

FOOD WEEK

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

CONTINUED FROM PAGE 1

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 were eating, that he was going to say he was leaving me for someone who would make him cheesecake."

What he said next surprised her.

"He said that since we started the challenge, he felt better



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 eat organically while still saving money and staying healthy at that.

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

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

The Element, a branch of Guilford's 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.

The first event in the series, a music 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

The poetry competition will be held on Nov. 15, and the step-and-dance 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 with the community, but also to engage

in event planning, promotion and public relations.

"In The Element, there's something for everybody to do," said Glenn. "You either have talent or you want to help find it. ... We want people to shine in expressing themselves through their art, and we want to have fun."

In order to find acts for the competition, Talent Coordinator and Guilford alumnus Tiara Arvinger gathered participants from the Guilford student body as well as the surrounding area.

"I know a lot of singers and

winner.

That privilege went to Laila Nur.

"I heard about the competition at the last minute, really," said Nur, a Greensboro guitarist/singer-songwriter. "But I sent them some music from my website, and here I am."

Nur was a crowd favorite. During the first intermission, Greensboro local Kyle Pagani was overheard saying, "Man, she killed it. She sounds like a mix between Jack Johnson and Adele."

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 it.

A crazy Crafternoon of pumpkin carving



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.

PHOTOS BY KACER MINNICK/GUILFORDIAN