NEWS

FOOD WEEK

Saving the world is as easy as eating well, shopping locally

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and how much food we actually waste," said Heather Scott, senior and president of the Slow Food club. "We might as well go out with \$10 and buy \$10 worth of food instead of \$25 because we throw away so much food."

Watson also held a live cooking class where she demonstrated how to cook noodles in a spicy peanut sauce with seasonal vegetables that cost only \$1.11 per serving.

After the demonstration, Watson led a discussion about the social ethics behind shopping locally and eating organically.

The low price of Watson's dish demonstrates the basic point of her video, Cook for Good in 20 Minutes a Day, and her book "Wildly Affordable Organic," which is to "eat fabulous food, get healthy, and save the planet all on \$5 a day or less."

Watson got the idea for the cookbook when she and her husband decided to go on the Food Stamp Challenge. They resolved to eat on the budget of \$1.53 a day, the budget allowed for North Carolinians on Food Stamps.

She did this to prove that people on a budget could buy fruits and vegetables instead of junk food, contrary to popular belief.

After a month of the Food Stamp Challenge, Watson's husband stopped her one night after dinner, asking to talk.

"Now, that's the last thing you want to hear from your spouse," Watson said. "I was afraid he didn't like the food we eat organically while still saving money and staying healthy were eating, that he was going to say he was leaving me for at that. someone who would make him cheesecake."

What he said next surprised her.

"He said that since we started the challenge, he felt better chairwoman of Food Week.



Linda Watson explains how to eat ethically. She presented on low-budget healthy eating in the Community Center on Oct. 24.

than he has felt for a long time," Watson said. "He was sleeping better, had more energy and had even lost weight. That was true for me too."

The book and video demonstrate how to shop locally and

Senior Canna Zheng helped organize the event, fulfilling her role as both the president of the Biology Club and the co-

Zheng agrees with Watson's philosophy on food.

"You can choose to spend \$5 on medicine or \$5 on vegetables," said Zheng. "I'd pick the vegetables, as medicine tends to be more expensive than that."

Senior Grace Chafin, president of the Health Science Club and fellow co-chairwoman of Food Week also agrees with this sentiment.

"It affects all of us, every single day, at least three times a day," said Chafin. "It affects your health. It affects everything."

Watson also discussed how the benefits of eating local and organic goods could stretch beyond your own personal health.

"By cooking from scratch, you are shrinking your carbon footprint," Watson said. "And by buying locally, you are not contributing to the gas that is used to ship all of the food to your grocery store.

"The best way to understand food is to eat it."

And if you had been at the cooking demonstration and eaten her noodles, you would understand that saving the world can be tasty too.

To learn more about how to help out the community via food choice, contact the Health Science Club or Slow Food.

The Element: get it in your soul

BY ANTHONY HARRISON STAFF WRITER

Black Unifying Society, has put on their four-part Annual Talent Competition series since 2009, allowing both Guilford students and Triad locals to showcase their original music, poetry and dance.

in event planning, promotion and winner. public relations.

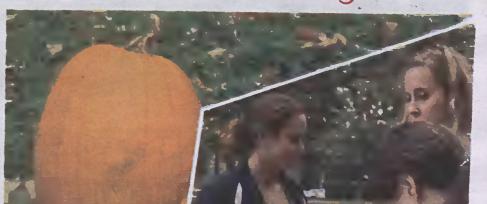
"In The Element, there's something either have talent or you want to help a art, and we want to have fun."

In order to find acts for the competition, Talent Coordinator and Greensboro local Kyle Pagani was The first event in the series, a music Guilford alumnus Tiara Arvinger overheard saying, "Man, she killed it. gathered Guilford student body as well as the Johnson and Adele." surrounding area. "I know a lot of singers and

That privilege went to Laila Nur. "I heard about the competition The Element, a branch of Guilford's for everybody to do," said Glenn. "You at the last minute, really," said Nur, Greensboro guitarist/singerfind it. ... We want people to shine in songwriter. "But I sent them some expressing themselves through their music from my website, and here I am." Nur was a crowd favorite.

During the first intermission,

A LEAN LAND A LAND A crazy Crafternoon of pumpkin carving



NOVEMBER 2, 2012

competition, was held last Thursday. Though the musical genres varied, there was one constant: It was all full of soul.

"I enjoy the diversity of the organizing team and the talent, and it's just fun."

Jada Drew, Africana community coordinator

on Nov. 15, and the step-and-dance Facebook message," said Arvinger. event will be held on Feb. 7.

The events culminate in the March 7 finale, when the top two finalists from each event will have the chance to compete for a \$500 prize.

The Element's event coordinator, senior Brianna Glenn, also one of the organization's founding members, said that the organization came about not only to give talented artists the opportunity to perform and network

The poetry competition will be held musicians, so I sent out a mass "Then I posted an ad on Craigslist and relied on word-of-mouth."

Members of The Element reviewed the submissions before picking the cream of the crop to compete.

For last week's music competition, six performers were selected, ranging from soul singer Mischa Brown to alto saxophonist, first-year David Wheaton. All of them won the appreciation of the dozens crowded in the Community with the community, but also to engage Center, but there could be only one it.

participants from the She sounds like a mix between Jack

Surprisingly, Nur stated she has never had formal music training.

"I just come up with chords that sound good to me," Nur said.

Nur was awarded a tote bag with gifts donated by Greensboro fashion boutique The Pines, the competition's promotional sponsor.

The runner-up was local rapper Patrick Waddell.

The crowd has grown steadily since The Element commenced, and Africana Community Coordinator Jada Drew hopes this growth will continue.

"The crowd has grown with The Element," said Drew. "Over the past four years, we've gone from an audience of about 15 to the point where there's only standing room."

The Element was started in Drew's King Hall office, and she continues to be the club's supervisor.

"I enjoy the diversity of the organizing team and the talent, and it's just fun," said Drew.

Fun is The Element's aim and, according to the crowd, they achieved

On Saturday, Oct. 27, Crafternoon hosted a pumpkin-carving contest. Participants submitted their designs to various categories: "Funniest", "Scariest" and "Creative." The winner received a \$10 Harris Teeter gift card.