

Hot 'N' Spicy Dining At Casa Gallardo

by Joyce Standfield

If you're looking for great Mexican food, at prices college students can afford, you should visit Casa Gallardo, located at Hanes Mall near Firestone.

Casa Gallardo has reduced prices on the lunch menu. The lunch menu consists of great Mexican dishes such as: Taquitos, Flautas, Chimichangas, Burritos and Tacos. These dishes come in beef and chicken, and are served with your choice of rice, refried beans, mixed vegetables or green beans.

What would a Mexican restaurant be without nachoes? At Casa Gallardo nachoes are available with cheese, cheese and beef, cheese, beef and beans, chicken and cheese, seafood and cheese.

For those who would like to stay on this side of the border, Casa Gallardo also has cheeseburgers, hamburgers, steaks and the best smothered chicken breast in the Piedmont area. All of these delicious dishes are available morning, noon and night at Casa Gallardo.

Casa Gallardo also has a bar for those who care to take advantage of it. The bar serves any kind of drink you want if you're 19 years old or older.

The restaurant also features happy hour Monday-Friday from 5:30-6:30 p.m. Happy hour is when people come to the bar for free shrimp, pizza, baby back ribs, corn on the cob, swedish meatballs, nachos, potatoe skins, and many other different kinds of food.

So if you like Mexican food or if you are just looking for a different place to dine, stop by Casa Gallardo ... You will be glad you did!

Eating Fast Foods! (Watch Those Calories)

courtesy of The Winston-Salem Journal

McDonald's	Calories
Hamburger	255
Chicken McNuggets	314
Filet-o-Fish	432
Big Mac	563
Sausage biscuit	582
Wendy's	Calories
Pasta Salad	134
Chicken Sandwich (wheat bun)	320
Taco Salad	390
Broccoli & cheese potato	500
Cheese-stuffed potato	590
Single burger	350
Burger King	Calories
Bacon Double cheeseburger	600
Specialty chicken sandwich	690
Whopper	670
Hardee's	Calories
Chicken filet sandwich	510
Bacon cheeseburger	686
Arby's	Calories
Roast chicken breast	254
Broccoli & Cheese potato	540
Mushroom & cheese potato	510
Chicken breast sandwich	584
Sausage & egg sandwich	530
Roast beef sandwich	350



newsworthy trends

Skin Care By Men On Upswing

More health conscious men are making personal care part of their daily fitness routine. They are watching their diets, exercising their bodies, and investigating skin care products like never before, to insure a totally "fit" appearance.



Many men today won't settle for uncomfortable skin after a shave.

A man's facial skin in particular has special needs. Shaving can make it feel uncomfortable.

Resourceful men are finding new or improved toiletries that provide multiple skin functions such as an emollient-based skin care product formulated to soothe freshly shaved skin. One that smells good and soothes razor scraped sensitive skin is called APTA® After Shave Skin Conditioner and it's made by Mennen.

Here are a few additional skin care tips:

- Apply a skin conditioner before and after sports, as well as after each shower.
- Use a sunscreen in both hot and cold weather outdoor activities.
- Drink an ample amount of water, about eight glasses a day, when playing or working-out strenuously.
- After exercising, take a tepid, lukewarm shower to safely and gradually reduce your body temperature.

Karla's Korns

by Karla Barksdale
News Editor



Health and Beauty Tips

If you suffer recurrent bouts of acne, here are some tips:

• Keep you face clean, but don't overdo it. A couple of washings a day will usually keep the pores open.

• Try an over-the-counter preparation containing benzoyl peroxide or sulfur and resorcinol. These medications do work if used properly.

• Keep your hands off your face.

• If you take an oral contraceptive and find your acne flares monthly, ask your gynecologist about an alternative.

• If your problem persists, consult a dermatologist. Many effective treatments, including antibiotics, such as tetracycline, have developed in recent years.

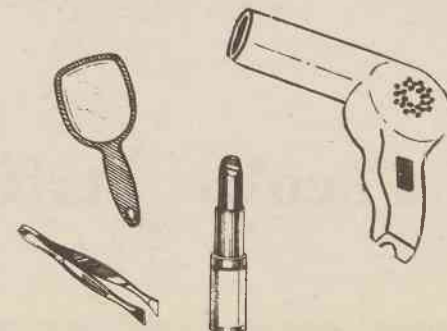
For ages dermatologists pointed an accusing finger at the fatty, sweet and salty foods you pigged out on. He also promised, "You'll grow out of it." But acne has tagged along throughout high school and now has come to college with you. Even faces that didn't have a single pimple are breaking out.

Why? Is it something you've been eating or drinking? Years ago your dematologist may have said yes, today more are saying no! Most have thrown out the dietary link to acne, insisting what you eat and drink makes no difference.

There is no evidence that diet makes acne better or worse claim many top dermatologist. Those who claim diet is not a factor in a bad complexion hold the most weight. Studies in the 60's and 70's inflicted megadoses of chocolate on suspecting participants with or without acne. Neither group showed any significant reaction to chocolate.

According to top dermatologists, there is not concrete evidence that says a good diet will make acne improve. Studies conducted during the 60s and 70s, subjected participants to megadoses of chocolate. Some of the participants had acne problems, some didn't. Neither group showed significant reaction to chocolate.

So, if you order large fries, some greasy, spicy chicken, a large Pepsi and a thick slice of chocolate cake, don't be swayed into thinking the breakouts will take over. Take your cues from your skin and take control over acne where you can.



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Poet's Corner Time

by James Hyman

Time, what is time?

Some say that time can be indicated by a clock.

But, can it?

Who said a clock is a correct indication of time?

Some say that time just passes by.

By why?

Why can't time stand still?-

Especially the time we spend together.

Why can't the beautiful moments we spend together be frozen?

Why do such times have to pass?

Well, I guess these good times have to pass in order to make room for more good times. I certainly hope so.

But, then, I guess I'll have the answer to my own question -

In Time.

Mental Pictures

by Jonathan Hunter

Mental Pictures: Every time I close my eyes I see a picture postcard perfect vision of your innocent face, I've seen a lot of pretty faces in my life and not like most. I'm no sucker for one, I'm more into personality and sincerity. You see I have an upset stomach from a broken heart, and a migraine headache that won't go away. But I think you can remedy all that. Just let me serve and protect you, show you my world and make you laugh. I put people in a casual mood because I always let my world be free and if there's any doubt in your mind, look into my eyes they are the windows of my soul and you will find that I'm not a phony.