Self-defense 1 p.m. - 1:20 p.m.  
 Yoga 1:20 p.m. - 1:40 p.m.  
 Youth gymnastics 1:40 p.m. - 2 p.m.

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