

Anti Oxidants

By Vince & Yolanda
What are anti-oxidants? How do I get the ones I need?
John, Philadelphia, PA

Vitamin E, beta carotene, vitamin C, vitamin B and selenium are the vitamins and minerals given the name of anti-oxidants. These vitamins and minerals help to fight off free radicals which can cause aging, lower our immune system and cause cells to mutate. Free radicals are oxygen molecules that can damage the body's cells when they are in an unstable form. The molecules become unstable by losing an electron. They stabilize by taking an electron from another molecule. By doing this they can destroy a cell or cause it to mutate. The destruction or mutation of cells can cause numerous diseases from cataracts to various cancers and heart problems. Anti-oxidants neutralize the effect of the free radical by giving up an electron.

Vitamin E is a fat soluble vitamin composed of a group of compounds called tocopherols. There are several forms of tocopherols that occur naturally in nature. These forms include alpha, beta, delta, epsilon eta, gamma, and zeta. Alpha tocopherol is the most potent form of vitamin E and has the greatest nutritional and biological value. Tocopherols occur in cold pressed vegetable oils, all whole raw seeds and nuts and soybeans. Vitamin E was first obtained from wheat germ oil.

Vitamin E is an anti-oxidant because it opposes oxidation of substance in the body. Vitamin E prevents saturated fatty acids and vitamin A from breaking down and combining with other substances that may become harmful to the body. The vitamin B complex and vitamin C when in the presence of vitamin E also act as anti-oxidant. Fats and oils containing vitamin E are less prone to spoil. Vitamin E with oxygen can prevent toxic peroxides. This will help keep red blood cells supplied with pure oxygen which helps to make the heart and other organs function more efficiently. Vitamin E also helps to nourish cells, strengthen the capillary walls and protect the red blood cells from destruction by poisons in the blood.

Vitamin B complex are water soluble vitamins. These vitamins help to provide the body with energy by converting carbohydrates into glucose which the body burns to produce energy. The B complex vitamins are also important in the metabolism of fats and proteins. B complex vitamins are necessary for the nervous system to function properly. They are important for the maintenance of muscle tone in the digestive system and for the

health of your skin, hair, eyes, mouth, and liver.

Vitamin B complex can be found in liver, brewer's yeast, whole grain cereals, meats, vegetables, milk, rice, nuts and seeds. The B complex is also produced in the body by intestinal bacteria. These bacteria grow best on milk sugar and small amounts of fat in your diet. A milk free diet or taking sulfur drugs and other antibiotics can destroy these good bacteria. Because the B complex vitamins are water soluble they are not stored and any excess is excreted. Sulfa drugs, sleeping pills, sugar, alcohol, insecticides and estrogen destroy the B vitamin's complex. It can also be lost through perspiration.

Your need for vitamin B complex increases if you're under stress and when you're sick. Alcoholics, heavy coffee drinkers, children and pregnant women need extra vitamin B complex.

Most American diets don't contain enough vitamin B complex. Depression, fatigue, nervousness, irritability, constipation, anemia, insomnia, and even suicidal tendencies can result from vitamin B complex deficiency.

(See Anti Oxidants, Page 13)

MAMA'S BOYZ by JERRY CRAFT



United Negro College Fund surpasses \$100M fundraising goal

The United Negro College Fund has surpassed its fundraising goals for America's historically black colleges by almost a million dollars this year.

The UNCF raised \$101.7 million for its annual campaign and Campaign 2000. The goal for fiscal year 1996 was \$62.6 million. The fund surpassed that figure by \$839,661 by earning almost \$63.5 million.

The fund kicked off Capital 2000 with a \$50 million challenge grant from Walter H. Annenberg. The UNCF had to raise \$4 for each one supplied by the former ambassador.

Capital supplies funds for facilities, endowment, scholarships, program development, faculty development and administration at UNCF colleges.

Of each dollar raised, 12.92 cents are used for funding costs

and 2.72 cents are used to cover administrative costs.

The fundraising methods, included dinners, banquets, celebrity events, like Bryant Gumbel's golf tournament, and the annual Lou Rawl's Parade of Stars.

UNCF president and CEO William H. Gray III said the increase in funding is due to the public's realization that traditionally black colleges are cost efficient, produce graduates, are center of excellence and are therefore worth maintaining.

"It reflects the growing concern of all people that if we are to be a strong society," Gray said...

"Our record breaking numbers reflect the realization the Black community has seen an education a the boot strap to

lift them up."

Gray said the average yearly tuition at a UNCF school is \$5,000. The average tuition at mainstream private college or university is \$12,000 and \$18,000 at an Ivy League school.

Although Black colleges attract 16 percent of African-American students, they graduate almost 34 percent of the nation's African-American students. These figures attract students who are looking for an school where the odds are they will succeed.

Gray said this is even more attractive at a time when the nation is debating the validity of affirmative action. At an historically black college, there are no debates about the role of race in a student's admission.

Students are supported and nurtured by a staff that

resembles them. With this support, graduates from historically colleges, move on to a school like Harvard University.

"We try to take diamonds and make them more beautiful..We know how to make charcoal into diamonds," Gray said.

Gray noted that half of African-American CEOs and doctors went to traditionally Black college or university.

To date, nearly 300,000 men and women have graduated UNCF colleges and universities, including Noble Peace Prize winner Martin Luther King, Jr., Energy Secretary Hazel O'Leary, opera singer Leontyne Price, and actor Samuel L. Jackson.

UNCF supports 40 historically Black colleges with faculty development, study abroad programs, scholarships and summer enrichment.

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