

TWIRP ALERT: The King



Beavers photo

With a crown on his head, senior Charlie Beavers dances with Grimsley alumna Ashley Fish. The student body chose Beavers as its TWIRP King, Daniel Goans as first runner up, and Drew Sykes as second runner up.

Healthy Choice

Organic food offers pricey but natural option

With all the recent reports that America is overall an obese country, many are turning to organic food in an effort to become healthier.

By Sarah Richardson
Reporter

As the media reports news stories such as companies not monitoring genetically modified products, and fast food companies emphasizing quantity over quality, individuals across the country are becoming more health-conscious.

Many individuals believe a solution to eating healthier is eating organic foods. The U.S. Department of Agriculture defines organic foods as being at least 95% free of pesticides, hormones, irradiation and bioengineering.

"When you eat organic foods, you can be assured that no extra chemicals are going into your body....I figure that your body is only as healthy as what you put into it. I do not want a bunch of artificial flavors and pesticides running through my system."

-Emily Robinson,
sophomore

be assured that no extra chemicals are going into your body," said sophomore Emily Robinson.

Last summer, Robinson became a vegetarian. Knowing she would eat many fruits and vegetables, she wanted to be sure the food was top quality.

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as what you put into it. I do not want a bunch of artificial flavors and pesticides running through my system."

Greensboro offers health food stores such as Deep Roots Market and EarthFare for concerned consumers. Shopping at these stores reveals that there is a price to eating organic.

"About 40 to 45 percent of the food I eat is organic. I wish it were more, but shopping at special health food stores can be expensive."

Despite the higher prices, the organic food industry has increased more than twenty percent each year in the past decade according to CNN. The Food Marketing Institute claims that more than half of Americans buy organic food at least once a month.

Hoping to change eating habits of others, the Soil Association, a campaigning and certification organization for organic food and farming, provides ten reasons to eat organic. Benefits include that organic foods contain more vitamins, nutrients, and cancer-fighting antioxidants than non-organic foods, organic farming stresses animal welfare, and it reduces dependence on non-renewable resources.

Although many believe organic food to be healthier, some are still not convinced. Alex Avery, director of research at The Hudson Institute Center for Global Food Issues, does not give credence to organic food being safer or more nutritious.

"Despite dozens of scientific studies, there is no weight that organic is better or healthier for you," said Avery.

Many consumers like Robinson continue to disagree.

Robinson appreciates organic foods so much that she uses other organic products as well, such as organic soaps and face wash. Still, she has her limits.

"There is also an organic toothpaste that one of my friends had, but I have to say I have not gone that far."

Christian music rocks

Christian rock bands provide an alternative to traditional gospel music, while still focusing on God.

By Sara Kelleher
Staff Writer

A unique vibe sounds through the air with a heavy beat rising through the atmosphere. People are singing and dancing one minute, and praying the next?

Christian rock is not the liturgical music typically heard in church services, but rather a twist on the Christian "message" through pop and rock tunes.

"The purpose of the music is to use positive words through awesome melodies," said junior Anna Beard. "A lot of music today... is all about sex and drugs."

An alternative to the traditional top 40 hits could be a tune called "Grace" by Jars of Clay: "I feel Your grace come running over every road/I love the way You're calling overflow/... You break the flood-gates down and carry all."

Bands like Third Day, Caedman's Call, and Jars of Clay are just some of the many on the Christian rock circuit. Both Third Day and Jars of Clay received Grammy nominations

for "Best Pop/Contemporary Gospel Album" this year.

"Christian rock is becoming more popular now because it is played more on radios and television," said junior Erin Yelton. "People who [perform] the music are expressing how they feel while enjoying [what] they like."

An increasing number of Christian bands are featured in magazines like "Rolling Stone" and "Teen People," among others. Such publicity helps attract over 750,000 people to some Christian Rock concerts.

"I think Christian rock is fun," said freshman Genny Nadler. "It relates to me; I like the music, and I can understand it better than liturgical church music."

However inspiring Christian rock may be, some listen to other genres of music to express beliefs.

"I find Gospel music more inspiring than Christian rock. I was raised on Gospel, so it appeals to me more, but there is a similar message between the two," said sophomore Josh Mack.


Whether for fun or fulfillment, many students are listening to Christian rock.

"Christian rock does not have a specific audience targeted," said Mack. "If you like the type of music, you'll listen to it."



Sophomore Emily Robinson and senior John English sample the organic apple and Kashi brand cereal that Robinson brought from home. The food is completely natural and without any pesticides. Robinson tries to eat mostly organic food, but she has not gone as far as the organic toothpaste that one of her friend uses.

Lang photo



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