

balanced meal," admits Berkeley junior Kashmir Gill.

Eating on campus is often the cheapest alternative in town: typically lunch on a meal card is worth about \$3.50. Even so, students have discovered some novel ways of saving their food money. At Reed College they're permitted to wait in the cafeteria for diners to return their trays and then help themselves to the leftover food. They call it "scrounging"; the Multnomah County Department of Health sees it as "voluntary food exchange."

A more traditional way of saving pennies is to cook in one's room, an art highly developed at Northwestern, where freshman Colleen Bailey keeps a wok and chopsticks so she can make Chinese food from scratch, and sophomore Scott Morling, who cooks frequently with his buddies, brags about his lasagna and currant yeast bread. Elsewhere the mainstays are popcorn and Lean Cuisine, but some cooking methods are ingenious. At Texas A&M students have been known

to make grilled cheese sandwiches on their irons; others disguise their illegal microwave ovens as televisions or, less frequently, books. (You have to paste the torn-out spines of paperbacks onto a long sheet of cardboard, then fit the cardboard across the oven and put it in the bookshelf.)

Co-op cappuccino: At many campuses, too, student entrepreneurs spring up to meet the culinary needs of their classmates. Columbia students stock up on life's necessities—cookies, soft drinks and Häagen-Dazs primarily—at Furnald Grocery, a not-for-profit store run by undergraduates. Students at several schools have organized delivery services to make fast-food runs to the dorm. And at Wellesley, students operate a cooperative

coffeehouse on campus, sharing in the profits and offering *cappuccino* and *cioccolaccino* in a soothing setting.

One ever-popular response to dorm food is to eat out, and every college has its favorite local spots (opposite). But the time-honored way to escape dorm food is to graduate. And when you do emerge from four long years of burritos and Cap'n Crunch, you may be in for a pleasant surprise—that is, if you happen to go to Dartmouth medical school or Harvard's John F. Kennedy School of Government. At Dartmouth, Cynthia Ou, the Chinese-born wife of a physiology professor, turns out *lo mein* for fortunate medical students. And at Harvard, lunch for rising young power brokers is prepared by Creative Gourmet, a local business made famous last summer when it catered the Maria Shriver-Arnold Schwarzenegger wedding. Creative Gourmet does not serve Itza Pizza. A recent lunch at the JFK school cafeteria, known as Soupçon, featured carrot-orange soup, beef carbonnade à la flamande with roesti and grilled turkey, Muenster and apple sandwiches with Dijon. As student Chris Tawa says, "I don't miss American chop suey."

LAURA SHAPIRO with DEBRA ROSENBERG in Wellesley, Mass.; SARAH OKESON in Evanston, Ill.; ERIN POWERS in Houston; GENEVIEVE KELLY in Berkeley; ERIN HOOVER in Northfield, Minn.; KATE ROBINS in Boston and bureau reports

Hot Plates

Munching. It's the answer to everything from flunked exams to lost loves, and every college town has hangouts that cater to serious snack attacks.

Some student re-treats serve up exotic variations on old standbys. Take the armadillo sausage pizza at "Double Dave's" near Texas A&M—if you dare. Or try the 4,500-calorie treat at Snuffer's near Southern Methodist: eight ounces of cheddar



It must taste better than it sounds: University of Illinois student enjoys raw cookie dough at Cookies Etc. in Champaign



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Charge it: Board cards