

# You are what you eat...

## Belk food high in fat

by Ginny Bonkemeyer

Mouth-watering images of mom's homemade Chicken Cordon Bleu, steamed broccoli, and fresh apple pie come to mind as I ravenously wait in the cafeteria line.

I am quickly slapped back to reality with the sight of greasy vegetables and a baked chicken breast containing 23 grams of fat.

Many people feel that, as a women's college, Meredith's dining hall should be more health conscious and aware of students' needs.

There have been situations in which dining hall conditions have fostered the habits of eating disorders, because of the high fat and

calorie content.

Students complain of the grease in foods, the amount of fat in foods, and the lack of simple, healthy choices.

There are a considerable number of vegetarians on campus having trouble eating in the dining hall.

The vegetarian entrees are inadequate for many students' diets, as they tend to be very high in fat. Some vegetarians also do not eat dairy products, and the dining hall's vegetarian entrees frequently contain cheese.

As a side note, there are a number of students that remain on campus on the weekends, and it seems that most meals served are leftovers, or particularly strange combinations -

waffles with bean chili? Crunchy Macaroni? Many complaints fly on the weekends about the creative cuisine.

Considering that resident students do not have the option of a meal plan less than 21 meals per week, there are some improvements that could be made that have been suggested to me.

Some popular requests are for the deli bar during all dinner hours, and for the dining hall to open on time, because of class schedules. Meredith's dining hall needs to offer some healthy choice and more appropriate vegetarian items, and better food on the weekends.

I can't survive on bagels and cereal much longer.

### Letter to the editor: Keeping up with tradition on campus

Dear Editor,

In response to the editorial on September 6, 1995, concerning male visitation, I do not think males should be allowed in our dorms. Most everyone entering Meredith knows the rule about men before they come, and if some people do not like it, they do not have to come. It was your own choice to come to an all woman's college, so deal with it! Men are allowed to be anywhere on this campus except dorm hallways and rooms. What's the big deal?! I enjoy not having to worry about strange men walking up and down our halls. Don't try to change Meredith when it has been a tradition here for many years.

Meredith College has been an esteemed center for education and tradition long before the question of male visitation arose. Maybe more Open House days is what this college needs to add, then everyone would be happy. However, I do not think that male visitation at all times, as some may call for, is a feasible solution. It is necessary for us to keep in mind the voice of every student and therefore, a forum would be a logical idea.

Thanks,  
Heather L. Harris

## Meredith Herald

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The *Meredith Herald* is published by the College throughout the academic year. The paper is funded by the College and through advertising. The opinions expressed in editorial columns do not necessarily reflect those of the college administration, faculty or student body.

#### 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.

The Herald reserves the right to place any other article submissions on file until needed or to choose not to print them.

#### Meredith Video Programming

##### \*Wednesday\*

10 a.m. Music Videos #10  
11 a.m. MVC's Florida Tour  
11:30 a.m. Paradise Lost  
1 p.m. Opening Convocation  
1:50 p.m. When the Dome Lights #2  
3:30 p.m. The Women Next Door  
5:30 p.m. Mickey Awards  
6 p.m. Teen Images  
6:30 p.m. Mother Goose  
7 p.m. Firm Arms and Abs  
8 p.m. This is My Mother

##### \*\*Thursday\*\*

10 a.m. Student Projects #3  
12 p.m. Mickey Awards  
12:30 p.m. When the Dome Lights #2  
12:45 p.m. Paradise Lost  
2 p.m. Opening Convocation  
3 p.m. Music Videos #9  
5 p.m. Rappaccini's Daughter  
6 p.m. Burly Bear Network

7 p.m. Stretch and Flex  
7:30 p.m. Woman in the Dunes

##### \*\*Friday\*\*

10 a.m. Music Video #9  
12 p.m. MVC's Florida Tours  
12:30 p.m. Mickey Awards  
1 p.m. Students Projects #3