

Editorial: Fat dilemma

by Arinn Dixon

The last time I checked, Meredith College was an all-girls', excuse me, an all-women's school. It is common knowledge that women, in general, are concerned about their weight and that women in college try to combat gaining weight by exercising and eating healthy.

Anyway, using my powers of deductive reasoning, I can assume that most of the people eating in our cafeteria are female, excluding the occasional teacher or maintenance man. So then why do they serve the food they do in Belk Dining Hall?

On any given day the choices for lunch could be fried chicken, spaghetti, or the ever popular liver 'n onions. Each one of these dishes is cooked in vast amounts of butter and/or oil. How are we supposed to eat healthy when we have no choice? To their credit the cafeteria also offers salad and a deli bar at most meals, but even those "healthy" entrees can become laden with fat and calories due to the dressing and condiments provided. It's really sad when you have to carry your own Kraft Free salad dressing in your book bag.

The one thing that makes this whole

situation ten times worse is that these meals are paid for. I can't just go to the grocery store and buy bunches of Lean Cuisine dinners with a clear conscience, knowing that my parents are paying lots of money for wasted meals. I'm too aware of the financial burden that my going to Meredith is placing on my family to even contemplate that. Instead I trudge down to the dining hall and consume three times my daily allowance of fat. It's a rather vicious cycle, isn't it?

I will say one thing in favor of the cafeteria, though. In the past month they have set up a suggestion box for students and they have even put some of the suggestions up on a bulletin board with their responses. I am impressed. That shows me that the cafeteria administration is at least hearing our complaints. Now whether or not they intend to do anything about it remains to be seen.

I know it seems that everyone is always bashing the cafeteria, and I hope this article will not be placed in that category. I am truly concerned about my health and that of my fellow students, and I certainly hope the dining hall administration feels the same.

**CAREER NETWORK DAY
FOR
JUNIORS AND SENIORS**

Monday, October 24, 1994

Career Sessions:

10:00 am, 11:00 am, 1:00 pm & 2:00 pm
Wainwright Suites

- Talk with Meredith alumnae from various career fields
- Make contacts for jobs, co-ops, and internships
- Gather career advice from the "real world"

Register To Attend

Office of Career Services • Cate Center

DEADLINE: Wednesday, October 19



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Letters to the Editor policy:

Everyone in the Meredith community is invited to write a letter to the editor. All published letters must be typewritten with contact name, address and telephone number. All letters must be signed by the author, but names will be withheld upon request.

Letter to the Editor: Something in the Air

Dear Editor,

One of the reasons for my choosing Meredith College was its beautiful campus. Recently, many projects have taken away from its beauty — the construction in progress at Weatherspoon Gym, the facelift at the amphitheater, construction leveling the Meredith mile, renovation in Joyner Hall, and not to mention the nearby beltline chaos.

However, the subject of my letter has nothing to do with these projects nor the orange tape, machinery, and commotion that accompanies them.

My grievance lies in something much simpler than these multi-million dollar projects: one simple Genko tree.

Everyone knows the tree of which I am speaking. Maybe you've passed it on your way to the dining hall. Maybe on your way back to the dorms from working out in the gym. Or maybe you've had the pleasure of sitting amongst its fruit during an MEA picnic.

Yes, I'm writing in objection to the large tree on the west side of the courtyard near Belk Dining Hall — the one whose smell drifts into the windows of Stringfield and whose fruits make our own shoe soles reek with that disgusting odor.

I realize that cutting the tree down or moving it would probably take longer and cost more than my four years at Meredith. And of course, the conservationists would abhor the suggestion that a miraculous tree be taken from its roots.

But believe me when I say even they wouldn't hug this tree.

Not being the only one who feels this way, I'll be glad when fall is over and the tree's fruits are gone so no more of its odors will reek across the campus of Meredith College.

Respectfully submitted,
Veronica L. King