

## Students need a kitchen filled with basic foods

by Melinda Bargreen  
The Seattle Times

Last week, we discussed how to outfit a kitchen for that first apartment, just in time for heading back to college. This time, we're going to share a few ideas about what to do with all that new kitchen equipment, beyond reheating leftover Pad Thai from the restaurant around the corner.

### No more dorm food!

Your newly liberated son or daughter is moving into that long-coveted apartment, and now he or she won't have to eat steam-table "cream-of-what," or mystery meat, or starch-bloated entrees anymore.

But what will they eat? Even if the budget could stretch to daily fast-food delights (and it probably can't), the calorie and fat content of such a daily diet will likely repel today's more health-conscious youngsters.

Fortunately, there are lots of low-cost, easy, quick and healthful alternatives - and some even taste good. For a quick list of what ought to be in the first-apartment cupboards, refrigerator and freezer before the first day of class, see the end of this story.

If your fridge and your cupboards are stocked, you always have plenty of backup options even if you haven't had time to get to the grocery store recently.

Now, what do you do with the ingredients? Here are just a few of many ideas.

### OPTION 1

Pasta with sauce and accompaniments. Boil water, cook pasta according to directions (the fresh kind is really quick); drain pasta well. While pasta is cooking, heat up any of the pasta sauces in a saucepan on the stove.

While sauce is heating, saute some fresh sliced vegetables, or some of the frozen vegetables, in a frying pan on the stove. If you want, add some leftovers - small pieces of the cooked meat or fish you had the night before. Pour sauce and vegetables (and meat or fish) over the drained pasta in a big bowl.

Serve with a salad and bread (either

fresh bread or that backup loaf from the freezer, defrosted by removing bread from the plastic bag and wrapping it in aluminum foil in the oven on "warm" or 150 degrees while your pasta is cooking).

### OPTION 2

Chicken breasts with rice and vegetables (or with potatoes and salad, etc.). Preheat your oven to 350 degrees. Start with fresh chicken breasts, or defrost frozen ones in the refrigerator overnight. (Never defrost meat, poultry or fish by leaving it out on the kitchen counter.)

Put a little nonfat sour cream in a bowl; mix in a little dill and garlic salt and pepper, and stir it up. Place the defrosted chicken in a baking dish; spread the sour cream topping on top; grate a little cheese over it, if you want. Bake 30-45 minutes depending on the thickness of the breasts. The chicken is done when an instant-read meat thermometer placed in the thickest part reaches 170 degrees or you poke the breast with a knife and the juices run clear.

Little red potatoes will cook quickly in the microwave, depending on how many you put in; you must pierce each small potato a couple of times with a knife so they won't explode in the microwave.

Or: Put about one cup of soy sauce in a bowl with one teaspoon of ginger, one teaspoon of crushed garlic and two tablespoons of sugar. Mix well, and pour over chicken breasts in the casserole dish. (Let stand awhile so they soak up the flavor; maybe one hour in the refrigerator.) Bake as above, and you've got chicken teriyaki.

Or: Take some of the chicken and slice it in strips for a stir-fry with the vegetables from the freezer (or fresh vegetables, also cut in strips). Take out the frying pan; add nonstick cooking spray or a small amount of oil, and cook chicken and vegetables with a couple of splashes of soy sauce. While these are stir-frying, cook rice according to package directions.

Or: Put about a cup (depending on how many chicken breasts you're cooking) of the nonfat sour cream in a bowl;



Yvette Camacho always has salad ingredients in her refrigerator.

add salt and pepper and about a teaspoon of curry powder (to taste). Spread this mixture over chicken breasts in

casserole dish and bake as above.

### OPTION 3

Fish fillets with rice (or potatoes) and salad (or vegetables, or both). Defrost fish fillets carefully in microwave until they're no longer frozen but not cooked. Spray a small skillet with nonstick spray (or rub with a small amount of oil or butter).

Over medium heat, saute your fish fillets with a splash of lemon juice, a dash of salt and pepper, while you steam the vegetables in a saucepan (or

prepare salad). Keep checking to make sure the fish isn't sticking; if it is, add a little liquid to the pan (a couple of tablespoons of warm water). Cook fish until it has turned opaque and flakes easily; make a small slit in the center of the fish to peek and make sure it looks cooked through.

Or: The fish can be prepared with any of the methods under Option 2, including the teriyaki one.

### INFINITE OTHER OPTIONS

You get the picture. Fortunately, there are lots more pictures out there, in the form of cookbooks. Even beginning cooks can follow a recipe with excellent results, provided you remem-

ber two things: Read the recipe all the way through first, to make sure you have all the ingredients and that you started preparing them early enough (some sneaky recipes ask you to do some steps the night before, which can really throw you if you're starting to cook dinner at 6 p.m.).

The second point is to follow the recipe precisely. Later in life, you might be like my sister-in-law Bev, a fabulous cook who never follows a recipe exactly - but that's because she's so experienced that she knows just how the results will turn out.

If you haven't attained that level (and most of us haven't), stick to the recipe, at least the first time around. Don't guess; really measure; and don't throw in a little extra of anything until you know what that extra half-cup of sugar will do to your cake.

Still flummoxed? Here are some great solutions for beginners.

"The Healthy College Cookbook," Storey Books (\$14.95 paperback), with great advice, 200 easy recipes for just about everything, and nutritional info, too, including calories. (Don't worry: That calorie count of 1,564 for "Festive Flounder" on page 87 is the book's only misprint. Whew - that'd be one chubby flounder.)

"Where's Mom Now That I Need Her?" Aspen West Publications (\$13.95 paperback), with a big recipe section and lots of info on finding the best food buys at the grocery store (did you know pineapples are supposed to make "a dull, solid sound when thumped"?).

"The New Food Lover's Companion," Barron's Guides, \$14.95 paperback, defines every culinary term and explains every cooking method, every food or drink you could think of - and a lot you couldn't have imagined. Great general reference.

### KEEP ON HAND:

Rice  
Dried pasta  
Jar of pasta sauce  
Cereal  
Peanut butter  
Canned tuna  
Flour

Sugar  
Salt  
Pepper  
Whichever spices you think you'll use: cinnamon, nutmeg, dill, garlic salt, ginger, curry powder, etc.

Baking powder  
Baking soda  
Vanilla extract  
Soy sauce  
Balsamic vinegar  
Oil (olive or canola or both)  
Can of nonfat evaporated milk (for when you run out of fresh milk)  
Can of mushrooms  
Canned soups/stews  
Microwave popcorn  
Aluminum foil  
Plastic wrap  
Ziplock bags  
Nonstick cooking spray (such as Pam)

Salad dressing  
Ketchup  
Mayonnaise  
Mustard  
Jam/jelly  
Be sure to refrigerate those last five items after opening.

### FOR THE REFRIGERATOR:

Butter or margarine  
Cheese (can choose low-fat varieties)

Milk (ditto)  
Eggs  
Nonfat sour cream  
Lettuce  
Tomatoes  
Fresh seasonal vegetables/fruit

Small jar of crushed garlic  
Refrigerated pasta toppings, such as pesto sauce or Alfredo sauce (in little tubs)

Sack of little red (or white) potatoes  
Bag of carrots (pre-peeled ones are fine)

Couple of onions

FOR THE FREEZER:  
Package of fresh pasta  
Chicken breasts wrapped in freezer wrap and dated

Fish fillets, wrapped and dated  
Loaf of bread (for when you run out)  
Package of frozen assorted vegetables  
Frozen dinners for emergencies

## For college students, technology goes everywhere

by Chris Cobbs  
The Orlando Sentinel

Christmas comes just once a year - unless you're heading back to school with a backpack full of the coolest digital toys, uh, study aids.

Like punk fashion and body art, technology goes everywhere these days, from classroom to lunch, library to after-hours hangout. Whether it's taking notes, doing research on the Web, exchanging e-mail, or downloading music, the lineup for the new school year has something to offer students, teachers, even mom and dad.

### Go ahead, take a byte.

There's a laptop for nearly every budget and need, but none surpasses the Compaq Presario 800 for sheer portability. The skinny, 3.5-pound Presario is protected by a durable magnesium case, which looks great too. The \$1,899 laptop has room inside for a spacious 20 GB hard disk, but the DVD and floppy drives are external add-ons.

By contrast, Gateway's Solo 1200 is a so-called three-spindle model - that is, the hard drive, floppy and CD are all built in. The Solo weighs nearly twice as much as the Presario, but its \$999 sticker price is lighter on the wallet. The case features rubbery grip panels to guard against dropping it.

At \$999, the IBM I-series ThinkPad is an economical laptop with a generous 13-inch screen that's ideal for extended work sessions. IBM also offers some nifty storage accessories, such as the \$275 MicroDrive that holds 340 megabytes of data. The matchbook-sized drive is roomy enough for hours of MP3s or video and even works with digital cameras. For those with more modest storage needs, the 8 MB Memory Key holds a semester of notes and term papers - and doubles as a key chain.

For students who demand a powerful system but don't want to bother with lugging a laptop, the Hewlett Packard Pavilion 9880 offers all the trimmings. For \$1,799, the Pavilion is loaded with a speedy Pentium 4 processor, 80 GB hard disk, DVD and CD burner. The HP 19-

inch monitor has room to display notes and a report-in-progress. If the matching speakers disrupt studies, plug in headphones and you're prime for an all-nighter.

Producing a really good-looking report is a cinch with the HP 990 CSE inkjet printer. It churns out sharp text at a laser-printer-like 17 pages per minute but really comes into its own with color documents.

The latest Palm Pilot knockoff features a killer, high-resolution screen. The screen is the same size as a standard Palm device, but the HandEra 330 model can show 8 font sizes, all razor-sharp, compared with Palm's 3 fuzziest fonts. This \$349 personal digital assistant improves on the Palm lineup by providing two storage slots that can hold up to 1 GB of data.

The HandEra runs for a month or more on four AAA batteries. It also makes a great note-taker when used with a portable keyboard. There are several keyboard models available, including a fold-up version that fits in a jeans pocket.

Whether you need homework help or a date for the weekend, the Sanyo SCP-6000 from Sprint PCS is a true lightweight. The \$299 phone is less than a half-inch thick and weighs just 2.29 ounces. Choose either a green or orange backlight in low-light conditions. The phone, which is also wireless Web-capable, comes with a leather case. But who's going to cover up its eye-catching metallic silver body?

A digital camera may not be standard equipment for academia, but it's great for sending Mom and Dad pix of new campus pals and favorite hangouts. The \$279 HP PhotoSmart 315xi features a zoom lens and built-in liquid crystal display for viewing images as they're snapped.

If space is at a premium - and it usually is in a dorm or apartment - a flat panel monitor makes eminent sense. Alas, until this year, it would have taxed most student budgets. But prices are way down, so a display like the Samsung SyncMaster 570V can be had for \$399. The 15-inch monitor not only reduces desktop clutter, its screen is bright and clear. If you still get eyestrain, you've been surfing the Web too long.

## Today's dorms: Modular or lofty?

### Knight Ridder Newspapers

ANN ARBOR - The whine of cordless drills and the smell of freshly cut lumber pervaded the small sixth-floor room at Mary Markley Hall last week as the crew of the Ace Deuce Loft Co. built two single-bed lofts.

Down the hall, Rachel Porter of Beverly Hills and Mary Beth Harris of Bloomfield Hills, Mich., waited anxiously with their parents for the crew to finish. Their lofts were two of hundreds constructed last week at the University of Michigan and of thousands built every year in college dorms across the country.

Constructed mostly by students, the lofts have become a fixture of modern college life as computer-age students try to maximize space in small dormitory rooms built during an era when most students came to school with a coffee pot and a few suitcases.

But some Michigan colleges are trying to nudge students away from the tradition by equipping dorms with modular furniture.

Lofts, usually about six feet high, allow students a kind of two-story room, with beds on the top level and room for desks, couches and stereos on the ground floor.

Greg Light, one of the four-man crew from Ace Deuce, said he and three other U-M sophomores formed the company last spring, drawing on

experience building their own lofts as freshmen.

The lofts are made of two-by-fours and two-by-sixes with particle board to hold the mattresses. A single loft costs about \$200, a double is \$400. Ace Deuce will build about 50 lofts in two weeks, he said.

"They're not hard to do," said Light, of Shelby Township, Mich., during a construction break. "We can build them in about a half an hour and there is about two hours of prep time to cut the lumber off site."

"People do weird things on lofts, but they are sturdy. We used to have a nightly chin-up contest."

Lofts came under heavy scrutiny at U-M in 1998 after freshman Courtney Cantor, 18, of West Bloomfield Township, Mich., died falling from her loft and out her window at Markley. She had been drinking at a fraternity party earlier that night.

Her father, George Cantor, a Detroit News columnist, sued U-M and the man who constructed the loft, accusing both of negligence.

The suit was settled in January for \$100,000 and the man who constructed the loft was released from liability. At the time, Cantor said he hoped U-M would do away with lofts.

Dolores Harris and Pam Porter were painfully aware of Cantor's death when they scrutinized the information supplied by loft vendors for

their daughters' lofts.

"I asked about wood, sturdiness, weight, load, assembly and safety features," said Harris, of Bloomfield Hills. "The Cantor situation was on my mind."

Light said Ace Deuce was also aware of Cantor's death when the company created its design. They added a window safety rail to prevent similar accidents. However, Ace Deuce guarantees its lofts for only two weeks from the date of construction, and states in its warranty that it won't be responsible for any injury, damage or death as a result of the use of the loft.

Alan Levy, U-M director of housing public affairs, said U-M has avoided dictating construction standards for lofts because it doesn't want to be held liable for the design, but it does issue guidelines to students. U-M does not inspect lofts after construction.

In Michigan, housing officials at Michigan State, Central Michigan and Ferris State universities also allow students to construct lofts, but, unlike U-M, they dictate strict construction guidelines and inspect the lofts afterward.

Joan Schmidt, president of the Association of College and University Housing Officers International, a professional organization based in Columbus, Ohio, said lofts are popular

in dorms that were built shortly after World War II.

"Scrutiny of lofts varies by university," said Schmidt, who is also the associate director of residence life at Central Michigan. "I would be very nervous if I did not have someone on staff take a look at the loft."

Schmidt said nationally, colleges are moving to modular furniture that can be configured to replace old furniture and do away with lofts as they renovate residence halls. The modular furniture gives officials control over design and quality and the standard design allows easy movement between halls.

Abigail Forbes, assistant director of housing at Grand Valley State University near Grand Rapids, Mich., said officials there outlawed lofts eight years ago because of concerns about quality and safety.

At the time of Cantor's death, U-M had replaced furniture in about one-third of its 15 residence halls with modular oak furniture built by Brill Manufacturing Co. in Ludington, Mich.

The modular furniture allows students to create lofts and other furniture configurations without using bolts and screws. The furniture, known as Building Block furniture, is put together with long steel pins.

## Alcohol 101: Colleges, communities can reduce binge drinking

Knight Ridder/  
Tribune News Service

Too many college students will toast the new school year with a shot and a beer, and then a few more.

Small wonder binge drinking is a top concern of their parents, with 95 percent considering it a serious threat and 85 percent partly blaming easy access to alcohol on and around campus, as an American Medical Association survey shows.

A rite of passage has become a major health threat. Several alcohol-related campus fatalities have occurred in recent years, including a University of Michigan student who celebrated his 21st birthday by downing 20 shots in 10 minutes.

Binge drinking hurts academic achievement and makes students more prone to sexual assault and other violence, suicide and unprotected sex. Still, nearly half of college students say they binge drink, usually defined as downing four or five drinks in an hour. Students

most likely to binge are white, under 24 and residents of a fraternity or sorority. The share of frequent binge drinkers is rising to nearly 1 in 4 students.

More needs to be done on campus, in communities, and at home. The ease with which underage drinkers can get alcohol must change, as must the social norms that make binge drinking cool, especially among young white males.

Colleges can eliminate alcohol-industry sponsorships of athletics, ban alco-

hol sales at athletic events, increase alcohol-free social events on campus, and encourage tavern owners to end cheap-drink specials for students. Communities can control high-density alcohol outlets around campuses. Tavern owners can make sure drunk patrons aren't served and ID carding is thorough.

Finally, students should see - from their peers - that there's nothing cool about getting sloppy drunk and acting the fool.