

HEALTH

One problem on UNCA's campus is how often underclassmen events include pizza and ice cream or movie screenings.

"In order to get freshman involved we need leadership and a cultural shift from the older students here, and we need to seek balance for events and not use food as a draw," said Laurie Stradley, director of state and community collaboration for the N.C. Center for Health and Wellness on campus.

Stradley, originally from Chapel Hill, said she feels good about the overall vibe on campus.

"I like the culture and heightened interest in health. There are lots of open spaces for play, great greenway," she said.

Even though there is the heightened interest in health, there needs to be a campus-wide investment in health and fitness in order for it to be successful, she said. Stradley points out that we can't just ban bad food, but we can make sure there are healthy options available. On campus there will be healthy options for meals in certain dining areas and a celebration for raising health and wellness awareness on campus, but there will also be cake and pizza served at club meetings.

"This year when we got the email for the Founders Day celebration we saw that they were providing cake and lemonade and we were very upset. We worked with the organizers to have healthy options also provided and had apples and water also available. Departments need to work together," Stradley said.

According to Stradley, most students will take the cake and lemonade even if they are health conscious. It's all about making the healthy option the easiest one.

Laura Gardner, a senior health and wellness promotion student, works as the administrative assistant for the HWP department and also works on several different health and fitness initiatives on and off-campus.

Worksite wellness is a current initiative Gardner is working on bringing not only on campus, but around the state. Worksite wellness encourages employers to provide their employees with a healthy environment that pushes for healthy decisions.

Gardner said when employers have a healthy workforce, they are more productive and take fewer sick days.

"Worksite wellness includes providing employees with free gym memberships, healthy catered meals or even having meetings on a walk. It's about starting small," Gardner said.

Employees around the state are now looking at the level of worksite wellness when deciding whether or not to take a job.

Gardner originally was an environmental studies student, but shifted to HWP after taking a nutrition lifestyle course. She saw how certain eating habits can promote health and prevent disease. Gardner says her mom is a professional gardener so she has always been interested in locally grown foods.

"Chartwells, our on campus catering company, uses locally-sourced items, some of which are grown on campus and use healthy cooking techniques," Gardner said.

Chartwells has signed a new 10-year contract and works with the HWP department in order to make sure there are healthy foods always provided. What many students don't know is that they follow the 10 percent campaign, which means 10 percent of their foods are locally grown. There are often pictures of a farmer next to the locally grown items in the cafeteria each week. Last week the cafeteria provided locally grown apples.

"Local food is currently a trend in Asheville, but in my opinion it is also an important link for eating real, healthy food, in addressing food access issues in Asheville and in building relationships within our community," said **Emma Hutchens, Rhoades Garden Outreach coordinator for the Student Environmental Center.**

The health and wellness department continues to grow on UNCA's campus, according to Gardner.

"Our health and wellness department is one of the fastest growing departments on campus and stands as pillar for the state and even nation. We are focused on promoting health and wellness, not just fixing problems," said Gardner.

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backing screen.

The crowd quickly became incensed, and a sense of bittersweet disappointment was palpable in the air after the house lights came back up. After all, as all-encompassing as the setlist was, and as masterfully as Homme and friends handled their instruments, most fans would probably have sat up with them all night, given the chance.

Conspicuously absent that evening was *Rated R's* "Feel Good Hit of the Summer," a throwaway anthem with a rallying cry of "nicotine, valium, vicodin, marijuana, ecstasy and alcohol." The same goes for "3's and 7's," an upbeat number with a guitar riff recalling hot rods and "Smells Like Teen Spirit."

But the Queens of the Stone Age that came to Asheville may be too mature and wizened these days. Homme preaches ominously on "...Like Clockwork" that "holding on too long is just the fear of letting go." The band has clearly taken the philosophy to heart as they approach their second decade of existence – no small feat in a world where other bands from the early-2000s rock revival like the Strokes and Franz Ferdinand have found themselves victims of lesser songwriting and critical apathy. Homme, who disbanded from his former act Kyuss and has refused to take part in any of their recent reunion activities, has proven himself a firm believer in forward momentum.

But at the same time, he follows up the sentiment expressed in "...Like Clockwork" with a pessimistic cry of, "one thing that is clear, it's all downhill from here."



Artwork by Max Miller - Staff Writer
Caricature of Josh Homme, lead singer for Queens of the Stone Age.

An auditorium full of Queens of the Stone Age fans in Asheville would likely disagree.

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Amber and Eric don't ever want to live the American dream. They believe it isn't right to live with more than they need. They're considering teaching English abroad, maybe in South Korea. They want their child to be a part of all of their decision making, and they'll want to know what their child thinks.

"It isn't a lot of money, but it's enough to live on. We could also do missionary work," Eric said.

Eric and Amber started a group on campus to talk about religion and challenge people. Ratio Christi is for rational Christians and people of other religions or non-religions to talk about the tough questions, have intellectual discussions and think about important things.

"When we came back to school we didn't have much in common with our friends here. This is just about talking and exploring. We look at history and archeology, too," Eric said.

Amber and Eric no longer consider themselves two individuals. They consider themselves one entity, since that's what marriage is, according to them.