

News

What's Growing in Three Sisters Garden?

Lauren Conrad, Staff Writer

Some of you may have noticed a "wild garden" down on the outskirts of campus. Even so, the rest of you may be thinking, "Meredith has a garden?" I'm here to inform you that, yes, we do. Located behind Weatherspoon Gym rests the Three Sisters Community Garden, named after the Native American crop technique of growing corns, beans, and squash together.

This fall, volunteers have been creating an additional garden location near Martin. This garden is part of a national organization titled Food Not Lawns, aimed at educating people on sustainably maintaining their own garden as well as educating students

on food production. Additionally, the idea of shared seedlings is a key concept: an opportunity for students to grow whatever native plants they please. Scattered around campus are smaller pots of plants, too; many even containing cotton and peanuts for the history classes.

Jackie Manning, Departmental Assistant for History and Political Science, Religious and Ethical Studies, Sociology and English, as well as a long-time volunteer at the garden for three years, stated that she hopes this new central location will bring awareness to Meredith students about developing healthy habits during college. She also hopes it'll bring more attention to the garden and

draw in volunteers. At the Three Sisters Community Garden, volunteer days are typically on Fridays, with a vegetable stand on Tuesdays. Volunteers are always welcome at the garden. Manning jokes that it's open "24 hours," and students can come down whenever they please.

Recently, the Meredith Autism Program took their students on a field trip down to the garden. The kids had the task to find foods that fit within the rainbow. This upcoming year, many of the First Year Experience classes will be visiting the garden and incorporating it into the classes. The garden has swinging benches, donated by the class of '53, and two beds of daisies

donated by the class of 2013, including a new picnic table student volunteers built during SPLASH into Service! Hence, the next time you're stressed out or need a break from studying for that midterm, the Three Sisters Garden is a great place to go relax, water some plants, and take a load off.

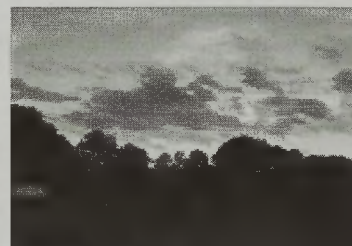


Photo by: Jackie Manning

Student Researchers Presented Findings at Taste of Research

Rachel Crawford, News Editor

On Wednesday, September 14th, Meredith's 14th annual fall research symposium Taste of Research, was held on the ground floor of the library from 4 to 6 p.m. The symposium featured 22 poster presentations by 28 students, all but one of whom worked under the supervision of 13 Meredith faculty members. Many students participated in a new mentorship program funded by the Jesse Ball DuPont Foundation in which students from the Wake Young Women's Leadership Academy worked alongside Meredith researchers.

At Taste of Research, students were able to see the

wide variety of projects that their peers worked on throughout the summer. Students worked on their research on campus, in the field, in the community, and even abroad. Projects also encompassed a range of fields from biology and chemistry to arts and literature. Sophomore Caroline Garrett's project involved an intensive study of the ethics of the five major world religions regarding transgender individuals. Garrett said this about her preparation for Taste of Research: "The hardest part was trying to make all that I have learned concise enough to put on a poster and when I realized that was impossible, trying to

choose the most important information to include...I would recommend summer research to other students especially if they enjoy in-depth, focused learning, interdisciplinary learning and self-taught learning."

Senior Macy Allen's project combined her love for literature and art as she composed fifteen drawings of famous writers, incorporating notable quotes. Allen also recommended the research program, saying, "Summer research is a great way for students to learn, create, and connect their individual interests into a scholarly project. It allows students to explore new and

creative topics that may not be covered in a typical college course. It also gives students independence and creativity while allowing them to learn time management and higher level thinking."

Summer research opportunities are available every year, and the mentorship program with WYWLA will continue in summer 2017. For questions about Taste of Research or the undergraduate research program, contact Dr. Paul Winterhoff or visit meredith.edu/research.

Feeling the Heat: The Dog Days of Summer '16

Katrina Thomas, Staff Writer

If the weather this summer seems hotter than usual, it might not just be in people's heads. A significant number of days have actually had above-average highs.

What exactly is meant by "significant" and "above-average?" Well, according to accuweather.com, 60 days in June-August had highs that were above historic averages by a mean of around 4.417° F. Additionally, as an abc11.com article points out, all three months' average monthly highs were above average.

This summer is not Raleigh's first experience with very hot weather. The last

three years have been record-breakingly hot, both in summer and overall. Geoscience professor Dr. Stutz says that while a streak this long and extreme is unusual, global warming has had an impact on the climate. Fortunately, he's confident that the popularity of energy-efficient cars and the work being done on sustainable energy are making an impact in the US and other developed countries. However, Dr. Stutz adds that work still needs to be done, particularly in developing countries, which are often heavily reliant on greenhouse gasses due to their low costs.

Another reason folks

have been feeling the heat could be the heat index, which uses temperature and humidity to measure how hot temperatures feel to the human body. At levels of 103° or higher, heat stroke, cramps, and exhaustion become much more likely. (You can find out more about this at shr.noaa.gov). An article on twcnews.com states that this July saw 31 hours with a heat index of 105° or higher. It also adds that overall, this July was the 6th -warmest on record in Raleigh.

What can be done? In terms of prevention, people can ride public transportation, use sustainable energy in homes

and buildings, and take other steps to reduce carbon dioxide and fossil fuel use, which is a big factor in global warming. As Dr. Stutz pointed out, it's also important to remember that lower temperatures don't necessarily mean global warming has stopped, because weather can be highly variable. When temperatures do get high, wear sunscreen, stay hydrated, and be aware of the heat index in order to limit outdoor time accordingly. Summer weather may not always be pleasant, but if everyone works together and pays attention, patterns can be reversed and folks can stay safe!