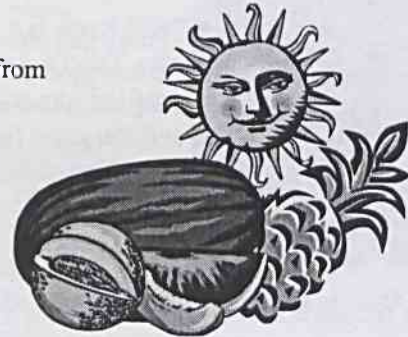


What's Cooking

By: Carrie Rogers

Here's another fast, low-fat recipe guaranteed to keep you from over-heating in the kitchen in these last days of summer.



Fresh and Fruity Salad

- 1 can (20 oz.) unsweetened pineapple chunks, drained
- 1 1/2 cups cubed cantaloupe
- 1 1/2 cups cubed and seeded watermelon
- 1 1/2 cups cubed honeydew melon

Dressing:

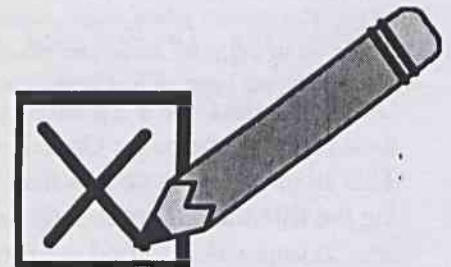
- 4 Tbs. orange juice
- 4 Tbs. lemon juice
- 2 Tbs. sugar
- 1/4 tsp. paprika

Combine the fruit in a large bowl. In a separate small bowl, combine the dressing ingredients; pour over fruit and toss to coat. Serve immediately with a slotted spoon.



STUDENT/FACULTY TO-DO LIST

By: Gracie Woods



- Introduce yourself to a stranger.
- Wear a conversation piece.
- Walk into a room and say, "Hi, How's everybody?"
- Break your routine.
- Ask someone in the lunch line for help on your homework.
- Take a stroll on the campus walking track ... it is really nice!
- Watch Jerry Springer when the TV room is really crowded... (This is not, an activity you should indulge in often as it tends to pollute the mind.)
- Bring lunch to share with the pond life.
- Hug a cop...(This doesn't count if you've just been pulled.)
- Talk to the cafeteria personnel about something besides food.

