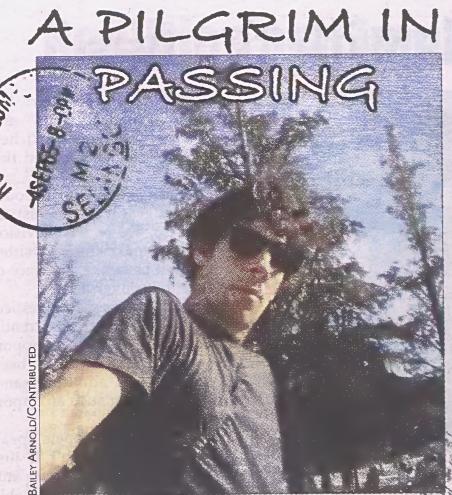
FEATURES-



London

Armed with little more than a backback, camera, computer and bandanna, Maxwell George, former layout editor for The Guilfordian, is spending the spring semester traveling by train throughout Europe. Under the title "A Pilgrim in Passing," he hopes to find some sense of the sacred in each stop

along the way. Look here each week for a new anecdote from the road. To see Max's intended itinerary and photos from the trip, and to share your own feedback on the journey, check out Guilfordian.com. For more frequent dispatches and a more direct connection to Max, hit up his blog at mbgineurope.tumblr.com.

Une of the main reasons I came been an extraordinary experience to London is to see if all of the for this American boy. The most rumors are true. It has been part of impressionable aspect of my jourmy cynical experience that a place ney so far is the tangible history never really exists until you've here. Old churches are scattered seen it yourself and England, a throughout the brick buildings place where I'm told they drive that still house 200-year-old upholhave a period of the day reserved

ridiculous to be real. After three days in London I in two words, extremely British.

cabs (yes, driving on the left side time with the Queen (or I should Eye Ferris wheel. say, she had tea time with me).

accent. I didn't think it was true, really I thought it was too silly to be true, but it is. Londoners fully pronounce their t's and add u's to words like "color." To top it all off, on my first day here it was British.

In seriousness, being here has buildings and churches of Boston,

on the left side of the road and stery shops and pubs that declare "Brewers since 1666." Everything for drinking tea, just seemed too here, it seems, is older than my country.

But London is not an old world can tell you in confidence that city stuck in its bygone past. everything you've heard is true. Impressive glass skyscrapers pro-This place is, in one word, British, vide the backdrop for the historic buildings and postmodern Already I've seen the red dou- architecture can be found in even ble-decker buses and black taxi the most established neighborhoods - a building sarcastically of the road), I drank pints of beer referred to as 'The Gherkin' in the at a pub with a funny name (The financial district near Shoreditch George & Vulture), I looked at an looks more like a seashell than a overly large clock called Big Ben cucumber to me. The aged towers even though I already knew what of Parliament are only a stone's time it was, and I even had tea throw from the 400-ft-tall London

Shakespeare's Globe Theatre Everyone here has a funny sits above a graffiti-laden underpass next to the Thames River.

Having grown up in Charlotte where much of the history was paved over as the city gained banking prominence I am amazed by the living, breathing awareness cold and rainy. There is no doubt of and appreciation for the past that London exists, and man, is it in London. The only proper comparison I can think of are the old

but even they are hundreds of years newer than some of the places here. And there's Camden Market, a hipster haven of indie shops and cheap boutiques built into horse stables that date back to 1854.

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In the midst of all this coexistent history and modernism is the London Underground, one of the oldest and most used public transportation systems in the world. London is a place where plastic bags are becoming more scarce (and many places that do offer them charge 5 pence per bag) and paper towels in public restrooms are all but extinct, as they are in favor of more sustainable hand dryers, but recycling still hasn't caught on in private residences or public establishments. The juxtapositions are intriguing.

I have much more to explore. There are ales to be drunk, fish & chips to be eaten, and lots of rugby to be watched (I landed my visit right in the middle of the 6 Nations tournament, the biggest stage for rugby in Europe). Last weekend I was in Manchester and by the time this reaches your hands I'll be in Ireland, but I won't soon forget the extraordinarily British times I've had in England's soggy capital.

If you're reading this, I'm missing you. Cheers, mates.

Two alumni teach healthy college eating

GUILFORDIAN STAFF REPORT

Miriam Biber '02 and Kammaleathahh Livingstone '05, are the founders of Sustainable Health Choices, a new-age health clinic which combines the powers of massage, diet counseling, and even the Japenese art of Reiki to promote "balance and empowerment in life."

"When I was (at Guilford) it was challenging (to eat healthy) because of our food service," said Biber. "I've heard good things about Meriwether. It's definitely a step up from Sodexho."

On Feb. 11, they came to the Shore kitchen to hold a cooking class about eating healthy on-the-go ... without breaking the bank.

It All Starts with Breakfast

Everyone knows that eating breakfast is the most important meal of the day. This is elementary stuff, like knowing that turkey makes you tired. But for students on the go, it's easier said than done.

"Honestly, I can't remember the last time I actually had a proper breakfast during the school week," said first-year Imir Paz. "

Biber and Livingstone suggest the following as some examples of quick, healthy breakfasts:

-Yogurt, fruit and nut combo

-Smoothies

-Whole grain waffles -Whole grain cereal

And It All Ends with Dinner

"My first year at Guilford we lived in the basement," said Biber, "and we used to make Ramen in our coffee-maker!"

It's also expensive to cook a healthy dinner, and even the gurus used to be in that mind set.

"And I used to drop a lot of cash on veggie burgers," said Biber.

But it doesn't have to be that way. Take some tips from the champs:

-Make a huge pot of soup on Sunday night and freeze in batches for later weeks.

-Buy whole-wheat pasta over regular, white pasta. It takes the same time to cook, costs about the same, and is much better for you.

-Make your own veggie-burgers! Biber and Livingstone made some during their cooking class out of kidney beans, rolled oats, mushrooms, onions, carrots, bell pepper, garlic, tomato paste, and salt.

Quick Tips from Biber:

-"Things in the green family (kale, spinach, collards, etc.) provide the most nutritional bang for your buck." And steaming them is easy as could be!

-"Millet is a great grain, because it is easily digestable." Millet is also high in b-Vitamins.

-"It's good to grind flax seeds before you use them.

"They're so small it's really hard to digest them, so they'll come out whole if you don't grind them up."

