

## Voices praise organization, its fellowship

By HELEN WOLFE  
Special to The Battalion

The history of Voices of Praise is part of the understanding of its present.

Voices of Praise started as a five-member gospel choir in the MSC Black Awareness Committee in 1982. The choir has grown the past nine years to more than one hundred members including five musicians, making it the largest black organization on campus.

As a service organization, Voices of Praise visits local nursing homes, sponsors outreach programs for local youth and provides moral support for its members and non-members.

Darron Edmonds, junior finance major and choir chaplain says, "I've always been serving the Lord and this is just a way for me to use the gifts God gave me."

Dana Moore, Class of '90, says she continues to sing because of the closeness she feels for the other members.

"I stayed because of the feelings it brought out."

Their feelings shine from hours of hard work. It is appropriate then that "We Must Work" is the theme of the 9th Annual Voices of Praise Gospelfest on November 17.

The day's activities kick off at 10 a.m. and end with a gospel music extravaganza in Rudder Auditorium at 7 p.m.

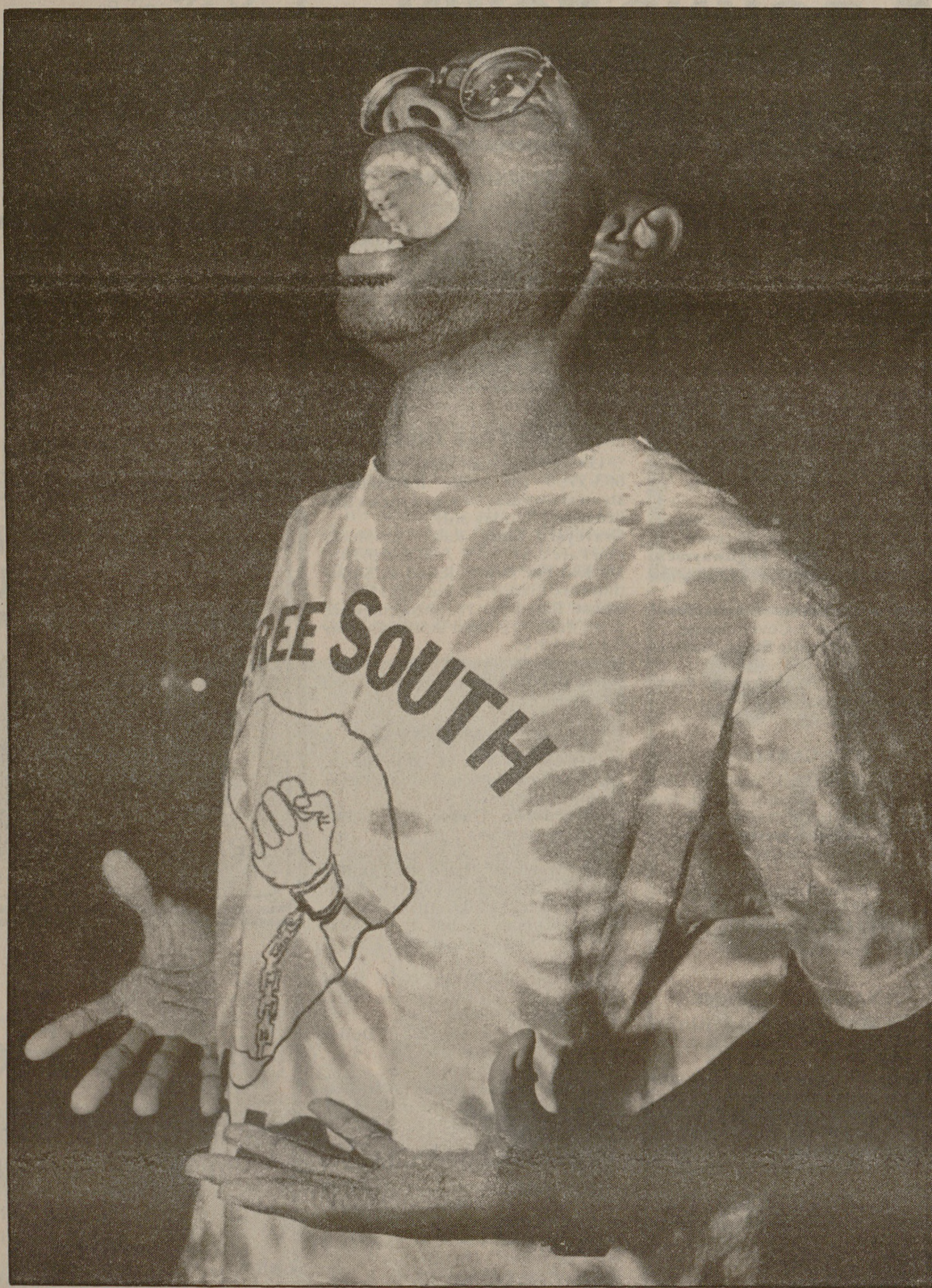
Gospelfest will feature choirs from universities throughout Texas, including the University of Houston, the University of Texas, Prairie View A&M, as well as, A&M's Voices of Praise.

A banquet in the Memorial Student Center begins at 3:15 p.m. and is open to students and non-students for \$10. The culmination of the days events will end with Gospelfest in Rudder Auditorium at 7 p.m.

Ticket prices for Gospelfest are \$4 for students and \$5 for non-students.

For more ticket information call Rudder Tower at 845-1234.

Voices of Praise will also host a Pre-Gospelfest at 7 p.m. Saturday at Pleasant Grove Baptist Church - 310 W. Martin Luther King. Admission is free to the public.



PHELAN M. EBENHACK/The Battalion

Junior Eric Warren performs during a Voices of Praise rehearsal in All Faiths Chapel.

## Carbohydrates offer energy, other nutrients

By STEPHANIE GROGAN

KARA HOSACK  
Special to The Battalion

What is starch and fiber, and why are they important to you?

Eating foods with adequate fiber may help you control your weight. High fiber foods take longer to chew and take up more room in the stomach, allowing you to feel satisfied while actually consuming fewer calories.

Carbohydrate foods are not fattening, but provide a source of energy, fiber and other nutrients. Complex carbohydrates are better than simple carbohydrates.

Complex carbohydrate foods — such as beans, peas, nuts, seeds, fruits and vegetables and whole grain products — contain fiber, many essential nutrients and calories. Simple carbohydrate foods — such as sugars — provide calories, but few other nutrients.

Increased intake of complex carbohydrates can help increase dietary fiber. Fiber is the part of plant food that is not broken down during digestion.

There are two types of fiber: soluble fiber and insoluble fiber. Insoluble fiber does not dissolve in water, yet absorbs large amounts of water. This fiber is useful in treatment and prevention of constipation and diverticular diseases (diseases involving formation and inflammation of pockets in the intestinal walls). Insoluble fiber is found in wheat bran, whole grains and vegetables.

Soluble fiber forms gels in water. It is commonly found in beans, fruits, oats and barley. Soluble fiber slows down the absorption of nutrients and helps the body in regulating blood sugar levels. There is also some evidence that fiber may play a role in the prevention of colon cancer and heart disease.

How much fiber is enough? The average American consumes 10-15 grams of fiber daily. For a healthy person, fiber intake should be double that, or 20-30 grams daily, recommends Dr. Jane Cohen, registered dietician and nutrition specialist at A.P. Beutal Health Center. To make sure you get enough fiber in your diet, eat fruits and vegetables, whole grain breads and cereals.

Can you get too much fiber? Large amounts of fiber (more than 40 grams daily) have the potential of

### Fiber facts for you

Do you know the answers to the following questions about starch and fiber?

1. Carbohydrates that provide the body with essential nutrients as well as calories are:

- a. nuts
- b. sugar
- c. fruits
- d. a and c

2. Fiber is broken down during digestion and transported to the body's tissues.

- a. true
- b. false

3. One source of soluble fiber is:

- a. wheat bran
- b. carrots
- c. apples
- d. whole grains

4. Starches are fattening and should not make up a large part of the diet.

- a. true
- b. false

Answers:

- 1. d
- 2. b
- 3. c
- 4. b

binding essential materials and making them unavailable to the body.

Too much insoluble fiber might cause nutrients to pass through the body too quickly to allow for proper absorption. For this reason, fiber supplements are not recommended. If you get your fiber from foods, it is unlikely that you will absorb too much.

Some fiber suggestions: Did you know that:

- 8 whole crackers have 2.2 g fiber?
- 1/2 cup blackberries have 4.5 g fiber?
- 1 medium apple with skin has 4.5 g fiber?
- 1 oz. All Bran with extra fiber has 13 g fiber?
- 1/2 cup kidney beans has 5.8 g fiber?
- 1 raw carrot has 2.3 g fiber?

More information is available through the MUNCCH program at Sbsa Dining Center or through the A.P. Beutal Health Center.

## 'Graveyard Shift' falls down on entertainment job

By CAROL GLENN

I wonder if John Esposito's screenplay of "Graveyard Shift" disappoints Stephen King as much as it disappoints its audience.

Based on the short story by King, "Graveyard Shift" exemplifies how a poor screenplay and completely unbelievable special effects can sink a horror film no matter how hard a cast attempts to save it.

The story is about a run-down textile mill in Maine that needs refurbishing so that it can pass inspection and reopen for operation. A group of workers from the mill helps with the clean-up operations to earn some extra money.

The group works the graveyard shift which is from 11 p.m. to 7 a.m. because it's supposedly cooler while working down in the sewage, rat-infested melting pot. The shift encounters its only hindrance in the form of a million hungry rats and some sort of super Mighty Mouse rat/bat that lives beneath the building.

But instead of concentrating on the premise of the insurmountable sewer monster, the story goes off on tangents about labor disputes, office romances and a romance that blossoms between a new worker and a sleazy factory worker.

What's really surprising is that Par-

### Movie Review

amount Pictures couldn't produce a more realistic sewer monster. A six- or seven-year-old child that was sitting in front of me even found it amusing. I think that's a definite indication that this movie isn't very scary. My nieces and nephews found "Harry and the Hendersons" more frightening than this child found this supposed horror flick.

It's hard to believe that King, the same man who wrote "The Shining" and "Pet Se-

matary," wrote something so mundane as "Graveyard Shift." In fact, I still don't believe it.

I think that Esposito and Director Ralph Singleton along with the producers just didn't give a hoot about what they were doing. Little do they realize that this ridiculous horror farce will come back to haunt them when they start hunting for their next job.

The cast, including David Andrews as the new man on the job, Stephen Macht as the mill manager, and Brad Dourif as the psycho-exterminator, try to pull this horror flick out of the gutter, but their efforts are

hopeless.

I could probably go on about the stupidity of this film, but I think enough has been said. To sum it up the movie isn't worth the film it's printed on, it's not worth paying hard-earned money to see and it definitely is not a reflection of King's work. King is a notable horror writer and is slapped in the face by the producers who haphazardly threw together this horror spoof.

Take the f out of "Graveyard Shift" and that's what kind of movie is left.

Hilariously rated R for profanity and not for horror, "Graveyard Shift" is now showing at Post Oak Three.

## HIGHLIGHTS

### Indigo Girls return

Indigo Girls are returning to Texas A&M this weekend in support of their latest release, *nomads•indians•saints*. The talented, acoustic duo of Amy Ray and Emily Saliers performed what was probably last year's best show in Bryan-College Station.

Although their latest album falls short of last year's great *Indigo Girls*, their Epic debut, it at least channels the duo along the same course.

Stern, sincere vocals, quick wit and a natural home-ness in their rapport are a sure formula for a simple yet enjoyable environment, even in the anomalous confines of DeWare Field House.

Original openers, the Rave-Ups, will not be performing, replaced by the Ellen James Society. All I can say about them, is that they are popular in Austin right now (for whatever that's worth) and their name apparently has something to do with author John Irving.

The MSC Town Hall and 104.7 KKYS presentation is scheduled to begin at 8 p.m., this Saturday at DeWare by Kyle Field. Advance tickets are still being sold at the MSC Box Office and all Ticketron outlets and are \$10 for students and \$12 for general public. Tickets sold at the door will cost \$12 for students and \$15 for general public.

### Front Porch jams

In addition to the Indigo Girls, a couple of interesting shows are taking place at the Front Porch Cafe this weekend. Friday night, Austin's Two Nice Girls, a notorious regional



The Indigo Girls, Amy Ray and Emily Saliers, perform Saturday.

See Porch/Page 6