

# Learning is more than classroom grades

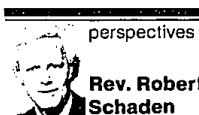
FROM one end of the country to the other, this is the time of caps and gowns and commencement speeches. One student recently told me graduation is fun. Given the energy, the time, the money and everything else that goes into procuring a diploma, the fun is in most cases very much deserved. Sprinkle the fun of the student with the pride of students, parents and teachers, and you have the basic ingredients of the graduation week.

As one who teaches in higher education, I find this academic rite of spring a time to join in the fun, to congratulate the students and to affirm the pride of those who have helped to make it happen.

IT IS ALSO a time to realize that we all are teachers. There is very little we do that does not teach someone something.

Some of what is learned from us will lead to a degree, but nothing of what we teach will fail to leave some impact. And the priorities we perpetuate leave a much greater mark than the platitudes that flow from our podiums.

As we become more and more fascinated by, and dependent upon, computers, we who teach need to



perspectives  
**Rev. Robert Schaden**

know that educating is about so much more than programming the brains of other people. Education worthy of the dignity of its consumers includes needs to encourage the process of thinking. Hard sciences assimilated by soft brains can hardly serve humanity. Men and women are best served by human beings who are guided by the conclusions of scientists and philosophers alike.

NEITHER CAN we be content to pass on what we have learned as if the institutionalization of that knowledge has validated its own truth. Students may benefit from learning many of our answers but only in proportion to their ability to ask the questions that escape us.

The world awaiting this year's graduates is one of great opportunity, due in part to our input. But it is also a world in need of much remedi-

al attention. That, too, is due to our input.

They learned of a world in which it is good for everyone to have enough. But they will be faced with learning to redistribute what is out there if that is to happen. They have heard it said that peace is worth working for, but they are handed an

economy which runs on the production of military hardware.

Hopefully they will be able to preserve that which we have given them, which is good. Just as hopefully, they will use the tools we have given them to dismantle that part of their heritage that is not so good.

As we continue to teach with those

we have taught, perhaps we can learn together how to adhere to those values worth saving and at the same time let go of those that are not.

CAPS AND gowns go best on those who have learned enough to embrace what is worth embracing, to

let go of what is no longer useful and to reject what diminishes life.

But most of all, the real graduates are those who have learned to make the distinctions.

The Rev. Robert Schaden is minister at Newman House Campus Ministry at Schoolcraft College in Livonia.

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## gerontology

### A. Jolayne Farrell

# How much fiber does body need?

Dear Jo:

I would like to change my diet so that I get the right amount of fiber. Would you please suggest one day's worth of the recommended intake as I'm not sure of serving size and selection? Thank you.

Mrs. D.L., West Coast Reader

Dear Mrs. L.:

The National Cancer Institute recommends 20 to 30 grams of dietary fiber daily. The average North American consumes just 12 grams, so you are among many who may not be getting enough.

A diet rich in fiber, formerly referred to as roughage, is thought to play a major role in the prevention of colon cancer, heart disease, diabetes and obesity.

Since increasing the fiber in the diet can cause gastric distress, you should increase it gradually. Also it is important that you drink at least six glasses of water a day to help speed the passage of food through the digestive tract.

For variety, you may want to select fiber from different food groups, such as whole grains, legumes, whole fruits with skin, and vegetables.

One day's worth of the recommended intake of fiber could be reached by eating one cup of 100 percent bran cereal, one slice of

whole-wheat bread, half a cup of cooked pinto beans, one stalk of broccoli and one apple.

Overcooking can reduce fiber. It is best eaten raw or lightly cooked.

Mrs. L., you did not mention whether or not you have a health problem. If you do, before you change your diet, you should consult your doctor.

Dear Jo:

My wife and I crosscountry ski in the winter and bike in the summer. We seem to get more than our share of cold sores even though we wear sunscreen and chamois. Are the elements the cause, and what can we do to prevent this problem?

Y.N., Detroit

Dear Mr. N.:

According to experts, the combination of exposure to the sun and wind, and physical stress, trigger the formation of cold sores.

To prevent them, use zinc oxide on your lips instead of what you are currently using. If the cold sores continue, you might ask your doctor to prescribe a stronger remedy.

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario L4E, 1J5

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