

Eye on Campus

Bell Lecture: Healthier Eating

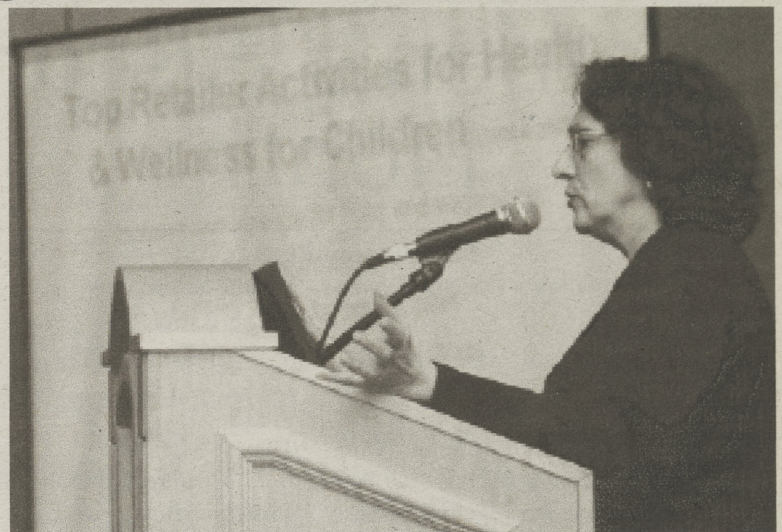
By Pat Grant - Lion's Eye Staff Writer - peg5021@psu.edu

On Thursday February 19, 2009, Nancy Childs, an active researcher and advisor of food and health for Saint Joseph's University came and gave a lecture to a room filled with both students and adults. It was the first of the 2009 Clarence D. Bell Lecture Series, which took place during common hour that students from a History 21 class were required to attend. She talked about the future of food and what measures are being taken by companies to let us know what is in our food. She also talked about what consumers look at and want on their food and how they make "healthy decisions". The speech lasted approximately an hour and Nancy was able to involve the audience in a way all her own.

Nancy went into all the different kinds of information that are put on food labels to help consumers make their choice; because of the election last year and the new problems within the economy; the FDA is without a director at the moment, because Obama is spending all of his time on the economic situation. This means that food companies are choosing their own method for food labeling. Many different labels have been newly processed and will continue to be distributed over the next year. Some examples of this are Giant has come out with its "Healthy Ideas" sticker to let its consumers know if the product is "healthy" or not, another one that

I thought was interesting was "Food flex". This was an idea by Safeway, a big chain on the west coast, which allows you to go on their website and see a breakdown of the food that you purchased there, it tells you if you're eating healthy or not and really helps consumers make better decisions. Finally, "Smart Choices" by Giant, uses checks to let you know if a food is healthy or not.

The last thing Nancy went over was statistics from a survey that included about 200 people nationwide that was put out by the FDA. This survey revealed that approximately 56 percent of people read the food labels while at the grocery store. The most shocking statistic was that 76 percent of people say that fresh food is their number one concern when buying a product and yet only 45 percent of people worry about contamination. In conclusion, "People have the right to know what they're eating and too gather that information in a way that they can understand it." Nancy stated. She finished with only a few questions because she was running late and the students needed to get to class.

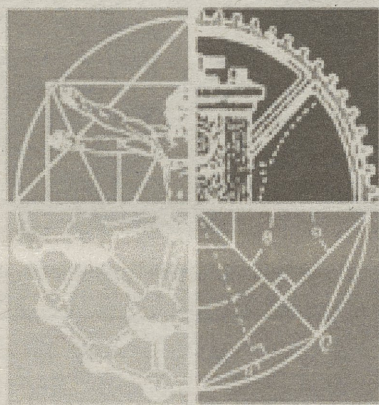


Dr. Nancy M. Childs, Professor at Saint Joseph's University. (photo courtesy http://www.snaxpo.org/2007-Archive/images/_DSC0322.jpg)

The next of the Bell Lecture Series is on March 3rd. It is going to be about an alternative to canning foods. It should be pretty intriguing so take the time out of your day and spend an hour listening to an expert talk about one of the necessities of life, "FOOD".

Penn State Brandywine Identifies Engineering Week

By Jackie Downey - Lion's Eye Staff Writer - jsd@psu.edu



**ENGINEERS
WEEK® 2009**
FEBRUARY 15-21

Engineering Week 2009. (photo courtesy http://engineering.wustl.edu/content/images/newsphotos/Engineering_newsart_72.jpg)

In 1951, the National Society of Professional Engineer's created National Engineering Week to celebrate the accomplishments and achievements of the industry. National Engineering Week is celebrated on the third week of February every year and for good reason. George Washington is known to Americans as a great civil war leader and our nation's first president. A lesser known fact is that George Washington was also an engineer. This is why we celebrate National Engineer's week during the third week of February, close to President's Day.

After speaking with Penn State Brandywine's very own Associate Professor of Engineering Dr. Ivan Esparragoza, it was made clear how important this week is not only to the engineering students, but to our whole campus. Penn State Brandywine has a phenomenal Engineering Club. They are currently working towards winning the regional competition at University Park on February 28th with a unique Rube Goldberg machine. Dr. Esparragoza encourages everyone to come up to the competition and support Brandywine's team. He informed me that, despite the current decline of other educational programs, the enrollment of engineering is growing nationally. During our time of economic uncertainty, the engineering community continues to thrive. When asked about the future of engineering students here, Esparragoza re-

sponded with the following: "The future for engineers is very promising. In these difficult days in the economy, experts consider that engineering, innovation, and entrepreneurship are the key elements for sustainable growth. Development of technology is a driver for economic and social transformations, and the engineers are the enablers of that technology."

On Wednesday February 18th at 6pm, the fourth annual Engineering Offering reception was celebrated. According to Dr. Esparragoza, it was a great success! The prospective students and their families made up about 70 guests. There was a presentation about the Engineering program at Penn State that detailed the experience of starting the program at our campus. Four students in the Engineering Club talked about the Rube Goldberg competition and their experience attending this school. At the conclusion, they made a presentation about the machine that they will design for the contest this year.

Engineering is a highly regarded field in society. During this week it is important to support and celebrate such a ground-breaking industry. When asked about his feelings towards National Engineering Week Dr. Esparragoza replied "I particularly feel pride for the week that recognizes and celebrate all the contribution of engineering to the society."

Poet Major Jackson To Read At Brandywine

Special To The Lion's Eye

Major Jackson is the author of two collections of poetry: Hoops (W.W. Norton: 2006) and Leaving Saturn (University of Georgia: 2002), winner of the Cave Canem Poetry Prize and finalist for a National Book Critics Circle Award. Hoops was a finalist for an NAACP Image Award in the category of Outstanding Literature—Poetry. His third volume of poetry, Holding Company, is forthcoming from W.W. Norton.

Jackson is a recipient of a Whiting Writers' Award and has been honored by the Pew Fellowship in the Arts and the Witter Bynner Foundation in conjunction with the Library of Congress. He served as a creative arts fellow at the Radcliffe Institute for Advanced Study at Harvard University and as the Jack Kerouac Writer-in-Residence at University of Massachusetts-Lowell. Major Jackson is the Richard Dennis Green and Gold Professor at University of Vermont and a core faculty member of the Bennington Writing Seminars. He serves as the Poetry Editor of the Harvard Review.

A native of North Philly, Jackson writes poems in which many of us can personally locate the biographical and metaphorical world of his art.

Major Jackson will be available to sign books and chat after with students and others after the reading.

His visit is open to the public and is sponsored by the Student Activities Fund. Wonderful poetry, and refreshments, too.



North Philadelphia native Major Jackson will offer the Brandywine campus a poetry reading on March 4. Wednesday, March 4, 12:30-1:20 Tomezsko Classroom Building Lounge.

(photo courtesy Adam Sorokin)