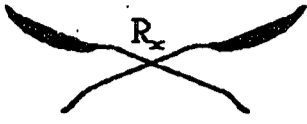


Ask Dr. Cereal by Our Man With Vision



Brett Taylor
Collegian Staff Writer

Once again overlooked by People magazine's Sexiest Man poll, I was so distraught last week I could stomach nothing but Quaker Instant Oatmeal for breakfast. Let me take this opportunity, then, to answer some of the hundreds of letters which have found a home on my desk. Yes, it's your turn to Ask Dr. Cereal.



What do you know about cereal anyway?

Some say my heightened sensitivity comes from a lifetime of study and research. Some say I was born with a Josie and the Pussycats spoon in my mouth. Actually, my previous employment as a stockboy (aisle 4 -- you may have seen me) has given me numerous insider connections with whom I regularly consult.

My physics teacher was talking about the heat death of the universe. How does this affect me? Should I cancel my date on Saturday or what?

The process your teacher was describing is called entropy. Entropy is the tendency of the universe to move toward disorder. This force can be overcome, however.

Pour yourself a big bowl of Cheerios tomorrow morning. Notice how the last four or five tasty little O's will always cling together like their lives depended on it? There is indeed a force stronger than entropy. So relax -- as long as there are Cheerios there will be a universe.

Cancel your date anyway. He's totally wrong for you.

What a bozo! You look like a misguided megalomaniac in that stupid photo. What are you looking at, anyhow?

Write one lousy column and suddenly everyone thinks you

have an ego the size of Tokyo. I highly resent such accusations.

You probably thought that picture was posed, didn't you? Actually, Collegian photographer Marybeth Zawistoski snapped that photo of me as I was out on my daily walk around campus. I had just stopped for a moment to watch the planets of the solar system align themselves above my head.

Wow. I think you are really neat. Can I be a man with vision too?

Sure, go ahead. Voltaire didn't really have opium for breakfast. What was his favorite cereal?

Voltaire never went to work without first chowing down a bowl of Freakies.

Recently, Ralston Purina re-introduced Freakies cereal. I'm sorry to report, however, that the new Freakies is but a pale imitation of the original, a commercial sell-out and a creative void.

Anyone of college age can remember the original Freakies. Led by the charismatic Boss Moss, this group of misshapen philosophers would lull about under the Freakies tree, a plant which provided them with sugar-saturated nuggets of pleasure. Each Freakie had, along with his

Collegian photographer Marybeth Zawistoski snapped that photo of me as I was out on my daily walk around campus. I had just stopped for a moment to watch the planets of the solar system align themselves above my head.

own color and physiology, a distinct personality, which invariably clashed with those of his comrades. This isolated community had the positive outlook of hippies as well as the sensibilities of the intelligentsia. And so they became extinct.

Like Lazarus himself, Boss Moss has been revived by the higher powers, but not without sacrifice. He and his lot have been corrupted by the staid minds of an insensitive marketing department. The Freakies have physically been softened, and their names changed. Snorkledorf, Gargle and Hamhose have become Hot Dog and Rad-face, or something equally insipid. Only Boss Moss has retained his real name.

As if this were not enough, the pleasure nuggets themselves are now tasteless balls of styrofoam, and share the box with multi-colored marshmallows. You see, the Freakies are now tiny marshmallow space creatures who wear Hawaiian shirts and surf across the void to land in bowls of milk here on Earth! This motif stretches even the most ridiculous boundaries of plausibility. Who does Ralston think they are dealing with, anyway? Children?

I hate marshmallows and I hate being patronized. The New Freakies, on a scale of one to ten, rate a negative 235.

The First Semester The Freshmen Fifteen

by Lynn Case
Collegian Staff Writer

One thing some freshmen worry about, besides classes, grades, roommates, and parties, is what is commonly called "The Freshman Fifteen". Yes, those fifteen pounds that you may gain your first year of college whether you want to or not. After living and eating at Behrend for a few weeks, I found out that it is unlikely those fifteen pounds will be visiting me or some picky eaters like me.

Dining in Dobbins Hall is indeed an eating experience. For some, the entree' are filling and acceptable. But, for others like myself, the food is just the opposite. The first few days, during orientation, the meals were not that bad. The two barbecues were good, the ribs were drenched in sauce and the chicken wasn't dry or tough. But, as the upperclassmen arrived, there was a change in the taste and texture of the food.

In the few weeks I have been at Behrend, I have made the following observations about eating here. The safest meal to eat at Dobbins would have to be breakfast. If you are up in time, this is the one meal not to miss. Believe me, it is very hard to

ruin dry cereal or toast. Some of the hot dishes are not that bad, but your best bet is to fix your own breakfast.

Lunch and dinner are meals that come with some choices. If you are not interested in what is being served, there is always the salad bar. This bar, as you well know, not only offers fresh vegetables and other salad bar condiments, such as cottage cheese, but there is also a bread bar. This includes not only bread but everything from butter to flavored jams (and even peanut butter!).

If salad is not your thing, you could always try a deli sandwich, made the way you desire it, with cheese, mayo, or anything you want. One other thing I would recommend is the soup of the day. This is filling, yet not too fattening. One bit of warning, don't always go by what the menu has listed, it may not be the soup you think it will be. Just check it out when you get to Dobbins.

Dinner is a different story. Some days one would be safe to eat the main dish, but other days, try Wintergreen. I don't mean to belittle the workers at Dobbins, but some of their dinners are not that great if you are a picky eater. It is hard to please everyone, so if you can't find

something good to eat, try Wintergreen. You can always get a sub, pizza, or some other entree I do want to give credit to Dobbins for one thing, their desserts. They have some of the best chocolate chip and M&M cookies I have ever tasted. They also offer ice cream and other favorites. Of course, if you don't go for the sweet desserts, you can always take that one piece of fresh fruit back to your room with you.

Being a freshman, I knew not what to expect in the way of food at Behrend. After only a few weeks on campus, I have learned that the food, well, it's part of college. When you have to cook for such a large group, you run the risk of not pleasing everyone with everything. Upperclassmen, I'm sure, are laughing at the story because they already know everything I wrote about. Freshmen or transfer students, are probably in agreement with me. How do I survive the food at college? I stock up when I go home on the weekends, eat a lot of home cooking, and I call a pizza in at least once a week. A person has to eat you know.

Of course, this is just one freshman's opinion, and, of course this freshman is a very picky eater.

FEATURES

BEHREND NIGHT ASSISTANTS ADVENTURES IN BABYSITTING

by Robb Frederick
Collegian Staff Writer

A frustrated Sophomore violently slams his foot into the front of a Diet Pepsi machine, hoping for a lost quarter to be returned. His obscenities fill the residence hall lobby, and he begins to beat his foot against the machine's side. As a last resort, friends are summoned, and the dispenser is rocked back and forth, threatening to topple. At this point a sharp command is issued from the center of the room, and the possibility of a referral is mentioned. The threat works, and order temporarily returns.

A student dressed in an oriental self-defense robe swings a sheathed sword throughout the lobby. A group of inebriated residents stagger through the hall entrance. An unexpected fire drill sends a mass of confused students into the previously empty room.

Who is responsible for controlling these situations? This unenviable task belongs in part to Behrend's Night Assistants, students who spend their evening hours confined to residence hall lobbies, monitoring the activities of others. These Night Assistants (N.A.'s) are greatly responsible for the safety and well-being of resident students during the night hours.

The 1988-89 Night Assistant Manual states that the primary responsibility of a N.A. "is the security of the building in which you are working." They must supervise visitation procedures and oversee alcohol possession policies. They must be available to control emergency situations, such as serious injuries or fires. If an extreme problem occurs, they are instructed to notify the Resident Assistants on duty.

A Night Assistant is on duty in each residence hall from 8:00 pm to midnight each night of the week, and others are scheduled from 12:00 midnight to 4:00 am Sunday

through Wednesday, and from 12:00 to 5:00 am Thursday through Saturday. They earn \$4.00 per hour.

But is that pay rate enough to drastically change sleep patterns and ruin evening plans? Most N.A.'s think so. Freshman Dave Gilmore, a business major, enjoys his work as a N.A. "It's great. I'm getting paid to do my homework," he says.

Although money has no doubt influenced each Night Assistant's choice of employment, there are other benefits. Senior Lisa Johnston, an accounting major, works because it's "a great way to meet people." She lives in the campus apartments, and feels that without her job she would "lose touch with life in the residence halls."

Many N.A.'s use their working time wisely, writing long-overdue letters or studying for upcoming tests. Most, however, end up spending the time meeting new people and continuing previous relationships and friendships. Four weeks into the semester, Gilmore states: "This was the first chance I've had to study, and then a fire drill began."

Although a constant flow of residents and guests helps to keep the N.A.'s interested in their work,

things can get rather boring. "You have to be in the mood," explains Johnston.

According to Gilmore, things have gone smoothly so far. "I haven't had any problems yet. Everyone that comes through here realizes why I'm here, and they respect my position." Johnston has not encountered any emergencies either.

It is not difficult to become a Night Assistant. Positions were filled at the start of the semester, and applicants were required to be eligible for the work-study program.

In addition to supervising hall security, Night Assistants are required to attend monthly meetings designed to evaluate the status and success of the Night Assistant Program.

Although each Night Assistant took his or her job for different reasons, and spends his or her working time differently, they are united by one goal - the safety and security of residence halls. If they seem to be getting paid for doing nothing, remember the level of responsibility that comes with their job. These N.A.'s play an important role in controlling the environments that serve as homes to many students.

Nutrition: Low-Calorie Munchies

by Tammy Stecko
Collegian Staff Writer

Everyone experiences the munchies while they study for an hour or more. The mind becomes overwhelmed with the facts and figures that it shuts down all systems except the section that controls hunger. During the year, after all the hours of studying, all the potato chips, Twinkies and candy begin to show up in a different form around the wasteline.

There are two solutions to this problem: 1) Quit studying or 2) Cut out the snacks. The first solution is a bit extreme if you plan on completing next semester here at Behrend, so it seems that you only have one choice left. Leave the snacks out of your study regime or eat snacks that have a lower caloric and fat content, but making appetizing snacks with those two qualifications can be difficult without a microwave. So that leaves one more obstacle in your path.

There are a lot of snacks that require no preparation. There are choices such as crackers and cheese, fresh fruits, raw vegetables with dip, nuts, and puddings and yogurt. These foods are low in calories and in fat content, except the cheese is high in cholesterol.

If you have access to a blender, then you are pretty much set on your way to making snacks. Blenders can be used for making dips, shakes and sauces.

Below are some recipes for snacks that you might want to try next time you hit the books again:

FRUIT SHAKE

1 cup 2% milk
1 cup fruit (fresh or frozen)
1 cup chopped ice

Blend together in blender. Fresh or frozen fruit (without sugar added) may be used. Makes about 2 cups.

YOGURT DIP

1 package (10 ounces) frozen fruit, drained
1 cup plain yogurt

Drain 1 package frozen fruit. Whip drained frozen fruit in blender until smooth. Add 1 cup plain yogurt. Mix until well blended. Makes about 1-2/3 cups. Serve with a variety of fresh fruit slices, wedges cubes and rings.

There are some points to remember when you are snacking: 1) Snacks complement your daily meal. They aren't substitutes for meals. 2) Snacks should be planned. Not eaten to hold you over till your next meal. 3) Snacks should still be nutritious, because they are contributing to your health. 4) Snacks shouldn't be empty calorie foods or foods high in sugar or fat. This leads to dental problems and weight gain.



The Penn State Foreign Exchange Student Connection

by Stacey Vanstone
Collegian Staff Writer

Every year, several Juniors and Seniors in the Penn State system are granted the opportunity to study abroad in the Penn State Education Abroad Program. A workshop for interested students was held on September 22, at 12:00 in Reed 116. The deadline for application for the fall of '89 is October 15, 1988.

The Penn State Education Abroad Program allows students to travel to foreign countries to study for their major and the culture of that country. Full year, fall and spring semester plans are available. 28 programs at 24 different Universities across the world are offered, including Egypt, Australia, England, Germany, Italy, the USSR, Peru, Kenya, France, Japan, Spain, Puerto Rico, Taiwan, and Israel. 13 of the programs require English alone, while 8 require English along with another language, and 8 require the language native to that country. Each program has a limit to the number of students accepted. Orientation sessions are provided

with faculty and students to prepare for the experience.

To apply, students must have a recommendation from an advisor, a list of all courses taken and planned courses, a transcript of grades, and an essay on why they want to travel abroad and how it would help their education. A G.P.A. of 2.50 is also required, but the average grades of all programs is around 3.10. Students must apply one year in advance to qualify. Tuition is the same as PSU in most cases, and room and board is also based on University Park's figures.

6304 students have participated in the program since it started in 1962. This spring, five students from Behrend will be going abroad. Shawn Fleming will be traveling to Cologne, West Germany; Leah Stalmsmith to Flensburg, West Germany; Nina Saletan to Lima, Peru; and Alecia Gebhardt and Erica Scribner to San Germain, Puerto Rico.

Mari Trenkle, the director of the program at Behrend, believes the experience is very educational and helpful to any major.

More about the Penn State Education Abroad Program including interviews with the students traveling abroad next semester and those who are currently abroad this year will be featured in future issues of the Collegian.

Students Who Work are Less Likely to Drop Out

(CPS) -- College students who hold down part-time jobs are less likely to drop out of school, the U.S. Department of Education has found.

"Work may motivate students to study harder, and the socialization associated with working may be beneficial for college persistence," study author Dennis Carroll wrote in a summary of the report's findings.

The new report was part of an ongoing department study -- called "High School and Beyond" -- of 30,000 students who were high school sophomores in 1980, and follows them through their educational careers.

Some 93 percent of the students

who worked part-time during their first year in college returned for a second year, compared to 83 percent of the students who did not hold a job during their freshman years.

They worked long hours, too. One in 12 students worked jobs requiring more than 41 hours per week, while only 25 percent of the students who worked had jobs that consumed less than 20 hours per week.

First-year students earned an average of \$4.44 per hour during the summer and \$4.72 during the school year. Fourth-year students earned an average of \$5.05 during the summer and \$5.57 during the academic year.

BEHREND STUDENTS SPECIAL!!

Galagher's

10315 Station Rd., North East, PA

... Located just 5 1/2 miles out from Exit 9, I - 90

COOL SEASON HRS.: Wed. - Fri. 5 - 10 PM
Sat. - Sun. Noon - 10 PM

PHONE: 725-4932

Buy a large 2-item pizza at our 5.50 price
get 2nd one FREE!!

GET-ACQUAINTED OFFER!!
CALL US AD!

WHY PAY MORE? .. COME TO. . .

Discount

VITAMINS AND SUPPLEMENTS

Name brand items at discount prices

We take special orders

2010 Edinboro Road Brian J. Nelson
Erie, PA 16509 Owner and PSU Student
(814) 864-0043 (814) 866-5751
East of Red Lobster near Millcreek Mall