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New semester brings new Senate Chair

by Clarky Lucas

Many students returned to Meredith with big hopes of a fresh start with a new semester, but Kelly Formy-Duval, junior, returned with more than her spring classes in mind. Along with the responsibilities of school, she is tackling her new position as Senate Chair and Student Government Association (SGA) vice president with great enthusiasm and a positive outlook.

"We are going to do the best we can to voice students' opinions and improve the college," said Formy-Duval.

As Senate chair, it is her responsibility to preside over the Senate meetings. Formy-Duval is not allowed to vote on the bills presented, but she is permitted to rule if a tie occurs.

The functions of the Senate are to receive recommendations about changes in the constitutions and to review the constitutions of other

Meredith organizations. The Senate wants to ensure that there is diversity among the various organizations, so that they all participate in different projects which serve a number of purposes. The Senate also checks for errors such as grammar in the format of

the constitutions in order for the constitutions to be consistent throughout Meredith.

At this time the Senate is preparing an outline of the open house to present to the Board of Trustees in February. The outline is based on a



photo by Frances Pate

Musical Chairs: Jennifer Smith, Kelly Formy-Duval, Angela Toms, Sheryl Long, Tracy Beth Salter and Janna Morgan belt out a number at the MEA Picnic January 19.

student body survey completed by the Senate.

"I think Kelly will add a lot of excitement and enthusiasm to the Senate and SGA," said SGA President Camille Hatch. "She is full of good ideas about upcoming open house weekends."

The process through which Formy-Duval acquired this position included applying through the department of Student Activities and completing an interview with Hatch and other school leaders present.

Formy-Duval is a business marketing and political science major with a concentration in public administration. While at Meredith, she has been active in the Meredith Entertainment Association (MEA) and was a senator for the junior class.

One of her main goals as the Senate chair is to "try to make sure Meredith's new constitutions bring the college successfully into the 21st century," said Formy-Duval.

Balancing school and exercise helps it all work out

by Hollace Dowdy

Every morning Jane* gets up at seven, runs five miles, goes back home, showers and then rides her bike to class. Later on in the day, Jane usually spends at least an hour working out at the spa.

If Jane can't find at least two hours exercising a day, she feels guilty.

Mary* eats one meal a day—dinner. She skips both breakfast and lunch and by the time she eats dinner, she shovels in her food so quickly that she is finished before anyone else.

Mary used to be both anorexic and bulimic, and even now her eating habits reflect the troubles that she experienced in the past.

* names have been changed

In the December 1993 issue of *Mademoiselle*, an article entitled "Prisoners of Thin" states that research suggests as many as 30 percent of women in college and graduate school show symptoms of an eating disorder.

"What young woman in America doesn't feel that if she only lost five pounds (ten would be better, of course), she would be more attractive, more enviable?" writes *Mademoiselle* staff writer Michelle Stacey. "Thinness and the control and self-control it signifies is an American mantra, a never-quite-attained promised land of beauty and power."

According to the American Psychiatric Association (APA), a patient will be clinically diagnosed as anorexic

if she weighs 15 percent less than her normal body weight, hasn't menstruated for at least three months, and feels fat and is unwilling to gain weight, even when she is very thin.

The APA says a patient is bulimic when her constant exercising and/or repeated dieting is accompanied by severe eating binges at least twice a week for three months in a row. Usually the bingeing will be followed by purging (self-induced vomiting, use of laxatives or diuretics).

Mary, a Meredith College sophomore, began feeling self-conscious about her weight at an early age. By her sixth grade year, she felt she was "not fitting in because I was overweight."

In high school, Mary's problems deepened. She began dating guys who were "nice at first" but who treated her badly and often told her she was fat. During this time she gained a lot of weight.

Since then, Mary has recovered from both anorexia and bulimia, mainly thanks to her best friend who noticed Mary's problem and helped her through it.

She is, however, still very conscious about herself and aware of other people and how they add to her anxiety. "Something that would cause

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