

## Barmaids: Trials and tribulations

By VICKI WARREN  
For the Collegian

The State College barmaid does more than just wait on tables. Arrived with only a tray and a wet rag, she also must protect herself from her customers.

"The trouble with this job is that you get customers who somehow think a woman is less than human, and a barmaid should be scoured from the earth," said Kathy Domenig, a barmaid at the Phyrst.

"Physist regulars know how to behave," she said. "They should, they've heard me complaining enough. But sometimes, especially near the end of the term, we get people in here who are just plain uncooperative. They walk in and go 'oh, a barmaid' as if they haven't seen a woman for years. They drive me nuts."

Domenig said she has limits on how many hassles she'll take, and when she reaches those limits she starts spilling drinks in "strategic places."

Sandie Collins Redmond, a barmaid at the Brewery, said she also must deal with uncooperative crowds.

"Some guys come in here really

loaded and think because I work here that I'm some kind of nonentity that they can treat as they please," she said.

"I'll take so much, then I just let them have it. A light punch in the arm or a slight dig with my fingernails. If things get too bad, I'll go to the bartender, but he's usually so busy that I hate to bother him," Redmond said.

Along with problems from individual customers, Redmond said crowd size is another factor barmaids must cope with.

"This place gets packed, and everyone is here to dance and have a good time. They just don't want to move to let you through. All I can say is that my coordination has improved 100 per cent and I have this new balancing act that I do with a pitcher in either hand."

Joan Jodon, a barmaid at the My-O-My, said crowd size there varies depending on who the dancer is that evening.

"Things are real bad when Misty is here. She's this beautiful blonde who dances on the floor and the men just line up 10 deep along the bar and won't move."

Zeno's also has a problem with

crowds. Barmaid Diane Mannig said, "It get's so bad in here that the people at the back tables just stand up and scream 'I want a pitcher, but I can't get to them without spilling half of it on the way.'"

Mannig said the crowd situation would be bearable if it weren't for the fact that "you get beat and still don't make any money."

"I make a dollar an hour working from 6 to 2 or 9 to 2, which means I'm depending on tips in order to make out, and they're just nonexistent," she said.

Most of the other barmaids in town agreed.

Susan Goldberg, a barmaid at Harry's Downstairs, averaged about the highest of the barmaids questioned in tips. Explaining her success, she said, "Part of the reason is that barmaids also serve food, and when we work 6 to 2 we get a lot of businessmen and they have the money to tip."

"This bar is probably the best as far as money goes," she added. "The only real problem I have is that I'm really into the women's movement and there is so much sexism you have to put up with if you work in a bar."

If working in a bar is so undesirable, why is there a steady stream of women ready to do it?

Mannig said it's a simple case of economics.

"Zeno's employs quite a few new people, just about a new girl a week sometimes. We get some that come in and only last one night, but it's not so bad. When I first started, I really liked it and it is a good way to meet people," she said.

The Scorpion is another bar with a

large turnover, according to Lisa Morgan, bartender and barmaid who works under the name Assily Nagram.

"Personally, I'm only in it for the money," she said, "and I prefer working behind the bar. There is something real secure about having that wood separate you from your customers. When the new girls come in I tell them this, too. But they have to find out for themselves whether or not they are suited for the job."

Domenig said determination and the ability not to take things personally are two qualities a barmaid should have.

"One good thing is that every night is different and you probably won't have to face the same people again," she said.

Jodon could not find anything good about working as a barmaid.

"Nothing surprises me, nothing bothers me, and there isn't anything I like about working here," she said. A dancer at the My-O-My six years ago, Jodon returned last year and has worked as a bartender, secretary and waitress. "The management is nice," she added.

Goldberg said another benefit of the job is that her math has improved. "You have to be able to add, subtract, divide and multiply under the most adverse conditions," she said.

Domenig is learning to read lips, because "it's impossible to hear when the band's playing," she said.

All of the barmaids seemed to think the hours were one nice aspect of the job, with most working only four hours a night.

Except Redmond, who said, "I wouldn't advise anyone to become a barmaid, it's wrecking my marriage."



Two more beers

STATE COLLEGE BARMAIDS say that their job is a far cry from the stereotyped picture above.



FLOWERS, like these crocuses, soon will be blooming in more than 20 areas on campus.

## Food stamps available for needy students

By CRAIG DUNLAP  
Collegian Staff Writer

A University student, now receiving food stamps as part of a three-man household, says he and his roommates had been in a financial bind but had not realized they were eligible for food stamps.

"We had enough money for rent and to get other bills out. We even had enough for food. We were managing but things were getting a little tight," the student, who prefers to remain anonymous, said.

According to Margaret Attinger, income maintenance supervisor for the Centre County Board of Assistance, said this student's situation is typical.

Most students don't believe they qualify for the food stamp program if they receive at least partial support from their parents, Attinger said.

Attinger said as long as the applicant's monthly net income does not exceed the limit corresponding to his household's size, he can qualify for the program.

However, net income does not simply imply wages earned, she said. In the student's case, it includes scholarships, educational grants, fellowships, veterans' benefits and loans which are not repaid until graduation, she said. Material objects such as cars and stereos also are included.

But these limitations are often offset by deductions for tuition and for medical expenses over \$10, Attinger said. Also included are rent and utility payments over 30 per cent of the net income after all other deductions are subtracted, she said.

Attinger said she wishes more students would apply for food stamps because many of them need them. She said her office will conduct an application drive in April.

"The students on a whole are marvelous," she said.

They usually come in and report such things as changes in income within the 10-day deadline, Attinger said.

After learning that some of their friends received food stamps, the three students previously mentioned went to Bellefonte to apply as a household in December. "We wanted to see what the story was," one said.

After they and their parents filled out the necessary forms, they were told in January their \$1600 total assets was \$100 over the limit for a household of three.

In February, the students reapplied because they had less money in their checking accounts and one of them had spent most of his Pennsylvania Higher Education Assistance Agency loan.

"The next week, we received a food stamp check for \$120 in the mail, totally by surprise," one said. "We didn't think we were going to get it, to tell you the truth." They had to pay \$16 for their monthly allotment, he said.

"When we went shopping, we didn't spend more than we normally did," he said, "but we had enough money left over" to live more comfortably.

They said they still buy a few luxury items such as ice cream and cookies. "There's no reason why we shouldn't get the same foods we normally get with cash," one student said.

"We're really not living super-high," his roommate said. "When we figure our budget every month, things are still as tight as ever and we wonder what we would do without the food stamps."

Another roommate said the food stamp allotments "are adequate if you're not extravagant." He said not to buy expensive meats or desserts like ice cream and cookies. "You have plenty of money if you buy the essentials," he said.

The roommates said they occasionally run into opposition when they use them.

One said that once they were at the check-out counter when "this guy behind us mumbled to his friend, 'Look at these kids getting food stamps. Boy, I hate people on welfare.'"

"Even these enlightened college students have the same opinions," a roommate added. "They say, 'Oh, those people on welfare.' Food stamps have a negative connotation to most people."

But they said they feel the value of the stamps is worth the nasty looks they sometimes receive from others.

Garret Field (9th-biology) also believes the stamps are worthwhile. He and his two roommates have been receiving \$122 per month since mid-January.

Field said their allotment covers their needs adequately. "We're still economical. We still get the same amount," he said, adding that they buy few luxuries.

But these newly-found incomes may stop abruptly at any time. According to Attinger, a new food stamp law, which was to have gone into effect Jan. 10, would disqualify any recipient receiving at least half of his income from his parents or named as a dependent.

Attinger said the previous ruling is still in effect in Centre County because her office had not received any directives on how to administer the new law. She said the new ruling probably would affect many of the 800 students now allotted stamps.

One student said the new law would disqualify him. "My parents pay for my tuition and I pay for room and board and other expenses. I am a dependent. There's no doubt about it," he said.

He said being disqualified definitely would place an added burden on him. "Right now, with the increased electric bill and lack of income, I don't think any of us could make it without food stamps."

## Naturalists shun chemical additives

## 'Conservatives' depend on natural foods

By CATHY CIPOLLA  
Collegian Staff Writer

In an era where truth in packaging is a big issue, natural food lovers aren't taking any chances.

According to Andy Millar at the Dandelion Market on Beaver Avenue, about half of their customers have a total diet of natural foods, which are grown and prepared without chemicals.

"The people who come here are conservative," said Jon Rosenthal, another worker at the market. "There are over 3,000 chemicals in the processed foods we eat. People who eat processed foods are radical, because natural foods are proven to be safe and processed foods are still new."

The store offers a variety of natural foods, including herbal teas, dried fruits, organic vegetables and eight different kinds of flour that are ground fresh every two weeks.

Millar said many customers are students, but most of the real natural food lovers are non-students. "Students usually don't buy the grains, beans, and flours because they don't do that much cooking," he said.

Millar said a few of their customers have become so accustomed to natural foods that they can't eat processed foods. "A couple of our customers have an allergic reaction if they eat processed cheese," he added.

"The food you eat affects the way you are," said Millar, who has lived on natural foods for four years. "Natural foods are better for you than processed foods."

Although packaged natural foods are more expensive, Rosenthal said making them "from scratch" is much less expensive than buying processed foods. For example, he said, graham crackers can be made in less than half an hour for about 35 cents a pound.

"I do all my own cooking and buy nothing processed," Rosenthal said. "I

even make my own sauce and can it. It can be made in bulk and frozen."

According to Millar, the beans, peas, and flours appeal to people who like creativity in cooking. "It's a lot cheaper, but it takes more time," he added.

Many students prefer dried fruits and natural food sandwiches which are made every day, Millar said. One type of sandwich, called a "Bean-ahoy with chips," consists of vegetarian sausage, carrots, cheese, corn chips, and three kinds of beans rolled in cornmeal and topped with a mixture of catsup and yogurt.

Although, according to folklore, each type of herbal tea has medicinal properties, Millar said the Food and Drug Administration does not allow them to be sold as cures.

He said some people use these herbs as salves to be applied to the body. For example, myrrh can be made into a paste and applied to bleeding gums.

Aloe Vera powder, from the plant with the same name, can be used to soothe burns and soften the skin, Millar said. Vitamin E ointment, which supposedly helps the skin, contains this ingredient.

When brewed into a tea, the herb lobelia supposedly cures pinworms, Millar said. Hops, which is used in brewing beer, is supposedly a good sedative.

Other people buy the herbal teas just because they enjoy the taste, Millar said, adding that each one tastes different.

Rosenthal said many people have a negative stereotype of natural food users as "food faddists."

"One definition of 'food faddist' is anyone who eats molasses, yogurt, or wheat germ," he said. "But something like refined sugar has no nutritive value compared to these foods."

"We're just conservative food eaters who depend on nature," he said.



JOE ROSENTHAL AT THE DANDELION MARKET measures out some natural flour, which is ground fresh by a miller every two weeks. According to Rosenthal, cooking with natural foods is both healthy and economical.

## May flowers

### Flowers to repeat their spring act

By CATHY CIPOLLA  
Collegian Staff Writer

About 5,000 flower bulbs all around campus are waiting to show their true colors.

If you look closely, you can see the first signs of life—small green tips of leaves, stalks, and buds protruding through the beds scattered throughout campus.

But in a few weeks, weather permitting, a full array of daffodils, tulips, and crocuses will decorate over 20 areas on campus.

According to Jerry Boyles, manager of personnel and training for Penn State's physical plant, these bulbs repeat their performance year after year.

"These bulbs multiply, too," he added. "Once every three or four years they have to be dug up and thinned out."

Boyles said this is done by breaking off the smaller bulbs that grow on the sides of the bigger ones. "You gain bulbs rather than lose them," he added.

Cold weather often slows down the growth of these bulbs. "This year's flowers came up a little bit but became stunted when the weather turned cold," Boyles said.

However, he added, they rarely die unless the weather gets very cold. He estimated that the flowers could survive 30 degree weather.

"If we get warm weather within a week, they'll start to bloom soon," Boyles said. "They'll reach the down side of their cycle around the middle of May."

But then, annuals such as petunias, geraniums, asters, and carnations will be ready to take their place.

"We like to plant a lot of ground-cover things like coleus," Boyles said, "and plants that produce colorful masses of flowers." A lot of petunias are planted because they are easy to take

care of and produce lots of blooms during the summer, he added.

When the daffodils, tulips, and crocuses begin to die, their stalks and leaves will be cut and the annuals will be sown in their beds, Boyles said.

"Some of the annuals will be almost grown when they are planted," he added. "We grow some of them in greenhouses and buy others."

Boyles said a landscape architecture division within the physical plant office engineers the planting of all the flowers. "They plot things out and decide where the flowers will look best—how many will be planted, and whether they will be multicolored or the same color."

The cost of the plants is relatively small because they are bought in such a big quantity, Boyles said. "It would be cheaper if we could grow all the annuals from seed," he added.

However, he said, facilities for growing more annuals by seed would cost far more than the cost of buying them from a nursery.

"Maintenance is the real cost," Boyles said. "A bed must be weeded frequently to make it nice."

Money for the flowers' planting and upkeep is provided in the regular budget from the State, he said. In addition, landscaping is included in General State Authority contracts for new buildings. Alumni donations for campus beautification provide the rest.

"Some people criticize us for spending money on flowers," Boyles said, "but they really do add something to the University. When you see a pretty flower bed, it really makes you feel good."

So when the bulbs begin to bloom in a few weeks, follow an old saying and "take time to smell the flowers." But don't pick them! According to Police Services, flower kidnapers will be fined.