

Editorial: Security does more than their job

By Melissa Coer

WAIT, don't move on to the next article because you don't agree with this title; there's a lot to this article that you may not know. Instead of being one-sided, read further. It may change your mind.

I had views like many of you about security. I didn't understand or like their rules. I never understood why Meredith resident students could not park in front of Johnson Hall to run into their dorm. I didn't understand why we had to pay \$125, on top of the tuition, to have our cars on campus. I know that a lot of you don't like or understand the fact regarding freshman parking. I, like many of you, have dreaded the hike from my dorm to my car and didn't like the fact that we had to park so far away.

My friend works for security and is

always bombarded by my questions of this and that about security. She informed me of many things that security does that many of us don't know about.

For instance, many of us hate getting tickets when we park somewhere because we have to run up to our dorm or carry something heavy. Well, security does not make up the restrictions for where we can and cannot park. The school makes up the rules and security is hired to enforce them. You can, however leave your flashers on when transporting items, or call security to inform them what you are doing. You need to let security know because they aren't omniscient.

I thought \$125 was a lot to pay, but at State parking is \$200 and you aren't even guaranteed a spot. The money we dish out to park does not go to security,

but to the maintenance of the parking lots. Those of you who are upset about freshman being allowed to park should think twice about grumbling because you would have liked to had the rule about freshman parking changed during your first year. There are many more things to worry about in life than freshman having parking privileges, they are people too. And for all of you, including myself, who hate the trip from your dorm to car, well think of it as exercise. I hear so many students complaining about their weight, well that hike does count as exercise!

Other than giving out tickets, checking all windows and doors at 7pm, and answering every call when something goes wrong with one of us, security does much more. Security also changes flat tires, recharge dead batteries in cars, and get keys out of locked cars among other things. Also, think about how many cars are broken into at other colleges. Meredith is really lucky. Here security is on watch 24 hours to ensure not only our safety, but the safety of our belongings.

Here's a little advice for students who get tickets: don't storm into security in a rage. Be mature about the situation, where have you learned that having an attitude will get you anywhere? Also, if you have any suggestions to change the parking rules call Chuck Taylor.

Some things that security does we take for granted. I know I feel a lot safer walking around campus at night here than on other campuses. So next time you get a ticket or get frustrated with security, try to remember that they are just doing their jobs, and more!

Letter to the Editor: eating healthy is easy

Dear Editor,

I am writing in regard to an article published in the Meredith Herald on September 27, entitled "Eating Healthy is Not Always Easy." This article contained a lot of misinformation about nutrition. I agree with the author in that it is hard to find a low-fat meal to eat at Belk Dining Hall. For example, no one over the age of two should consume whole milk, which is readily available in the cafeteria. Some of the information stated about what we should consume in our diets was wrong. This article was called to my attention by someone that does not even go to Meredith, a visitor on our campus last week. After I read the article, I was upset and concerned about the publication of false nutrition information to the Meredith community.

Some of the facts that were presented were 1) Eat breakfast- a balanced diet of three meals a day; 2) Cut down on the bread and starch intake to 2-3 servings a day; 3) Have at least one meal a day for protein; 4) Watch for too much fat in your condiments; 5) Drink water all the time; and 6) Being thin doesn't always mean you are healthy. Some of these points were very true and should be followed. For instance, a diet which includes eating breakfast provides enough energy to regulate your metabolism and prevent your body from going into a state of starvation. The salad dressing we put on sandwiches or salads are also something to look out for. Some are loaded with fat (unless they are reduced or fat-free, others do not contain fat). Eating a salad could have as many fat grams as a Big Mac if too much of an unhealthy kind of salad dressing is used! Water is very healthy for the body, and we should try to consume at least 8 glasses of fluids a day. However, I have never heard of carbonated drinks slowing down your metabolism. As a matter of fact, your metabolic rate increases after eating. You do not always need to eat meat to obtain adequate protein in your diet. Milk, eggs, legumes and nuts provide protein as well.

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