

Editorials

Exploring the Archives: The Scrapbook Collection

Jessica Feltner, Contributing Writer

From class rings to Cornhuskin' sweat-shirts, the Meredith College Archives has collections of many different items. There are over 170 scrapbooks from 1906 to 2014, containing a variety of materials that showcase the experiences of the Meredith College community. The Archives divides the scrapbook collection into three separate categories: individual, class and organization. Donated by alumnae, faculty or their relatives, these books reveal over a hundred years of Meredith's history.

Looking through the scrapbooks, you will be acquainted with the voices of important Meredith women, such as Sophie Lanneau, the inspiration of Student Leadership and Services Sophie Lanneau Women's Leadership Devel-

opment Program. Her letters pepper the scrapbooks of early Meredith students. The presence of the Astrotekton and Phileration Literary societies saturate many of the students' scrapbooks. You never know what you might find, as students from the early twentieth century were fairly open-minded in their scrapbooking materials. For instance, one student collected weeds from a nearby lake and the remains of a hundred year old cheese dinner. From 1910's paper hats to 1930's cigarettes, oddities abound.

Moreover, the scrapbook collection has more to offer than a rare glimpse inside the personal musings of early Meredith students. You might peruse the scrapbooks of later eras, taking a glimpse at the Meredith community of the

1970s, 1980s and 1990s. It's even possible to spy photos of current Vice President of College Programs, Dr. Jean Jackson during her time as a student in the early 1970s.

The scrapbook collection speaks to the importance of preserving class history and even your own personal history for future generations. Collectively, the experiences of students, staff, and faculty make up Meredith's history. In their pages, the scrapbooks have collected the spirit of the Meredith community.

For more on the scrapbook collection or other archival materials, please email archives@meredith.edu or visit http://infotogo.meredith.edu/archives_scrapbooks.

Spring Break 2k15: Stay-cation Ideas

Mandy Astor, Staff Writer



via Getty Images

Spring break is rapidly approaching (t-minus 30 days, but who's really counting?!). While this is traditionally a time to get your friends together to hit the slopes or relax in the sun on a tropical island for a week, not everyone- college students in particular- can afford to take an extravagant trip this year. Although it might seem like a bummer to skip out on a fun-filled spring break, you'd be surprised how many cool, rather inexpensive things there are to do right here in Raleigh! Here are just a few ideas for a great spring break stay-cation:

1. Go to museums- Going to museums is fun way to spend a day! Not only are the local museums free to explore- you might even learn something while you are there! Depending on your interests, you can check out the North Carolina Museum of Natural Sciences, North

Carolina Museum of History, or the North Carolina Museum of Art, all located in Raleigh, NC.

2. Take a day trip- The beauty of Raleigh is that it is located between the scenic mountains and the "Crystal Coast" of North Carolina. If the weather is nice, you can gather a friend or two and have yourself a mini-road-trip. Spend the day exploring a new city and making memories!

3. Pamper yourself- If the above suggestions don't thrill you, consider spoiling yourself another way. Everyone can use a pick-me-up! Whether you head to the spa for a well earned massage or get a fresh mani/pedi for spring, you will be sure to leave feeling pampered and refreshed. Living Social and Groupon frequently offer affordable deals for beauty services, so you might as well treat yourself!

Since spring break is a week to relax and enjoy some down time before the madness of finals begins, be sure to find a way to spoil yourself, no matter what your budget may be!

Remarkable Meredith Women Literary Essay contest

Now is your chance to recognize someone whom you think of as a remarkable Meredith woman.

The Friends of the Library organization is asking students to submit an essay about a remarkable Meredith woman. The essay should describe her connection to Meredith College and how she has positively impacted your life and/or the lives of others.

Cash prizes will be awarded!

See <http://infotogo.meredith.edu/library-essaycontest> for further details.

Check out our new website!

meredithherald.wordpress.com

Meredith Hacks: Life Hacks for Avenging Angels!

This week: Finding your perfect Netflix match
Ellen Cleary, Staff Writer

As the winter blues are settling in, what better time to start watching a new show on Netflix? You may choose to watch one episode a week, the old fashioned way, or you watch the first three seasons in one sitting. Finding a new show is a great way to temporarily forget about Mr. Groundhog's prediction of six more weeks of winter.

First, you must pick the show that will possibly become an obsession. Think of it like a mystery novel; each chapter leaves you hanging on what will happen next, and you can't help but read the next installment. Netflix leaves you with only 15 seconds to decide to forgo another hour of sleep or to find out what happens next in that new show.

When choosing a show, also consider the genre. Will this show leave you feeling confident and ready to take on the world? After watching a billion episodes of Grey's Anatomy you have to realize you can't perform open-heart surgery, and a marathon of Scandal isn't the only prerequisite for running for President, but shows such as these might just give you the confidence you need to go out and create tangible goals to pursue those dreams.

Finally, choose a show with characters you can care about. Better yet, choose characters you can relate to. If you don't care about what happens to the characters, you will have no incentive to see what happens to them.

Get your snacks ready and tell everyone you know not bother you for the next three days.