

Dangerous Food

Get Fit Now

by Brian Nelson
Collegian Staff Writer

This week's column will probably sound more like an editorial compared to the other articles in past editions. However, the issue to be discussed is very important, and is something I feel we all should be aware of. In the past few years, there has been much enlightenment about cancer causing ingredients being added to the foods we consume. Even though this issue has only recently surfaced, it is a problem which has existed for many years. Health advocates have continually warned of the dangers that certain chemicals and additives pose, only to be countered by those who would stand at a disadvantage if these substances were to be abolished.

Our modern, fast paced lifestyles have made the fast food industry a dominant force. A whole generation of children are growing up on fast food that lacks the proper nutrients for a balanced diet. What is even more alarming is the ingredients that go into processed foods which are consumed on a daily basis by the public, who are mostly unaware of the dangerous substances being absorbed into their diet. Since becoming aware of this issue several years ago, I have become a compulsive label reader. In that time, I have come across some shocking discoveries. Have you ever read the ingredients that go into most store bought ice cream? It's enough to make you puke. Did you realize that most canned foods contain enough sodium to supplement a normal person's diet for a week? That's all in one serving. Did you know that the average McDonald's meal of a Big Mac, large fries, and chocolate shake contain enough cholesterol and calories to wipe out an entire week's work of exercise? So much for working out. Is it any wonder that so many cases of cancer and heart disease occur?

Producers have countered with the argument that processed foods are more economical to manufacture with the use of chemicals and additives. It gives the product a longer shelf life and spares it from spoilage in transport. It also enables, in many cases, the product to be cooked in half the time it normally takes. In reading labels, however, I often come across the words "either" and "or" to describe the ingredients, which leads me to wonder if the producers actually know what contents they are putting in their goods.

Farmers have also contributed to the spoilage of our foods. In recent years they have been feeding steroids to their poultry and livestock in order for them to grow and produce faster. Through this the farmers can profit more from the increased demand for their product. They have also used various pesticides in order to spare their crops from the blight of insects. This is all fine and dandy for the farmer, but what about the people who consume the goods? What sort of side effects will they eventually suffer from these chemicals they have absorbed?

It has been proven that many of these substances have been linked to many of the illnesses that plague our society, yet the government stands aloof to the problem. What is the use of having a Food and Drug Administration if it can't protect people. I guess the government values of health can be explained in the recent cultural exchanges with China and the Soviet Union. The United States presented the gifts of Coca Cola and McDonalds. Heaven help us.

What can the average person do? Well for starters, make sure you read labels before buying. If it contains a substances you are unfamiliar with, leave it sit on the shelf. Only purchase organically grown vegetables and fruits in their raw form. Avoid canned foods as much as possible. Only eat whole grain breads and cereals which are not preserved with chemicals. Avoid lunchmeats, for they have a very high sodium content. If possible, buy your meats from a small, privately owned meat market, where you more than likely will be assured of higher quality meats. Even better, try to arrange to have a farmer organically raise and slaughter poultry and livestock for you. By following these simple steps and getting back to basics as far as food is concerned, you, the consumer can show the producers that you are concerned with what is in the food you eat. Unfortunately, many of the foods that are good for us, are overpriced.

PUZZLE SOLUTION

A	M	A	H		O	W	L	S		M	O	P
T	A	L	E		A	R	E	A		A	G	O
E	N		W	I	S	E		W	E	D		
A	D		M	E	S	H		R	A	T	S	
A	G	E	S		S	T	E	M		M	A	T
B	E	L	I	E		S	L	O	E		N	O
A	M	E	N	D	S		P	O	T	A	T	O
T	E		S	I	T	S		S	T	R	A	P
E	N	D		T	A	T	S		A	I	M	S
S	T	O	P		R	A	P	S		D	O	
				V	I	A		T	U	N	A	U
D	O	E		S	P	U	N		P	I	N	E
I	N	S		P	E	E	K		T	O	T	E

VIDEO USA #30
4474 BUFFALO RD.
ERIE, PA 16510
814-899-5225

FREE LIFETIME MEMBERSHIP

Proper I.D. Required

18 yrs. of Age
Home Phone
Valid License
Major Charge or
Current Utility Bill

Cholesterol Screening

On Friday, March 17, 1989, the Health Center will be providing cholesterol screening from 8 am to 4 pm in the Winter Garden. The charge for the screen is \$3.50, which will be billed to the student's account. The Health Center urges everyone to be tested.

The latest studies show that the leading killers of our population - heart disease, breast

cancer, prostate cancer, and bowel cancer - have one common factor, and that if this factor is controlled, it may reverse coronary heart disease and prevent the development of these cancers. This factor is cholesterol.

Recent studies from Italy, Japan and the United States have shown that the lowering of cholesterol levels has actually reversed the blockage found in the coronary arteries. In addition, it

was found that diets high in fat have breakdown products which, when not eliminated due to oversaturation, actually help promote the growth of the cancer cells found to cause breast, prostate and colon cancer.

The Health Center will provide brochures on these health issues and will be scheduling a free follow-up group session on adapting a low fat diet to your present eating habits.

Continuing Education

by Dana A. Grudzien
Collegian Staff Writer

At Behrend's Division of Continuing Education one can learn how to do anything from passing a CPA exam or starting a small business to watercolors or calligraphy.

Lillian Cohen, the area representative for Continuing Education describes the reaction of most students when they realize that we do have a continuing education program, "Continuing education, what is that?" "Most of the traditional students don't know that the program is available to them," she said. Cohen feels this is because the majority of students involved with Continuing Education are non-traditional, or returning students.

"Recently, the primary purpose of the Division of Continuing Education has been to get adult students back into the college curriculum, whether it is to attain an associate's or bachelor's degree, or to simply expand their knowledge in a particular field," Cohen said. Continuing education is not a graduate school program, although it is involved in

coordination the M.Ed. and MBA graduate schools offered at Behrend.

Cohen elaborated on the many other programs the Division of Continuing Education deals with. "The division is very active with management development in local industry, keeping it 'up to par' in leadership issues and technological updating. We also serve the purpose of bringing the community close to campus and providing the area with courses that are Penn State quality. Presently, we are trying to develop a weekend program offering."

The Division of Continuing Education is most visible in its evening program, offering topics that range from real estate to watercolor. It also coordinates seminars at local hotels in which a qualified expert is contracted for their instruction.

The Division of Continuing Education offers non-credit certificate programs in production, project, and purchasing management; paralegal, insurance and real estate. Many special interest courses are also available, including "Beginning Golf" and "Self-Hypnosis in Sports

Training." Cohen said that all of these programs are available to traditional students as well as non-traditional students.

Classes are available not only at Behrend, but also in Meadville, North East, or Warren.

Programs specifically designed for the returning adult student include associate's and bachelor's degree curricula. The primary difference is that it takes a non-traditional student four to five years to attain an associate's degree, and eight to ten years to attain a bachelor's degree. Cohen says this is because many returning students have full time jobs, families, or both, allowing them to participate in only one or two classes per semester.

All of the programs offered are developed with the student in mind and coordinated with qualified experts in particular fields. For more information regarding these classes or the Division of Continuing Education, call 898-6103.

The Collegian has a new phone number
898-6488

Dating Lies contd. from previous page

won't get it" somehow they believe it will magically bypass them.

Simply relying on the honesty of another person is a

potentially dangerous technique. Accepting and overlooking a minor lie or even a "line" delivered in the heat of passion is one thing, but to assume that another's honesty will protect you in the age of syphilis, gonorrhea, herpes, and AIDS is a risk you may regret for the rest of your life.

FRATERNITIES & SORORITIES



Our Specialties

- +HeavyWeight Sweatshirts
- +In Stock & Custom Jackets
- +Sew on Lettering
- +All Fraternity & Sorority accessories

"Call on us for All your Fraternity & Sorority Needs !!!"

Ph. (814) 455-2551
115 West 9th Street
Erie, PA 16501

CAMP STAFF

Spend the summer in the Catskill Mountains in New York. Receive a meaningful and exciting summer experience while working in a residential camp for persons with disabilities. Positions are available for Counselors, Program Specialists, Nurses and Cabin Leaders. All students majoring in allied health fields are encouraged to apply. Season dates June 6 - August 18. Good salary, room and board, and travel allowance. Call Kathy, (814) 226-3305. Or send letter to CAMP JENED, P.O. Box 483, Rock Hill, NY 12775.
EOE M/F