

Lifestyles

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Berry juice gives consumers much-needed energy boost

By Courtney Willis
STAFF WRITER

Donna Hollinshead could hardly make it through the day without the chocolate she kept hidden in every drawer in her house, but three weeks after the independent distributor of MonaVie began drinking the juice, her chocolate cravings ceased.

"Now that I've been drinking it for a year, I don't think I could ever go without it. I even have gel packs for when I travel," Hollinshead said.

The MonaVie juice is a blend of 19 body-beneficial fruits. It has high nutritional value and provides protein, glucosamine and fatty acids. One should take a minimum of four ounces a day; however, one can drink up to a bottle a day if he or she chooses.

Hollinshead's good friend gave her and her husband each a bottle to try. Hollinshead's husband had hip surgery and said his joints did not ache as much after drinking MonaVie.

"The outcomes were very subtle. It wasn't like a miracle for him, but within a week we both knew from our energy that we were taking something good," Hollinshead said. "I get up to jog at 6 a.m. every morning, and I used to struggle

waking up. I would hit the snooze button two or three times. After three days of drinking MonaVie, my alarm went off, and I was up and ready to go."

The key ingredient to MonaVie is the Brazilian acai berry, said to contain higher nutritional value than any other food. Dr. Nicholas Perricone calls the berry the No. 1 super food.

The acai berry is unique because it has the protein profile of an egg, and it is rare for fruit to contain protein. It has oils such as omega-3, omega-6 and omega-9 as well as anti-inflammatory properties.

"Because the berry itself grows at the equator, there is extreme heat and a lot of pests," Hollinshead said. "They live where it floods, and the berries that actually ripen and survive are very dark in pigmentation and they have a lot of benefits. So anything that is grown under those conditions and lives offers a lot to the person eating it."

The berry can help protect against disease because it contains several different antioxidant agents that neutralize and minimize the effects of cell damage, according to MonaVie Inc. Acai is also said to help people with diabetes, low energy levels, arthritis and fibromyalgia, a disease resulting in terrible aches

and joint pains. "My mom's friend has fibromyalgia. Most days she couldn't get out of bed, and after four months of drinking MonaVie, she said that she felt good enough to go dancing," Hollinshead said.

MonaVie does not make any medical claims, and the juice is sold by independent distributors and only advertised through word of mouth, according to Hollinshead.

"My friend told me about MonaVie and that it made her feel really good," said Liz Bollis, Asheville resident. "I was extremely skeptical at first, but after a week or two drinking it, my coffee intake was down by half, and I actually had energy to get through the day. I don't sell it, but I would definitely recommend it to everyone."

Although the acai berry has been proven to be beneficial to one's health, there are still some who are skeptical about MonaVie.

"I think it tastes like cough syrup," said Lindsay Mosley, 23. "I drank it for about two weeks and I didn't feel any different, and it's just hard for me to have to remember to drink something twice a day

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Humanities lecturer endures struggles with loss of eyesight



OKSANA KUKHARETS

Seamus McNerney, humanities lecturer, went through two years of conservatory training and uses music in several of his lectures. Usually, the music is his own piano playing.

McNerney recalls college life

By Jennifer Saylor
STAFF WRITER

Wearing black jeans and Doc Martens, a humanities lecturer plays Schoenberg on a piano in Lipinsky as his long, shaggy mane of gray hair moves dramatically with the music. Seamus McNerney didn't mean to cut such a showy figure, but the hair tie that held his ponytail together broke.

"But that's modernity, right?" McNerney said, referring to his lecture's bleak topic of post-World War II collapse. "Even though it's broken, you keep going."

It's a motto McNerney could have applied to his college career, one that included skipping class the entire week of finals to tour with his '80s-era punk band, the Rock Tots.

The University of Colorado at Boulder wasn't forgiving. "They kicked me out," McNerney said.

After sacrificing his final exam grades on the altar of rock and roll, there were only two ways the university would allow McNerney to resume his attempt at a college education. One was by taking a three-hour, once-a-week, summer night class that lasted until 10:30. The other was by taking a morning class that began at 6 a.m.

McNerney chose the night class. And the adjunct professor who taught college philosophy late into the evening turned McNerney's priorities around completely.

"The guy was so passionate, such a brilliant teacher, with a great sense of humor," McNerney said. "It was just a phenomenal experience."

The self-described "terrible student" was re-admitted, and a second-chance philosophy class with a stimulating and inspiring teacher led to an undergraduate degree in philosophy, as well as another in history. McNerney



Seamus McNerney
humanities lecturer

"It's one thing to make an argument and another to support it. The Athenian city-state let Socrates question fundamental assumptions and upset the status quo. That's what's valuable about what the humanities can do. It makes students ask themselves why they have certain assumptions. Why is this wrong? Why is this right?"

SEAMUS MCNERNEY
humanities lecturer

eventually added an M.L.A. from St. John's College.

UNC Asheville hired McNerney 11 years ago, and he now teaches nearly every humanities level the university offers, as well as an Arts and Ideas class, Arts of the Modern World.

McNerney said the value of the humanities lies in helping students learn to question fundamental assumptions, withstand a critique of their ideas and better themselves by evolving and replacing ideas that don't stand up to examination.

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McNerney points to an idea from the work of Sigmund Freud as something he said he tries to impart to his humanities students.

"If I am shown to be wrong with anything I am doing, I am improved," McNerney paraphrased.

McNerney said he has whole passages of Freud and other thinkers covered in UNC Asheville's humanities courses committed to memory.

The instructor has little choice but to memorize lectures and readings. He is slowly losing his eyesight to retinopathy (damage to the blood vessels of the retina), an incurable condition not correctable with surgery or lenses.

His retinopathy is progressive, McNerney said. His vision, once keen at 20/10, will continue to deteriorate.

But teaching from memory is not a problem, McNerney said. Not only do strong powers of recall let him memorize long passages of text, but two years of conservatory training let him learn music by ear as well.

"Thank god," he said. "I wouldn't be able to handle it otherwise." Devices for the visually impaired help him do in his office what teachers need to do. A desktop magnifier lets him check e-mail and read Web content in a large font. A scanner helps display students' papers in large print on his computer monitor.

McNerney said he has no plans to give up teaching. "I love working here," he said. "I know it sounds trite, but for all my frustrations, on a bad day I still like coming in. And on a good day, I am ecstatic."

What kind of student makes a good impression on you?

"Students that are intellectually curious. Curious not just in September, but in November, May, August. For the rest of their lives. They want to talk. And they're disturbed by the material. This is disturbing stuff we read (in humanities classes). It should keep you up at night."

WALKING ARTWORK



Brad Balsler
junior management/marketing student

This is an original black and white abstract design. "The concept is based on two intertwined entities that do not touch, basically quantum physics relating to the composition of the universe. It was inspired by recurring dreams."

EMILY GRAY - STAFF PHOTOGRAPHER