

ARE WE EATING CARDBOARD?

Contrary to the popular belief propagated by the song "Junk Food Junkie", there are those who eat natural or whole foods and avoid "junk" at all costs.

Some of the no-no's for natural food eaters are white sugar, white flour, and white rice. All of these are so refined and processed that they have very little nutritional value. It seems rather absurd to think that while natural foods are being processed, all the natural vitamins and minerals are taken out and synthetic ones are added!

A horrifying ex-

perience is going shopping at any grocery store and reading the labels on the packaged foods. It is surprising how few of these do not have additives, preservatives, chemicals, etc. Even common iodized table salt is full of non-natural substances! We do not know too much about "fresh" produce. Some oranges are injected with a dye to make them more appealing to the consumer. Some vegetables are covered with parafin and chemical sprays. A new controversy over the arsenic in eggs is underway. Even yogurt, a must on the list of natural food eaters, can often be adulterated and processed.

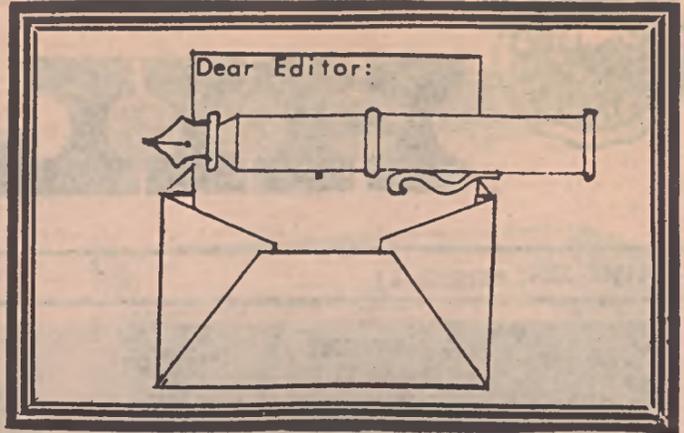
While people watching their weight buy imitation foods that have poor nutritional content, whole food eaters use substitutes that have a higher nutritional value like using whole wheat, soy, or rye flour instead of enriched or unbleached white flour. As for sugar, it is best to avoid anything sweet. A person can use raw honey, unsulphered or Barbados molasses, raw fruits, or unsweetened fruit juices (making sure that the label does not list sucrose and dextrose as ingredients) to satisfy that "sweet tooth" we all seem to have.

It is not that difficult to find natural foods in grocery stores. Most of them usually have brown rice, real peanut butter (old fashioned and unhydrogenated), white cheeses (yellow or orange is not the natural color of cheese), and many others. It is extremely important to read the labels.

By shopping and eating more carefully, exercising, and taking natural vitamins, we can all improve our nutritional habits and our health. We really know very little about the food we buy or the food we eat. Those of us who eat well can learn to eat better and those who eat poorly, through ignorance or poverty, can learn what good choices to make and how to prepare them. We all need to develop a new food consciousness and personal awareness to help us evaluate foods and avoid junk!

tion 10, which quite clearly states "No State shall make any Thing but gold and silver coin a tender in payment of debts." This means that "funny money" (printing press money) is unconstitutional according to the letter of the law. And since the U. S. government has surrendered its constitutionally limited authority to a privately owned money monarchy---using the name of "The Federal Reserve System" - it has in actuality violated the rights of the citizens under

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Dear Editor,
I feel compelled to tell the students at Mars Hill College that the sweets, especially ice cream, are not good for dogs. I speak on the authority of seven years experience raising dogs. Outside the cafeteria everyday some "good citizen" sees all the "hungry dogs" begging for ice cream. In their kindheartedness they give their ice cream away to the applause of their fellow students. This scene takes place many times each day with the dogs eating to their hearts content never knowing what all that sweet junk food is doing to their guts. Kind students, dogs are made to eat meat and bones, not cake and ice cream; do them a favor--eat your ice cream yourself.

Sincerely,
Kenneth D. Hall

Dear Editor,
Harrell Pool, with its diving boards, seating facilities, and five twenty-five yard lanes lies dormant. True, it is an exceedingly useful

recreational and Red Cross facility, but Harrell Pool needs to be awakened--and only competitive swimming can do it.

With all the stress on sports and physical education at Mars Hill, a swim team would make a more balanced curriculum, especially for P.E. majors who graduate able to coach almost anything but swimming.

The main reason for this is that there is no qualified competitive swimming coach here, and this is basic for any swim program.

Last year there managed to be a swim team with the generous help of the athletic department, but how much can a team improve without a coach or a minimum of school support? This year the president actually took time out from watching a Mars Hill football game to reject any kind of budget for a swim team.

I realize that a college of this size cannot afford a team in every sport, but the facilities and

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U.S. DOLLAR SENTENCED TO DEATH

by Anthony J. Hilder
LOS ANGELES: Incredible as it may seem, a California Chiropractor who has waged a six year fight for the preservation of the U. S. Dollar, was found guilty of obeying the law. Ah... that is, Constitutional Law which, like the Doctor, is at odds with Internal Revenue Service edict. The chiropractor, Dr. Marcel Methot, a mild-mannered man of 41, has been quoting the U. S. Constitution, Article 1, Sec-

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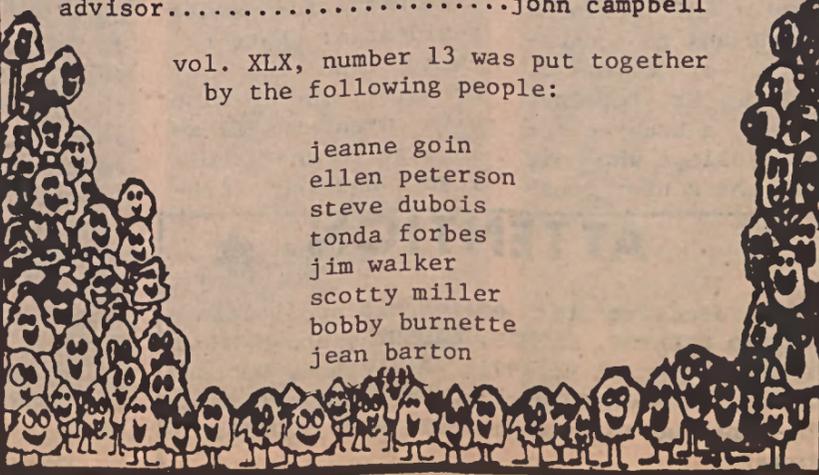
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THIS --
YEA

By Ben

Well, not only Bicentennial election talking friends, that no knew what dates st are accus ing for. if I leave date out, sorry and he won't joyed.)

To start begin with peanut fa Governor of Georgia thinks the policy is Jesus is important his life

From Car

"Lo

A creative competition all residents Western North Carolina county sponsored palachian. it has been by Dr. J. G. of Cullowh tium board and F. B. executive

The "Lat Creative W test" will prize of \$ prize of \$ from two additional \$100 each. cates of will be awa

Entries in test must marked no May 15, 1 selected n the winnin will be pu the Consor blication, Leaves."

Dr. Elle said indiv invited to to three of poetry