

Happy Fall,
Avenging
Angels

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Women Warriors: Illa Jones

By Rachel Crawford,
Staff Writer

The Common Experience theme this year is "Women Warriors," an exploration of strong women who fight to pursue their goals. In conjunction, *The Herald's* "Women Warriors" series highlights the extraordinary women in the Meredith College community who are changing the world.

Alumna Illa Jones graduated from Meredith with her B.S. in Nutrition in 2016, and she stayed at Meredith to pursue her Master's, which she received this year. Now, she is beginning a dietetic internship through Sodexo, which she will continue until May 2019. After completing this internship, she plans to become a registered dietitian and start to build her career in corporate wellness—she envisions herself working as a dietitian for employees of a large company.

"I've always loved nutrition," said Jones in an interview. When asked what nutrition means to her, she said, "I just love how it can encompass every aspect of my life. Food is art, celebration, science, vital for living and healing, history. I feel like there's always more to learn and I love it." When asked what motivates her, Jones responded, "Health!" Health means more than just diet to Jones: "I strive to work on my mental, physical and emotional health."

Emotional health for Jones involves maintaining a balance between work life and the aspects of personal life that bring her joy, like her hobbies and her relationships with her boyfriend and friends. Speaking to the importance of

Silent Sam, Vocal Students

By Huma Hashmi, Staff Writer and Sarah Kiser, Editor-in-Chief

The controversy over Silent Sam, a Confederate statue that is located on the UNC-Chapel Hill University campus continues even after the statue was taken down by anti-racist protestors on Aug. 20.

It is still considered by some to be a symbol of division and hate. However, to others, protesting against it is disrespectful the legacy of the UNC students who fought for the Confederacy in the Civil War.

On Sept. 8, about 100 anti-racist protestors gathered to have a canned food drive and "Nazis Suck Potluck," to celebrate the ousting of the statue while neo-confederates honored the base where Silent Sam used to be. Events quickly escalated after police confiscated the canned food and tackled, pushed, and choked counter-protesters. They also threw a smoke bomb at students and ultimately brutally arrested eight demonstrators.

One woman who was arrested, a University of North Carolina Chapel Hill (UNC-Chapel Hill) undergraduate student, spoke with *The Herald's* Micah Clark, but wished to talk about her experiences anonymously. She stated that the event was a relaxed occasion despite the presence of neo-confederate, anti-racist protestors, and police

being "well-rounded," Jones said, "It's important to have a hobby or creative outlet. For me that's fashion, videography and photography." She also recently traveled to Mexico City and highly recommends readers to visit there: "Highlights would be the Folklorico (a show of Mexican history through dance) and eating at Pujol (a restaurant highlighted in an episode of Chef's Table)." She recommends for travelers to learn some Spanish before visiting, keep to safe areas of the city and "be wary of street food."

Activities like travel and photography have special meaning for Jones. "I love that [travel] gives me perspective on my life. It makes me less stressed knowing that other people live a different way than me and that they're happy," Jones said. "I can get very wrapped up in my own life and forget that there is a whole world out there with different values. When I travel I adopt some of those values." Jones' awareness of the world around her is sharpened through travel, and she makes sure to maintain that awareness by capturing moments in her life through photography: "It's so easy to go through life without recording it and then [have] nothing to look back to. Photography can help with that."

During her time as an undergrad, Jones found inspiration from mentors inside and outside

in the same vicinity. Ten minutes into the event, the neo-confederate were given a police escort. Tensions were dying down until a police grabbed a student who was leaving, unprovoked, starting chaos. Other students told the officer to let him go and started following the officer. The first grabbed student was taken to Graham Memorial building on campus.

Following that, she stated the police charged at the crowd, and chaos ensued. She, herself was grabbed in a chokehold, thrown to the ground multiple times, restrained, held down, and handcuffed. She was then carried to Graham Memorial as well. Counter-protesters were being thrown to the ground by police, isolated and addressed several times in a derogatory manner with several expletives. The anonymous woman was held down and told: "Get on the ground, don't fucking move." A cop grabbed the back of her neck when she asked why someone was crying and isolated each of the arrestees, and said, "Shut the fuck up." She also stated that there were "higher up officials" at the hall trying to organize charges before the arrested were taken away in a van to jail.

She heard a police officer

ask another officer "What should we charge her with?"

the gates of the college. "Dr. Mc-Millen was definitely very supportive in my life while at Meredith and encouraged every career change I made. She always tried her best to connect me with other people who I could help or give me concrete advice to get to where I want to be." In general, the community at Meredith is what she valued most from her time here, and she still maintains relationships with her close-knit group of friends from Meredith. She also valued her time in an off-campus job at PF Chang's because she had the opportunity to work alongside people with different perspectives from outside the college world. "I really encourage having a job outside of school because it gives great perspective that there's life after college," Jones stated.

For any student interested in pursuing an internship, Jones urges, "Don't think that you can't! And do everything you can do get in! They told me 500 people apply for 24 spots and I immediately thought I wouldn't make it. Which I'm sure a lot of students feel like when they hear about jobs that they want or other internships that are very competitive." To get her internship at Sodexo, Jones says she did everything she could—"I drove to their open house in DC to meet the directors, I emailed the 3

ask another officer "What should we charge her with?"

Campus officials present said "Hold on a minute. We need to figure out what's going on, who arrested who, and who's being charged with what."

Police were brought in from across the state to guard McCorkle Place. According to the *Durham Herald Sun*, police officers from Durham, Chapel Hill, and Greensboro came.

The woman expressed that "over-policing is just another symptom of institutional racism at the school." As a student and anti-racist protester, she stated that students "categorically do not want the statue [Silent Sam] on campus."

On Sep. 11, at monthly Community Policing Advisory Committee, over 75 participants took part to give a voice to their complaints. One such participant, UNC graduate student Samee Siddiqui said it seemed like the police waited until they escorted the neo-confederate supporters out of the area before any arrests were made. "The first arrests weren't made until they left," Siddiqui said. "It's like [the police] wanted to give payback to the kids who were not respecting them."

different directors every week for 6 months so they would remember me, I found other Sodexo dietitians to write me letters of recommendations. Anything to network and make sure they knew who I was when they saw my application." Jones added, "I also made sure that my vision matched theirs. I think this is important for other people to know when they are trying to go to grad school or even for jobs." Jones encouraged students to focus on their skills and work experience instead of obsessing over grades, which may ultimately be of much less importance than real-world experience.



Now, Jones is looking forward to "finally working"—though she feels burned out from a long academic career, she is excited to begin work in her field. Her Meredith community is proud to see her continue her hard work in the field of nutrition and excited to see where her efforts take her.