

# Bon Appetit--Devil Dogs and Spam

By Gayle Howard

"Something with tuna salad is all I eat here," said a Penn State student. And for a beverage, "Lemonade, only lemonade." That doesn't mean no variety though. "There's tuna salad on a bagel, or on a croissant or on lettuce," she explained.

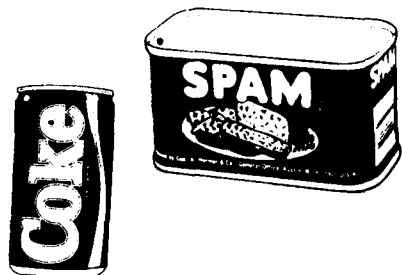
Like many other students, she has found something that suits and she sticks with it. At the Lion's Den, adventure in eating is not a consideration.

Also like many other students, this humanities major only eats a few of her weekly meals at the Lion's Den. Her fast-food alternative is a cheese-steak sub from downtown Middletown. For variety at home she depends on a freezer supply of microwave dinners.

"Egg on croissant, that's all I ever get," said a bleary-eyed student teacher, another part-time eater. "And milk and coffee."

What of the students who eat at the Lion's Den every day?

"I try new things there," said a cheerful finance major. He rattled off a list of hot meals that he ate regularly. Not bad for someone who ate no red meats. Even for sandwiches he had choices, either tuna salad or a cheese sub.



"And two coffees every day. And Tastykake pies and pecan pies. I eat one of those pies every day," he said with a smile. "Always."

Another familiar cafeteria face said he prepared his own meals back at his apartment. Breakfast/lunch might be "cereal, or hamburger, or tomato soup." For dinner, "canned meats are convenient, like Vienna sausage or Spam." He must share a kitchen with a spice-oriented vegetarian. "But there are no problems," he said.

For beverages, he depends on powdered mix, because it keeps well. "I tried a half-gallon of milk, but it went bad." Had he tried a small size? "No, probably the same thing would happen."

What about fruits and vegetables? "Oh yeah, sure. Yeah. Fruits and vegetables. I had some apples..." His thoughts drifted away as he drained the last of his canned Coke.

According to Harv Pitman, master of the Lion's Den grill, the meal most students consistently count on is a cheeseburger. "Next come hamburgers and of course french fries," she said.

Pitman said some young students object to "food that's been sitting around. They want to see it cooked right there, in front of them."

A student waiting at the grill said, "With a cheeseburger and fries, you know what to expect. It's not like risking two bucks on the shrimp casserole. And it's nice to have something you can depend on."

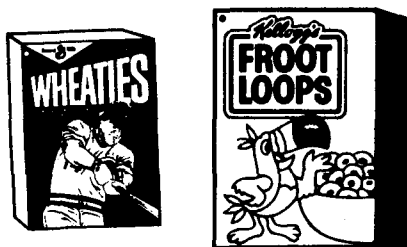
By Judy Hricak

Food. It's something we all need to exist. If we don't eat, we'll perish. However, it's amazing some students at the Capital College are still alive considering the food they eat.

After conducting an extensive survey of Penn State Harrisburg students, I've come to the conclusion that we're in trouble.

What's the food of champions for breakfast? Is it Wheaties? Oatmeal? No, it's Poptarts. You know, those flat, sugar everywhere "tarts" you "pop" in the toaster? At Capital, they're number one.

Other foods high on the breakfast list were: Eggo waffles, Fruitloops, Wheaties (thank goodness, a little nutrition), bagels and eggs.



It's worthy to note that everyone surveyed said they don't always eat a breakfast. One girl said she never eats breakfast. So much for the important meal of the day.

After a grueling morning of classes and demanding professors, everyone eats a well-balanced lunch, right?

Not necessarily. Hamburgers and french fries are number one on the hit parade.

Supertime! On to bigger and better things, right? Well maybe...

Two commuting students said they "eat a hot and well-balanced meal". Mom makes it for them. However, what about our poor, starving students in Meade Heights? They have to slave over a hot stove for themselves after a full day of classes.

And slave they do. If there's any hope for this generation, it lies with supper. After a full day of nutritional reckless abandon and throwing cares to the wind in Vendorville (you know, the room adjacent to the Lion's Den with assorted vending machines), the students at Penn State Harrisburg eat well.

By Barbara Feuerstein

Junk food junkies. Health food freaks. Snack addicts. An examination of today's students readily reveals that the eating habits of the students of the Eighties are as varied as the types of individuals who populate our colleges and universities. Although this hodgepodge of students creates a varied and completely unpredictable student menu, a strong majority of college students fall into the category of undeniable junk food junkies.

The typical diet of an average young student would repulse any respectable dietitian or nutritionist. Andrea Holloway, a sophomore at Temple University, is a prime example. "My favorite foods are pizza, popcorn, Frito's, and peanut M&M's," she said, "but on the weekends I really like to pig

out." Greasy fried foods such as cheeseburgers and french fries also top the list of student favorites, making fast food joints like McDonald's popular eating spots. "Sometimes we go out to Denny's in the middle of the night to get mozzarella sticks, french fries, fried clams, and lots of coffee," said Jim Blank, a junior at Philadelphia College of Textiles and Sciences.

Caffeine is another important aspect of the busy student's life, especially when it comes to writing a paper or cramming for an exam. Chocolate, colas, and tea are chosen by some students for energy, but an overwhelming number of college-goers are admitted caffeine addicts. "I drink lots of coffee," said Blank, "all day long if it's available to me."

Many innocent students fall prey to the irresistible metal monster--the vending machine. These machines offer a myriad of salty and sugary snacks to any passerby with even the slightest twinge of hunger. "I usually get corn chips, Tootsie Rolls, Milky Ways, or Pepsi from the vending machines," said Cathy Feuerstein, a sophomore at Bucks County Community College, "but sometimes I get Minute Maid orange soda, just for the vitamin C." Who said students weren't concerned with nutrition?

By Rhonda Peterman

"Fattening" is the word for food served in the campus dining hall, according to an informal survey of 30 female juniors and seniors at Penn State, Harrisburg, campus.

The females surveyed have lived in dormitories their entire academic life. The majority of the women gained an average of 10 pounds since their freshman year of dormitory living.

A recent survey conducted at Stanford University by Dr. Melbourne F. Hovell, shows that young women who live at a university gain an average of eight pounds their first year of school and may not lose the weight until well into their junior year, if ever.

Weight gain can be attributed to a number of causes, says Dr. Hovell. These may include suddenly changing lifestyles, free access to university meal service and communal eating, which encourages staying at the table for long periods of time.

One senior said, "The cafeteria offers a variety of desserts every day. They offer ice cream, cake and pie. I am not exposed to this type of temptation at home. At school, I usually can't resist dessert."

Another woman said, "The cafeteria foods are high in starch and fat. I must look at the menu for the week and plan my meals to avoid too much fat in my diet."

"I've learned to center most of my meals around the salad bar. The vegetables in the cafeteria are always overcooked," said a junior.

Those who will not be living in a dorm, according to Dr. Hovell, have a much better chance of staying slim during college. Anyone who avoids the university meal service and its unlimited number of seconds and thirds policy and the group-gorge atmosphere tends not to suffer excess poundage, the way the on-campus women do.

By Kyle Weaver

College schedules affect meal time and diet, according to eight Penn State Capital College students.

During individual interviews, eight students in various majors explained how class schedules, studying, and other school related activities limit the time, regularity, and quality of their meals.

Three meals a day is a rarity for these students. All admitted to eating only one or two meals a day. Education major Denise Van Briggie, 33, a commuter with a schedule that leaves her little time between classes, said, "I rarely have breakfast in the morning. I sometimes just have a bag of pretzels, or something like that for lunch. I have a night class, so often, I'll feed my family and won't eat--and it causes me to eat late at night--and often the wrong things."

Eating on the run seems to be a frequent student practice. Most of the so-called meals that these students talked about are actually quick snacks between classes. Business and communications student Ronda Graby, 21, said during her interview, "I have eaten one meal so far today. I ate pickles."

Tastykake and Drake's pastries serve similar functions. Public policy major Mark Keisling, 28, said, "I very often find myself eating chocolate cupcakes with creamy stuff in them, in lieu of a meal, because they're around and they're good."

One student, mechanical engineering major David Bradley, 21, is affected in a different way. He does not eat quick snacks, because he is on the pre-paid meal plan at the dorm cafeteria, where he eats most of his meals. He said, "For me to eat what I like, it would cost me more." But the cafeteria does not always regulate his eating schedule. Often he "bags" a meal, if it is one which he knows will be "raunchy."



Most students living in the dorms are limited financially, and are left with few alternatives to the cafeteria. Finance major Kris Hansen, 21, said she eats such foods as noodles, instant soup, and fast food from Hardee's, because "it's all I can get, it's all I can afford." She also said she rarely eats in the cafeteria, since it is not open when she is hungry.

The limited serving hours of the dorm cafeteria, 11am to 1pm for lunch and 4pm to 6pm for dinner, also pose a problem for a particular psychology student. Melissa Wohrie, 21, said, "There are lots of times when I'm really not hungry, but because I don't want to miss the meal, or I don't have money to go out to dinner, I'll just go there and eat."