

MEREDITH HERALD

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Educating Women to Excel

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Nutrition month observed in BeeHive

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sors a drawing for
the month.

CHRISTINA HOLDER
News Editor

As the air gets warmer, we are kindly reminded that spring and summer are soon approaching. No more hiding beneath our wooly cable knits or piling on the thermal layers. Warm air means fewer clothes, and fewer clothes means everything is more noticeable.

What is a Meredith student to do? Get out her running shoes? Think twice before giving her apple to her professor?

The Meredith College Student Dietetic Association may have an alternative for you. Through an agreement with the BeeHive Cafe in the Cate Center, MCSDA is sponsoring a program to promote healthy

habits this month, which is National Nutrition Month. If students purchase yogurt, milk, chocolate milk, cottage cheese and/or fresh fruits, they will receive a ticket for a chance to win a prize.

Students are given only one ticket per meal, and they can place the ticket in the box outside of the BeeHive near the computer lab.

With the BeeHive hosting a variety of eating options, BeeHive manager B.J. Frey said that she was impressed with the amount of nutritional items the students at Meredith choose.

"They are more inclined to buy the fresh fruits, milks, and juices," said Frey, which is a contrast from the last university she worked at where students seemed to purchase more fattening foods.

Junior Jessica Garton, a

foods and nutrition major and publicity chair of MCSDA, said that she was excited about the promotion for National Nutrition Month.

"Our goal as a club is to promote nutrition on campus and beyond," Garton said. Ultimately, she said, "I hope that there's a greater awareness of nutrition on campus."

Garton added that the organization wanted to specifically focus on calcium since many students do not get enough and since women are especially prone to osteoporosis.

Sophomore Liz Hutchinson is one student who is enjoying MCSDA's nutrition promotion. Hutchinson, who frequents the BeeHive due to scheduling conflicts that keep her away from the dining hall, often purchases some of the healthy snacks.

"The Nutrition Month signs made me think about my health. I think it was a good idea. It gives the Meredith campus a bonus to be more health conscious," said Hutchinson.

The winners of the drawing will be announced on Apr. 1 at the BeeHive Cafe. Students need not be present to win Prizes that MCSDA will give away include gift certificates to area restaurants, cookbooks from Barnes and Noble Bookstore and gift baskets from Wellspring Grocery.

MCSDA encourages students to improve their health beyond this month. Students can get health tips online at www.eatright.org, or for a weekly health tip, they can visit www.cyberdiet.com. MCSDA invites all students to come to its meetings.

Students plan for much-needed break

NIKKI NORRIS
Staff Writer

As March arrives and students begin to experience the mid-semester crunch of tests and papers, they still have two things to look forward to—warm weather and spring break.

As spring break approaches this Friday, Mar. 10, students are preparing for much needed vacations ranging from going home for spending time with friends and family to mission trips, from traveling to Florida to going to exotic places.

Robin Ratcliff, sophomore, is planning to go home to Yadkinville, N.C. to spend time with her new baby cousin and other family members.

Tiffany Yokeley, sophomore, will also be traveling home over break. Yokeley says she will spend her break working, spending time with her significant other and celebrating her birthday with friends and family.

Many Meredith students are participating in mission trips. The Meredith Christian Association is planning a trip to St.

Petersburg, Florida. Anna Kate Ellerman, associate campus minister, said that approximately 16 Meredith students will be attending this week-long trip to participate in the Habitat for Humanity project in St. Petersburg.

Another mission trip is Campus Crusade's trip to Panama City, Fla. for the Campus Crusade Conference. The goal of the trip is to witness to beachgoers about Christianity.

The conference will begin on Saturday, Mar. 11. Area students will leave on Friday, Mar. 10 and return on Mar. 18 after the conference ends.

Sophomore Courtney Arrington will attend this trip. "It's an awesome time to fellowship with over 1,000 college kids from across the country and share my faith with people on the beach."

This year's mission will be Arrington's second spring break trip with Campus Crusade.

Forest Hills Baptist Church, a nearby church, is also planning a mission trip.

Twenty-nine Meredith stu-

dents are planning to join other area college students to travel to Louisville, Ky. Those students will also leave on Friday, Mar. 10 and return on Saturday, Mar. 18.

Regan Brown, sophomore, will be attending the mission trip. Brown said that once in Kentucky, the group will travel to five different places including a homeless shelter, an infant resource center and a food and clothes pantry in addition to other places.

This trip will be Brown's second trip with the church, and she said that she is very excited about this year's trip.

She also said that she will be able to spend time with her friends from church while at the same time helping those who are less fortunate.

She is looking forward to "getting to know the people in my crew and being together with them in the evenings." She was also excited about "working with them in the afternoons in order to help others."

Many Meredith students will be traveling to Panama City,

Fla., for spring break, including freshman Rebecca Atkinson and a few of her friends from Meredith.

They will leave on Saturday, Mar. 11 and return on Saturday, Mar. 18. Atkinson said that she and her friends will be staying at a waterfront hotel and that she plans to relax on the beach and get a great tan.

She also said that her travel package included free passes to nearby clubs.

"This will be a good chance to take a nice break from school," said Atkinson.

Reagan Stone, sophomore is planning a trip to Myrtle Beach, S.C. with some of her friends from high school.

While there, Stone plans to ride go-carts, eat at Dick's and go dancing at the Spanish Galleon, a popular dance club. Like many Meredith students, Stone is looking forward to getting a great tan while she is

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