

Opinion

Letter from the editors

Room for improvement leaves us talking about ...

...Corrections

We all know perfection is a difficult thing to come by. In fact, it doesn't exist. We all make mistakes. Such is the case here at the *Lion's Eye*. We acknowledge that we made the following mistakes in our last edition:

- James McBride was on campus a few weeks ago to autograph his best-selling book, "The Color of Water."

- CAS 402 is an excellent class studying speech and human behavior, not the study of the evolution of the English language.

- Alex's Lemonade stand was run by the Penn State MADE organization.

- And, yes, we have seen the typos throughout the last edition, making people wonder if we need our eyes checked (no pun intended).

Because of the errors, we feel that we need to offer our readers an explanation. So here it is: Our publisher uses a different edition than we do of Quark XPress, our layout software.

Basically, the pages would not format correctly. Technology can be a blessing, as well as a mess.

We have taken steps to fix the problem so it won't happen again and we apologize for any and all inconveniences this may have caused.

We can only strive to be better. All of us can use this as a learning experience. Knowing you made a mistake can be a humbling experience.

It makes us strive to be better.

We can apply this to other aspects of our college lives: academics, clubs, relationships card games, etc.

There is always room for improvement.

We hope everyone enjoys this issue as we gear up for the holiday festivities. With Fall Week and Penn State Day coming, we're sure busy at the *Lion's Eye*.

On Penn State Day, Oct. 30 stop by our table to partake in the treasure hunt and please, continue hunting for our mistakes. Promise to continue making us aware of them.

We promise to make it more difficult next time.

Happy pumpkin-picking!

Sarah and Jennifer

MISSION STATEMENT

We are the newspaper of the Penn State Delaware County campus, serving the students, administration, faculty and staff of, and visitors to, our campus. We vow to entertain and inform all of our audiences, and we will strive to make each edition better, so that we remain a vital part of the Penn State Delco experience. We also strive to be professional, and to follow the highest standards of good journalism.



The Lion's Eye

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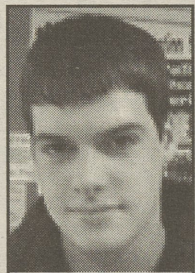
People Poll

Staff writers Anya Takos and Charlotte Barr asked:
What do you like to do for Halloween?



I take my younger sister and cousins trick or treating.

Anna-Lissa Lajoie
Education



I go out to party and get drunk.

Greg Donahue
Business Administration



I am throwing a party at my house.

Nicole Walker
Business Administration



I like to scare kids.

Antonio Osborne
Undergraduate Studies



I eat candy and get dressed up to go to parties.

Debbie Greenhalgh
Business Administration



I like to be weird, eat candy and party.

Windy Tanuhidayat
IST

Low carbs? Better to start using a low-gimmick diet

It's better red than bread and bagel-less butter. Bacon and eggs are jumping free of the muffin, and meat is saying adiós to its old friend potato.

The carb-cutting craze is conquering corner stores and supermarkets everywhere, and frankly, this manufacturer-driven diet is starting to irk me.

Walk down an aisle and you're sure to see companies like Carb Options or Low Carb Creations that have pumped out products like cookies, chips and crackers, professing a tasty yet healthy treat. Even companies like Frito-Lay have jumped on the bandwagon with Doritos Edge, a snack that prides itself on a mere six grams of net carbs.

According to the Mayo Clinic, the reasoning behind the low-carb diet and its sometime cardboard-flavored foods "is that carbohydrates promote insulin production, which leads to weight gain. So, the theory goes, reduce your intake of carbohydrates and you'll shed extra pounds."

It seems like a simple, if not an attractive, dietary plan that lets you load up on foods like chicken, beef, and eggs, but advises you to avoid fruits, bread, pasta, and some vegetables. But I've got a beef with this beef-friendly diet. Many of us are gladly curbing our carb consumption, while no research has been returned on the long-term risks this diet may produce.

Worse yet, it has been made quite clear that the foods this diet allows you to eat generous portions of, like meat, are sometimes high in levels of saturated fat that "have been shown to increase your risk of heart disease and some types of cancer," says the Mayo Clinic staff.

It's a good old heart attack on a plate.

"When food companies make low-carb products... they often replace the carbohydrates with substances such as the sweeteners sorbitol or maltitol ... [that] can act as laxatives when consumed in large quantities and may cause diarrhea, cramping or other digestive discomfort," says Donald D. Hensrud, M.D. of the Mayo Clinic. Perhaps not the most attractive or appealing way to appear in your new slender duds.

As is the norm with the multitude of other diets out there, the low-carb diet is another marketing creation that has those in search of slimming down digging into their pockets and manufacturers cashing in at the bank.

Buzzwords that attract our attention like carb-smart and carb-fit are promotional gimmicks that don't have any true medical standing. Certain companies producing dietary alternatives boast low-carbs, but are even higher in calorie content than the non-dietary alternative. A 27-gram serving of Snackwell's Chocolate Sandwich cookie may contain close to 21 grams of carbs, but only 115 calories, whereas Snackwell's CarbWell Fudge Graham cookies contain 18 carbs, but 120 calories per 27-gram serving. Even the all-encompassing term to describe this diet, low-carb, has been given "no legal definition" from the Food and Drug Administration, says UC Berkley's Wellness Letter.

Although "low-carbohydrate diets do work in the short run... their long-term weight-loss results aren't significantly better than those of standard diets," says the Mayo Clinic staff.

The straight skinny folks: Let's stop falling for the wallet-draining gimmicks and wake up and feel our arteries hardening.



By ANYA TAKOS