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Tasty Southern meals may cause health problems

OPHELIA DAVIS
Special to the Ink

The days of Southern fried chicken for Sunday dinner with rice and red-eye gravy, collard greens cooked with a piece of salted meat and homemade biscuits are still prevalent among many black families.

The notion of natural health foods have not found their way into the traditional eating habits, so the old styles of cooking continue to pass from generation to generation.

These traditional cooking styles, deeply rooted in the Southern culture, consist of many high calorie foods which could be related to health problems found among black women, according to a university nutrition official.

"THERE ARE MANY factors that interact with the diet of black women that could also cause health problems, but it is safe to say that the kinds of food could have an indirect effect on health, Dr. Marie Fanelli said.

The problem with the traditional foods comes from the way the food is seasoned and the amount of fats and salt content added to bring out the flavor. Actually, the

use of the seasoning only adds extra calories, Fanelli said.

"In comparison of ways of preparing food with such things as bacon and fatback meat in vegetables. People who live in the South, regardless of race, tend to do more than people in other areas of the country," Fanelli said.

"FOOD PATTERNS MAYBE a more regional style rather than a racial thing," she said. "Because I'm from the New Jersey and New York area, I'd never heard of hush puppies until I came to the South," Fanelli said.

"Frying fish and cooking vegetables with fatback meat are another thing that I wasn't used to. I'd been used to cooking with more of a steaming process," Fanelli said.

Obesity is one problem that might hinder black women who eat high calorie foods because many times they add more calories to the food than they need. Weight gain can cause many health problems ranging from heart disease to foot problems to diabetes.

"THERE IS NO simple way to link the cause of these health problems to black women or anyone who takes in large amounts of calories," Fanelli said, "because

hereditary could be a factor as well as the socioeconomics of a person."

People who can afford to eat better food are in better position. There are many theories behind the cause of hypertension found very often in black males and white males, but no one has been able to directly say that salt is the cause.

Personality has been factos could also lead to hypertension also," Fanelli said.

Mamie Lynn, an employee at Chase Cafeteria at UNC, said. "I don't drink much milk and I know that I should drink it. I don't take any vitamins either."

Despite the fact that her eating habits follow the traditional style of southern cooking with such food as fried chicken, potato salad, creamed potatoes, macaroni, and cheese and vegetables usually seasoned with fat, Lynn said she does not worry about any health problems from a lack of exercise or from high caloric foods.

ANOTHER ADVOCATE FOR the traditional southern cooking, Wilbert Lewis, manager at Chase Cafeteria, said that he was brought up not to be choicy about food and that he's a "meat and potatoes" man.

"I'm a southerner from Louisiana," said Lewis with a chuckle, "and I'd be mad if I got home and all I had to eat was a salad.

"UNC is hard to please because there are so many people here from different places and different backgrounds, Lewis said, "but I would like to try to have a soul food night at Chase with some chitlins, pig feet, barbecued ribs, and dirty rice. I think the students would really like it."

Fanelli said that she was not in the position to say what could be done about the traditional Southern cooking that has been going on in the black southern families, as well as white families in the South. Fanelli recommended a diet consisting of the five basic food groups; meats, milk, cereals, fruits, vegetables, and breads instead of the high calorie foods and salt.

"If people cut down on the amount of fats and salt in the traditional diets, then they probably won't get as many extra calories. They could have a diet where they take in as many calories as they expend, so there should not be any weight gain to cause problems."

Canady runs for new post

JOHN HINTON
Editor

The chairperson for the Black Student Movement has announced his candidacy for Student Body President.

In an interview with *Black Ink*, Mark Canady said he plans to run in the student presidential elections that will be held in February.

If elected, Canady, a junior business administration major from Lansing, Michigan would be the third black student body president at UNC-CH in the last 10 years. Richard Epps was elected as president in 1972, and Marcus Williams in, 1974.

Canady said he would resign his position as BSM chairperson where he served for a year and a half. "Vice Chairperson Wende Watson will take over as Chairperson," Canady said.

Canady set two planks in his platform — improving student involvement with student government and strengthening race relations on campus.

"There needs to be more student involvement with student government," Canady said. "Student government is not diversified enough to represent the students' needs.

"Also, there is a need for more involvement with student government and student organizations. There is some interaction, but not enough."

Canady said that student government doesn't utilize all the resources of the students. "That's the way it has been for a while."

Referring to his other campaign objective, Canady said that race relations is "non-existent except in some isolated incidents."

"The student government should go into other activities to facilitate better race relations whether it be multi-cultural affairs,



Mark Canady

seminars, discussions, or programs designed to give students a deeper awareness of their culture as well as other ones."

A UNC-CH student who held high position in both the student government and BSM said that Canady has the experience to be an effective student body president if elected.

"The relationship between the student government and the students should be improved," said Jesse Cureton, former director of campus affairs for student government and vice-chairperson for the BSM.

"Being a black student on campus, I think the race relations needs to improve also," Cureton said. "Canady has the experience to accomplish his (platform) goals."

Canady dismissed the racial make-up of the candidates as an issue in the election.

"I don't think the race of the candidates will be an issue," Canady added. "The students on this campus should base their voting on the campaign, the candidates, and the issues involved."

New religious group begins

DEBRA SMITH
Staff Writer

The Black Interdenominational Student Association, a new religious student organization at UNC-CH started its bi-monthly services and programs Nov. 15 with a worship service in the Carolina Union.

The Rev. Harold G. Wallace, vice chancellor for university affairs, delivered the sermon and the Black Student Movement Choir performed during the program.

The purpose of the association is to support the U.S. constitutional right to freedom of religion by providing opportunities for students of various denominations to fellowship together, BISA leaders said.

The association also emphasizes the relationship between students and faculty members, said Jesse Cureton, chairperson of BISA.

Cureton, a senior criminal justice major from Charlotte, said that BISA was formed because of a need for an organization that would allow black students to religiously intermingle with faculty members and the community.

BISA will have organizational meetings

twice-a-month and will participate in Sunday worship services twice-a-month at local churches.

"BISA will provide special programs and activities," Cureton said. "BISA will be advocating speakers to address issues such as the Moral Majority and its relationship to blacks in particular," and religion in general.

The Rev. Yvonne Beasley, faculty advisor for BISA, said the development of the organization will have a positive effect on the students at UNC-CH.

"BISA is an opportunity for students to worship and experience religion in a way that is commensurate with the university," said Beasley, assistant director of the YMCA-YWCA on campus.

Previously, the only black religious group on campus was the United Christian Fellowship. Cureton said that BISA was totally different from the UCF. "It is a structured religious organization which is consistent with the environment here both theological and educationally," he said.

UCF minister, the Rev. Dundee Holt said he doesn't know anything about the organization, so he couldn't comment on it.

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