

# Other people's problems are mental health counselor's job

by Nancy Pate  
Staff Writer

Sharon Meginnis's job is other people's problems. A counselor in the Student Mental Health Service, she is one of seven staff members available to help students cope with the typical and not so typical traumas of college life.

"I'm here for whatever they want to talk about," Meginnis says.

Students who visit her office on the second floor of the infirmary talk about everything from identity crises to problem pregnancies.

"The people we see here are not nuts," Meginnis stresses. "They are having common adjustment problems that many college students go through."

Meginnis says such problems often involve relationships with parents, boyfriends, girlfriends and roommates. Students have trouble coping, she says.

"Many have no self-confidence," she says.

"They don't realize that everybody's out there floundering."

Meginnis herself wasn't always sure what she wanted to do. She graduated from Miami University in Oxford, Ohio, in 1965 and taught high school English for the next four years. While teaching, she decided to go into counseling.

She received her master's in counseling from the University of Georgia in 1972 and came to UNC that summer.

Meginnis said there were no women on the permanent staff of the UNC Mental Health Service at that time.

"Now there are three of us," she says with a smile. Meginnis thinks this is important because more women than men come in for counseling.

She adds that women often find it easier to talk to another woman about their problems because she can better understand what they're going through.

This is particularly true in problem

pregnancy counseling, she says. It was one of the things she was hired to do.

"The whole area of sexual behavior is a really tricky one," she says. "I wanted to do what I could to help University students."

A girl with a problem pregnancy is referred to the Mental Health Service by her physician, who also provides some counseling.

Meginnis talks to each student about her personal feelings on pregnancy and reviews possible alternatives, including keeping the child, giving it up for adoption or abortion. She tries to focus on each woman's individual needs.

"Basically my goal is to help her make a decision that she is comfortable with, and then help facilitate that decision," she says.

Many coeds opt for abortion. Meginnis explains the procedures to them and pulls out diagrams from her crowded desk to illustrate technical points. She discusses psychological aspects of abortion and generally lets a girl know what to expect.

But the large majority of students Meginnis sees are troubled by problems other than pregnancy.

Women often come to talk over their problems they have with men.

Meginnis says many of them have to answer the question: "Am I going to be myself or define myself in terms of a man?"

Added pressures and choices confuse women, Meginnis says. "Being a woman today is tough. You used to know what was expected of you."

Meginnis says she wants people to feel comfortable when they come talk to her. "I try to present myself as a person and not as a shrink," she says with a grin.

But she doesn't always wait for people to come to her. She goes to some on an outreach basis.

"Let's talk about contraception," she says.



Sharon Meginnis

"not wait around for someone to come in for abortion counseling."

Meginnis calls this preventive mental health. It involves frequent meetings with dorm resident advisers and various campus groups.

"I try to make people aware of common problems and their symptoms," she says. "It's helping others help others."

That's her goal, whether it's counseling on a one-to-one basis in her office or leading a discussion in a dorm lounge. She is working on her doctorate at the University so she can continue in counseling.

Meginnis likes her job but no one day is typical.

Every hour is different," she says. "The problems may be common, but the people are unique."

## IFC blood drive

# Pint goal 700

by Nancy Woodard  
Staff Writer

A Red Cross blood drive sponsored by campus Greeks will be held today and Wednesday from 11 a.m. to 4:30 p.m. in the Great Hall of the Union.

Two sororities and one fraternity are conducting the UNC drive. Twenty-five

volunteers from Phi Mu, Alpha Delta Pi and Sigma Chi will be present on both Tuesday and Wednesday to distribute cookies and care for donors. In addition, 10 Red Cross nurses and five student nurses will be on duty.

A goal of 700 pints of blood is set for a campus this size, Frank Wyche, Inter-Fraternity Council vice president, said.

People who have already pledged their blood are scheduled to give on Tuesday. Those who want to give blood but have not pledged may come from 11 a.m. to noon and at any time on Wednesday.

Since only 550 donor pledge cards have been received, all students and Chapel Hill residents are urged to donate a pint of blood.

Donors must be from between 18 and 65 and weigh at least 110 pounds. They must not be pregnant or have a medical history of malaria, hepatitis, high blood pressure or heart problems. One pint may be donated every 8 weeks.

Anyone who gives blood receives a donor card which entitles him or any members of his immediate family to free blood for the next year.

The Red Cross does not send blood to the Mideast except when they request it. The blood that is used in Egypt and Israel is collected by the Red Cross from volunteers in those countries.

## Special election set for CGC vacancies

Four candidates are running for one Campus Governing Council seat in Wednesday's special election, and no candidates have filed for a second seat.

Tommy Cromer, Jamie Ellis, Ben Steelman and Paul Williams are on the ballot in the Undergraduate District VII. The district includes Upper Quad and Henderson Residence College. Residents can vote in Ruffin and Connor dorms.

Graduate students in the schools of Education and Medicine vote in Peabody and the Health Sciences building by writing in a candidate.

The polls will be open from 10 a.m. until 7 p.m.

## SG to collect dead light bulbs

Student Government has announced a collection drive for dead light bulbs.

The dead light bulbs collected at UNC and those collected in a similar drive at Duke will be presented on Wednesday to officials of Duke Power Company in Durham.

A statement will be released by the UNC

and Duke student governments at that time, affirming support for the Harlan County, Ky. miners, and expressing opposition to Duke's proposed rate increase.

Anyone can turn in light bulbs to Suite C in the Union this week.

Student Body President Ford Runge said

the action is being taken here and at Duke University "to demonstrate our total opposition to Duke Power's attempts to raise their rate sky high, while treating the miners in Harlan County, Kentucky with absolute contempt."

Runge summarized the whole affair with "it reeks of corporate rip-off."

# Campus Calendar

**Today's Activities**

ECOS will meet at 7:30 p.m. today in room 215 of the Union to discuss plans for locating in dorms, a survey of food additives found in local stores, the New Hope Dam and I-40.

Alpha Epsilon Delta, Pre-Med, Pre-Dental Honor Society will meet at 7 p.m. today in 107 Berryhill. All people who are interested in joining AED should come to this meeting.

UNC Crew will meet at 8 p.m. Check bulletin board in Union for meeting place.

**Coming Activities**

UNC Sailing Club will meet at 7 p.m. Wednesday, Sailing

## Complaint forum scheduled today

The senior class is sponsoring a Grievance Forum at 7:30 tonight in room 202-204 of the Carolina Union. The purpose of the forum is to give students an opportunity to air their complaints on topics relating to the University.

Senior class Vice President Ellanor Graves, the event's coordinator, said the forum will be specifically directed toward drop-add, although issues will be discussed.

"There is not enough student input on policies handed down by the administration which affect the success of everyone here at the University," she said. "This is a chance for students to do something about it."

The forum will be conducted by UNC registrar Lillian Lehman and Steve Coggin, SG representative.

instruction for beginners and advanced members will be at University Lake. If you need a ride, call Bert Matthews or Don DeBrage at 933-9582 or 933-9305.

UNC Outing Club will meet at 7:30 p.m. Wednesday in the Student Union. Final plans for the Chatooga River canoe, tubing and camping trip will be made. Other possible trips will be discussed. Everyone welcome.

The GSPF Judicial Committee will meet at 7:30 p.m. Thursday in room 213 of the Union. All GSPF Senators and interested graduate students are invited to attend this discussion of the new Judicial reform legislation.

The Carolina Readers will meet at 4 p.m. Wednesday in 103 Bingham. All members and interested people are urged to attend.

The second annual Invisible University Halloween party, hosted by King Nyle Frank, will be held at 11 p.m. Wednesday in the Forest Theater. Everyone is invited to attend.

There will be a meeting for students interested in examining the solicitation of insurance policies on campus at 1 p.m. Thursday in Hugh Stotler's office in Bynum Hall. Members of the SCAU and the RHA will be there.

Dr. Charles E. Radin, of the IBM Systems Product Division, will lecture on "The Growth/Needs of Design Automation" at 3 p.m. Nov. 12 in 215 Phillips. Refreshments will be provided in the physics lounge.

The campus YMCA will hold a referendum from 9 a.m. to 4 p.m. Nov. 6 to determine UNC attitudes toward Nixon's possible impeachment or resignation. Students, faculty, and University staff may vote at any of the following places: Y court, undergraduate library, medical library, law school, Chase cafeteria, Carr dorm, and the Union.

Mr. McTheris from the Washington and Lee University School of Law will be interviewing students interested in attending law school from 9-11 a.m. Wednesday, Oct. 31 in 211 Gardner. Interested students should sign up in the Placement office, 211 Gardner.

The Institute of Latin American Studies will hold its weekly informal luncheon meeting from noon to 1:30 p.m. Wednesday, Oct. 31 in 370 Hamilton Hall. All interested faculty members, students and friends are urged to bring lunch and come.

## Recruitment held

The following businesses and schools will recruit on campus next week:

Monday, Nov. 5—Martin Marietta Aggregates; Carolina Power & Light Co.; Metropolitan Life Insurance Co.; University of Rochester, Graduate School of Management.

Tuesday, Nov. 6—Allstate Insurance Co.; Army & Airforce Exchange; Aetna Life & Casualty; University of Pennsylvania, Graduate School of Arts & Sciences; Stanford University, Graduate School of Business; N.C. National Bank; N.C. Department of Human Resources (Social Services); General Electric Co.

Wednesday, Nov. 7—Wake Forest University, Babcock Graduate School of Management, N.C. National Bank; Social & Economic Statistics Administration, Bureau of the Census—Bureau of Economic Analysis; Jordan Marsh—Florida; Harvard University, Graduate School of Business.

Thursday, Nov. 8—Greensboro Public Schools; IBM; Eli Lilly & Co.; Kendall Co.; Branch Banking & Trust Co.

Friday, Nov. 9—Northwestern Mutual Life Insurance Co.; Deering Milliken, Inc.; The Bibb Co.; Xerox Corporation—Summer MBA Intern Program; W.R. Grace.

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Interested? Contact **TSgt. Greenlee** at **Lenoir Hall South, 933-2074**

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### Crossword Puzzle

Answer to Yesterday's Puzzle

**ACROSS**

- Posed for portrait
- Chaldean city
- Animal
- Rodent of guinea-pig family
- Weasel-like animal
- Three-toed sloth
- Begin
- Pilaster
- French for "king"
- Sewing case
- Pronoun
- Commissions
- Resort
- Rabbit
- Sow
- Printer's measure
- River in Siberia
- Place
- Capuchin monkey
- Behold!
- Measure of weight (abbr.)
- Sailors (colloq.)
- Large tube
- Condensed moisture
- Snarls
- Artificial language
- Simple
- Cut of meat
- Metal
- Intended
- Sun god
- Briefly
- Crowns
- Pertaining to punishment
- Printer's measure
- Antlered animal

**DOWN**

- District in Germany
- Exchange premium
- Preposition
- Declare
- Lasso
- Details
- Tactonic delty
- Oriental nurse
- Mathematical ratio (pl.)
- Explosive (abbr.)
- Pronoun
- Babylonian deity
- Hurries
- Comparative ending
- Remainder
- Ocean
- Animal's coat
- Man's name
- Retain
- French priest
- River in Siberia
- Dine
- Form of net
- Dirk
- Residue
- Penned
- Irritate
- Russian Communist
- River in Siberia
- Sea in Asia
- Disguise
- Exists
- Corded cloth
- Symbol for tantakum
- A continent (abbr.)
- Note of scale

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