

## Meredith Orgs Sponsor One Night Out Without a Home to Raise Awareness about Local Homelessness

Mary Balnes, staff writer



Boxes from the 2011 One Night Out Without A Home. Image via Mary Balnes.

On Friday, Oct. 12 at 7 p.m. many Meredith College students will choose to sleep outside overnight to raise awareness about homelessness. One Night Out Without a Home is a night of experiencing and learning about homelessness. The goal of this event is to challenge students to participate in an event that will create a knowledge base about a social issue that is prominent in our community, our state, the country, and around the world.

At the event Richard Fitzgerald from the Raleigh Rescue Mission will speak at this event to help participants gain additional knowledge about homelessness. Small group discussions will occur throughout the evening and a reflection will follow on Saturday morning. Participants are encouraged to bring canned foods that will be donated to the Raleigh Rescue Mission.

Participants are encouraged to find a cardboard box to spend the night

in; however, they may resort to using a sleeping bag or simply sleeping on the ground. Individuals who choose to participate are asked to refrain from bringing pillows and electronic devices unless it is pertinent that they need said items. If a participant feels that it is necessary that they have these items they are encouraged to contact the Meredith Habitat for Humanity Club. Participants are encouraged to invite female friends; however, those who do invite friends need to comply with campus policy. Additionally, male guests are allowed to join in so that they too can gain an understanding about homelessness. Policy is that they are only allowed to stay until campus closes but they are not allowed to stay overnight.

Any questions about this event can be emailed to [mchabitat@email.meredith.edu](mailto:mchabitat@email.meredith.edu). All students are welcome to participate.

## Meredith Team to Participate in Light the Night Walk

Christa Riley, staff writer

Light the Night is a fundraising walk sponsored by the Leukemia and Lymphoma Society that will be held on Oct. 13 at Halifax Mall in Raleigh. The purpose of the walk is to raise money and awareness for Hematologic cancers, and funds raised at the event go toward blood cancer research, education material for patients and families, as well as support groups and counseling services.

"Light the Night is an incredible experience because people are able to come together and walk to raise awareness about Blood Cancers, while also remembering those who have passed on. It's a sobering yet positive reminder that we are making a difference in helping to raise awareness and

funds for an organization that seeks to help those with cancer," says Sarah Miller, a senior at Meredith.

To participate in the walk, a person must sign up on the website by creating a team, joining a team, or going as an individual. The walk is also always looking for volunteers to assist in areas such as: set-up and break-down, check-in, finish-line cheerers, water stops, route guides, team photos, mission tent, incentives and other areas.

There are two other upcoming Light the Night walks occurring in North Carolina: the 2012 Durham Walk occurs Nov. 3 while the Triad Walk occurs on Oct. 20. For more information, visit the website at <http://www.lighththenight.org/nc/>

## Be Happy, Stay Healthy: How to Avoid Flu Season

Jennifer Cash, staff writer

As we enter fall, we enter the cold and flu season. The website Everyday Health says that college students have a hard time keeping healthy and germ-free while at school due to crowded dorms and classrooms, lack of sleep, stress and a poor diet. However, there are ways to prevent from getting sick by taking a few precautions. Here are a few to help you stay healthy this cold and flu season.

### Scrub-A-Dub-Dub!

Wash your hands! Sherri Henderson, Director of Health Services, says to use hand sanitizer when you are not able to wash your hands. Henderson says to get your food first and then wash your hands before you begin to eat, and "this will help decrease the bacteria and viruses on your hands before you begin eating."

### Everybody Do the Elbow Cough!

When you feel the urge to cough or sneeze, never cough directly into your hands! Instead, Henderson suggests you cough into your elbow, "if you cough into your hand while sick you can also spread illnesses by touching door knobs, faucets, etc."

### No Touching!

Dr. Anne Smithson, campus physician, says, "Keep your hands away from your mouth, nose and eyes." Melinda McLain, the registered nurse in Health Services, explains, "Touching your nose, mouth and eyes is a good way for bacteria/viruses to enter your body."

### Sanitize!

Sanitize objects you use on a regular basis to kill lurking germs. Popular hangouts for germs are computer keyboards, phones, counter-tops and doorknobs.

### Vaccinate!

While there is no cure for the common cold, there is a vaccine to prevent getting the flu. Meredith hosts a flu vaccine clinic on Oct. 10 from 4 to 7 p.m. in Kresge. To receive the shot, you need to bring your insurance card and photo identification.

### Bon Appetite!

The foods you eat can help prevent you from getting sick. Smithson says that antioxidant rich foods like fruits and vegetables are best. Other foods that are rich in antioxidants are whole-grain cereals, walnuts, artichokes and salmon.

### Hydrate! Hydrate! Hydrate!

Water is an essential part of everyone's diet, and it can also help prevent you from getting sick. Real Simple reports that staying well hydrated keeps the tissues of the respiratory system moist and helps the immune system work properly.

### Nothing beats a little R&R

The final tip is that if you do get sick, take time off to rest and relax! Henderson says, "Stay home and rest so you can get better and not spread bacteria/viruses to others."

## CAMPUS ANNOUNCEMENTS

Save the date! The annual Trick-or-Trot 5k will be Thursday, October 25th @ 5:00 p.m. Check the campus wellness web page for updates: [meredith.edu/wellness](http://meredith.edu/wellness)

The Meredith Campus Activities Board has planned an all-day trip to Busch Gardens in Williamsburg, Virginia on Sunday, October 21. Tickets are \$30 per person and include transportation to and from the park, park admission, and snacks to nibble on during the ride. You can sign-up and pay for the trip in the SLS office, but there is only room for 45 students. Email Britney Wiggins at [bwiggins@email.meredith.edu](mailto:bwiggins@email.meredith.edu) if you have any questions.

### Fitness Center Hours for 2nd Half of Fall 2012

Monday: 10:00 a.m. – 12:00 p.m. & 1:00 – 9:00 p.m.

Tuesday/Thursday: 7:30 – 9:30 a.m. (Thursday only); 11:00 a.m. – 12:00 p.m.; 1:00 – 2:00 p.m.; 3:30 – 5:30 p.m.; 7:00 – 9:00 p.m.

Wednesday: 7:00 – 9:00 a.m.; 10:00 a.m. – 12:00 p.m.; 1:00 – 9:00 p.m.

Friday: 10:00 a.m. – 5:00 p.m.

Saturday: 9:00 – 11:00 a.m.

The Lillian Parker Wallace lecture series has brought world renown speakers to Meredith since 1971: Sir Harold Wilson, Jimmy Carter, Sandra Day O'Connor, Elie Wiesel, Shirin Ebadi, and Wangari Maathai. Now the LPW Committee has begun the search for the seventh Wallace lecturer -- people outstanding in their professions and who have exhibited global influence, and will, quite frankly, be someone you will remember for the rest of your life and be glad you have heard. Please email suggestions to or talk with any member of the LPW Committee: Anne Bryan, '71; Emily Hawkins, '14; Erin Lindquist; Jeff Martinson; Denise Rotondo; Nyssa Tucker, '16; or Jean Jackson.

Campus offices and organizations are invited to send organization and event announcements to be printed in the Herald. Please email announcements to [herald@email.meredith.edu](mailto:herald@email.meredith.edu) at least two weeks in advance.