

Add longer life to your diet

Vegetarianism is a health trip

by Stephanie Wright

Have you decided how you are going to feed yourself for the rest of your life?

That may sound like a silly question to some, but the seriousness of it will be felt as our bodies grow older, and what we eat is what we will eventually become.

For the most part we have made up our minds about what kind of life-styles we want to establish. We know where we want to live, what kind of house and environment we want to live in, the design of clothes we want to wear and the cars we will drive. But what about food?

The average Bennett Belle will agree that a good meal is determined by the cut of meat served, dinner rolls, beverage and the accompanying dessert. Consequently, very little attention is given to the vegetables. Most of us will eat corn, green beans, potatoes and an occasional salad camouflaged by a dressing, but beyond that, we are turned off by the mere mention of a meatless meal.

Our eating habits have been established by our carnivorous families. Whether or not we like it, traditional tastes are reinforced by Bennett's dining hall. Meat, canned vegetables, white bread, a sweet drink and a dessert of some sort, not to mention the in-between meals grabbed at the snack bar and the late-night trips to the grill are characteristic of the confirmed eating pattern among Belles.

Throughout the school year students are plagued with colds, viruses, stomach flu, indigestion, skin problems, dandruff, nail and hair breakage, vaginal discharges and obesity.

All of these little problems that have affected us all at some time or another can all be diet-related problems. Even though this is a broad generalization, have any of you noticed that these problems have cropped up or that they have worsened while away from home? If this is the case despite your regular visits to the campus infirmary, which prescribes this

blue pill at one hour and the red pill three hours later and, of course, the final prescription "be sure to eat three meals a day," and yet these problems recur or are never eliminated, then maybe you should seek out another alternative. A new diet could possibly be the answer to some of your problems. The daily grind of sausage for breakfast, lasagne for lunch and pork chops for dinner can have a devastating effect on one's health.

Although trying out a new eating pattern is not as easy as changing your hair style, it can be done. Why not, along with your summer haircut, try a change of diet also? During the summer you will have more control over what you eat, and a fresh variety of fruits and vegetables is more easily available.

You just may enjoy the change in flavor or you may find out that vegetarianism is not for you, but, whichever the case may be, you will reap the benefits of a meatless diet. A clear complexion, fresher

breath, fewer problems with body odors, stronger hair and nails, increased energy and better eating habits are some of the benefits that such a new diet can do for you, if you are willing to do it right.

If you're interested in trying a vegetarian diet, I would like to suggest a few books that you should invest in before you change your diet. One should become an informed vegetarian first to prevent becoming a sick one later. *Diet for a Small Planet* and *Recipes for a Small Planet*, *The Vegetarian Cookbook*, and *The Vegetarian Epicurean One and Two* will supply you with knowledge of what foods to combine in order to get a well-balanced meatless meal and recipes to help you out on your cooking.

Part of being a vegetarian is experimenting with different types of foods in order to come up with tantalizing, colorful and nutritious meals. You should try some vegetables that you have shied away from in the past. Combine them

with Tofu, "Spike"—a seasoning—alfalfa sprouts and nuts. These additions will enhance the flavor and give your food added nutritional value.

Also if you are going to change your eating habits then you should cut back on sugar if not cut it out altogether. Try honey instead. Once you've eliminated sugar from your diet, you'll find that your taste for sweets will dwindle, and your tolerance for sugar-laden foods will diminish.

A few words of caution. Each of our bodies is different and requires varying amounts of minerals and vitamins. On a vegetarian diet your need for B12 found only in red meats will not be met. Therefore Brewer's Yeast in powder form is an excellent dietary supplement that you will need to take every day. Also, if you find yourself craving sweets, your body is actually craving protein. In order to combat this craving, a good protein drink is available in this recipe: (one cup of orange juice, a raw egg, one tablespoon each of protein powder mix, lecithin granules, wheat germ and honey — mixed in a blender).

Yogurt, two to three ounces of nuts, or a peanut butter and honey sandwich on whole-wheat bread will satisfy your hunger for protein and boost your energy level.

The Brewer's Yeast can be taken in tablet form, or the powder form can be mixed in your protein drink or sprinkled over popcorn, along with other foods, and taken in capsules. I find taking them in capsules is the best way for me since the taste of Brewer's Yeast doesn't exactly enhance the flavor of foods.

Now if you think you'd like to experiment with your diet for the summer, do it right. Vegetarianism can be fun as well as rewarding. Taking the time out to put the proper foods in our bodies now will have both a short and long range affect on our health. We would all like to be able to command our bodies now.

We should be just as particular about what we put inside our bodies as we are about what we put on the outside. Vegetarianism is not the only healthy way of eating, but it's an alternative worth trying for the summer months at least.

Alcohol policy stands straight

by Denise Wilder

College regulations prohibit the possession or consumption of alcohol on this campus.

The student who violates this policy is subject to probation, suspension or expulsion, according to the Bennett College Student Handbook.

President Isaac H. Miller, Jr. explains the origin of the policy in this way: "It (the regulation) relates to the nature of the institution itself. It is a Christian college, and it is related to the United Methodist Church, which has a policy completely against the consumption of alcohol."

The rules forbidding the presence or use of alcohol began with the creation of the college. "It (the policy) is not something new,"

Miller observes. "It is something that was inherited in the nature of our relationship with the United Methodist Church."

In the light of a growing national tolerance toward drinking, will the college consider modification of the rules? Not likely, according to Miller, who sees no reason for a change.

The president maintains that it is the mission of the college to educate students and that therefore "we should not modify a policy (which if changed) may be devastating to our accomplishment of our goals and . . . may be devastating to students' health."

Harold E. Bragg, dean of student affairs, offers a slightly different view: "With the alcohol policy, as with most policies, it is proper to re-examine and reaffirm the

elements of the policy."

Bragg adds that no group has ever requested a re-examination of the rules governing alcohol on campus.

Miller advises students who want to drink openly to attend other institutions where the practice is allowed. He feels that alcoholic beverages should never be tolerated on this campus.

The president believes that drinking is incompatible with institutional objectives: "I would not knowingly promote something that works against the carrying out of my responsibilities to this institution. I have no doubt in my mind of what the goals of Bennett are, and large consumption of alcohol works against these goals."

This decade will be a crucial time for Blacks, and excessive drinking would thwart the urgent need for commitment on Black campuses, according to Miller.

Black political power—and the advantages arising from racial solidarity—will be challenged by other ethnic groups advancing their own causes and by whites reviewing legislative priorities.

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Although most students have fallen prey to the success ethic and the pressure of accumulating money for college expenses, a few Belles still believe that summer should be a time for rest and recreation after a year of grueling intellectual endeavors.

Junior Leila Mickens hopes that she can maintain her "record of not working," and freshman Glenda King, another lady of leisure, plans to do nothing for the entire summer.

But the days of warm-weather paradise, loafing, inviting the soul and watching the "soaps" are long gone for most students, who recognize that going to college is like riding an express train that eventually deposits the passengers in the long line of career seekers.

Following the national trend among students toward a greater interest in practicalities, most Belles will be reading, studying and assuming jobs while the wheels of the locomotive roll.

They may not be overjoyed by the frantic journey, but they recognize the importance of keeping busy.

Belles confront Serious summers

by Karen Heck

Although Bennett students come from all over America and abroad and have a variety of interests, most Belles have identical warm-weather plans—to attend summer school, land a job or do both simultaneously.

The struggle for academic success and necessity of "keeping up" with inflation have replaced that old student desire to spend the summer getting away from it all.

Girls aren't going where the boys are anymore. They are headed for destinations offering knowledge and dollars.

Many Belles are taking directions similar to those of sophomore Cynthia Dillehay and junior Windy Y. Brown, who plan to work at a school for the handicapped in order to strengthen their skills in Special Education and their marketability in the future.

Junior Barbara Jones is headed for federal employment with the United States Department of Agriculture in Washington. "It's all in who you know," maintains Jones about her summer job.

Freshman Dawn Ruth Wilson, a recent inductee into the Bennett Scholars' Program, plans a rapid trip home to Palos Verdes, Cal., and then a return east to Fisk Univer-



Dr. Fiemme Kittrell, founder of the Home Economics and nursery programs at Bennett, addressed education students during the division's "Week of the Child" celebration. Kittrell is dean emeritus of Howard University's School of Home Economics.

Photo by Davis