

Nutrition News

By Rebecca Dunbar

If, as the saying goes, you are what you eat, then what actually are you? A walking McDonald's hamburger? A sea of greasy lasagna? One gigantic chocolate chip cookie?

It's encouraging to realize that people have begun to show an increased interest in the relationship between nutrition and health. Their interest is reflected in part by the growing number of health food stores, health food restaurants, and publications dealing with nutrition. In order to foster an awareness of the importance of nutrition, *The Salemite* will be running a column in which we hope both to highlight the more important aspects of good nutrition and to introduce students to the health food stores in Winston-Salem.

We will be discussing various vitamins and minerals as well as clarifying certain terms. For example, "health food" does not necessarily imply only liver or yogurt. It can also include apple-crunch granola, dried fruit, that wickedly fattening grind-it-yourself peanut butter, . . .

What you eat does affect how you feel. How are you today?

Salem Scholars

Cont'd. from one

can make closer friends than you can at a co-ed school. You don't have to compete with guys." When Cindy visited Salem last year, she was impressed by the atmosphere and the friendliness of the school.

Right now, Cindy thinks she may major in biology, but she is interested in humanities, too. A liberal arts college will give her

the opportunity to explore both interests.

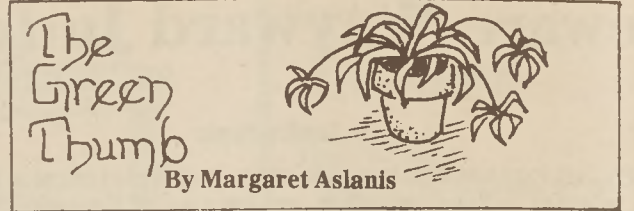
These four girls have given serious thought to their future, both college plans and career goals. All show excitement about beginning a new life here at Salem. Moreover, they want to develop their individual interests. This individual development will benefit Salem College as a whole.

"No bird soars too high if he soars with his own wings."
William Blake

Join WRA

By Holly Freeburg,
Poo McDavid

Are you bored with academics? Is fat fun? Let us help you join the active life. Become a member of WRA (better known as the Women's Recreational Association). We want to give students an opportunity to benefit from our program which consists of such activities as backpacking, jogging, skiing, backgammon, croquet, frisbee and many more. We need you as much as you need us. Athletics are both fun and rewarding. For WRA to continue, we need your ideas and support. YOU, the student, are the backbone of every club and organization on campus. Why not let us help you to help yourself. Become involved!! Meeting time will be posted in Refectory next week. MAKE YOUR DAY, JOIN WRA BRING A FRIEND.



Does your dorm room have an empty window sill, - or an ugly corner you would like to hide? Why not brighten your room with plants?

With the prospect of rainy and cold months ahead, a beautiful Boston fern or a flowering narcissus would be enough to lift anyone's spirits. With minimal care you can grow ivies, ferns, herbs, cacti, flowers, and much more. If you are lucky enough to have several sunny windows, you can have your own little "greenhouse." Coleus, most cacti and succulents, caladiums, begonias, English ivy, asparagus ferns are just a few of the plants that respond to bright light. Spider plants, rosary vines, ivies, ferns, african violets, Baby's tears and peperomia, require diffused or medium light.

To freshen a dark corner, rubber plants, devil's ivy (or pothos), some fern, Norfolk Island pine, and philodendron will flourish with low light. Daffodil, crocus, amaryllis and tulip bulbs are a breath of spring in the midst of a dreary winter, and can be grown with little effort. If you have little time or room, terrariums are the perfect solution.

No matter how much room or experience you have, you can grow beautiful plants in your room. Last semester I grew sixty different plants in Strong dorm with only two small windows! Since many Salem students have plants or may purchase some in the future, I will be writing this column regularly about special problems, answering any questions you may have, and have a "feature plant" each week. Any questions may be submitted to the Salemite box in Main Hall or put in my box at the Day Student Center.

The Salemite

Will Accept Classified Ads

Beginning September 19.

Contact Cameron Harris

April Artsline

19 Monday
Children's Outreach Film Program
Fall Youth Program -- Studio classes in drawing, painting, pottery, sculpture, photography, weaving, and jewelry. Evenings through 12-1-77, for more information call 723-7395.

20 Tuesday
Children's Outreach Film Program
Harpsichord Recital - by Eugene Maupin, Shirley Recital Hall, Salem College Fine Arts Center, 8:15 p.m. Call 723-7961.
Itzhak Perlman, Violin-presented by Wake Forest Artists Series, Wait Chapel Auditorium, 8:15 p.m.

21 Wednesday
Docent Method And Content Workshop. Call 725-5325.

22 Thursday
Children's Outreach Film Program
Docent Method And Content Workshop

23 Friday
"Lion In Winter" - presented by The Little Theatre, Arts Council Theatre, Hanes Community Center, 610 Coliseum Drive, 8:15 p.m. For more information call 723-1666.

24 Saturday
"Lion In Winter"

25 Sunday
Children's Outreach Film Program

26 Monday
Children's Outreach Film Program

27 Tuesday
"Lion 'In Winter"
Children's Outreach Film Program
Docent Method And Content Workshop

28 Wednesday
"Lion In Winter"

The Amazing Kreskin-sponsored by Winston-Salem State University, Kenneth R. Williams Auditorium, 8 p.m. Call 761-2118.

29 Thursday
"Lion In Winter"

30 Friday
"Lion In Winter"

DIXIE CLASSIC FAIR - 9-30-77 through 10-8-77
Call 727-2236.

Fall Show And Sale-Winston-Salem Crafts Guild, Hanes Mall.