

EDITORIAL

THE MEANING OF HONOR

Last week, we observed Honor Week at St. Mary's. We inducted new Honor Society members, signed the Honor Roll, had discussions on honor in hall meetings. But how many of us actually thought about the meaning of honor and what it means to be honorable?

Being an honorable person does not mean only signing your pledges on tests and not plagiarizing in papers. True, these are important aspects of honor. But the most significant facets of honor are not as tangible as written work. They lie in how one conducts oneself. To be honorable is to act in such a way as to throw a good light on the things you represent - your family, your school, your faith. Honor does not lie in not cheating but in not even thinking of cheating as an alternative. The same holds true for lying, stealing or any other offense.

When we signed the roll in Honor Chapel we bound ourselves to a very demanding promise. We pledged that we would be honorable people. May we recognize and accept the personal responsibility of honor throughout this year and the rest of our lives.

RALEIGH HIGHLIGHTS

by Ann Fitzmaurice

The Raleigh fall concert season is already underway. On Dec. 8, at 8 p.m., Donna Banks Dease, a former St. Mary's girl, will perform the classic kindertotenlieder by Gustav Mahler. North Carolina State University's friends of the College present Cleveland Orchestra on Friday and Saturday, Nov. 11 and 12, at Reynolds Coliseum. Anyone interested can pick up tickets in the President's Office. The big attraction will be at NCSU's center stage as they present the Broadway hit Pump Boys and Dinettes, Nov. 6 at 3 and 8 p.m. UNC's Memorial Hall will present The Kozlov Ballet, Nov. 14. Plus NCSU's friends of the College will bring The North Carolina Dance Theatre to Reynolds Coliseum, Nov. 30, Dec. 1 and 2. Both will perform at 8 p.m. One final note, The Boyfriend will be presented Nov. 10-12, 17-19, at 8 p.m., right in our own Pittman Auditorium.

KING SOON TO HAVE HOLIDAY

by Catherine Loflin and Suzannah Higby

A law establishing the third Monday in January as Martin Luther King, Jr. Day is presently being debated by Congress, and is expected to pass soon. President Reagan, in keeping with his promise for civil rights, has announced that he will sign it when it reaches him. He had originally opposed it due to cost.

When the bill was discussed in the Senate, Sen. Jesse Helms of North Carolina made an attempt to stop the bill. Speaking against the bill, Helms said King possessed an "action-oriented Marxism," that was, "not compatible with the concepts of this country." Helms has admitted, however, that the Senate probably would pass the measure which the House approved this summer 338-90. Helms has not accused King himself of being a communist; he has only said King wel-

comed collaborations with and showed sympathy for communists. His greatest opposition came from Ted Kennedy, Democratic floor leader for the bill.

FRANKLY SPEAKING... by phil frank



COLLEGE MEDIA SERVICES-BOX 9411-BERKELEY CA 94709

FOOD



BODY MAINTENANCE

by Beth Morris

There are several popular health claims today which are hard to distinguish as being either factual or fictional. The following are just a couple that I have come across:

1) Can grapefruit juice help the body burn fat faster, thereby aiding in weight loss?

No, there are no enzymes in grapefruit juice which can do this. Even if there was such an enzyme present, the effect would not be weight loss. Fats are important to the body because they stay with you longer and keep you from feeling hungry. If fats were broken down more rapidly, you would feel hungry soon after you had eaten. What grapefruit juice does is to dull your tastebuds so much so that the other items you eat along with it do not seem to have as much flavor. Consequently, you probably, will not eat as much of them because they will not be enjoyable. (If you want to test this, eat a bite of a favorite food, then drink some grapefruit juice, then take another bite - does it taste the same?)

2) Is a high protein diet such as "Cambridge" a sensible way to lose weight?

No, a high amount of protein will tax your kidneys and actually make you gain weight. This is due to the fact that an excess of any food will be converted to fat by your body.

Your best bet for controlling weight and maintaining good health is to follow the variation and moderation plan. Do not eat too much or too little of anyone food.

If you have heard any claims that you want to check or have any health related questions, let me know and I'll try to find some information:

Health Questions

c-o Beth Morris

Box 313



"I WOULDN'T TREAT MY BIKE THE WAY YOU TREAT YOUR BODY."

—Judy Lafferty

When Judy Lafferty prepares for a race, she checks every part of her bike.

Because she checks her body the same way, she discovered a lump in her breast a few years ago.

She discovered it early. And these days, 85% of early breast cancers can be treated successfully.

Judy has since had reconstructive surgery, too. And she feels like herself again. Alive, vibrant, ready to get on her bike and take on the world.

Judy Lafferty is living proof of the progress we're making against cancer.

The American Cancer Society takes some credit for that progress. But credit won't finance our work.

We need your money to help us win this race.

SHARE THE COST OF LIVING. GIVE TO THE AMERICAN CANCER SOCIETY.

This space contributed as a public service.



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