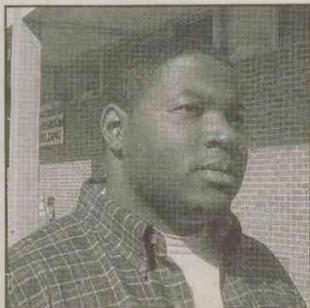


Talk of ECSU

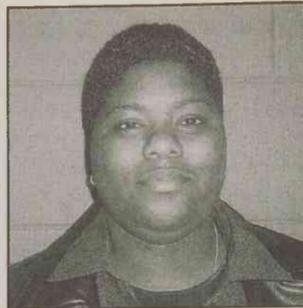
By: Robin Reese

March is Women's History Month. This month is dedicated to appreciating all women world-wide. My question for this month is: What woman, famous or not, has impacted your life?



Stacy C. Jones, Senior

"The woman I look up to the most would have to be Mrs. L.T. Jones, who happens to be my mother. The reason is because she is always there for me."



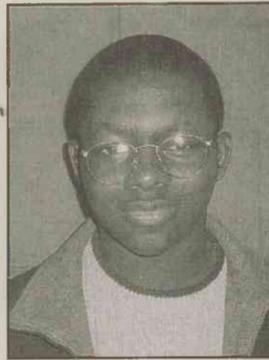
Tiffanie King, Senior

"The woman I look up to the most is one of my 11th grade teachers, Mrs. Diggs. She taught me to believe in myself, and strive to do my best, and always put God first."



Tara Pleasant, Junior

"The woman I look up to most is Mrs. Cathy Parker. She was my youth group leader through my teenage years and is now my mentor and friend. She taught me that I can become whatever I want to be."



Enoch Bond, Sophomore

"The woman I look up to the most is Ms. Ruth Simmons, the 1st African-American president of an Ivy League School. She demonstrates that just because you have a small beginning you don't have to stay there, but take your ultimate place in life."

Photos by Inger Parker

DORM ROOM COOKING SAFETY 101

CHICAGO—(COLLEGIATE PRESSWIRE) College students can begin practicing proper food safety habits when attempting to re-create mom's best recipe in the dorm or apartment. The American Dietetic Association and ConAgra Foods offer tips for surviving without mom around to prepare home-cooked meals.

Wash Hands Often

Proper hand washing may eliminate nearly half of all cases of foodborne illness and significantly reduce the spread of the common cold and flu.

* Wash hands for 20 seconds in warm, soapy water before, during and after

preparing a meal.

* When sharing a kitchen with roommates, always assume that surfaces such as appliances and counter tops should be cleaned before preparing food.

* Disinfect sponges in a chlorine bleach solution — two teaspoons of bleach in one quart of water.

Keep Raw Meats and Ready-to-Eat Foods Separate

When juices from raw meats or germs from unclean utensils touch cooked or ready-to-eat foods such as fruits or salads, cross-contamination occurs, and that can lead to food poisoning.

* Place raw meat that is ready to be cooked or frozen meat to be thawed on a covered plate on the bottom shelf of the refrigerator away from fruits, vegetables or lunch meats.

* When grilling at a tailgate party, make sure to pack extra or color-coded plates and utensils to help prevent cross-contamination; use one set for raw foods and another for cooked foods.

Cook to Proper Temperatures
Harmful bacteria are destroyed

when food is cooked to proper temperatures. Buy a meat thermometer and use it!

* Microwave frozen meals carefully according to package directions so that they reach the proper internal temperature.

* Reheat leftovers to at least 165 degrees Fahrenheit.

Refrigerate Promptly Below 40 Degrees Fahrenheit Refrigerate foods quickly in a refrigerator that is set below 40 degrees Fahrenheit. Keep a refrigerator thermometer inside at all times, even in that mini refrigerator in your dorm room!

* Keep the refrigerator closed as much as possible and don't store perishable foods like milk and eggs in the door.

* Date leftovers so you know how long they've been in the refrigerator.

* Discard perishable foods like deli counter meats after five days, cooked pasta

and leftover pizza after three to five days and cooked rice after one week.

* When tailgating, pack food in a well-insulated cooler with plenty of ice or icepacks to keep temperature below 40 degrees Fahrenheit.

For more information on home food safety, visit the ADA/ConAgra Foods Web site

www.homefoodsafety.org

Source: American Dietetic Association/ConAgra Foods

Contact:

Lori Ferme, American Dietetic Association
800/877-1600, ext. 4802

ARAMARK SURVEYS STUDENTS ABOUT FOOD PREFERENCES ON CAMPUS

PHILADELPHIA—(BUSINESS WIRE via COLLEGIATE PRESSWIRE)—

College and university students are changing their eating habits to accommodate their on-the-go lifestyles and are seeking more quality in their campus dining experience, according to a recent survey of college and university students across the country.

The "Current Trends In Campus Dining" study, conducted by ARAMARK Corporation, asked more than 2,300 full-time students, 75 percent who live on campus, about their eating habits and how those habits fit with campus life.

Sixty-four percent of students said they eat on the go — eating ready-to-eat foods or buying fast food — at least a few times a week. Fifty-seven percent of students eat between the hours 8 p.m. and 2 a.m. When asked what barriers exist to eating a meal at breakfast, lunch and dinner, students almost unanimously responded that there is not enough time to get a healthy, balanced meal.

Statistics from the study reflected that the quality of the food is also important to students. Sixty-seven percent agreed they would eat on campus more often if the quality of the food was better; in the study, quality was directly related to freshness. Most students related freshness and quality to home-cooked food.

Nutrition ranked high in priority for students' eating habits. Seventy percent of students are concerned with nutrition in their daily lives, echoing that today's students are active and health-conscious.

The study also suggested that eating is a social occasion at school. Eighty-five percent of students surveyed said they eat with friends more than a few times a week and identified dinner as a time to meet and socialize with friends.

ARAMARK is using the results of this and other studies to develop new dining concepts and programs to meet the changes in student lifestyles.

ARAMARK is a leading provider of food and support services to colleges, universities and preparatory schools, serving more than 200 million meals annually to students, faculty and visitors at over 350 institutions. ARAMARK is a world leader in providing managed services - including food and support services, uniform and career apparel, and childcare and early education.

Source: ARAMARK

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