

**Letter to the Editor:  
misinformed on health**

Dear Editor,

I'm writing in response to the "Campus Health" and "Campus Opinion" sections of your September 27 and October 4 issues. As a nutrition major, I was dumbfounded and deeply disappointed to read the wealth of misinformation in your "Eating Healthy is Not Always Easy" article. As I was gathering my thoughts for a letter of reply, my mind was put to ease when I learned that the Foods and Nutrition Club was mustering a response to the article.

So much for the peace of mind or for an authority on matters attempting to redirect the previously misled! It's a shame that a genuinely concerned—and knowledgeable on the issues—group got together in an effort to benefit Meredith students only to have the press irresponsibly and foolishly reprint—!!—the fallacies and potentially harmful advice of a Meredith Herald staff member.

In addition to the information provided by the Foods and Nutrition Club

in your last issue, I would say the bottom line is to pay attention to who wrote the nutrition/physical fitness information you're reading and what qualifies him or her to give advice on the subject. For nutritional information, the author should be a Registered Dietitian (R.D.). This is the nationally recognized accreditation by the American Dietetic Association. Beware that many "professionals" may legally refer to themselves as "dietitians" or "nutritionists" but only the R.D. accreditation guarantees that a person is truly appropriately educated and trained to give nutritional advice.

If you're going to have a "Campus Health" section, I beseech you to obtain the information from accredited sources. And when you're called down for misinformation, have the responsibility to admit it rather than permit a ridiculous save-face rebuttal.

An outraged reader,  
Sabrina L. Hearst  
Sophomore, Meredith College

**New Cornhuskin'  
Schedule**

- Monday- Oct. 30th  
Practices: Carswell  
WINGS 5-6 p.m.  
Freshmen 6-7 p.m.  
Sophomore 7-8 p.m.  
Junior 8-9 p.m.  
Senior 9-10 p.m.  
Scavenger Hunt: 10 p.m.-12 a.m. CTY
- Tuesday- Oct. 31 *Happy Halloween!!*  
Practices: Carswell  
WINGS 5-6 p.m.  
Senior 6-7 p.m.  
Junior 7-8 p.m.  
Sophomore 8-9 p.m.  
Freshmen 9-10 p.m.
- Wednesday- Nov. 1  
Can Art 3:30 p.m. (CTY)  
Practices: Carswell  
WINGS 5-6 p.m.  
Junior 6-7 p.m.  
Senior 7-8 p.m.  
Freshmen 8-9 p.m.  
Sophomore 9-10 p.m.  
Bonfire 10 p.m.-12 a.m.
- Thursday- Nov. 2  
Practices: AMP  
WINGS 5-6 p.m.  
Freshmen 6-7 p.m.  
Sophomore 7-8 p.m.  
Junior 8-9 p.m.  
Senior 9-11 p.m.  
Big Sis/Lil' Sis' Serenades 10 p.m.- 12 a.m. (CTY)  
97/99 10 p.m. 98/96 11 p.m.
- Friday- Nov. 3  
It's time to show that MC Spirit  
Procession 4 p.m. (Front Drive)  
Picnic 5 p.m. (CTY)  
Class Competition 6:30 p.m. (AMP)  
Breakfast 11 p.m. (BDH)

Questions???? Call Jamie #2825 or Kelly #7658

**Did you know...?**

By Arinn Dixon

Do you know which has more caffeine, Coke, Pepsi, chocolate or tea? A good reference for this question is Bowes and Church's Food Values of Portions Commonly Used, J.B. Lippincott, 1994. It reveals that 12 ounces of Coke has 46 milligrams of caffeine, while Pepsi has 38 milligrams for the same amount. Six ounces of brewed coffee has 103 milligrams, and various forms of cappuccino have as little as 25 milligrams. Black brewed tea has 36 milligrams for six ounces, and instant powdered tea has 31 milligrams per one teaspoonful. Chocolate has its fair share of caffeine with six ounces of semi-sweet chocolate chips containing 105 milligrams. The amount of caffeine in other forms of chocolate ranges down to five milligrams, which is the amount in a 1.75 ounce Mr. Goodbar.

**Meredith Herald**

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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.

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

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