

# Hey, can I borrow some gum?

## There are countless gum choices, which are best?

Venues

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Like Farmer Ted, Anthony Michael Hall's character in *Sixteen Candles*, I like to think that fresh breath is a priority in my life.

That is why I won't be caught dead in public without a pack of gum to use in sticky situations — for instance, so that during the good night kiss, my date won't have to taste the onion-laced fajitas I ordered for dinner.

Having fresh breath can give you confidence and will let you feel comfortable getting up close and personal with that certain someone. With the vast selection of chewing gum on the market today, how can you tell which brands work the best? Leave that to me. I tried out five popular gums to see which is the leader of the pack.

**Dentyne Ice Peppermint** — Like many relationships, this gum started out great but lost its flavor rather quickly. Once I bit through the hard outer shell, an icy blast took my breath away. After about five minutes, though, I realized that the gum had lost its strength before it had taken my bad breath away. If you need fresh breath fast, this gum will do the trick, but it lacks real staying power.

**Wrigley's Big Red** — OK, gum is supposed to freshen your breath, not make it worse, right? I know some people who are big fans of this gum, but I know others who gag at the thought of anything hot cinnamon flavored (myself included). You don't want to risk having breath that is too hot to handle, so I think it is safe to stick to minty gums. Big Red will certainly spice things up, but you could end up getting burned.

**Wrigley's Orbit Spearmint** — This gum comes in cute, trendy little pouches that are super cool. You also may have seen its cute, trendy advertisements on TV, but don't be caught up in all the hype. This gum has a mellow flavor that is

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not too overpowering, but if you chew it for an hour it might leave a funky aftertaste that requires another stick of gum. Great marketing strategy, but not so great for consumers.

**Trident Freshmint** — Dentists say that chewing this gum in between meals can help prevent tooth decay. That's great and everything, but this gum is a little bland and the pieces are so small that they practically disappear after a while. I'm all

about preserving my pearly whites, but this gum did nothing for me.

**Wrigley's Extra Winterfresh** — I always like to save the best for last, and apparently so does this long-lasting gum. I found that it packs a punch to start out with and it keeps its flavor for a long time without getting stale.

There's nothing flashy or catchy about this gum, but it gets the job done. I personally think that it has a little something extra that helps it crush the competition as well as nasty breath.

Gum can come in handy when you are on campus and don't have a chance to brush between meals, but remember to always use good gum etiquette. It is not professional to chew gum at work or in class. If you

are finished with your gum, be polite and use a trashcan. We all know how frustrating it is to sit in or step in something someone recently spit out. Gum can do the trick in a pinch, but please avoid chomping on it constantly like a cow eating grass. That is almost as offending as having bad breath.



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