



MEREDITH HERALD

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Educating Women to Excel

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WEATHER

TODAY: Sunny. Low 41, High 68.

Thursday: Sunny. Low 50, High 72.

Friday: AM Clouds/PM Sun. Low 51, High 71.

Saturday: Scattered T-Storms. Low 44, High 72.

Sunday: Sunny/Wind. Low 38, High 62.

Monday: Partly Cloudy. Low 46, High 63.

Tuesday: Mostly Cloudy. Low 52, High 69.

Source: www.weather.com
Information retrieved
Tues. Mar. 11 at 4:30 p.m.

Kittie Miller
Contributing Writer

According to GreenConnected, "green" is a process whereby organizations around the world begin to move toward environmentally sustainable practices and products." A company can never fully be "green" until all of its products, processes, and services are completely regenerative. There are plenty of benefits to going "green" including that it creates a healthier environment in which to live and work through healthier building materials and better indoor air quality.

How Easy it is to be "Green"

A typical college student's lifestyle leads to lots of wasted paper, plastic, and other products that can and should be recycled and reused. Here are some eco-friendly tips to help you be greener:

- Five-minute showers are more economical than taking a bath, saving approximately 400 liters of water every week. Also, considering North Carolina is in a major drought situation, especially the Triangle, taking quick five-minute showers

will save water

- When washing your face, washing the dishes or brushing your teeth, it's best to turn the water off or down. Also, try to fill up your entire dishwasher before running it. By keeping the water running when brushing your teeth or washing the dishes, it uses approximately nine liters every 60 seconds.
- When hosting a party, try to avoid using plastic plates, cups or

paper napkins; instead use normal glasses and cups. Although with the severity of Raleigh's drought, at this point, it may be best to use paper/plastic to help the drought situation.

- Recycle everything: newspapers, magazines, aluminum drink cans, plastic juice and glass bottles, boxes, etc.
- When you're not using your television, turn it off to

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Angels Need Sleep

Jennifer Johnson
Contributing Writer

Sleep is a basic physiological need much like food—basic to the survival of an individual. Depriving the body of either quality or quantity significantly impacts the optimal functioning of the body and mind. Timing of sleep can affect the quality. The human body is a daylight organism and the body's clock, called the circadian rhythm, is set to 24 hours. Bright light helps to maintain the human body on a day-night schedule, with sleep occurring at night and activity during the day. Due to altered schedules and high paced lifestyles, sleep deprivation

is a common problem in America.

College students are at high risk for sleep deprivation and the consequences are lack of quality sleep. The average college student requires 8-9 hours of sleep per day and it is best obtained during nighttime hours to coincide with the circadian rhythm. Chronic sleep deprivation can cause decreased cognitive function, alertness and ability to focus. Depression, weight gain and decrease in productivity are also associated with lack of sleep. Only 11% of college students actually get the quantity of sleep required and 73% do not get the quality neces-

sary for restorative sleep, which returns the body to optimal performance. Based on these facts, most college students could improve their well-being and improve their grades if their sleep habits improved. Additionally college is a good time to develop good health habits that can be maintained through life.

>There are many ways to improve both quality and quantity of sleep for college students.

1. Sleep is food for the brain, but make sure not to get too much; understand how much your body needs between the amounts of 8 to 9

hours. Also understand your circadian rhythm, for it regulates your sleep, temperature, hormones, etc.

2. Establish a regular awakening time.
3. Avoid trying to sleep. It's better to relax before going to bed, and trying to go to sleep only makes you more awake. If you cannot fall asleep, try to stay awake by reading, for it will make you fall asleep quicker. Also avoid watching the clock, staring at it will make you think on time

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