

# A Twinkie By Any Other Name

By Julie Larson

Lack of sex, stress, boredom, depression, and ignorance can all lead to poor eating habits. This is nothing new. Every magazine on the shelf proclaims this, and addresses the sex, stress, boredom, and depression. However, not one of these symptoms can permanently be alleviated by "The National Enquirer". It is tragic that the one cause of poor eating that can be successfully alleviated is rarely addressed, and often pandered.

Many of us are becoming obsessed, not only with calories, but with what is in food (such as additives and preservatives) rather than what is not in food (such as nutrition). For example: Would a Twinkie be any more nutritious if it had less calories, additives, or preservatives? The answer is no. Were you to eat ten Twinkies a day, (a diet meriting promotion by "The National Enquirer") you would most likely die of malnutrition before you died of additive poisoning!

Students, such as ourselves, need energy to function (ie. study) and this energy is provided by blood sugar which, in

turn, is provided by food. It works like this: An average person, who has not eaten for 12 hours, has a blood sugar level of 90-95 mg sugar for 100 cc blood. When the blood sugar level falls to about 70 mg, we get hungry. Hunger is a physical condition which informs us that we are running low on blood sugar, and should replenish the supply by eating. If we never get hungry, it probably means that we are eating too much, and our body is storing extra energy in our thighs, or gut, as the case may be. However, as we will see, fat production can occur even when we are constantly hungry. If, on the other hand, when we get hungry, we neglect to eat, and the blood sugar level is allowed to fall below 65, we may experience fatigue, exhaustion, headaches, or weakness. This, understandably, causes us to be grouchy, irritable, and/or depressed. (Not to mention unproductive.) If we want to lose weight, we must suffer this condition, to a mild degree, forcing our body to use the energy it has stored as fat. This is a tricky undertaking, and starvation is not the key. What we eat, and moderation, when we eat, are of the essence.

For instance, if you eat two Twinkies (or doughnuts) and coffee for breakfast, your blood sugar level may soar to 155, but can fall below 70 within an hour! This means that you're in class, hungry, irritable, grouchy, fatigued, and you have neither the energy, nor the inclination to concentrate on even the most stimulating of lectures. So, immediately after class, you dash downstairs to the Lion's Den to grab another doughnut (or Twinkie) between classes? You could conceivably eat junk food all day, and still be hungry!

So what should you have eaten for breakfast? You need, for breakfast, the same food you need for each meal: Protein, carbohydrates, and fat. Though a cliché, this does not necessarily mean eggs and bacon. A piece of toast, with peanut butter is a well balanced meal. Or milk with a whole grain cereal. (Whole grain does not mean Crunch Berries.) A meal, thus rounded, can supply you with a steady, and sufficient blood sugar level for six hours, or more. It is possible to eat a well rounded meal, and to do so three times a day, without, God forbid, gaining weight. We, thus, maintain the high productivity

and mental well being so vital to our Capital life, while avoiding the vicious circles of stress, boredom, depression, and lack of sex.

Poor eating habits affect not only our appearance, but our frame of mind, energy level, and efficiency level. Poor eating can be eating too much, too little, or the wrong stuff; it causes us to feel drained and fatigued, and

decreases our overall productivity, and mental well being. You can see that this could have some effect on the sex life, thus adding to the numerous vicious circles that encompass our lives.

The purpose of this article is to ease the ignorance that leads to poor eating habits, by making us conscious of those habits. I would like to, briefly, put those habits into perspective.

# Dorm Computers Ease Homework

By Denise Reinas

This year, new IBM personal computers have been installed in both Church and Wrisberg Halls. These computers are for the use of all students living in the residence halls. They are located in the lounges of the second floor in Church Hall and the third floor in Wrisberg Hall. Both floors, newly named "the quiet floors" in each dormitory, have given up the usual lounging area. A television, couch, and chairs were the usual complements in the lounges but were recently given up to accommodate the new equipment.

In both study areas there are two computers, one permanent and one portable. In order to gain access to a computer, students must ask Leslie Eames, the Assistant Coordinator of residence life, or any Resident Assistant for the combination to the locks on the doors in both

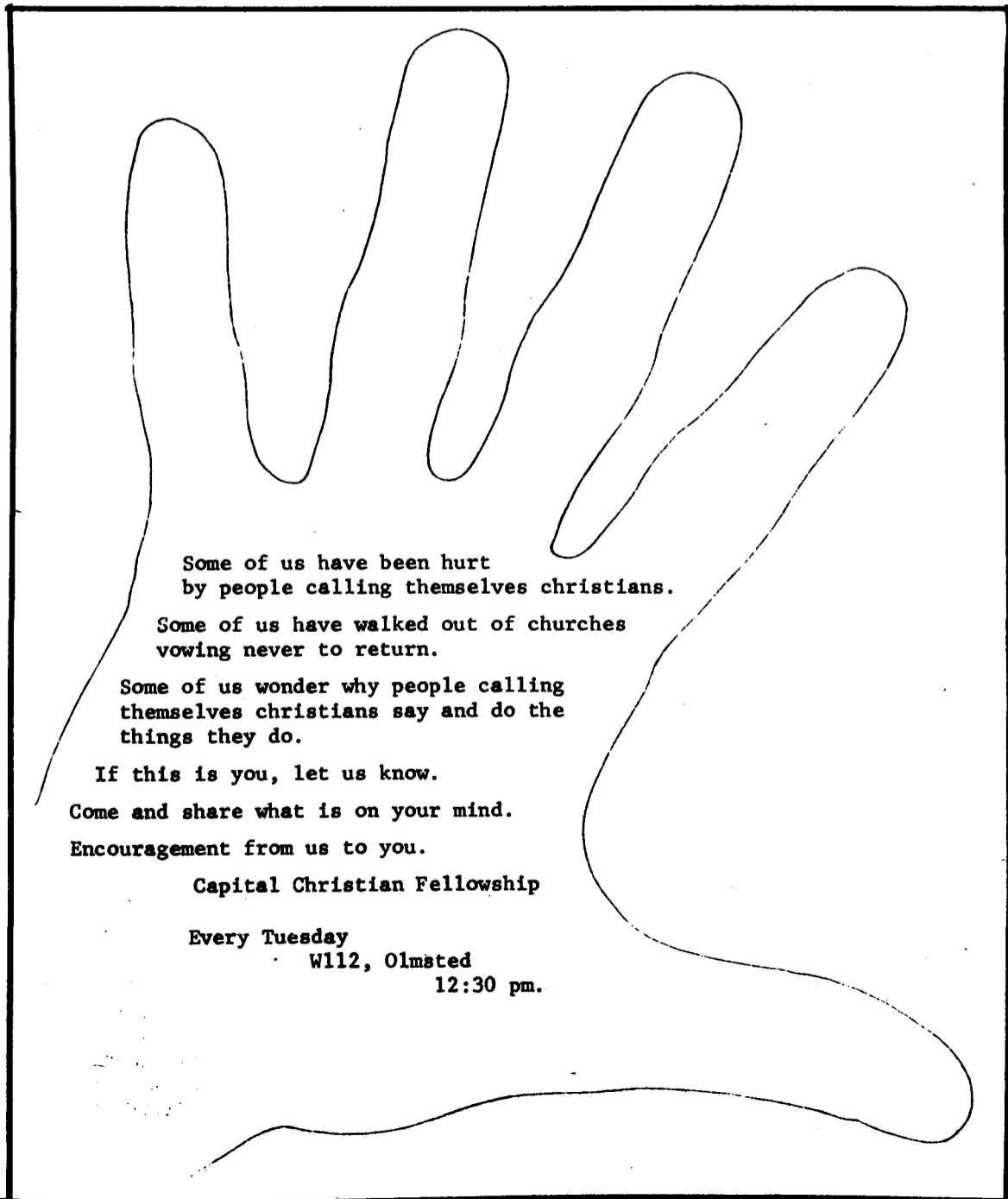
computer rooms. Thus, a record will be kept of computer use and students with knowledge of the combination locks.

The computers can be used at any time by any student living in the halls. The "honor system" will be used for those who operate the computers. There will be programs available on "tutorial" discs for anyone wishing to gain knowledge through a general introduction to computers or teach themselves word processing.

Both Dr. South and the Residence Student Council are responsible for the installation of the computers. Last year it was recognized that students wanted to have computers in the dorms for easy access. This wish is now a reality. So students, take off your raincoats and cold weather wear. You no longer have to fight your way to the Olmsted building. Computer homework will now be a pleasurable task.

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