

Spice it up with Ann

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As the semester winds down, many of us are getting tight on money. Summer jobs may be on the horizon, but the stomach needs food now, to make it effectively through finals. How can the food dollar be stretched a bit?

There are several strategies to make the grocery budget go farther. The first strategy is to shop at places that cost less, or buy cheaper food through closeouts or sale items. Closeouts are items that the regular stores do not want to keep on their shelves. Items may be close to the expiration date, or a flavor of food that did not sell well. Out of date does not indicate instant poor quality on that day. Rather, non-perishable items slowly deteriorate and may or may not taste fine for weeks to years after the stamped date. Legally, medications can be sent overseas for up to two years after the stamped date. The quality slowly deteriorates from the time of manufacture. Guaranteed effectiveness is only until the date on the package, but the item is safe and still somewhat effective.

Price comparison shopping is another way to save money. Stores usually have the price per unit listed on the price tag on the shelf. Most of the time, it is suggested that folks buy the item with the cheapest per unit price. If someone is only buying for one person, it makes sense to balance the price with the amount of food, how quickly it goes bad and how quickly it will be used. Sales often have buy one get one free offers, but even these may not be as good a deal as buying generic. Looking at the ads week after week allows the chance to learn prices and what is a good deal.

Locally, we have several options for closeouts. These grocery stores generally stock regular groceries, as well as closeouts. Just about a mile west of campus is the Sharp Shopper. Students could walk about a mile to get there, if no car is available. Amelia's Grocery

Warehouse on Mountain Road, just north of Interstate 81, close to Englestown, also focuses on closeouts.

Purchasing lower cost foods is another way to save money. Dried beans are the cheapest form of protein, averaging less than a dollar a pound, but take a while to cook. Hot dogs or bologna can often be purchased for about a dollar a pound. A slice of bologna can be microwaved for about a minute to make a bizarre but tasty, crunchy, snack! Local grocery stores often have cheese on a buy one, get one free sale, which brings the price to close to a dollar a pound. It is possible to get sufficient protein without spending a lot of money!

As spring progresses there are more options at farm stores and farmer's markets. Strites' Orchard farm shop is open and still selling apples and other produce. Strawberries will be in season soon and you can pick them yourself for a less expensive way to gobble up these delicious berries. Strites is north of Middletown, on back roads-call for directions. Saturday's Market, between Middletown and Elizabethtown on Route 230, is open year round. There are a variety of vendors indoor and out, every Saturday and Sunday. See www.saturdaysmarket.com for more information. There are several other large indoor markets in the area, such as The Broad Street Market in Harrisburg, The West Shore Market in Lemoyne, and markets in Lancaster and York as well. All of these marketplaces have multiple vendors which makes it easier to comparison shop. Prices may still not be a good deal, so it is good to know supermarket prices as a comparison.

Bean stew
All dried beans should be checked carefully before cooking, since small stones can be mixed in. Pour the legumes slowly into the pan and remove any stones, if found. Lentils and split peas do not need to be soaked and only take about an hour to cook. For other beans, like pinto, kidney or garbanzo beans, start by soaking the beans overnight or during the day to cut

down on cooking time. Discard the soaking water to cut down on gas. They will still take several hours to cook, up to three for most and perhaps four or more for soybeans. Check the beans periodically and add more water to be sure that there is always water covering the beans. If you misjudged and the beans are not totally soft close to serving time, put them away for another meal, and have something else. Add chopped onions, garlic and celery, and spices or herbs at the start of cooking time, chopped carrots about 45 minutes before the end, and more tender vegetables, such as green beans or frozen peas about 20 minutes before serving time. Serve with a salad and bread for a complete meal.

Baked Oatmeal
This delicious treat is a central PA specialty that can be served warm or cold for a dessert, snack or an inexpensive, but elegant looking breakfast. Serve plain or garnish with whipped cream, vanilla yogurt and fruit or ice cream. Oatmeal is a whole grain that is inexpensive!

3 cups rolled oats
1 cup brown sugar
2 teaspoons ground cinnamon
2 teaspoons baking powder
1 teaspoon salt
1 cup milk
2 eggs
1/2 cup melted butter
2 teaspoons vanilla extract (optional)
3/4 cup dried cranberries, raisins, or cherries

Optional streusel topping:
1/2 cup brown sugar
1/2 cup flour
1 teaspoon cinnamon
1/3 cup butter
Preheat oven to 350 degrees.
In a large bowl, mix together oats, brown sugar, cinnamon, baking powder and salt. Beat in milk, eggs, melted butter and optional vanilla extract. Stir in dried fruit. Spread in a 9x13 baking dish. If using topping, mix brown sugar, flour and cinnamon together and using a pastry cutter or fork, mix in butter until crumbly. Sprinkle over baked oatmeal. Bake 40 minutes.

The library has established end-of-semester extended hours from Sunday, April 22 through Thursday, May 10. The new hours are: Monday through Thursday, 7:45 a.m. to midnight; Friday, 7:45 a.m. to 9:00 p.m.; Saturday, 9:00 a.m. to 5:00 p.m.; and Sunday, 1 p.m. to midnight. The CyberCafe will remain open 24 hours.

The Capital Chorale, Penn State Harrisburg's chorus under the direction of Marina Cherepinsky, will present free spring concerts at noon Wednesday, April 25 and at 5 p.m. Wednesday, May 2 in the Morrison Gallery of the library. The May 2 performance will be followed by a reception.

May 3: Faculty Art Exhibit
Location: Morrison Gallery, Library

Details:

An exhibit of the works of Penn State Harrisburg arts faculty is on public exhibit through May 11. Participating are Corinne Edris, Judith Johnson, Catherine McCormick, Barbara Piscioneri, Linda Mylin Ross, Craig Welsh, and Sam Winch. Gallery hours are 8 a.m. to 9 p.m. Monday through Thursday and 8 a.m. to 5 p.m. Friday.

May 19
9:30 a.m.
Spring Commencement Ceremonies
Location: Giant Center, Hershey

Alexandria Quartet
The Alexandria Quartet brings its fusion of traditional klezmer melodies and new Jewish compositions to Stacks Stage at 12:30 p.m. Monday.

April 30.

Cross Country Meeting
Students interested in joining the intercollegiate cross country team for the fall season are invited to a meeting from noon to 1 p.m. Wednesday, May 2 in E-124 Olmsted.

ART EXHIBITS

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Things You Need To Know

Chancellor Madlyn L. Hanes has announced that Penn State Harrisburg faculty, staff, and students can now register for emergency cell phone text messaging through the University's PSUEXT system. You can subscribe to the system by accessing the register link at <http://newswires.psu.edu> and clicking on the "Harrisburg News" box. The use of the emergency text messaging will be closely monitored and only activated in situations identified as having an immediate impact on the college.

Attention Staff: Lappertize class will be offered every Wednesday and Friday from April 11 through May 18 from 12:30 to 1:30 p.m. in CUB room 206. No experience is necessary for the free class. Bring tap shoes if you have them or just try it with regular shoes or bare feet. The instructor is Janet Althouse. E-mail Julie Stoehr at jrs1017@psu.edu to sign up.

One of the area's most extensive and ambitious summer educational experiences for schoolchildren of all ages is returning to Penn State Harrisburg the weeks of June 18, June 25, July 9, July 16, July 23, and July 30. Kids College, which attracted more than 600 children to the Penn State Harrisburg campus last summer, offers more than 50 camps this year for children in grades 3 through 12. Children of Penn State employees receive a 10 percent discount on camp fees. For a complete list of camps, visit the Web at <http://www.hbg.psu.edu/ce/academics/kids/>.

The Learning Center offers online scheduling for any writing or math course up to and including Calculus II. Reserve a time at <https://www.rich15.com/psuh/>. For other courses: E-mail: tutorrequest@psu.edu. Be sure to include the course number! We can't guarantee a tutor, but we will try to find one.

Research participants are being sought for an experiment to answer the question: How do people identify nonsense? Each participant will receive \$10 cash. Phone 948-6035 to schedule an appointment or stop by room 203 in the EAB.

Anyone interested in playing intercollegiate tennis in the 2007-08 school year should contact Coach Becky Cecere as soon as possible for more information and regarding spring workouts. The women's season is in the fall, while the men play a spring schedule. Players of all levels are encouraged to inquire. E-mail Coach Cecere at rsc14@psu.edu or call 329-0043.

III Extended Hours
The IIT department has established end-of-semester extended hours of 7:45 a.m. to midnight from Monday, April 30 through Thursday, May 3.

Summer Work

\$15.75 Base/Appt.

Flexible Schedules

Customer Sales/Service

Conditions Apply

All Ages 18 +

All Majors Considered

www.workforstudents.com

717-560-9042

The Student Government Association is looking for members

Get Involved!

positions in ad-hoc committees, student court and senate

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