

## Letter:

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The statement that "starches are bad because they latch onto your thighs, stomach and your butt" is very wrong. And "try to keep the breads down to about 2-3 servings a day" makes me cringe! I wonder if the author of this article has ever taken a nutrition course, read the Food Guide Pyramid, or even realized what she was saying. To give you the facts on this matter, the USDA Food Guide Pyramid recommends that we consume 6-11 servings of breads, cereals, pasta and whole grains! It is recommended that 55-58% of your diet is composed of carbohydrates. Carbohydrates are the body's preferred energy source. Carbohydrates are necessary for complete fat metabolism. Insufficient carbohydrate intake leads to an incomplete breakdown of fats and ketosis. Potentially, a diet low in carbohydrates is harmful.

Just to make sure that you "know the facts," the following are recommended servings. We should consume: 6-11 servings of breads, cereals, pasta and whole grains, 2-4 servings of fruits, 2-5 servings of vegetables, 2-3 servings of meats (2-4 oz. serving) or meat alternatives such as legumes, eggs and milk and 2-3 servings of milk or milk products.

It may be difficult to find foods low in fat in the cafeteria; however, they are working on improving in this area. Be an educated consumer know the facts about nutrition and make healthy food choices wherever you may be dining.

Concerned,  
Foods and Nutrition Club Officers

Note from the author:

This a rebuttal to the rebuttal above. The Nutrition Club officers wrote the article above stating that my article "Eating Healthy is Not Always Easy" was wrong.

My reply is that yes, I have had a nutrition course, I have seen the Food Guide Pyramid, and yes, I did know what I was saying. I clearly stated in the first paragraph of my article that I had lost 25 pounds healthily, and kept it off, by using the tips that I gave. I never stated that the tips were for everyone

or that my word was law. I simply said that those things worked for me.

I wrote my article the way I did because I know firsthand how badly Meredith students eat. I wanted to give helpful hints that were not extreme. For example:

1. I said to try to stay away from carbonated drinks because students drink them in excess. My doctor told me that carbonation slows down your metabolism and women our age could benefit from staying away from them.

2. I said that one serving of meat a day will give your body protein it needs. The officers of the Nutrition Club make the valid point that you can also get protein from other sources. That's true, of course, but meat is easy to come by in the cafeteria and that's why I suggested it. I understand that eggs, legumes, and nuts are a good source of protein also, but they are not quite as readily available.

3. I do agree with the rebuttal letter on the point of the servings of breads. I stated that 2-3 servings of bread a day is plenty and that was wrong. I see in 20/20 hindsight that I was wrong and I apologize.

The point of my article was to give small healthy eating tips that are easy to do in our cafeteria. I do appreciate that opinion of others and I thank the officers of the Food and Nutrition Club for writing their letter. However, I stand by everything I wrote.

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## Letter to the Editor: Cheers to the Task Force

Letter to the Editor:

Alarm bells sounded when I read the article about the faculty members resigning from the Task Force. (If you are a freshman and not aware of the situation that existed last spring, please ask an upper classman for the scoop.)

My concern is that there is an incorrect assumption on the part of the leadership of the Board of Trustees and Dr. Weems that there is no longer a need for this type of assessment. I have not seen any clarification of what Meredith needs to be doing now and in the future to become all that it can be. Does this mean that having a "bumper crop" of freshmen gives the Board and the administration a feeling of apathy toward student and faculty involvement in campus issues. Can women on this campus not be heard or seen?

It is frightening to think that this type of societal constraint prevails at Meredith College. The need to control and to be all-powerful should not be the primary function of the board. Meredith College has the foundation to become the outstanding place of higher learning for women in this region. Let's stop the childish power plays and get on with the real work.

I commend the faculty members for focusing on excellence rather than accepting mediocrity. Not only does this attitude apply to their work on the Task Force, it applies to their expectations of their students. The way to lead is by example, and my hat is off to them for their courage. Too bad others in positions of power do not exemplify good leadership qualities.

Barbara S. Watts  
Senior Re-entry  
Sociology Major

## MEA Notes

- Meredith Recreation Association 50th Anniversary Cornhuskin' T-shirts are on sale in Belk Dining Hall during lunch and dinner and in the Cate Center on Mondays and Wednesdays from 10-11 a.m. and Fridays from 11- noon. T-shirts are white 100% cotton long sleeve t-shirts with 10 bright colors.

- Class schedule of wearing T-shirts and sweatshirts:  
Monday (Oct. 30)- Corn huskin' unification of all classes. Wear 50th anniversary t-shirt.

- Tuesday (Oct. 31)- Seniors wear freshmen sweatshirt

- Wednesday (Nov. 1)- Seniors wear sophomore sweatshirts. Juniors wear freshman sweatshirts.

- Thursday (Nov. 2)- Seniors wear Junior sweatshirts, Juniors wear sophomore sweatshirts and sophomores wear freshman sweatshirts.

- Friday (Nov. 2)- Cornhuskin'

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