

# CAMPUS LIFE

## Class Gift 2010: Going the Extra Mile

Marie LaHaye and Katie Nagel, Contributing Writers

Tuesday, March 9th, the Class of 2010 kicked off their fundraising efforts for the Senior Class Gift. After waiting several months, the gift was finally revealed to the class members by Gift Co-chairs Marie LaHaye and Katie Nagel. In the coming months, two bicycle racks will be installed on campus—one near the Cate Center and another near the Library. Previous graduating classes have given gardens, recreational areas, benches, and doll cases. The intention of this gift is to promote a green lifestyle and to truly benefit the entire community.

Each year, the senior class gives a gift to the college to give back and commemorate their four years at Meredith. This tradition, which is in cooperation with The Meredith Fund, is promoted in an effort to establish a habit of

continuously giving to the college which has given so much to us.

The Class of 2010 is asking its members to pledge "\$10 for '10" for the next three years with a goal of having 50% participation from their class. The

co-chairs are reminding their class that the act of giving alone counts as participation—so giving up one latte in the course of a year and giving that money to the class would benefit the class participation. Pledges can be dropped off in the 2nd floor common area in The



Oaks as well as in the Cate Center. For any questions, please contact Katie Nagel at nagelkat@meredith.edu.

## Eliminating "Stress" During Midterm Distress

Caitlin Griffin, Staff Writer

It's that dreaded time of the year again: Midterms. Are you already breaking out in nervous sweats? You're not alone. According to recent survey research, about forty percent of college women across the United States report feeling frequently stressed out, and that statistical figure significantly rises during periods of midterms and final exams. Don't let test anxieties overwhelm you! Instead, try one or more of the following ways to relax and refocus your energy.

For some students, simply hearing the word "midterms" makes them contemplate jumping off the famous Meredith College bridge, but self-injury is not advisable. Why not walk across that bridge into the conveniently connected North Carolina Museum of Art natural park? Some quality time spent with nature will clear your head and help you rejuvenate when you're ready to pick up the

books again. As an added bonus, the entire walk from campus to the Museum of Art and back is approximately four miles, so you get your daily exercise too!

On that note, if you've never tried gentle Pilates or beginner's Yoga, the week of midterms is a great time to check out the newest trend in exercise classes. The employees at the Alexander YMCA down the street often allow "prospective members" to use the facility for a trial period at no (or very low) cost. Pilates and Yoga classes emphasize the powerful mind-body connection as a means to overall relaxation through deep breathing and stretching. So even if you're only a "prospective member" during midterms, don't overlook this great resource!

If physical activity just isn't your thing, at least tear your eyes away from those textbooks and spend 30 minutes to one hour

each night doing an activity for pure, guilty pleasure, be it watching your favorite show, perusing a trashy magazine, knitting a sweater, or baking delicious desserts. Every college student needs a little distraction and downtime, and you'll be amazed at how well-rested you feel after taking a break. Then the next time you hit the books, you'll be able to concentrate better so you can study hard, ace all of your exams, and look forward to a rewarding spring break! Now that's what I call having fun on a budget!!

## Upcoming Events

gathered by Kristen Gallagher

- March 10, 2010, 1:00pm - 5:00pm: The Perfect Proposal, A Graduate Student Research Symposium. "Network while investigating potential research in your field. This event is sponsored by NCSU. Check out the website: [www.ncsu.edu/grad/research/symposium.html](http://www.ncsu.edu/grad/research/symposium.html)." at the McKimmon Center, Raleigh, NC
- Friends of the Library Dinner, March 11 at 6:30 in BDH
- Kappa Omicron Nu Inductions, March 11
- March 12 - Diversity Grant Deadline
- Mar 12 - MEA, RHA, Marketing Association meetings (10 am)
- Mar 12 - Capital Opera Spring Production, Jones, 8 pm
- March 13 - Softball vs. Ferrum (at Ferrum)
- Spring Break (March 13-21)

email [herald@meredith.edu](mailto:herald@meredith.edu) to have your campus events included here

## Campus Announcements

Right after Spring Break, March 22-24, there will be a toy drive at Meredith to help the kids at Duke Children's Hospital and the Ronald McDonald House of Durham. Please bring in gently used stuffed animals, books, toys, games, puzzles, etc. Drop off boxes will be located in the Cate Center. Please contact Jennifer Cash ([cashjenn@meredith.edu](mailto:cashjenn@meredith.edu)) if you have any questions.

The Meredith Herald is seeking copy editors. Have decent grammar skills and interested in adding a line to your resume? Email us at [herald@meredith.edu](mailto:herald@meredith.edu)