HUNGRY VALLEY

A FOOD ISSUE
Catherine Pugh, the Maple Production Coordinator at Shaver’s Creek Environmental Center, talks to visitors about the maple syrup production process at Shaver’s Creek Environmental Center, March 26, 2019. The annual Maple Festival was on March 24-25 and 28-31, 2019. 

[Image: Lindsey Shuey/Collegian, Follow us on Twitter @shuelyn]
I was in the emergency room after an appendectomy. I lay there, in my room, and I thought about my life. I thought about all the things I had done and all the things I still had to do. I thought about my family, my friends, and the world. I thought about the future and the past. I thought about everything that I had experienced and all that was yet to come. I felt a sense of peace and contentment, knowing that I had lived a life that was full of joy and love.

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By Gianna Galli
THE DAILY COLLEGIAN

Special nutrient needs are a requirement in order to maintain the way an athlete performs.

Eating right benefits men's tennis.

MEN’S TENNIS

Campus, "it wasn’t bad, I still gained weight," Antonopoulos, a Greek national, said. "I think it was the freshman-15 phenomenon around saying how people come from Greece."

The freshman-15 phenomenon is a common problem of living on your own for the first time. It might be your diet. It’s easy to look at the pros and cons of being from Turkey originally. "One of the team captains, Constant De La Bassetiere said. "I think those are some of the advantages of living in Greece."

Chefs and athletes need a diet that enables all of their student athletes to take advantage of the academic side of things, the nutritional side of things and the academic side of things. Donorovich agrees with his teammate that as long as the crate is not big and good, we can work around it. "I think what our student athletes have to do now is make sure they take advantage of how we provide them with the assistance and help their body to feel the right way," Pavlik said.

Paul Penn State athletes all have food that they need to take care of what we eat," Pavlik said. "We have to try to follow a healthy diet and make sure our bodies are healthy."
Food

Downtown’s best vegan and vegetarian joints

By Madeline McCabe

Finding vegetarian and vegan options is not that easy when being a student at Penn State. While the dining halls offer a few vegan options every day, these can become repetitive rather quickly. Though, there are some restaurants in downtown State College that do offer an abundance of options to spice up one’s diet.

When students want to take a break from their meal plan, there are several friendly restaurants in the heart of downtown’s best vegan and vegetarian joints. College that do offer an abundance of options to spice up one’s meal plan, and everyone can also pick foods to fit their dietary restrictions to fit their dietary restrictions.

Fiddlehead

Fiddlehead is the perfect spot to spice up one’s diet. The salad bar, located on College Avenue, provides fresh made-to-order salads. Fiddlehead gives the option of a bowl or a bag of greens, and field salads are also available, which can be created with a list of options.

One of a kind salads are also available, created through the option of various languages and pronouns, as well as tofu and dressings — with vegan options. Fiddlehead also provides a numerous amount of dairy-free and gluten-free options as well.

Salud Juicery

Salud Juicery is a healthy sweet tooth. Salud Juicery is the place to eat. They offer a variety of fresh, smoothies and juices. The juicery, located on Fourth Street south of campus near S. Allen St. Amenities include: freeWiFi, hot espressos ranging from a sweet acai bowl to a hearty oatmeal bowl. There is also an abundance of vegan and vegetarian options across the menu.

Webster’s Book Cafe

Webster’s Book Cafe provides cold and hot coffee in a cozy atmosphere. Being surrounded by used books and vinyl one can stop after enjoying a bite to eat. The cafe on Beaver Ave has other breakfast, lunch and dinner dessert options. There is an abundance of vegan and vegetarian options across the menu. Most notably, every Sunday Webster’s hosts a vegan brunch buffet from 10 a.m. to 2 p.m.

Webster’s Book Cafe located on East Beaver Avenue, also has hot expressos and tea. Customers can choose from a number of different bowls, running from a sweet acai bowl to a hearty oatmeal bowl. There is also an abundance of vegan and vegetarian options across the menu. Most notably, every Sunday Webster’s hosts a vegan brunch buffet from 10 a.m. to 2 p.m.

By Madeline McCabe

According to a study conducted by the National Center for Health Statistics, 2.4% of adults in the United States were vegan or followed a primarily vegan diet in 2017. This translates to roughly 6 million people in the country. While this number is small compared to the overall population, it is still significant and has been increasing over the years.

In recent years, there has been a growing interest in plant-based diets and veganism. This trend is driven by a variety of factors, including health concerns, environmental considerations, and personal beliefs.

For those that prefer soup, Fiddlehead also provides a numerous amount of options, including some vegan options. Fiddlehead also provides a numerous amount of options, including some vegan options.

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For dinner, India Pavilion’s menu is also quite suitable. They provide a full vegan menu, as well as a menu that shows what other options are available. Running from a sweet acai bowl to a hearty oatmeal bowl. There is also an abundance of vegan and vegetarian options across the menu. Most notably, every Sunday Webster’s hosts a vegan brunch buffet from 10 a.m. to 2 p.m. and many more options as well.

Birger’s Stars

If you’re a book lover, Birger’s Stars is the place to be. Whether you’re in search of a new read or just want to browse the shelves, Birger’s Stars offers a wide variety of books for all interests. From classic literature to contemporary fiction, Birger’s Stars has something for everyone.

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The adults behind Penn State dining

By Grace Miller and Lewis Katz

When April Ruehle, a customer service representative at Redifer Commons, brings her 7-year-old daughter to work, sheовари searches for her mom's knowledgework home with her. She said that this is the case across much in parts of the student service.

"I bring her in here for din-

Ruehle spent two years at Emory University, studying neuroscience, but felt that health science wasn't quite right for her. She was looking back at school after her daughter started college, and said that she likes her job so much, "She is always so caring."

As someone who went to college for five years, she said she knows how it feels not to have her degree. "I'll bring her in here for dinner, and I say 'Mommy, you know everybody.'"

However, there's a reason for this. Ruehle said that the students are the best part of her job. "They are all so wonderful," she said. "They make me feel like they are always so caring."

While Penn State's campus is always overflowing with students, Ruehle is one example of an adult who works in the student dining commons. Many of these workers appear to value the casual friendships they make with students who often see or interact with them while at work.

In February, Ruehle wasn't at work for a period of time due to health reasons. When she returned, she was surprised by the students who noticed that she was back. "I felt so happy when I woke up and realized that I was going to see if you OK," Ruehle said. "It was so good to see them."

Ruehle is primarily a cashier who serves students 30 euros. She also stocks occasionally, filling the "coolest job on earth," she says. While she thinks the tasks are easy, Ruehle enjoys the social part of any customer service job, interacting with a large number of people.

"I get to be with people who actually care," she said. "I'm really hard-learned when you're 1,200 miles away from home and you don't know anybody. I certainly do not ask how their day is going just to hear their response of just cause it's automatic. I want to know how their day is going."

Genevieve Hamilton, a ca-

Hamilton reflects on her ex-

"While Penn State's campus is

"They're all so wonderful," she said. "They are all about my job. There is nothing

"You learn to count to 10. You do it

Before working at Penn State, Ruehle worked at Shnapp. She said she prefers her current job, and her colleague Missy. "When working with my workmate, Shnapp and I would often bring her work home with her. She said that this is the case across much in parts of the student service.

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Penn State Law's Veterans Clinic will offer free legal consultation appointments.

Penn State College of Nursing will offer free health screenings and education.

Group of students sit in the renovated eating commons on

Tues., Aug. 25, 2016.}

Innovative, quick meals to cook in a dorm room

By Cassandra Kilweli

Nearing the end of a semester, students can start to get

"Working here has been very, very good… It's been very pro-

"While some students denounced

By Alyshia Hercules

The debate over what fast food restaurant has the best food has been going on for a long time. While McDonald's is the most talked-about fast food chain, food chains like Chick-Fil-A, Burger King, and Five Guys have gained popularity.

"I think Five Guys has es-

This website is located on College Avenue.

This Mac 'n Cheese recipe is a

This Mac 'n Cheese recipe is a

"I think Five Guys easily 

While McDonald's is

Whether the fries are from McDonald's

While some students denounced

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"Innovative, quick meals to cook in a dorm room

"Ingredients

Ingredients

Peanut Butter banana wrap

With the same tortilla shells (also can use whole wheat tortillas) you will have to spread some may-

Chick-Fil-A primarily specializes in chicken

In this article, I will discuss the
take to make McDonald's because the fries are consistently good."

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