

The Meredith Herald

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New Lowery Fitness Center Revealed

Emma Gomes, Staff Writer

Two decades have passed since the last renovation of Meredith College's fitness center. On Aug. 28, 2017 the grand opening of the new Lowery Fitness Center revealed a 5,400 sq. ft. expansion.

Ms. Ann Lowery '74, co-chair of Meredith's Beyond Strong Campaign, is the Angel responsible for funding the project. Her contribution, as well as several other helping hands, brought this highly anticipated facility to life.

Erica Roelofs, director of the Fitness Center, acknowledges the hard work put into the project

by stating, "This renovation could not have been possible if it weren't for everyone who had come together to make it happen."

The expansion has made room for more equipment including over 30 cardio machines, free weights, kettlebells, and all-purpose gym mats. These will prove to be beneficial not only to students and athletes, but physical education classes as well.

Although Meredith College no longer funds a program to obtain student trainers, the staff at the Lowery Fitness Center are knowledgeable about the

equipment and are adequately trained to assist students.

Roelof notes, "In the past, many students had gym memberships out in the community, but since the remodel, the usage rate has quadrupled."

The new space allows for students to stay active in a variety of ways with a sick soundtrack to keep them motivated. For the



Photo Courtesy of Meredith Marketing Department.

beginner, for the athlete, for the determined, the Lowery Fitness center is for everyone.

New Year, New Dean [of Arts & Humanities]

Tishya Rabertson, Staff Writer



The new academic year at Meredith began with new classes and new faces, including the new Dean of Arts & Humanities, Dr.

Sarah Roth.

Roth explains that the duties of a dean include acting as a liaison between faculty and

upper administration, attracting prospective students, and helping current students seek prospects after graduation.

Dr. Roth jokes that being at a women's college is a lot more fun than being at a co-ed one. She believes that because of Meredith, "women are poised to advance and be real leaders in society." Roth elaborates that the emphasis of having women in leadership roles is necessary at both women's colleges and co-educational institutions, enabling women to "break through the glass ceiling."

She encourages students in the School of Arts & Humanities to be proud of their majors because Meredith degrees are extremely valuable; 93% of Meredith alumnae are employed or attending graduate school in just a few months after graduation.

The 2017-18 school year will bring more of Meredith's mission to life. Dr. Roth is working on a strategic plan to "expand the mission in exciting ways."

Dr. Garry Walton, the previous Dean of Arts and Humanities, is confident in the college's selection of Dr. Roth.

Walton said, "I think Meredith's Arts and Humanities departments are fortunate to have as the new dean someone who has experience in administration, is a respected and published scholar, and has already forged strong working relationships with Meredith's provost and president through her previous work in academia. We are all looking forward to her new ideas for making the heart of Meredith even stronger."

Here are some fun facts about Dr. Roth:

She is from Pennsylvania. She loves the cheese straws in the dining hall. She recently tried Cheerwine and is sharing it with her friends in Pennsylvania.

Did you know that Meredith's School of Arts & Humanities offers 16 different majors and 23 different minors?

For more information, please visit http://www.meredith.edu/academics/schools/arts_and_humanities.

The Purr-fect Cup of Coffee Prepares to Pour Into Raleigh

Laurie Diggett, Staff Writer

Coffee shops have been a popular hang-out space for college students for years now. Let's face it, college students need their caffeine along with a place to escape the sometimes stress-inducing environment that a college campus can produce.

Whether you're looking for the "hole-in-the-wall" vibe that Cup of Joe gives off or the eccentric artwork and organic baked goods that Lucky Tree offers, a local coffee shop can be a unique spot for anything from fun group outings to study groups during exams.

Now imagine a type of cafe that has not yet emerged in the

Raleigh area; one that combines the liquid energy boost that college students often crave and the opportunity to take a breather and spend some quality time with a few furry friends. That's right, Purr Cup Cafe is going to be in Raleigh in the spring, and the pun in the name is no accident.

"If you love cats and coffee as much as we do, this is the place for you," says the Purr Cup Cafe Facebook page.

Although the idea of a cat cafe may be somewhat absurd to a Raleigh local, it is pretty common in popular travel destinations like London and Tokyo.

In fact, there are hundreds of themed cafes in Tokyo that have been around for years, featuring decorations themed around an Anime, a place for Pokémon players to compete, maids or butlers that wait on you and, of course, cats to cuddle.

Last Sunday, the Raleigh School of Ballet hosted a Pop-up Cafe to help raise funds for the construction of this unique addition to the Raleigh area (the permanent location is expected to open in Spring 2018). There were raffles with cat related prizes, beverages, and a separate room for people to spend time with kittens. All of the

kittens available for cuddles were either adoptable or had already been adopted. The prospective owners of Purr Cup Cafe, Sarah Newton and Arthur Hailey, have partnered with Meow House Cat Rescue to help cats find a forever home with cafe customers.

"Our mission is to create a haven for cat-lovers to enjoy a quality beverage or locally made treat in the company of adoptable cats looking for love and forever homes," says the cafe's Facebook page. "Get excited and help us make this dream a reality for all the triangle area's cat and coffee lovers!"