

# LET THEM EAT PIE

## Oven not necessary for delicious desserts

By WENDY HUDSON  
Staff Writer

USC—The temperature is dropping, the leaves are changing and fall is finally here. It's time for hot chocolate, hot soup and cozy fires or at least the heat on high.

To top off a good, warm meal, an easy dessert is the best idea. No-bake pies are simple, and the only major appliance required is a refrigerator. These recipes came from Southern Living magazine, courtesy of Mom.

Hint: Heat cream cheese in the microwave unwrapped for 30 seconds to soften it up.

### Blueberry-Banana Pie

Ingredients:  
1 8-oz. package cream cheese



1/3 cup sugar  
1 baked 9-inch pastry shell  
2 bananas, sliced  
1 cup whipping cream, whipped

### Directions:

Combine cream cheese and sugar. Beat at high speed with an electric mixer until light and fluffy. Spread evenly in bottom of cooled pastry shell. Arrange banana slices on cream cheese layer. Spread pie filling over bananas. Top with whipped cream and chill.

### No-Bake Cherry Confetti Pie

Ingredients:  
1 14-oz. can sweetened condensed milk  
1 8-oz. can crushed pineapple, undrained  
1.5 cups miniature marshmallows  
1/2 cup flaked coconut  
1/2 cup chopped pecans  
1 21-oz. can cherry pie filling  
1 12-oz. container frozen whipped topping, thawed  
2 baked 9-inch pastry shells

### Directions:

Combine first five ingredients. Stir in pie filling. Fold in whipped topping. Spoon into pastry shells. Chill one hour before serving.

### "Working for Peanuts" Pie

### Ingredients:

1 8-oz. package cream cheese, softened  
1 cup sifted powdered sugar  
1 cup chunky peanut butter  
1/2 cup milk  
1 8-oz. container frozen whipped topping, thawed  
1 9-inch graham cracker crust  
1/4 cup coarsely chopped peanuts

### Directions:

Combine first four ingredients in a large mixing bowl. Beat at medium speed with an electric mixer until well-blended. Fold in whipped topping. Spoon into crust, and sprinkle with peanuts. Chill eight hours.

## For cold relief, advice may be on right track

By KARLA FULMER  
Staff Writer

USC—Have you ever wondered how much truth there is to those old wife's tales you always heard when you got sick?

Seems like those Golden Agers in the pharmacy always had something cute to say about the fact that your nose was dribbling like a basketball.

Advice usually took the form of homemade remedies such as feed a cold, starve a fever, take plenty of vitamin C and eat a lot of chicken soup. Believe it or not, Grandma might be right.

The saying "Feed a cold, starve a fever" is left from the time of Hippocrates, when people practiced humoral medicine. This was a system based on hot and cold remedies.

Digestion of food causes heat in the stomach. A heavy meal can significantly elevate body temperature for an hour or more. This heat was thought to drive out cold.

Reducing the amount of food taken in is supposed to keep the temperature of the stomach low and therefore counteract a fever. Of course, the drawback to this theory is the fact that one must be careful to have a balanced diet

to fight off infection.

Vitamin C has been a popular cold remedy for years. Researchers believe it might be linked to fighting off illness, but taking excess vitamin C is harmful because it can damage your liver.

People need only 250 milligrams of vitamin C every day, the equivalent of two glasses of orange juice. Your body doesn't store vitamin C, so excess amounts aren't

helpful in preventing a cold.

Chicken soup has been called "homemade penicillin," and its positive effects have recently been proven. Volunteers who drank hot chicken soup had a 33 percent increase in mucus flow.

Those who drank cold water showed an extreme decrease. Drinking any hot liquid will increase mucus velocity, but chicken soup shows some additional benefits in clearing nasal passages. Perhaps other soups with strong aromas can provide the same benefit.

Of course, the best advice for this cold and flu season is to eat right, drink plenty of fluids and see your doctor.

Karla Fulmer is a peer sexuality educator at Open Door Health and Wellness Programs.



## NAACP aims to steer students in positive directions

By TONIA MALLET  
Staff Writer

USC—The National Association for the Advancement of Colored People has planned a full agenda for the 1993-94 school year, working under the theme of the national association, "Passing the Torch...Build a Better Tomorrow."

Donald Bradley, NAACP president at USC, said power should be put back into the hands of the youth. The organization is giving freshmen the chance to gain hands-on experience in the area of leadership.

"We are developing young minds into future leaders," Bradley said.

The organization has created a pilot program to help steer new students in a positive direction.

"Under this program, we want to put the responsibility in the hands of the freshmen and give them the opportunity to plan and implement their own programs through the resources of the NAACP," Bradley said.

"They are the future of this organization, and they will be expected to pass the torch in order that we may always maintain a constant flow of progress."

Bradley mentioned the establishment of a mentor/mentee program, whose participants work with students at W.A. Perry Middle School. Every Thursday, members of the association teach a class on sex education, peer pressure, drug awareness and other struggles that affect student progress.

"We are just trying to be positive role models," Bradley said.

The NAACP isn't only catering to the needs of the youth but to college students as well. The group is trying to initiate a program where college students are put into their prospective fields to test the waters.

"We want to take students and expose them to different professionals around the nation who also play a major role in the NAACP and have the power not only to enlighten you but to hire you as

well," Bradley said.

"The NAACP's purpose is to promote the status of all minority groups, including women. All the groups we speak of are not necessarily African-American. We are fighting for the civil rights of all humanity. We work with all aspects of society to promote the unification of all ethnic groups."

The NAACP wants to bring to the public's attention the economic and political force the African-American community carries. It hopes to put focus on the minority businesses in Columbia and encourage the African-American population to take their patronage there.

"The money is not working for someone else, but it's working for you," said LaTonia Burrow, executive assistant to Bradley. "Later in the semester, we plan to measure and display our economic power to the entire Columbia community by exchanging currency in the form of \$2 bills and Susan B. Anthony coins."

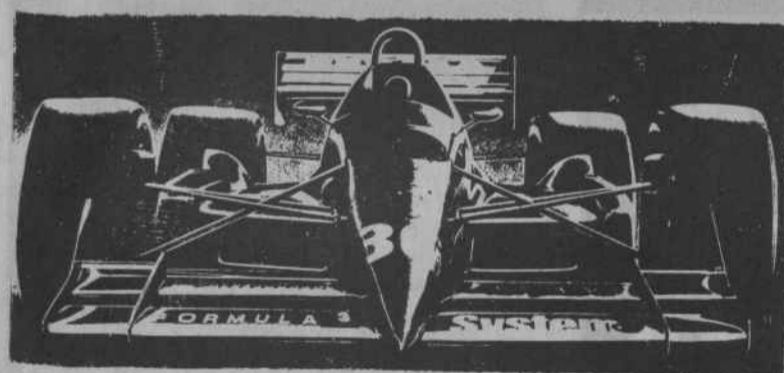
"This will show all the businesses the importance of the black dollar."

Burrow and Bradley agree that the separation among the African-American community is a major problem on campus.

"Instead of helping each other get to where we need to be, we are holding each other back from where we want to go," Burrow said.

"I believe there are too many competing interests, and people are motivated by their own selfish desires," Bradley said. "I think that if we were able to take out the 'me' and the 'I' and replace them with the two most important words, 'we' and 'us,' the African-American students will be a much more powerful force."

"We plan to bring all the different interests together to exchange thoughts and ideas by sponsoring various forums to discuss issues that affect the African-American community."



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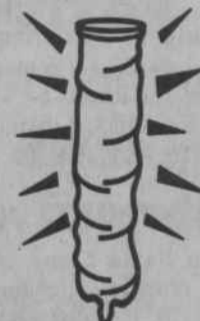
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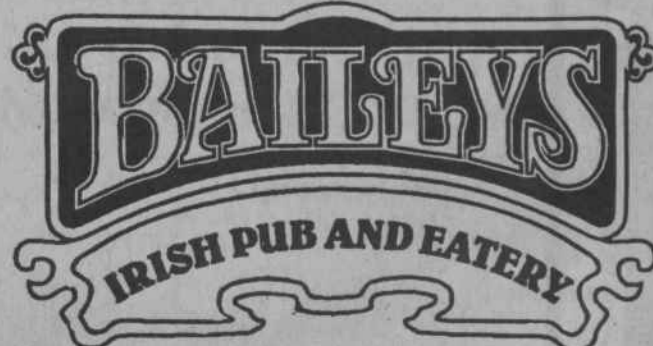
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