

CAMPUS AND CITY

SPS: an ear for every problem

By Joyce Clark
Staff Writer

Is the stress of exams getting you down? Are you missing the familiarity of home? Are the strains and stresses of everyday campus life and relationships depriving you of sleep, disrupting your eating habits or interfering with your concentration?

UNC's Student Psychological Services is geared toward easing some of those stresses and offering solutions to student anxieties.

SPS, a specialized division of the Student Health Service, is staffed by mental health care workers who specialize in psychiatry, psychology and clinical social work.

Mike Liptzin, director of SPS since 1970, said SPS workers listened to students' concerns and helped them come to grips with their problems and work on possible solutions.

Liptzin said students usually came to SPS because they felt as though there was no where else to go.

These students usually have tried speaking to family or friends about their problems, but the problems persist and often begin to disrupt the student's daily routine, he said.

Lack of sleep, altering of eating habits or an inability to study or concentrate often result, Liptzin said.

SPS offers counseling for a variety of problems including but not limited to: marital and couples counseling, gay and lesbian relationships, academic matters, rape counseling, eating disorders, depression, anxiety, social phobias and stress management.

Liptzin said that SPS usually saw students having problems with friends, romantic relationships, academic wor-

ries, depression and homesickness, but during its history had seen students for an incredibly wide variety of problems and concerns.

"Our potential patient population is 23,000 students," Liptzin said, referring to the approximate total number of students enrolled at the University.

"We see about 8 percent (of the student body) each year.

"We saw about 1,800 students last year for an average of about four visits per student."

Liptzin said students could have as many consultations as necessary, but that "necessarily we're really a short-term center" because of the limited number of staff members and the potential number of patients.

"Most students get the help they need in a short series of sessions," he said.

On average, patients usually attend a series of four sessions, each lasting between 45 minutes and an hour, Liptzin said.

If a student is found to need additional treatment, SPS tries to refer the student to someone else such as UNC Hospitals' mental health clinic or a local therapist, he said.

"We are aware of other campus resources and may make other referrals," Liptzin said.

Liptzin said because SPS remained busy throughout the year, students could have some difficulty getting a same-day appointment.

But Liptzin said every effort was made to schedule an appointment for the student within the week.

The clinic offers "walk-in" times for students who feel their problem might warrant immediate attention.

In these cases, SPS makes every effort to accommodate the student on a

same-day basis, he said. Liptzin said most of the students seen at SPS were undergraduates.

Freshmen often have problems with homesickness and feeling out of place on such a large campus, he said.

Sophomores tend to suffer from what is known as the "sophomore slump," in which students have trouble deciding on a major and often feel they might want to take some time off.

Juniors often feel an increased pressure to commit to lifetime goals and to achieve and succeed in whatever they choose to do, Liptzin said.

Seniors are concerned about leaving or continuing romantic relationships after graduation, going to graduate school or getting jobs.

SPS workers usually see more freshmen and seniors than anyone else, but graduate students and other undergraduates also make use of the service, he said.

"We have a wide range of problems, so we talk about a bunch of alternatives such as dropping courses or perhaps taking time off and coming back (to the University)," Liptzin said.

"We try to help the student understand what the problem is and help them to explore alternatives."

SPS also is responsible for the distribution of the "John Door Bulletin" fliers that are posted on the back of bathroom stall doors in dormitories.

The fliers inform students of services offered at SPS and help students recognize that they are not the only ones having problems and concerns.

"The bottom line is that people are troubled by all sorts of problems from the very simple adjustment reactions to everyday stresses and strains of college campus life, to really psychiatric illnesses and traumatic experiences," Liptzin said.

"We're here in a confidential way to try and help the student understand and learn from their problems."

SPS visits and patient information are completely confidential. No information concerning student counseling may be released without the student's written permission.

Any treatment is covered by the student health fee and is available at no extra cost to all enrolled students at the University.

SPS is located on the second floor of SHS, and appointments may be made by calling 966-3658 during regular office hours, 8 a.m. to 5 p.m. Monday through Friday.

Consultation also is available at SHS after office hours, on the weekends and during semester breaks.

Carrboro residents express concerns about proposed cellular phone tower

By Will Huffman
Staff Writer

Carrboro residents voiced concerns last week about the possible construction of a cellular telephone tower off South Greensboro Street.

The Carrboro Board of Aldermen have postponed action on a request to build the 250-foot tower until next Tuesday. At a board of aldermen meeting last Tuesday night, residents said they were troubled about the tower.

The proposed site of the tower is on the property of Village Self Storage, which surrounding residents said they feared might put them in danger of

long-term exposure to electromagnetic fields.

Aldermen and residents also said the proposed tower would not blend in with its surrounding residential neighborhoods. Some said the tower should be located elsewhere, such as behind Carrboro Town Hall.

But the greatest fear of nearby residents remained that of the electromagnetic emissions from the tower, with some residents saying they feared their children might contract cancer because of the emissions.

In a report prepared by Washington, D.C.-based consulting engineer Robert Denny, the radio-frequency emission

levels of the proposed tower were described as "characteristically low." The report also stated that the Federal Communications Commission would not even formally consider the effects of the emission levels when reviewing Centel Cellular's application.

Centel Cellular must build the tower to eliminate local service gaps and to meet FCC standards.

The proposed site is one of two Carrboro area locations that are zoned for manufacturing uses, which allows towers to be built on the property. The other location is not being considered because federal regulations would not allow the 250-foot tower to be erected.

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Clinton

that the idea of full-time governmental work makes me unhappy," he said. "However, I do plan to give Bill Clinton as much advice as he wants and more."

People Magazine, U.S. News and World Report, The Wall Street Journal and The London Times all have contacted Gless for information on Clinton. Gless said reporters contacted all members of Clinton's Rhodes Scholar class.

Even as a college student, Clinton had concrete goals for a political career, Gless said. The future governor frequently talked about his desire to return to Arkansas and improve its condition.

"On the bus back from a performance of King Lear at Stratford-on-Avon, Clinton talked to me about how he wanted to go back and help his poverty-stricken state," Gless said.

Gless said he was surprised when Clinton became governor of Arkansas and materialized the idealistic goal he had so often vocalized to his friends.

"Many people with academic credentials like Clinton's go to New York, take jobs in law and make a bundle of money," he said.

Gless said many Americans in London had had moral problems with the war in Vietnam.

"It was a time when we were all taken by the notion that it was the duty of young Americans to fight for the USA," he said. "Only after a while did we realize that America's vital interests were not at stake."

American students and a few British sympathizers staged mild rallies outside the American Embassy in London.

"The protests themselves were pretty tame," Gless said. "There were some chants, but mainly we just stood in front of the embassy."

At the end of his first year at Oxford, Clinton, a strong opponent of the Vietnam War, had to return to the United States to appear before his draft board.

"The night before he went back to face the draft board, we sat in his room in the dark with candles," Gless said. "It was like being in a funeral."

Clinton's involvement in anti-war protests was an indication of his courage, Gless said.

"To oppose the Vietnam war at that time was to risk all sorts of negative commentary," he said. "The history of his character has been noticeably absent from coverage of this campaign."

Accusations of Clinton's use of marijuana while at Oxford are unfounded, Gless said.

"I never saw Bill Clinton smoke pot," he said. "Incidents like the one he described were not unusual in those days."

As a child, Clinton had to protect his mother from an alcoholic stepfather, Gless said.

"I never saw him drink alcohol, and I never saw him out of control," Gless said. "Bill was a very sober and in-control person."

The last time Gless saw Clinton in person before last year was at Yale University in 1971. Clinton was a law student at the time.

"I was passing through New Haven (Conn.) and met him and Hillary (Clinton's future wife)," Gless said. "They were working on a moot court project together."

Clinton and Gless confined their friendship to letters in the 20-year period between 1971 and last year.

"I'm a terrible correspondent," Gless admitted. "Occasionally I'd write, and Bill, unlike me, would always right

back instantly." Last year, Gless and his wife traveled to Asheville for a dinner honoring Clinton.

"My wife said, if you want to talk to (Clinton), you better go now," Gless said. "So while they were serving the salad, I ran up to the front of the table."

"He knew me instantly, even though he hadn't actually seen me for 20 years."

Since last year, Gless has attended three Clinton campaign functions in North Carolina.

"Usually he talks impromptu," Gless said. "He covers the same themes but makes it new each time."

In his entire career, Clinton has dealt with few setbacks, Gless said.

"His one loss of the governorship taught him to be a better listener and focus more on consensus building," Gless said.

Gless said he had never talked to Clinton about how he would react to a defeat in the election. "I'm sure he would have the courage to stay in politics if he lost," he said.

Gless tempered his optimistic support of Clinton with a little realism.

"If anyone can make this country work better, he's it," Gless said. "And that's a big 'if.'"

Campus Calendar

TUESDAY
12:15 p.m. Loreleis will be singing in the Pit.
5 p.m. UNC Juggling Club will meet in Carmichael Ballroom.
5:30 p.m. Hunger and Homelessness Outreach Project will meet to discuss plans for Hunger and Homelessness Week in the Campus Y Lounge.
7 p.m. CHiSPA. nos juntaremos en 209 Union para hablar sobre negocios y actividades para este mes y el proximo.
7:30 p.m. AED will meet in 224 Union.

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