

Lifestyle



MYRA HESTER/STAFF PHOTOGRAPHER

Julien Malschaert, junior marketing student, raises a glass to sweet sangria.

**Alcohol should not be consumed by those under 21. Drink responsibly, and don't do it in the dorms!*

Cocktail of the week: Sweet Sangria

by Myra Hester
Staff Photographer

Sangria makes something out of nothing. Call your friends and ask them to contribute something to mix. Ask them to bring remnants from their last party, like the half empty bottle of white wine that's been in the fridge for weeks or the cheap bottle of red wine someone sheepishly brought to the last potluck. The beauty of sangria is that the ingredients do not have to be expensive.

Think of sangria as wine's misfit cousin. Sangria combines the warm-hearted feeling one gets from drinking a glass of wine with the pleasure of sipping an exotic liquor. The pieces of fruit absorb some of the alcohol. It has a smooth flavor capable of delighting even the most discerning of drinkers, making it an excellent choice for a mixed crowd.

Sangria's mild flavor also mingles well

with most party snacks. This recipe will make enough sangria for a party.

Ingredients:

- 3 gallons of red and white wine
- 1 gallon of orange juice
- 1 fifth of brandy
- A dozen oranges, limes, lemons or one watermelon, cut into quarters

Assembly:

Mix the wines, liquor, juice and fruits together in a large container. Let it sit for at least one full day, preferably in the fridge or somewhere cool. Serve on ice in a wine or juice glass with a wedge of citrus as a garnish.

"The fruit takes away the harshness of the wine and liquor," said Julien Malschaert, junior marketing student. "It's easy to drink numerous glasses of this stuff. Beware, sangria seems to affect certain sentimental emotions."

Fad diets promise results but not necessarily good health

by Laura Eshelman
Staff Reporter

With summer approaching, some people may use controversial fad diets to lose weight quickly before swimsuit season arrives.

The Atkins Diet, developed by Dr. Robert Atkins in 1972, is currently one of the most popular diet trends. Undeclared sophomore Abby Kramer lost 15 pounds when she decided to follow the Atkins diet last summer.

"My dad and my mom were going to start doing Atkins," said Kramer. "Since I was home with them, they talked to me about it, so I decided to try it."

Diets such as Atkins, which promotes high protein content and restrictions on carbohydrates, are highly popular but draw skepticism from some doctors and nutritionists.

"It limits all carbohydrates and groups all carbs, whether they're good or bad, into one category and eliminates them from your diet," said Dominique Ennis, assistant director of campus life-wellness.

Participants are only allowed certain foods. "The first week or so is really strict. You can only eat meats and cheese and some nuts," said Kramer.

Variations on the Atkins Diet include the South Beach and the Zone Diets, which some people find less severe.

"(The South Beach Diet) allows you to eat some carbs after a period of time. It does break down which ones are good and which ones are bad," said Ennis. "The Zone is probably one of the better ones that you could choose. If your complete diet was a pie chart, the Zone says you can have 40 percent carbs, 30 percent protein and 30 percent fat."

Some think these diets are an ineffective way to lose weight.

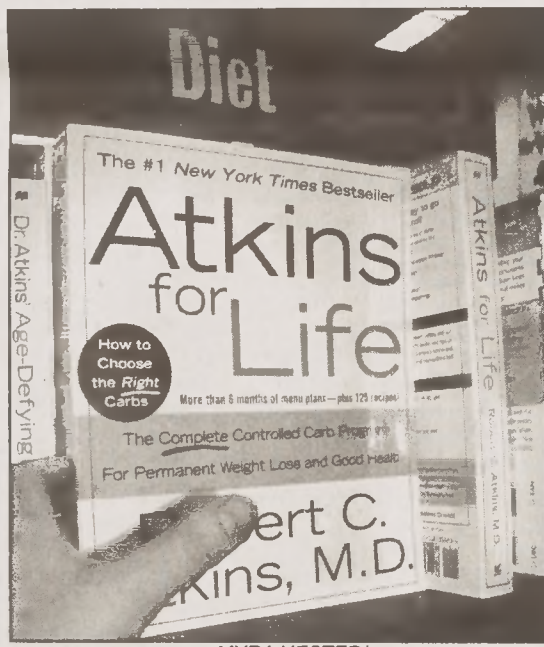
"I think all of those diets are just trying to create a shortcut," said Ezra Cates, sophomore environmental science student. "Of course, when the public hears about this stuff, they immediately jump on it because it's their chance to look good without actually doing exercise."

Aaron Rhodes, 19, said he ate mostly carbohydrates when he ran cross-country in high school.

"There was a lot of emphasis on breads," said Rhodes. "In fact, the night before races, we'd have carb-loading nights where we'd just eat lots of bread. We'd eat a lot so we'd have plenty of energy."

Some celebrities, including Jennifer Aniston and Gerri Halliwell, endorse diets like the Zone. Ennis said she believes this contributes to the diets' popularity.

"We're a very materialistic and visual society," said Ennis. "We want to look like popular and famous people, so we follow whatever they're doing. You have to realize they have money to afford a personal trainer that can work with them,



MYRA HESTER/STAFF PHOTOGRAPHER

Bookstore shelves are filled with diet literature such as the well-known Atkins Diet.

so they can eat whatever they want. They have chefs that cook for them. They can have their meals sent to them. They're at a bigger advantage than the rest of the average population."

Long-term health risks, such as cardiovascular disease, accompany diets like Atkins because of their emphasis on high-fat proteins, according to Ennis.

"Eating a high-fat diet clogs up every blood vessel in your body," said Ennis.

More immediate effects may also be problematic. "I heard that a lot of people who took Atkins to the extreme had a real big problem with their digestive system," said Rhodes. "They were getting constipated and getting hemorrhoids, all kinds of crazy stuff."

Middle-aged men and women attempt the fad diets most frequently. However, college students who try low-carbohydrate diets may run into problems, according to Ennis.

"Those types of diets tend to be expensive," said Ennis. "If you're living on campus, you have to eat what the cafeteria has. It tends to have lots of breads and pastas, so you're left with salads, and you end up hungry. Once again, you would end up bingeing. Once you get a little taste of carbohydrates or whatever you've cut out of your diet, you'll end up back to square one."

Mary Welton, undeclared sophomore, said she believes it is difficult for students to get the right nutrients. "When I'm at home, my mom always has the best food," she said. "It's organic and healthy, lots of vegetables and fruits. I think college really drains your body. I don't get as much exercise, because I can get stuck sitting for hours."

Most people do not continue the diets for more than six weeks and often gain the weight back quickly, according to Ennis.

"Typically, fad diets don't last long because you're eliminating everything that's healthy."

*Dominique Ennis
assistant director of campus life-wellness*

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ASTROLOGY

Sensual Taurus settles in spring

by Sara House



On April 21, the Sun moves into the sign of Taurus. As the spring settles into the rhythm of itself, Taurus ushers us into the solidity of being. Taurus, the zodiac's only fixed earth sign, is represented by the bull. In Greek mythology, the great god Zeus was unable to appear in his godly form because the image would overpower mortals. He would often appear in the form of animals in order to seduce virgins and other men's wives. Upon falling in love with the beautiful Europa, Zeus appeared in the form of a white bull to court her and take her away to become his lover.

After he whisked her away to Crete, she had three sons by him. He placed the image of the bull in the sky to commemorate their love and to represent strength, beauty and love. The metaphorical bulls you are likely to encounter in reality are just as determined as mighty Zeus. They are strong people with a deep sense of integrity. They work very hard when they set their minds to it but are plagued by a recurrent tendency towards slacking a bit. This is mainly because their ruling planet of Venus bestows upon them a deep appreciation for not only aesthetic beauty but also the pure delights of sensuality, i.e. indulgence. Taurus makes good artists, jewelers, cooks, financial advisors and friends. Some famous bulls include William Shakespeare, Orson Welles, Sigmund Freud, Audrey Hepburn, Sheena Easton and Adolf Hitler.



Aries (March 21- April 20)

You know that you've been experiencing a bit of excessiveness lately. Perhaps you have been letting some things slip into disrepair. You are advised to spend the week looking at what could use a little improvement in your life.



Taurus (April 21- May 20)

Happy Birthday! As you prepare for the festivities commemorating your birth, take in a deep breath and a swallow of satisfaction. Your personal outlook at this moment is bright and shiny. Have a good time and worry a little less.



Gemini (May 21- June 21)

Your life has the outward appearance of utter tidiness right now. However, there are always a few small places where discrepancies can lie. Doing a bit of investigative cleaning should straighten everything out.



Cancer (June 22- July 22)

Now is the perfect time for you to put an end to something that makes you greatly unhappy. You may have been forging a change that is needed. There is no better time to rectify that than this week. Focus on what you need.



Leo (July 23- Aug. 23)

Puzzles and mazes often seem to be at the brink of completion when you run into an obstacle. To avoid this being your fate, Leo, I urge you to look back at your tracks and carefully meditate your next move.



Virgo (Aug. 24- Sept. 22)

Adjusting to the wake of a barrage of changes can be difficult. Thankfully, you are strong and thoughtful. Despite what has recently hit your fan, your recovery should be swift provided you relax a bit and are good to yourself.



Libra (Sept. 23- Oct. 22)

Stressed and guarded, you are bracing yourself for some torrential times ahead. Someone you love dearly or care about tremendously is putting some demanding things on you. It is important that you proceed with caution and serenity of being.



Scorpio (Oct. 23- Nov. 21)

You are itching for a new you, an image overhaul and a personal space face-lift. As you whirl around your own environment making everything just so, don't pass up an opportunity for socializing. An outing could do you good.



Sagittarius (Nov. 22- Dec. 21)

Everyone else is being advised to address their problems this week. However, for you, I recommend a course of resistance and direct action. It is in your favor to observe, gather information and wait patiently for your situation to resolve.



Capricorn (Dec. 22- Jan. 20)

Things you have normally let roll off your stressed Capricornian back are starting to pile up in the form of red flag distresses. You may be tempted to lose your normal austere composure as you are pushed just a little too far.



Aquarius (Jan. 21- Feb. 18)

Is that a far away look in your eyes, Aquarius? Dreaming and fantasizing about lovely things can be good. Thankfully because that is all you're capable of now, I suggest you attempt to dress some of your whimsical desires into more concrete projects.



Pisces (Feb. 19- March 20)

How's that new perspective feeling there, Pisces? Are you enjoying the new view of the world bestowed upon you recently? Hopefully you are and you can use your new look to clear up some cloudy situations from your past.