



# MEREDITH HERALD

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Educating Women to Excel

October 17, 2007

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## WEATHER

**TODAY: Partly Cloudy.**  
Low 64, High 84.

**Thursday: Isolated T-Storms.** Low 68, High 80.

**Friday: Scattered T-Storms.** Low 57, High 84.

**Saturday: Sunny.** Low 51, High 79.

**Sunday: Sunny.** Low 54, High 80.

**Monday: Partly Cloudy.**  
Low 67, High 81.

**Tuesday: Isolated T-Storms.** Low 58, High 82.

Source: [www.weather.com](http://www.weather.com)

Information retrieved  
Tues. Oct. 16 at 5 p.m.

## North Carolina Native Returns to Raleigh

Erin Etheridge  
Staff Writer

On Thurs., Oct. 4, a North Carolina woman writer discussed her life and her new novel with a group of enthusiastic Meredith students, faculty, and staff.

Sarah Colton, the great-niece of the namesake of Meredith's Colton English Club and of the college's literary and art magazine, described the turbulent decade of the 1960s and how it affected both her life and her novel during the club's first meeting of the year, held in Joyner Hall.

"It was just like the world flipped over," said Colton. "We had to break out of this system."

The system that

Colton referred to was one in which women still lacked basic rights. She gave the example that when she went to Raleigh's St. Mary's, at the time still a junior college, one could get expelled for attending an un-chaperoned party—a party at which a married individual or couple was not present to supervise.

Colton described the 1960s as a time when young women found themselves in "golden cages." Society was turned upside down by the Vietnam War, the Civil Rights Movement, the drug movement, and, most importantly, the introduction of the birth control pill.

Colton remarked that

the pill arrived "like a stealth bomb" that radically changed how women thought of themselves and how to control their own bodies.

"It was a thrilling moment. It was a powerful moment," said Colton.

Colton's novel, *Tilt 68*, published by Water Tower Books, is set in such a tumultuous time. It chronicles the college experience of a young woman named Louisa who Colton admits is very much like herself.

After reading an excerpt from her work, Colton addressed her audience frankly. She said, "Empowered women have not been around for a very long

time."

She went on to warn, "The rights that we [women] enjoy can melt away just as quickly as those polar ice caps."

Prompted by a student, Colton then discussed the writing process and offered the audience some advice: She said to find a time each day when you know that you can write your best and to adhere to that daily schedule.

For those interested in writing a novel, she equated the task to having a baby. "It grows inside you," she said.

She also suggested to imitate the style of what you like to read to begin with but to be sure to

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## Ethics in an Hour: Advice from Mary Winstead

Courtney Angers and Laura Brantley  
Contributing Writers

For the Meredith College Teaching Fellows program, the campus theme this year is "A Star in Every Classroom." It is common knowledge that a star teacher is one who is helpful, passionate, and educated, but is there more? Mary Winstead, the Special Prosecutor in the Duke Lacrosse case earlier this year, thinks there is.

As said by Winstead, in addition to exhibiting the qualities of being a "capable, conscientious, diplomatic leader," a star teacher is one who is able to make ethical decisions.

To drive home this important characteristic,

Winstead spoke to an audience consisting of Meredith College, NC State University, and Campbell University Teaching Fellows on Thurs., Oct. 4.

To begin her lecture, Mary Winstead spoke about the definition of ethics—a simple word with a complex meaning. This word is often tossed around in everyday life, but the true meaning is often lost. To make the term simpler for her audience, Winstead defined ethics as doing the right thing which is not necessarily the politically correct or popular thing.

Although this succinct definition appears to be quite abstract, Winstead narrows the phrase with

outlined steps for making ethical decisions.

The first step Winstead gives in this ethical decision making process is quite obvious: recognizing that there is an ethical issue. Once this has been established, a very important factor to consider is whether or not you are capable and should deal with the problem. For example, the situation should be passed to a colleague if you have personal ties, such as family relations, concerning the problem.

If this is a situation you are able to handle, then the next step is to consult written policies and procedures for guidelines. Often there will be pre-existing regulations dictating the

proper procedures you should take, and these guidelines should be utilized.

Finally, the facts must be gathered. In this process, it is absolutely necessary to get as much unbiased information as possible, because this is the information your final decision will be based on.

Winstead also stresses the importance of documenting all the facts. Without written proof, it could be difficult to support your decisions with evidence at a later date.

In addition to the steps mentioned above, Winstead offered much advice to aid in

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