

## Spend the Summer in Italy Earning Credits

"A fantastic experience!" "One of the highlights of my life!" "The best move I've ever made!" "A time I'll never forget!" "Both enjoyable and instructive!" "I learned so much."

These enthusiastic quotes were all comments made by students who participated in last summer's Penn State Education Abroad Program, "Cultural Heritage and Italy Today."

The seven-week program will be offered again this year--from June 12 to August 1. Todi, a small town in Umbria ("the closest thing to Paradise"), is the centrally-located site of the course which features field trips to nearby locations as well as Florence, Venice and Rome.

The program provides an introduction to the cultural

and artistic heritage of Italy, especially in Umbria, one of the great centers of the Renaissance. Besides actual courses--taught by Penn State instructors and local experts--the educational experience is derived by cultural observation. As one participant says, "I was incorporated into Italian family life. The people were so warm and willing to make me feel at home."

No previous knowledge of the Italian language is necessary, as all courses besides language are taught in English. There are no prerequisites, though anyone choosing the visual arts practicum--drawing, graphic design, ceramics or sculpture--should offer evidence of his or her qualifications. Students in any major and of any semester standing are eligible as credits can satisfy basic

requirements.

Cost per credit is \$125, the same as tuition at the University Park Campus. Room and board charges are comparable to seven weeks of room and board at University Park. Weekly excursions are included, though optional excursions will be available at the student's expense. Airfare, textbooks, academic supplies and personal expenses are extra.

March 16 is the deadline to apply for this exciting study abroad experience. For information and an application, see the foreign studies advisor at your campus, or write or call the Office of Education Abroad Programs, University Park, PA 16802, (814) 865-7681.

(Submitted by Terrie Smith, Director of University Relations, Ogonz Campus.)

## EDUCATION ABROAD PROGRAM STUDY IN ITALY THIS SUMMER

### CULTURAL HERITAGE AND ITALY TODAY

JUNE 12 TO AUGUST 1, 1987

ITALIAN LANGUAGE, CULTURE, AND ART HISTORY. OPTIONAL VISUAL ARTS PRACTICUM.

IN THE LOVELY HILL TOWN OF TODI, UMBRIA -- A WELL-KNOWN ARTIST COLONY NEAR ASSISI, PERUGIA, AND FLORENCE.



APPLY NOW! BROCHURES AND APPLICATIONS AVAILABLE FROM THE OFFICE OF EDUCATION ABROAD PROGRAMS-- 222 BOUCHE BLDG., UNIVERSITY PARK, PA (814) 865-7681

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## Fast Food Facts

Can you afford to gain weight in college? If you've noticed your jeans are getting a little tight, perhaps it's time to examine your eating habits.

Many Penn State students rely on fast food restaurants because they are conveniently located, have quick service and are relatively inexpensive. But watch out, because they can also be quite high in calories.

The average woman needs about 2,000 calories per day while a man needs about 2,700 calories per day.

If you don't choose fast foods carefully, you can easily eat more than half your daily calorie needs in one meal. Take a look at the following sample menu:

Calories	
Whopper	670
Onion Rings	270
Soft Drink	144
Apple Turnover	345
<b>TOTAL</b>	<b>1,429</b>

Fast food has a high caloric value because of the way it is prepared. The sodium content is high, and because these foods are deep fried, they are more fattening. Although fast foods do contain nutrients from at least three of the four food groups, they are low in calcium, low in vitamins A and C, and high in calories. However, fast foods can be incorporated into a well balanced diet. Here are some ways you can eat fast foods and cut down on the calories:

1. Leave out dessert.
2. Choose foods from each food group (milk, meat, bread and

cereal, fruit and vegetables).

3. Choose smaller portions when available.

4. Avoid high calorie foods from the other categories (sugar, fats, regular soft drinks, alcohol).

5. Eat lower calorie foods at other

To help you in your food choices, here are some popular fast foods and their caloric value:

Fast Food Item	Calories
McDonald's Big Mac	563
Burger King Whopper	670
Wendy's Chili	229
Dairy Queen's Chili Dog	330
Long John Silver's Fish	894
Arby's Ham & Cheese	380
Kent Fried Chicken Dinner	767
McDonald's Egg McMuffin	327
Pizza Hut's Pork and Mushroom Pizza	380

Dessert	Calories
Dairy Queen Banana Split	540
Dairy Queen Ice Cream Cone	150

Side Dishes	Calories
French Fries	220
Cole Slaw	121
Corn on Cob	169
Mashed Potatoes w/ gravy	87
Roll	61
Hush Puppies (3)	153

Beverages	Calories
Whole Milk	150
2% Milk	120
McDonald's Choc. Shake	383
Orange Juice	80
Regular Soft Drinks	144
Diet Soft Drinks	1
Coffee	2

(Reprinted from University Health Promotor)

## Dating Game to be Held in CUB

By Denise Reinas

of "The Dating Game's" Jim Lang, Resident Assistant Greg Rzeplinski will lead the fun.

Approximately sixteen prizes will be given out. The prizes will be either free movie passes or dinner certificates ranging from ten dollars to twenty dollars. Dinners for places such as My Place, The Gingerbread Man, The Sunburst, Ponderosa Steak House, Paradise Alley, and more, will be given out as prizes. There were so many contributions from restaurants and movie theaters that not only will the contestants receive prizes, but door prizes will also be given out to the audience.

In February, advertisements will be hung up around campus. So, students, when you see them, sign up. Whether you live on campus or not, sign up for the best social activity of the semester. Who knows, maybe you'll walk out with a free dinner or movie and an appealing date by your side.

The results of a program survey taken by the campus Resident Assistants showed that students were tired and bored with the usual activities, such as dances and movies. Therefore, the RAs decided to sponsor "The Dating Game." Previously, there was a smaller, less formal version of the game held in the dormitories. Because it was such a big success and because there was such a great turnout, the RAs decided to bring the game back, only in a bigger and better fashion.

The game will be run exactly like "The Dating Game" is run on television. But in place