

soon got tired of them and demanded more meat. Fred Babcock acknowledges the dangers of saturated fats but defends the food service's position. "A certain population demands that we serve that kind of food," he says. As an example, he says that the average 18-year-old male who grows up in Oregon is probably accustomed to McDonald's-style meals. He cites the take-out figure at Hammy's where almost all the food is saturated with fat. An incredible 4,000 orders are processed per month at Hammy's. Unless the students change their minds about such foods, the food service cannot reduce fat-laden entrees substantially.

What do the students say? Charlene Chia who has lived in the dorms for two years says that she prefers not to eat deep-fried entrees. However, when there are no other alternatives, she eats what there is. She works in the cafeteria as well and says that it is hard on both sides. Usually she sees a student come in, frown and take just take whatever is available. Lori Brandt who lives in the Earl

complex says that she is usually a picky eater. Cooking is one of her pastimes and she sometimes finds the choices available unacceptable. She tries, however, to vary her diet and eat as healthily as she can. LWS (who does not want to be identified) is a freshman. He finds the food "pretty awful" but eats it anyway because he has paid for it and has no choice.

But dorm residents do have choice. They can choose not to eat entrees and salad items put out for them. If enough of one kind of food is ignored, the cooks do not serve it again because it would be a waste. A more positive way to do something about your complaint is to take on the responsibility of student food representative. In the past years, each residence hall elected a food rep as part of the hall committee. The rep attends the meetings that are held weekly to decide the menus. The rep could be your voice. Those who do not want the position can help by continuing to give feedback to the rep. Elva Koepp says that the concept of food reps has fallen through these past two years because of

lack of interest on the students' part. Other suggestions could be more communication with the food supervisors in your particular cafeteria. You could even bring recipes from home which the cooks may use. At Seattle Pacific University, that is what some students have done. And some have been used. You can even bring your concerns to the director himself. Fred Babcock has assured that the food service has an open-door policy. Anyone who needs information should ask for it. If students do not care enough to make sure their complaints do register, then all they can do is sit back and chew!

Microwave Stirfry

(All these ingredients are standardized cafeteria items)

Vegetables from the Salad Bar:

- Broccoli Florets
- Sliced Mushrooms
- Spinach
- Sliced celery
- Bean Sprouts
- Shredded Carrots
- Julienned Turkey Ham

1-2 tps. of oil (from salad cruets)*

1-2 tps. of soy sauce*

Pepper*

1 tsp. of water

Toss ingredients in a bowl and microwave for 2-3 minutes.

*Season to taste.



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