

## A PILGRIM IN PASSING



BAILEY ARNOLD/CONTRIBUTED

### "In London"

Armed with little more than a backpack, 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](http://Guilfordian.com). For more frequent dispatches and a more direct connection to Max, hit up his blog at [mbgineurope.tumblr.com](http://mbgineurope.tumblr.com).

One of the main reasons I came to London is to see if all of the rumors are true. It has been part of my cynical experience that a place never really exists until you've seen it yourself and England, a place where I'm told they drive on the left side of the road and have a period of the day reserved for drinking tea, just seemed too ridiculous to be real.

After three days in London I can tell you in confidence that everything you've heard is true. This place is, in one word, British, in two words, extremely British.

Already I've seen the red double-decker buses and black taxi cabs (yes, driving on the left side of the road), I drank pints of beer at a pub with a funny name (The George & Vulture), I looked at an overly large clock called Big Ben even though I already knew what time it was, and I even had tea time with the Queen (or I should say, she had tea time with me).

Everyone here has a funny 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 cold and rainy. There is no doubt that London exists, and man, is it British.

In seriousness, being here has

been an extraordinary experience for this American boy. The most impressionable aspect of my journey so far is the tangible history here. Old churches are scattered throughout the brick buildings that still house 200-year-old upholstery shops and pubs that declare "Brewers since 1666." Everything here, it seems, is older than my country.

But London is not an old world city stuck in its bygone past. Impressive glass skyscrapers provide the backdrop for the historic buildings and postmodern architecture can be found in even the most established neighborhoods - a building sarcastically referred to as "The Gherkin" in the financial district near Shoreditch looks more like a seashell than a cucumber to me. The aged towers of Parliament are only a stone's throw from the 400-ft-tall London Eye Ferris wheel.

Shakespeare's Globe Theatre 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 of and appreciation for the past in London. The only proper comparison I can think of are the old buildings and churches of Boston,

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.

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 Japanese 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 Sodexo."

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 digestible." 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."

ANYTHING THEY DELIVER  
WE DELIVER FASTER  
WE DELIVER ANYTHING  
FASTER THAN THEM



8 LOCATIONS IN THE  
GREENSBORO/WINSTON-SALEM AREA  
TO FIND THE LOCATION NEAREST YOU VISIT [JIMMYJOHNS.COM](http://JIMMYJOHNS.COM)

**FREAKY FAST DELIVERY!**

© 2014 JIMMY JOHN'S FRANCHISE, LLC. ALL RIGHTS RESERVED.