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Sophomores vent Cornhuskin' frustrations at meeting

by Addie Tshcamler

Sophomores at last Tuesday's mandatory class meeting/forum were able to vent their frustrations about Cornhuskin' and express their views on the incident involving unknown sophomores who wrote messages to the freshman class with chalk on the sidewalk and on the artwork in front of Cate Student Center.

The artwork was considered by some freshman class members and other students to be threatening or offensive.

Sophomore students, at the meeting, tried to examine the occurrence and relate their ideas to class officers attending the meeting.

A panel of several Meredith officers spoke to the sophomore class to begin the meeting, including SGA President Kelly Formy-Duval, who decided, along with sophomore president Collyn Evans, to call the meeting after being confronted by several students that were upset by the graffiti.

"I brought it to Collyn's attention and we decided to have a class meeting," Formy-Duval said in a phone

interview Monday. One student, among many others who applauded her, questioned the negativity of the writings. Admitting

"About 50 students approached me within about an hour and a half to express their concern about it [Cornhuskin']."

- Kelly Formy-Duval

interview Monday.

"The freshman, sophomore, junior, and senior class presidents were at the meeting to take back to their classes what was discussed," Formy-Duval said.

Evans began the meeting by addressing the students about why the meeting had been called. Evans said that the incident involving only a few students was a reflection on the entire class of 1997.

Many disagreed that the Cornhuskin' graffiti reflected on the class as a whole. Some declared that what other students wrote did not have anything to do with them.

that leaving Cornhuskin' before hearing the results of the other classes was poor sportsmanship, the student (whose name was unavailable) said she thought much of the comments were done in fun, no hurt feelings intended. She made the argument that negative comments among classes were traditional for Cornhuskin'. The song sung by the freshman about the sophomore's big sister class leaving next year could also be taken offensively, but it wasn't, she said — everyone knew it was in fun.

Sophomore Jonna Anderson commented that the writings were disrespectful and were a reflection on the

class as a whole. Some students agreed and suggested that the class pull together and become closer.

Seniors attending the meeting talked of their negative experiences of Cornhuskin' during their freshman year.

Seniors Jennifer Borowicz and Formy-Duval insisted that the sophomores take this negative experience and use it to build the class up again.

They suggested that the class take all of their disappointments, absorb it, and then use all of their enthusiasm for upcoming events such as Stunt.

No one asked who did it. No one admitted doing it.

One sophomore questioned the fact that the writing was even done by a sophomore, although most students agreed that sophomore student(s) were logically pin-pointed.

Sophomores were asked to wear their Cornhuskin' sweatshirts the next day to show class unity.

TRANSITIONS teaches students stress relieving tips

by Marsha Tutor

Exam stress was the hot topic at the freshmen TRANSITIONS seminar led by Chrissie Nuttle, assistant for Student Activities, Monday morning.

Nuttle spoke on how to relieve exam stress. The seminar was very informative and helpful, since exams are just a few weeks away. Nuttle began by asking the question, "How many people have ever experienced stress?"

Nearly everyone in the audience raised her hand.

She then asked the audience what some "stresses" are and threw pieces of candy out to those who answered. Some "stresses" included: family, friends, boyfriends, and school.

Nuttle then went on to describe the difference between good stress and bad stress. Good stress gets one motivated to do things, she claimed. She gave the example of when one is about to reach the top of a mountain, one is motivated until she reaches the top of the mountain. Bad stress comes when, for example, a family member

dies or one experiences roommate troubles, she said.

Then Nuttle explained how stress is like spice. You need the right amount of spice to make a meal good, just like you need the right amount of stress to make your life balanced.

Each freshmen took out a piece of notebook paper and wrote her name and "You are stressed out." The freshman then drew a picture of what she looks like when she is stressed out. Many drew sad faces filled with acne and huge stomachs.

Nuttle told the freshmen to tape this in their closets, so their friends will know what to expect when they are under stress.

Finally, Nuttle played a relaxation tape for the freshmen. She told everyone to sit back and close their eyes and relax. The tape was so relaxing many people almost fell asleep. Nuttle ended by explaining how one can cope with stress.

"If you are ever stressed about taking a test or an exam, you can look to

the worksheet on how to take tests and the brochure, '10 Point Plan for Making it Through Finals.'"

Ten Point Plan for Making It through Finals:

- 1) Know when and where your exam will be given.
- 2) Plan your study time.
- 3) Break up your subjects.
- 4) Reward yourself.
- 5) Be good to yourself.
- 6) Don't depend on study groups.
- 7) Study what's important.
- 8) Ask yourself questions. Create a test.
- 9) Study backwards.
- 10) Relax for the half-hour before the test.

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