

Eating veggie in the Dorms

Ok, so you're a freshman and a **vegetarian**... now what are you supposed to do? Going from home, where you can make your meals, to a cafeteria where your meal comes on a tray, can be quite the transition. When I first came to school I thought that I could keep my vegetarian diet and possibly ward off the freshman fifteen. I was wrong. Ok, so maybe I only gained 5 pounds and I am still a vegetarian, but I must admit that it was hard for me to maintain a healthy, low fat, vegetarian diet and still get all the nutrients that my body required.

When you are a freshman, or just in college for that matter, meals on the go are essential; in fact they are a way of life. When I found myself in a particular rush, it was so tempting for me just to run to Hammys and grab some fries, which would end up being lunch and dinner. But hey, I was keeping my vegetarian diet right? Or I would try to avoid the fatty meals by consuming meals consisting mainly of white rice and salad. Nutritious huh... and boring. Though the cafeterias provide multitudes of vegetarian entrees, and just recently have been featuring many vegan meals as well, many of the cuisines are still relatively high in fat.

Being vegetarian means knowing what your body lacks and knowing what it needs. Always be aware of your food intake.

Here are some of my favorite things for eating veggie-like in the dorms:

1. Always include fruits and/or vegetables in every meal.
2. A sandwich consisting of a bagel, hummus, lettuce, cheese, and other toppings of your choice makes a great meal.
3. Try drinking juice, milk or water instead of soda.

4. Soup (preferably tomato or some kind of vegetable) goes great in a hotpot and great for the dorm room.

Here is a chart to help guide you down the path of eating healthy **vegetarian-style**:

FOOD GROUP	DAILY SERVING	SERVING SIZES
Breads, cereals, rice and pasta	6 to 11	1 slice bread 1/2 bun, bagel or English muffin 1/2 cup cooked cereal, rice or pasta 1/2 cup dry cereal
Vegetables	4 or more	1/2 cup cooked or 1 cup raw
Legumes and other meat substitutes	2 to 3	1/2 cup cooked beans 4 oz. tofu or tempeh 8 oz. soy milk 2 Tbsp nuts or seeds (tend to be fattening so use sparingly)
Fruits	3 or more	1 piece fresh fruit 3/4 cup fruit juice 1/2 cup canned or cooked fruit
Dairy Products (Optional)	Up to 3	1 cup low-fat or skim milk 1 cup low fat or nonfat yogurt 1 1/2 oz low fat cheese
Eggs (Optional)	Limit 3 to 4 yolks per week	1 egg or 2 egg whites
Fats, sweets, and alcohol	Go easy on these	Oil, Margarine, and mayonnaise foods and beverages Cakes, cookies, pies, pastries and candies Beer, wine and distilled spirits

— Kate Payne

Specific foods may influence your moods

Food and Mood, a book by Elizabeth Somer, "the complete guide to eating well and feeling your best," examines the relationships between what you eat and how you feel.

If we pay attention to our emotions and our bodies, we see that what we eat can change a bad day into a good one, or vice-versa.

Feeling lonely or got the blues? You grab the chocolate cookie dough ice cream, right? An attitude of confidence and control might give you the strength to say no to that extra helping of buttery mashed potatoes. And after a long day at work, what is it in beer that makes you crave a couple cans to relax?

Doesn't mom's lasagna make you feel warm and fulfilled? After eating a salad at lunch, don't you feel like Mr. or Ms. Healthy for the day? And isn't it true that coffee, a glass of V8, or Odwalla Superfood gives you that extra energy boost you need?

Somer's book not only gives you insight into questions like these, but acts as a reference by which you can pick a diet that will help keep your mental, as well as physical, self healthy and happy.

She suggests, for instance, that it may be only a matter of a few missing nutrients between you and healthy sleeping patterns, a better attitude, improved memory, successful weight management, and increased energy levels.

For more information about nutrition, or to check out *Food and Mood*, stop by the Peer Health Room in the Health Center. You'll find a well stocked lending library of videos, pamphlets, tapes, and of course books and magazines you can check out.

If you want more information, call 346-4456.

— Jennifer Jagger

Esslinger renovation to modernize facilities

Esslinger Hall's much needed renovation is tentatively planned for spring 1998. Although designs are still being created and revised, it is estimated that the construction will last twelve to eighteen months. In this time, a sizeable 40 to 50 thousand square feet will be remodeled as well as another 40 to 50 thousand square feet are to be added on to the current structure. Housed within these new accommodations will be a new indoor track, three gyms, a rock climbing wall, and new fitness and weight equipment.

During the year to year and half of construction, there will be undoubtedly student inconvenience. PARS officials say that while there will be conflicts with student recreation and the building process, they will try in every way possible to keep the inconvenience minimal. For example, recreation basketball games may be played at night in McArthur Court — an idea that I believe many b-ballers would find quite acceptable.

Nonetheless, with the kind of space that is being dealt with and the time frame in which it is being done, it will be near impossible to not leave someone without the facilities they would like. In

an attempt to try to ease the transition time, the following are some ideas of alternative physical activities available in the Eugene area.

- **GOLD'S GYM:** Located at 252 Lawrence, Gold's offers a slew of weight machines, free weights, and aerobic machines. They also offer aerobics and spinning classes. Monthly



fees are \$26, not including introductory fee.

- **BETTER BODIES:** A little closer to campus on Franklin Blvd. right across from Onyx Hall, offers cardio and weight machines and aerobics classes for \$25 a month not including introductory fee.
- **CRUX ROCK GYM:** Located next door to Gold's on 401 W. 3rd Ave.. Crux has rock climbing walls for beginners up to advanced climbers. Monthly fees of \$60 (if you don't own

gear) or \$15 for one visit which includes equipment rental if you don't have your own.

- **SPENCER'S BUTTE:** For a place without monthly fees, Spencer's Butte offers a great hike with a view that is unmatched in the Eugene area. Hiking, biking, and running can all be done within the vicinity of the Butte and is beautiful for even a picnic.
- **BIKE TRAILS:** Another good choice for the economically challenged college student are the local bike trails. Eugene has more bike trails than most cities in the U.S. and it is a shame to let these miles of picturesque landscape go unseen.
- **RIM:** Participating in intermural sports is free and can be a lot of fun to do with a group of friends or to sign up by yourself. With activities ranging from ultimate frisbee to crew, RIM has something for every athletic ability and covers just about any sort of interest imaginable.

— Suzanne Jensen