

FEATURE

THE CURRENT



the Country Store (on campus store and deli). "I still try to duplicate them today... without much success."

Mrs. Whyte

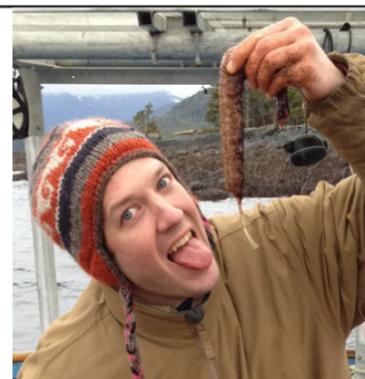
Mrs. Whyte said the worst meal she had was in the dorms of University of Montana where they served fried rice that looked like there was pork in it, but it was really tofu. "I nearly vomited right there," said Whyte. The best meal she had was a breakfast burrito from

Graduating seniors always worry about leaving the comforts of home and with horror stories of culinary choices in college, leaving comfort food might be the scariest of all.

"Not having your parents there is a struggle because you don't have cabinets full of snacks," said Kayhi teacher Allegra Machado. "You have to watch for the freshmen 15 and stay eating healthy."

Mr. Sivertsen

Mr. Sivertsen attended University of Puget Sound and Southern Oregon. The worst food he had in college was can casserole. "You think it sounds good but when you try it, it's just bad so you try and throw some more stuff in there and it just keeps getting worse and worse," said Sivertsen. The best food he ate in college was when he would go camping and have camp food. "There's no better food than camp fire food with all your friends."



FOOD

The best and worst of meals in college

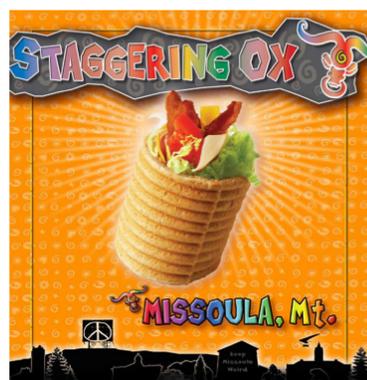
by Mo Bullock and Pablo Orta
Staff Writers

The Centers for Disease Control recommends the following to people:

- Maintain a healthy lifestyle with a bare minimum of 2.5 hours of exercise per week
- Take the stairs, not the elevator, or walk across campus
- Be aware that beverages may be adding additional calories, one of the most common reasons for gaining weight is alcohol
- Don't eat out of stress, boredom, or homesickness
- Don't skip breakfast

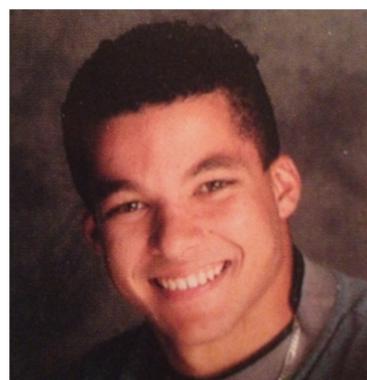
Mr. Maxwell

Mr. Maxwell went to Montana Tech, Western Montana College and the University of Montana. Maxwell's worst food in college was a week straight of Top Ramen. The best food he had in college was Smoked ribs and corn on the cob. His favorite place to eat was the Staggering Ox.



Mr. Pader

Mr. Pader, is a college football graduate at the University of Washington. His worst college meal was egg Top Ramen. Pader's favorite food to eat at college was a chicken burrito that he and his roommates would make.



Madame Z.

Madame Z's worst food experience when attending the University of Puget Sound was the food service liver and onions from the school cafeteria. "To this day, I just will not eat liver and onions," said Madame Z. Her best food experience was the cream of asparagus soup that her roommate made.



Mrs. Bowlen

Mrs. Bowlen attended the University of Iowa and her worst experience with college food was the cafeteria tater-tot casserole. Bowlen's favorite things to eat in college were from two places a little off campus, The Mill and Sheep's Head.



Don't stress out, freshman 15 is not a guarantee

by Haley Hanna
Staff Writer

On top of everything else high school seniors have started to worry about, the weight of the dreaded "freshman 15" is among the heaviest. Typically gaining an extra 15 pounds your first year is due to stress, lack of sleep, the absence of mom's home cooked meals, and abundance of fried or packaged foods. We never intentionally set out to gain weight but it's hard to make healthy decisions when everyone else is staying up till 1 a.m. eating McDonalds. Developing healthy habits early on can set the tone for the rest of your college experience, after all we are creatures of habit.

If you're like me and haven't started an exercise routine now would be the perfect time. Not everyone can be on a college sports team but that doesn't mean you should sit on your butt all day. Colleges offer a variety of athletic classes like rock climbing at Portland State as well as gyms and biking/running paths throughout the city. Depending on where you attend, there is always the option of what classes the local town

has to offer. If you're not an indoors person there is always outdoor running, biking, and hiking. Exercising can boost your metabolism and energy and reduce your stress levels, which in turn prevents weight gain and boosts productivity.

I know you think staying up and studying all night will help you get a better score but lack of sleep has very negative effects on your body. Lack of sleep has been proven to slow your metabolism and lead to weight gain, as well as a less productive day. So instead of letting your body suffer on four hours of sleep (something we've all been through) get seven to eight hours a night and resume studying in the morning. Avoid procrastinating until the last minute.

Senior Sarah cool functions better when she listens to her body's needs.

"If I don't get enough sleep or food, I feel crabby. Your body needs rest." In conclusion all nighters are NOT your friend.

This one is obvious and yet is simultaneously very much ignored. Don't eat at restaurants where the food either comes out of a freezer and straight into the deep fryer;

these are places where the staff has no idea what is in your burger. Is it cow or horse? The world may never know. Luckily most colleges offer meal plans as part of your tuition cost. You can choose not to eat pizza everyday and opt for a salad instead.

The vitamin filled and hydrating foods known as fruits and vegetables should make up at least half of your daily food intake. Yes I said half, as commonly recommended by nutritionists. They are considered healthy foods for a reason.

If fast food being a detriment to healthy living is obvious, this next one is even more so. Water is essential to life and important to a healthy body. Water helps you feel fuller faster and boosts metabolism. So drink up! People often mistake thirst for hunger, so drink some water before diving into the snacks. Drink a glass or two first thing in the morning and drink another with each meal. Feel free to add nutrient rich lemons, cucumbers, or mint to spice things up and stay away from liquids like fruit juices with added sugar, sodas, and alcohol.

Cool has done her research on how much water we should be drinking.

"Researchers say drink half your weight in ounces [of water]. When I drink a lot of water I feel more aware of my surroundings," Cool said. "It makes you feel more energized. Your muscles wouldn't work the way you want them to [if you don't drink enough water]."

Believe it or not stress plays a huge factor in weight gain. Even the healthiest person can gain weight if they have an abnormally high stress level. High levels of the stress hormone cortisol cause your body to crave more food, and people tend to lean towards comfort foods. Procrastination also plays a part in causing stress so don't put things off to the last minute.

Whenever you get the opportunity to get more exercise in do it! Walk around campus, take the stairs, go for a walk instead of staying in or choose activities such as zumba and swimming instead of seeing a movie.

It's tempting to stock your dorm full of processed, packaged junk. Don't do it. Keep foods such as bananas, oranges, apples or healthier snack foods like nut butters, rice cakes, and granola bars. However, make sure the snacks you're buying

don't have added sugars or other additives.

Your eating patterns play a vital part in keeping off the extra weight. Don't skip meals, it will cause your metabolism to slow down and can cause you to over eat later. Study after study has been done showing that eating smaller meals more frequently can help you keep a healthy weight. You will always feel satisfied and your metabolism will be working constantly. Bring snacks in your backpack so you don't opt for foods from the vending machine when your need a boost of energy. Senior Natasha Bolshakoff says her day goes south when she's hungry and worn out.

"I feel emotionally drained," said Bolshakoff. "I don't perform as well."

Remember, the 15 is just an average. Some people can gain much more and some don't gain any weight at all (or they gain muscle which weighs more than fat). In reality most only gain around 5 pounds. Your metabolism and lifestyle is changing, and it's always important to be conscious of how you're taking care of your body.