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Breakfast still popular

Students take time out for morning meal

By MAUREEN QUINN
 Collegian Staff Writer

For many if not most people, the usual breakfast is no breakfast at all.

But for some University students breakfast — the meal some nutritionists consider the most important part of a morning ritual — puts the "go" in their "get up and go." Wisely, many students take extra time for breakfast to help ease themselves into the day.

Lance Brogna (sophomore-aerospace engineering) said he doesn't mind getting up a little earlier to have breakfast. "Breakfast gets me going in the morning — which is a must — and when I only get five or six hours sleep, getting up a half hour earlier doesn't take much."

"Breakfast is beneficial because it raises the body's glucose level, since people haven't eaten since dinner or a late-night snack the night before," said Sue Sharp (graduate-nutrition), who works at the Nutrition Information and Resource Center.

Studies done at the University of Iowa support those opinions saying that breakfast fosters alertness in those who take the time to eat it. Research showed that eating at least a light breakfast increased the speed of mental response and improved performance during the late morning hours.

The low glucose levels caused by not eating breakfast can result in fatigue, dizziness or nausea if strenuous physical activity is undertaken in the morning.

Jim Walsh (sophomore-marketing), voiced a sim-

pler motive while munching on a muffin. "I eat breakfast because I'm hungry," he said.

Bobbi Kane, who broke fast over an omelette at the Waffle Shop, 369 E. College Ave., said she usually eats breakfast leisurely while reading the newspaper or doing some homework.

"My stomach growls if I don't eat," Kane (sophomore-accounting) said. "I could never get up without eating breakfast — it helps me go to class awake."

Sharp said people may eat more at lunch when they skip breakfast because they're so hungry by lunchtime.

"A student may feel they can eat those cookies at lunch because they skipped breakfast, but they're not making up the nutritional loss, just the calories."

Students' breakfasts are often quick and light because of their heavy schedules and some people don't even take the time to sit down.

Brian Matura (junior-business) said he grabs a doughnut and a cup of coffee at Mister Donut, 352 E. College Ave., and runs to class because "the caffeine helps me wake up, but I only have time for a quick breakfast."

Dena Harvey (freshman-division of undergraduate studies), an employee at Mister Donut, said about half the morning customers are students who grab a doughnut and coffee, milk, or orange juice and "usually leave right away."

Jared Shoemaker, manager of the Uni-Mart at 401 S. Pugh Street, said at least 10 to 15 students come in every hour during the morning to buy coffee and doughnuts or coffee cake.

Mummified boy discovered in Phila. rowhouse

PHILADELPHIA (AP) — The mother of a 3-year-old boy whose mummified body was found in a dresser at a vacant rowhouse recently told a relative she "did something wrong," police said yesterday.

Relatives preparing the house Wednesday evening for sale found Malik Richard Barnhill's diapered body clad in pajamas and wrapped in a knitted Afghan in a top dresser drawer in the basement, police said.

Sgt. Robert Snyder said police were looking for the boy's mother, Satena Barnhill, who formerly lived in the home, and for Malik's three brothers. Police said Barnhill had lived in the house with her four sons until October, when she moved into her mother's home.

Police said Barnhill told her mother Malik was staying in a foster home.

She left her mother's house in January and was seen in the neighborhood as recently as last month, but without her children, Nathaniel, 5; Jonelle, 4; and Clint, 2, detectives said.

An autopsy on the boy's body was incomplete yesterday afternoon, officials at the Philadelphia medical examiner's office said.

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Helping to run one of the finest college newspapers in the country is one of the most rewarding and unique student activities at Penn State. Sales, marketing, accounting, creative, layout, office; the Collegian experience is a great ticket to the "real world."

Collegian Business Division Introductory Meeting
Thursday, June 18 at 7 p.m. in 69 Willard Building.

The dual mission of Collegian Inc. is to provide a good college newspaper for Penn State and to provide a rewarding experience for our student staff members.