**Wellness Center offers two new programs for students**

Suzanne Orwig  
Staff Writer

Two programs are getting under way at the Wellness Center this fall. They are the SWEAT program and Peer counseling.

Bill Hauck, director of the Wellness Center, said, "Wellness is a priority when students do a variety of things. Students pick up on topics and program it on campus."

Two topics have picked up on healthy lifestyles. SWEAT, which stands for Starting with Exercise and Aerobic Training, is chaired by Dale Ahrens and is designed to keep students involved in other activities. Hauck said, "The program makes students aware of healthy lifestyles on campus."

The peer counseling program was started because, as Hauck stated, "I felt we needed to encourage students to be better listeners and to refer resources." Twelve students now make up the group and they call themselves "peer counselors," because they are basically listeners to other students.

Although the peer counseling group is not announcing any officially, they hope to be by this spring or the fall of '90.

The elected co-chairs of the group are Sarah Apland, sophomore, and Christopher Hofer, freshman. Hauck calls them the guiding force by which this core group of students are being judged and their objectives.

The program may be considered as listeners, as advisors, as friends. They're not professionals, just caring students.

**Guest Editorial:**

**Are the policies of intervisitation fair?**

In this paper, I am going to be honest and open with how I feel about intervisitation and its enforcement, as well as the P.A. staff.

A couple of weeks ago I was written up for intervisitation by "accident," as I was told by a P.A. They were enroute to another room and they called me up. From what I was told like the "disturbance," I was creating was very in comparison to the problem they had originally intended to check out.

In reading the student handbook, I am aware of rule number seven listing the violations of intervisitation. According to the handbook I did break rule number 7b. Visitations during un-designated hours. Even though I was not acting with harassment, I was not limiting the right of other students to move about freely (rule #5) as I stayed in the room, and did not wander about in the halls.

I did not infringe upon any roommate as he acknowledged the fact that he was going elsewhere (rule number 2) and as stated in rule number 4, "intervisitation can enhance the mutual growth of all individuals in the areas of relaxation, informal activities, cooperative study, and quiet company."

As it can be proved in our write-up, we both were very cooperative and showed no difficulty. As I have just stated the rules of intervisitation and how they can be applied to my situation, I find great difficulty in seeing why I was penalized and given such a sanction as to write this paper.

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I highly disagree with Augustana's intervisitation policy. At 18 we are considered an adult. Why is it then we are treated like children? I hardly think that talking to someone in their room, while being both quiet and considerate of others is wrong. I feel that Peer Advisors and Hall Directors are very much of the time out of line. I must point out that I have dealt with Cindy Holwick, P.A., I found her to be very open-minded and cooperative with the whole incident. I mention this due to the fact that I have witnessed attitudes of other P.A.'s and I appreciate the way Cindy treated me.

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