



LIFE MEMBER — Pictured above is Rev. W. B. Lewis receiving his Life Membership Plaque from Alle M. Peebles, chairman of the Life Membership Committee. Also pictured is Mrs. Brenda Mangum, who serves as NAACP solicitor for First Cosmopolitan Baptist Church. The presentation was made on Sunday, November 24 at the 11 o'clock service at First Cosmopolitan Baptist Church, where Dr. Lewis is pastor.



BOOSTING BLACK ACHIEVERS — Allene Roberts, manager, public programs, Philip Morris Companies, Inc., center, accepts a plaque from the Harlem YMCA for the company's sponsorship of the recent Harlem YMCA's Sixth Annual Black Achievers in Industry Alumni Reunion and Reception at the New Yorker Club in Mid-Manhattan. With her are, from left, Rev. James P. Russell III, executive director of the Harlem YMCA, Vernett Bludson Frances, vice president, Citibank, Jewel Trowers-Escobar, director, financial development, Harlem YMCA and David Vaughn, executive vice president, New York City Off Track Betting Corp., who was master of ceremonies. More than 2,000 African Americans have been honored as Black Achievers by the "Y" since the program was started in 1971.

Bean Burgers: A New Look At Foods

BY LILLIER WILLIAMS
Special To The CAROLINIAN

If we in the business of nutrition would simply acknowledge that advice is always easier to give than to follow, Americans would be much more likely to make some real progress in the area of diet and health. This thought came to mind when I realized that if the Center for Science in the Public Interest had its way, "bean burgers" would begin appearing on barbecues this season.

Often on the forefront of nutrition and health issues, Washington-D.C.-based CSPI's latest effort unfortunately offers consumers information that is both misleading and confusing. The group is currently distributing "Eating Tips" posters throughout the country that features Shari Belafonte advising black Americans to eat "beans and bread, not beef."

Try to sell that idea to your kids, much less your husband or wife. Better yet, try to convince nutrition experts that the group's advice is really in the public interest.

In smaller print, the poster then proceeds to confuse readers by suggesting that Americans might "try leaner cuts" of beef. This suggestion is solid. The beef industry has made successful efforts to develop leaner products. Producers are raising cattle with more lean meat and less fat. Packers and retailers are trimming beef more closely. A 1988 supermarket study showed that the amount of external fat on retail beef cuts had been reduced by 27 percent from two years earlier.

The most recent effort is based on beef industry-sponsored research that developed good-tasting lowfat ground beef. The first commercial adaptation of the research was McDonald's "McLean Deluxe" burger. The new lowfat burger, which debuted to much fanfare in March, is based on Auburn University research which found a way to maintain burger juiciness while reducing fat content. Other varieties of lowfat ground beef are now appearing at other fast-food restaurants and at grocery stores nationwide. The trend to leaner beef is good news for consumers, particularly those on lowfat diets. Recent research at the Baylor College of Medicine in Houston shows that lean beef is as effective as chicken or fish in lowfat diets designed to reduce blood cholesterol.

A varied, balanced diet can certainly include beef. Criticism of meat, including beef, has been aimed at the fat content. Take away the excess fat, as the beef industry has been doing, and arguments against meat are a tough sell.

Most authorities and the public in general recognize lean beef as an important source of essential nutrients, like protein, iron, zinc and B vitamins including vitamin B 12, which cannot be obtained from plants. Also, the new "Dietary Guidelines for Americans" from the U.S. Departments of Agriculture and Health and Human Services note that the suggested serving size of three ounces of lean beef—the size of a deck of playing cards—contains only six grams of fat. That's the same amount as in a three-ounce portion of cooked chicken without the skin.

Confusing dietary recommendations such as those offered by the CSPI poster are becoming almost commonplace as diet and nutrition concerns continue to be prominent national issues. But it is clear that in this case leading health organizations offer better advice for not only blacks, but all Americans. And it is advice that is easier to swallow and follow.

The American Dietetic Association, which represents more than 60,000 dietitians, stresses that no foods are "good" or "bad" and that we should select foods based on total diet. Nutrition experts agree that focusing on particular foods can be

counterproductive and often draws attention away from more reasonable achievable goals. Thus, a varied, balanced diet over an extended period of time is recommended as the best way to safeguard our health.

Besides, foods should also provide enjoyment, and people enjoy the taste and convenience of lean beef. Incidentally, it is also interesting to note that most of the traditional ways to prepare beans involve adding fat.

The connections between nutrition and health are complex, and the number of dietary messages peppering the consumer is startling.

The dietary issues raised by the CSPI "Eating Tips" poster can be better understood by asking two simple questions. The first is: How constructive is dietary advice that confuses Americans?

The second is: Would you ever want to eat a bean burger?

Johnson Jersey Auctioned For Hundreds

WALLA WALLA, Wash. (AP)—A jersey signed by Magic Johnson just a few days before he announced his retirement from basketball fetched the highest price at a charity auction to raise money for sexually abused children.

The autographed jersey of the former Los Angeles Lakers star brought a bid of \$1,050 at the Exchange Club Celebrity Auction. The total \$8,189 in proceeds from Friday's auction will go toward opening a clinic for sexually abused

children at St. Mary Medical Center in Walla Walla.

The Exchange Club received the jersey Nov. 4. Three days later, Johnson announced he had the virus that causes AIDS and was retiring from the game.



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