

FYI

Health Is Wealth News

A Health Column
by Carter B. Cue

The Milk Mystique, Health Maladies

The drinking of milk has become so entrenched in our society as a custom that to question this practice borders on sacrilege; even though, many health problems and childhood diseases are directly linked to milk consumption.

Nutritionally milk contains many of the recommended elements needed by the human body to function efficiently; however, these nutrients were obtained because the cow ate greens, grasses, whole grains and legumes.

In their book, *The Animal Connection: The Proven Link Between Cancer and Other Diseases From Animals and Man*, Drs. Agatha and Calvin Thrash, point to correlations between chronic disorders such as heart disease, ulcerative colitis, childhood hypertension, leukemia, cancer and the consumption of milk. The Thrash's also document how common childhood sicknesses like colic, earaches, colds, diarrhea and tonsillitis stem from the consumption of milk.

Several years ago renowned pediatrician Dr. Benjamin Spock revealed

that milk for growing children was not really needed and that he no longer endorsed the drinking of cow's milk by children. Needless to say the good doctor was castigated by the very powerful U.S. Dairy Industry and other persons that benefited from milk production as being old and senile.

On socio-economically depressed areas predominantly populated by Latinos and African-Americans, school children dependent on subsidized government breakfast and lunch programs are more often than not bombarded with an inordinant amount of milk and dairy products. Never mind that the majority of these children are lactose intolerant and lack the lactose enzyme needed to digest cow's milk.

The key ingredient in milk and dairy product which is the cause of mucus ingested eyes and runny noses amongst many children and adult is caesin. Caesin is a binder used by manufacturers to produce glue. Bon Appetite!

African-American youth are using afro-centric paradigms in history, music, and fashion to understand the ways of their ancestors. But the missing piece in this cultural ideology is food. Some foods are chosen some are taboo. How did the African soul eat to evolve utilizing

ancestral, cosmological correct foods? The answer is not at McDonald's and Burger King (home of the Whopper where they whop you to death).

In a book entitled, *Diet Disease and Racism*, the author Kenneth Kiple traces the genetic predisposition of African-Americans to hypertension and milk intolerance to the Transatlantic slave trade and the eating of alien foods such as organic salt and cow's milk. According to Kiple, West Africans (nor their African-American ancestors), never drank cow's milk or developed the lactose enzyme. Today West Africans drink next to no milk and rarely do they suffer from osteoporosis or calcium deficiency.

What are some healthy alternatives to cow's milk? Most health food stores carry soy and rice milks in a wide variety of sizes and flavors. Or a nice milk for cereal and assorted baking needs can easily be had by mixing in an electric blender raw, shelled nuts (sunflower, almond, etc.) distilled water, and a natural sweetener such as honey or refined maple syrup. Enjoy! Peace and Health!

***Carter Cue is a WSSU graduate. He is currently the archivist on the library's staff.*

Redenbacher Offers College Scholarships to Adult Students

In one of the two programs of its kind, Orville Redenbacher's **Second Start Scholarship Program** renews its commitment to assisting adult students with their special financial needs.

This year, (25) \$1,000 scholarships will be available to adults age 30 and older as they pursue a "second start" in their lives through college education.

Recognizing the unusual burdens adult students face, Orville Redenbacher's **Second Start Program** is a unique program responding specifically to aid these non-traditional students in their academic pursuits.

Be it increasing limited career opportunities available for high school graduates, growing financial demands or the desire to pursue aspirations previously put on hold, millions of adults are going

back to school.

Established by Orville Redenbacher and his grandson Gary, the scholarship program was established in response to this ever-growing number of adults returning to the classroom and the extra financial burdens they often face.

In fact, according to the National Center for Education Statistics, more than 3.6 million students 30 years of age and older have returned to college to pursue a higher education degree, this year.

The only program requirements are that applicants be at least 30 years of age and enrolled at an accredited college or university. Applicants need not be of a certain race or religion or pursuing a specific degree.

"We created the Second Start program based on our strong belief in

higher education in the development of an individual and the fact that it is never too late to succeed," says Orville Redenbacher who did not gain success with his famous Gourmet Popping Corn until he was in his mid-sixties.

Beginning to offer scholarships in 1990, the **Orville Redenbacher Second Start Scholarship Program** continues to support adults pursuing a college degree by offering 25 scholarships for 1995-1996 school year. Applications can be obtained by sending a self-addressed stamped envelope to: Orville Redenbacher's Second Start Scholarship Program, P.O. Box 39101, Chicago, Illinois 60639.

Scholarship applications will be accepted between March 1 and May 1 and must be postmarked by May 1.

How To Get Cheaper Student Loans

Students who need to borrow money to pay for college can get a cheaper student loan through three innovative, borrower benefit programs available from banks that partner with Sallie Mae, the nation's largest holder and servicer of Federal Family Education Loans (FFEL).

Depending on their loan balances, borrowers can achieve a significant savings over the life of their loans through one or a combination of all three programs.

Sallie Mae's **Great Rewards Program** is available to borrowers of Stafford loans - the predominant type of education loan - who make their first 48 scheduled payments on time. Borrowers who qualify for **Great Rewards** receive a two percent point interest rate reduction for the remaining term of their loans.

Sallie Mae's **Great Returns Program** offers Stafford borrowers added savings - equal to loan origination fees paid in excess of \$250 - for borrowers who make their first 24 scheduled payments on time.

Borrowers who elect to use Sallie Mae's **Direct Repay Plan** - a repayment benefit that allows them to authorize the electronic transfer of money from their checking or savings account for their monthly student loan payments - receive an additional 1/4 percent interest rate reduction for their loans.

For more information on **Great Rewards**, **Great Returns** and **Direct Repay** and how to save money on your student loans, contact your university's financial aid office. (WSSU's Financial Aid Office is located on the basement level of Carolina Hall, next door to the Academic Advisement Center.)

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K.R. Williams Aud.

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