

# Campus Opinion & Extras

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## Spread happiness with a smile

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Okay, let's not kid ourselves here. We all know that the world has a lot of problems that sneak up on us on our best days. The sun is shining and the sky is blue, when out of nowhere a crisis settles in and makes itself at home.

If it does not happen in our own life, it may be happening in the life of a friend or family member, and before you know it, the problem has poured over into your cup.

You try relentlessly to look up to the light and see the "good" of the situation, but you just can't seem to focus your gaze. Eyes turned down, you ignore the little joys that pass you by every day.

Experts, authors, psychologists and Oprah have all offered us their own solutions, their personal way to see the stars that are hidden in stormy clouds.

Books, tapes, and 5-step programs have all been proposed to help you find your smile. With no intention to sound pessimistic, their advice may not be as sound as one would think.

If it were, why would people continue to flock to the self-

help section of the nearest Barnes and Nobles, looking for yet another solution to their rainy days?

I think we would all agree that the best solution to our problems is most often the simplest one.

What if it turned out that the place to start is not with a 5-step program to a happier you? What if it turned out that the best way to find your smile is to help someone else find their own?

I recently read about a woman who was tired of being thrifty with her words of encouragement. She wondered why exactly it is that we hesitate to offer someone a compliment or kind word.

How often do we look at someone and think something great about them, their work or just their overall personality? What is it that stops us from telling that person what we think?

When we think a negative thought about someone we can hardly wait to run and tell our friend about it; when we think a positive thought about someone we keep it to ourselves.

It seems a little backwards. We just assume that our compli-

ment won't matter, or we would rather not risk looking like we are "too nice."

But when was the last time you received a word of and encouragement and thought that it just didn't matter?

If you're like me, you may have found that a kind word from someone always seems to come at exactly the right time.

One word of sincerity and things just don't seem so bad anymore. A radical new solution was not what brought you out of a troublesome day, but instead a word-one, simple, encouraging word.

And, surprise, it wasn't an expert or a great book that reminded you of blue skies, but rather, it was a piece of kindness from a stranger or friend brought this familiar thing to your face - a smile.

We all have our share of troubles and that is okay. But wouldn't a kind lift make it better?

The clouds will inevitably roll in and the rains will come, but the sun and stars will never cease to shine.

So the next time you think something, something good, about someone you meet, say it.

Say it with the chance that they may have forgotten the good in today, say it.

Say it with the hopes that they may look up and smile, say it. There are some things we will never regret, so just say it.

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night when yet another memory was to be made.

"It was the first time I realized that my time at Meredith was actually going to end soon," said Spencer.

At midnight, the class of 2002 crept into the Vann side of Johnson Hall carrying balloons and lyrics to the songs they planned on singing.

They lined up around the second floor balcony and began their serenade with "I Say a Little Prayer for You."

"It was awesome to be there for our big sisters on the night that marked the last 100 days of their college life," said Courtney

Arrington, sophomore.

Then the seniors serenaded the class of 2002.

"It was a real class-to-class bonding time rather than an individual one. It was very special," Arrington added.

Tears fell, hugs were exchanged, and pictures were taken, but the night was not over yet.

It was time for the traditional car raid, usually a privilege for seniors only, but this time the seniors decided to take their little sisters along.

The cars lined up behind Heilman and Barefoot, horns honking and music blaring.

The raid was cut short by campus police in a blue van blocking the road.

They were responding to over 15 noise complaints that came in after the raid began.

Chief Strickland said in a written response that,

**"It was more fun than we even thought it would be."**

**--Erin Grant,  
senior**

"although campus police wholly support Meredith activities, it is their duty to ensure laws and make sure the right of other students are not violated."

He noted that there is

"a Raleigh Noise Ordinance that prohibits unusual noise after 11 p.m."

Arrington, who participated in the raid, said that she "was somewhat disappointed by the phantom callers who tried to ruin the night."

Grant summed up the night by saying, "There was absolutely nothing in this world that could have taken away the excitement we felt knowing that we had made it so far and we had our little sisters support."

"It was more fun than we even thought it would be."

### Letters to the Editor Policy:

Everyone in the Meredith community is invited and encouraged to write a letter to the editor. All published letters must be typewritten with a contact name, address, and telephone number.

All letters must be signed by the author in order to be published.

The *Herald* reserves the right to place any other article submissions on file until needed or to choose not to print them. The *Herald* also has the right to edit submissions for space restrictions, grammar and style.

### Inclement Weather Policy

In the event of inclement winter weather, faculty, staff and students should call 760-2384 for the latest information on class cancellations or delays and office closings.

When possible, the college will also run public announcements on 101.5 FM and WRAL Channel 5 and on the WRAL website at <[www.wraltv.com/contents/](http://www.wraltv.com/contents/)>.

### CLASSIFIED ADS

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**COUNSELORS NEEDED** to work with school-age children during After School Care program. Weekday afternoon positions available in Raleigh &

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