

# MEREDITH HERALD

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## Meredith students speak out on important issues

By Melissa Ray

"Free Your Mind" was the theme to the Student Government Association's Student Life Forum Thursday, Oct. 6 in Ledford Auditorium.

Concerned Meredith students voiced their opinions and suggestions to a crowd of about 100 women.

Students were invited to attend the forum with the hope that they would communicate what issues were important to them and what changes could be made to improve Meredith.

The forum opened with concerns from the commuters. They wanted more nutritious food and reduced prices in Traditions.

They said they would also like to have more staff hired at Traditions to cut down on the long wait.

In order to get more variety of foods to choose from, commuters said they would also like to get an increased discount off meals in Belk Dining Hall.

Residence students also suggested that Belk Dining Hall offer more low-calorie meals in general, as well as meals for vegetarians. Fresh fruit each day was recommended by students.

For those students who miss meals on a regular basis, such as student teachers, it was proposed that Meredith deduct the money each meal would cost from their accounts.

Meredith could then give that sum to the student to spend on meals elsewhere, they recommended.

Some students felt that Traditions should be open at night so residence students could purchase food on campus rather than from an off-campus establishment.

Many students felt that 7 p.m. was too early to lock the residence halls. They suggested that 11 p.m. be the closing hour. Other students suggested the dorms should be locked 24 hours a day.

Students then brought up CamTel. The recommendation not to publish a temporary edition of the directory was voiced. Some students mentioned that CamTel should include telephone numbers as well as school and home addresses for residents and non-residents.

Commuters suggested mailboxes be put up in the Fireside Lounge so commuters could receive information about Meredith activities. Commuters felt they have been left out of activities on campus because they did not know about them in time to plan ahead and attend.

The proposition of including call waiting in the Meredith phone services was made. Many students felt they have difficulty getting their calls because their roommate is using the phone and the line is busy.

The idea of voice mail was presented. For commuters, a similar idea was voiced—to have a message phone put in place to call commuters about

upcoming events.

Parking also received attention from residents and commuters alike. Suggestions were made to set aside senior parking spaces on the first few rows behind Heilman and to utilize the parking lot behind Poteat by opening it up for all juniors.

Commuters voiced the need for more lighting in the lots and more commuter spaces needed across campus.

Visitor parking was also mentioned. The consensus was loading zones be made into visitor spaces and the fifteen minute time slots be lengthened.

For those freshmen who have cars on campus, students proposed the option of freshmen buying a year of parking and warnings should be posted before their cars get booted.

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## Former Meredith graduate addresses TRANSITIONS

By Meagan Cronaer

This year's TRANSITIONS series continued on Monday, Oct. 10 with a program entitled "Master Your Time and Money." Stephanie Sawyer, a 1991 Meredith graduate, gave tips on how to utilize time more efficiently and how to make money go further.

Sawyer used hats as a metaphor during the opening few moments of the presentation. "We all have different hats that we wear," she said, referring to the many activities that govern time.

Sawyer, a full time employee of the Northern Telecom Corporation, is also a student at NC State where she is pursuing her master's degree in child development. She made it a point that academics and work related activities are very important, but having fun could not be totally forgotten. This too should have its place in schedules.

According to Sawyer, if students remember the five p's (proper planning prevents poor performance) they can allot enough time to take care of all their priorities. In order to do that they

must determine what it is that controls their time and analyze how they can best use their time. Then students must decide if all of their activities are necessary and appropriate. Finally, they must look to see if the activity is efficient, and, if not, they must find a way to make it so.

Setting priorities is also important. Sawyer recommended rating priorities as an "A" (a must do), a "B" (a should do), or a "C" (an it would be nice to do). She also pointed out that students must remember balance because "what may be your priority today may not be your

priority tomorrow." They must also find their "peak period." This is when people are most alert and they should do all planning around this time.



photo by Jetson

Speaker addresses student problems with time and money.

If students follow some of these steps, Sawyer said they will see the benefits. They can do more relaxing, thinking, and communicating.

"Unfortunately there is only so much green stuff to go around," so students

must learn to manage their money. Sawyer recommended using a budget or a cash flow statement to record monthly spending habits. She said after several months students may find some expenses that can be weeded out because they are unnecessary. That means extra money for savings or emergencies.

She broke common spending habits into categories ranging from "Do I really need that?" to "Don't forget to have fun too!" She said, however, to stay away from credit card traps that entice students and can eventually put them in debt. Sawyer felt if students can make a monthly budget and stick to it they will increase their income, stretch their money further, prevent shortages, and protect their assets.

At the end of the hour, Sawyer opened the floor to discussion. The questions took only a few minutes, but from what was said there may be a few less overdrawn checking accounts in Raleigh.