

The Challenger

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A Publication of the Harper College Honors Program

HEALTHY OPTIONS AT FAST FOOD RESTAURANTS



IS IT CLONED?!

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Eating Healthy

at Fast Food Restaurants

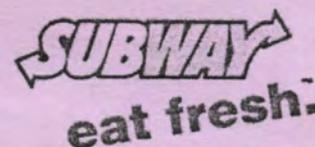
by Kiu Chor Yuen

A typical Harper student takes about 14 credit hours per semester. Sometimes, when there are only ten minutes between classes, our lunches are often some snacks and a bottle of soda from the vending machine. Finals week is coming; more assignments are due. Although we shouldn't procrastinate, some of us know what it is like to try to finish a paper with an empty stomach.

In April, *The Challenger* surveyed students about eating habits at Harper College and 132 students participated in this survey. We wanted to know if Harper students have a healthy diet, which is a crucial component of a healthy lifestyle. However, we all have different definitions of "health," "healthy food," and "healthy lifestyle." Let's explore some definitions.

The Word "Health"

For some, health simply means free of diseases. To others, it means having a strong immune system which helps resist illnesses. One definition from a health textbook reads that health could be defined as an effort to maintain a strong body in six different aspects: physically, socially, emotionally, mentally, spiritually, and environmentally. Having a healthy diet refers to having a balanced diet, with adequate absorption of different essential nutrients. Healthy foods are those low in saturated fat and trans fat, and/or high in dietary fiber. (continued on page 3)



**HEALTHY IS MORE THAN FIGHTING DISEASE.
It is about maintaining a strong body in SIX aspects:
physically, socially, emotionally, mentally, spiritually,
and environmentally.**

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Eating Habits in the Northwest Suburbs

We all have a basic idea of how to eat healthfully. However, we might not have enough time to eat well. When we don't have an hour for lunch, we choose fast food instead. We don't even need to step out the car to get food. We can use the drive-thru and get our lunch in five minutes. Most of us who live in the Northwest suburbs have a car to commute from place to place. When we drive alone in our cars, we tend to stay in the car and use the drive-thru option. However, we will sit in a fast food restaurant if we are with friends or we are waiting for someone. Besides the fact that we are always in our cars, most of the students between the ages of 18 and 25 don't know how to cook or don't want to cook. Therefore, fast food becomes a great option to save time and fill our stomachs.

Food and Your Health

Obesity, weight gain, and cardiovascular diseases are common health issues in today's society. Cardiovascular diseases were the first leading cause of death in the US in 2010 according to the Centers for Disease Control and Prevention statistics. Saturated fat and trans fat should be avoided because they can block arteries. We must become more aware of what we are eating and more involved in physical activities, such as working out in a gym. We have cell phone apps to calculate how many calories there are in a cheeseburger, to remind us to work out, and to help reduce our calorie intake for the day. Watching what we eat and losing weight are two basic daily tasks to maintain a healthy lifestyle.

However, a healthy meal is not always available for all of us. For example, those who have snacks from vending machines as a lunch are not engaging in a healthy

diet. Whenever a student is in a hurry, the student might have a bar of chocolate and a bottle of sweetened green tea as a mini-lunch. Then, perhaps the student will have a bowl of soup from the satellite cafeteria in building L as a second mini-lunch. After getting into the car at 7:00 pm, that student is probably hungry again but is not up to cooking dinner. Therefore, when the student is on the way home, it is easy to buy a McDonald's meal using the drive-thru. By the time the student gets home, the French fries are finished. Does this sound familiar to you? It doesn't *sound* familiar to me; it *is* familiar to me. We should be aware of how often we eat fast food.

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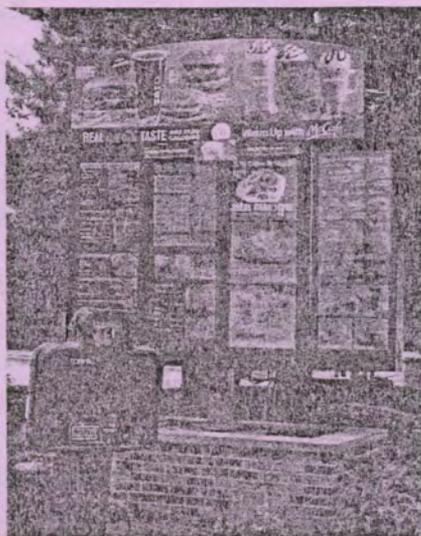
FOOD DIARY FOR A BUSY STUDNET

8:00 AM

Breakfast:

- a bowl of cereal with milk
- drive-thru: a medium coffee from Dunkin Donut

ENG 102 Class: 9:05 - 10: 15 am



McDonald's Drive-thru on W. Algonquin Road



10:30 AM

Mini-Lunch #1 :

- chocolate bar from vending machine
- a bottle of sweetened green tea from cafeteria

DIT 101 Class: 12:15 - 3:10 pm

3:30 PM

Mini-Lunch #2 :

- a bowl of brocolli soup from cafeteria

At library: doing research for a 8-page paper due next week

7:00 PM

Yay! Time to go home!

The student is hungry but is not up to cooking meal.

So, the dinner is ...

McDonald's using the drive-thru service

Food Culture at Harper

According to *The Challenger* survey, about 20% of 132 students – 26 students – visit fast food restaurants at least once a week. Although we are always busy, 73% of us say that they still have enough time to maintain a healthy diet. Among those students who say they have enough time to do so, 77% agree that they have a healthy diet. As full-time students, we usually spend at least four hours a day at Harper. About 60% of the surveyed students either have lunch, dinner, or a snack at Harper’s cafeterias; half of them say that they eat more than three times a week at cafeterias. Instead of having fast food on the way to school, we do have healthy food choices at Harper. Considering how often we eat here, it is good thing that we do.

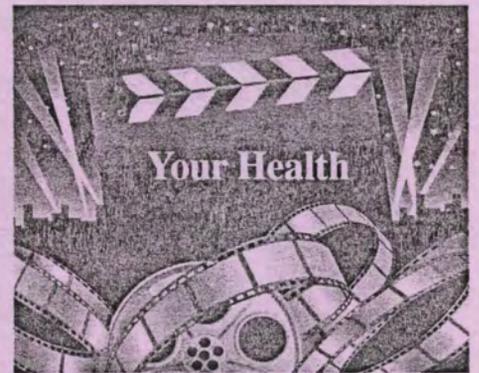
Healthy Food Options at Harper

There are three satellite cafeterias located in Buildings J, L, and Avanté, and a main cafeteria in Building A. When they were asked specifically about healthy food, only 35% of students thought the selection was adequate, according to the results of the survey. Fifty percent of students say there are enough healthy food options but think these options could be improved.

The Challenger interviewed John Filler, a chef at Harper College. He said that we have several healthy food options at the main cafeteria in Building A, such as the salad bar, the vegan alternatives, and the customized sandwiches. However, the cafeteria in A has limited service hours, closing at 5 pm Monday through Thursday. Food choices are rather limited in the satellite cafeterias. Since students spend at least four to five hours a day at Harper, having enough food options is a crucial part of students’ health. As people become more aware of what constitutes a healthy diet, there is more discussion of this topic on TV shows and in documentaries.

was at a 230 (very high). His movie raised the discussion about the surging obesity rate in the past few decades and fast food culture in the nation. To examine the fast food industry and the practice of corporate farming, the director Robert Kenner made the 2008 film *Food Inc.*. In the movie, Kenner shows that cows no longer eat grass, they eat corn. The movie explains how the food industry works in the US. Beef from corn-eating cows is higher in saturated fat and it is less nutritious overall.

(continued on page 5)



Eating Habits of Harper’s Students

Sample size: 132

1. How often do you visit fast food restaurants?

- 20% - more than once in a week
- 80% - less than once in a week

2. How often do you visit cafeterias on campus?

- 60% - more 3 times a week
- 40% - less than 3 times a week

3. Do you have a healthy diet?

Yes 79.5% No 21.5%

4. Opinions on Healthy Food Options

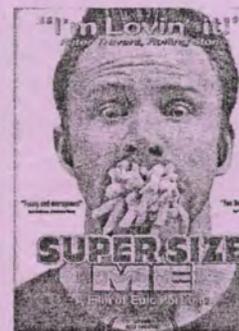


■ Adequate ■ Satisfied ■ Not Enough

Healthy Eating and Media

In the past few years, there have been a number of TV shows and documentary movies talking about how bad fast food is. In the 2004 movie *Supersize Me*, director Morgan Spurlock examines the consequences of the fast food industry. Spurlock dined three times a day at McDonald’s for a month and explored the effects on his health. After these 30 days, he gained 24 ½ pounds and his cholesterol level

MOVIES:



TV SHOWS:



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The food industry has become a popular subject on television as well as in films. Last year, the Naked Chef, Jamie Oliver, started a show called *Food Revolution*, in which he tried to change the food menu in a school system in Huntington, West Virginia. Huntington has been called the unhealthiest city in America. He argued that school food directly affects the health of the next generation. Now, NBC has a reality show called *America's Next Great Restaurant* to select a winner among people who have a great idea for a restaurant. Several of the candidates brought up the idea of healthy fast food. These media productions about fast food and the food industry reflect that we are more concerned about what we eat from the calorie intake to the source of our food.

Convenience and Fast Food

As we become increasingly concerned with eating well, more and more fast food restaurants have started to provide veggie options, salads, and low-fat options to meet this demand. The phrases "high calories" and "fast food" seem to be twins. We often generalize that fast food from McDonald's, Wendy's and Taco Bell is unhealthy. Although we often prefer a burger meal, we do have the option of having something

fast and healthy, such as a salad at McDonald's.

We don't have to buy burgers and fries from McDonald's and Wendy's. On the McDonald's menu, students can find 11 different kinds of salad. At Wendy's, there are five different choices of salad meals and two different side salads for us to choose. Many fast food restaurants also post their nutritional information online for those who are interested.

Action Plan

Let us take a moment to recall what we ate yesterday. Do you have a healthy diet? It is now possible to have healthy fast food. To get more health-related resources, please visit our Student Health Center.

Top Four Fast Food Restaurants

The methodology of the survey was that 32 students were asked to write down five fast food restaurants' names. Survey results show the following (number of students voting for that restaurant):

- 1) McDonald's (30)
- 2) Burger King (24)
- 3) Wendy's (23)
- 4) Taco Bell (22)

List of Restaurants Around Harper

On West Algonquin Road:

- (1) McDonald's
- (2) Wendy's
- (3) Subway's
- (4) Culver's
- (5) Sizzling Wok (Chinese Restaurant)
- (6) Popeye's

On Euclid Ave:

- (1) Brothers' Ribs
- (2) Jimmy John's
- (3) Wahmoy Chinese Cuisine

On Golf Road:

- (1) KFC
- (2) Taco Bell
- (3) Arby's

Fast Food Nutrition Chart

Name of Restaurants	Addresses	Distance away from Harper	Healthy Food options	Calories
McDonald's	775 E. Algonquin Rd.	5 minutes	Premium Southwest Salad (without chicken)	140
	Schaumburg, IL 60173		Premium Bacon Ranch Salad (without chicken)	140
			Premium Caesar Salad (without chicken)	90
			Fruit & Maple	290
			Fruit 'n Yogurt Parfait (7 oz)	160
			Strawberry Banana Smoothie (Large)	330
			Wild Berry Smoothie (Large)	320
Jimmy John's	774 W. Euclid Ave.	7 minutes	8" Sub Vegetarian Sandwiches	578
	Palatine, IL 60067		Hunter's Club	470
			Turkey Tom	514
			Slim 4 Turkey Breast	401
Wendy's	1500 E. Algonquin Rd.	7 minutes	Ultimate Chicken Grill Sandwich	370
	Schaumburg, IL 60173		Apple Pecan Chicken Salad	350
Subway	835 E. Algonquin Rd.	7 minutes	6" Veggie Delite® Sub	162
	Schaumburg, IL 60173		6" Veggie Delite® on Flatbread	171
			Oven Roasted Chicken Breast Salad	342
			Veggie Delite®	271
			Grilled Chicken & Baby Spinach	286
			Chicken Tortilla Soup (10 oz)	110
			Fire-Roasted Tomato Orzo (10 oz)	130
BurgerKing	2360 West Higgins Road	10 minutes	Tendergrill® Garden Salad	230
	Hoffman Estates, IL 60169		Garden Salad	70
			Whopper Jr. ® Burger	340
			BK® Single Stacker	380
Taco Bell	275 W. Golf Rd.	10 minutes	Taco Supreme ®	200
	Schaumburg, IL 60195		Fresco Cruchy Taco	150
			Fresco Bean Burrito	350
			Chalupa Nacho Cheese - Chicken	340
			Fresco Crunch Taco (Drive-thru Menu)	150
			Garditas Nacho Cheese- Chicken	270
			Grilled Chicken Taquitos	320
Starbucks	505 W. Golf. Road	8 minutes	Cappucino/Grande	120
	Schaumburg, IL 60193		Iced Skinny Flavored Latte	110
			Tazo® Black Shaken Iced Tea	80
			Tazo® Shaken Iced Passion Tea Lemonade	130
Dunkin Donuts	477 West Golf Road	10 minutes	Coffee with Skim Milk and Splenda Medium	30
	Schaumburg, IL 60195		Latte Lite Medium	120
			Vanilla Latte Lite Medium	130

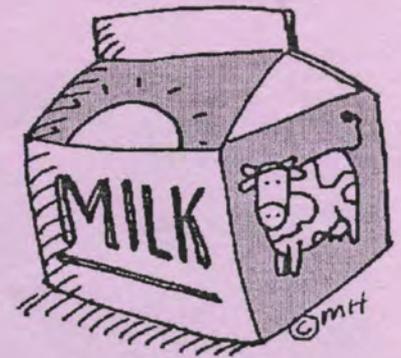
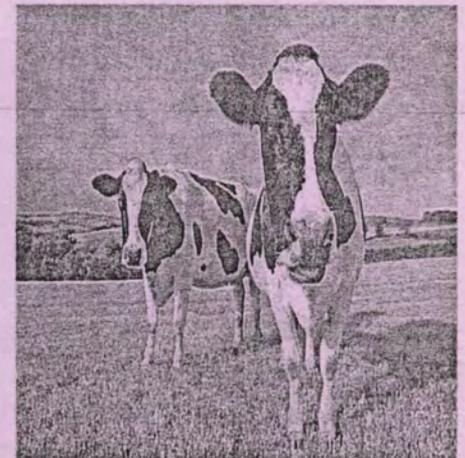
Food and Its Impurities

by Isabel Montoya

Did you know that Americans are being exposed to cloned meat? Recently I discovered this fact. Americans are eating "cloned meat," which is generally defined as meat coming from the offspring of cloned animals. Meat is only one of the food products from cloned animals. According to the FDA, "a cloned animal is defined as a genetic copy of a donor animal. Clones are similar to identical twins, just born at a different time. Cloning could be thought of as an extension of the assisted reproductive technologies that livestock breeders have been using for centuries. These include artificial insemination, and more recently, embryo transfer, embryo splitting, and in vitro fertilization." Now for my meat lovers out there, here is a question: how do you know if you are eating cloned meat at Harper?

According to the USDA, they fully support the 2008 FDA's final risk assessment that meat and milk from swine, cattle, and goat clones pose no safety concerns. They state, "These products are no different than food from traditionally bred animals." The FDA has only approved the cloning of swine, cattle and goats because at the moment there is not enough research on other animals and the effect on other species. The animals being cloned are mostly used for breeding and less likely for food consumption.

Most of you might think that cloning an animal is the same as genetically engineering an animal, but these are two separate procedures. What is cloning exactly? According to the U.S. Food and Drug Administration, "Cloning is a complex process that lets one exactly copy the



CLONED MEAT ?!

genetic, or inherited, traits of an animal (the donor)," whereas genetic engineering "...involves adding, taking away, or modifying genes, while cloning does not change the gene sequence" (FDA.Gov).

Ever wonder if Harper purchases cloned materials and if

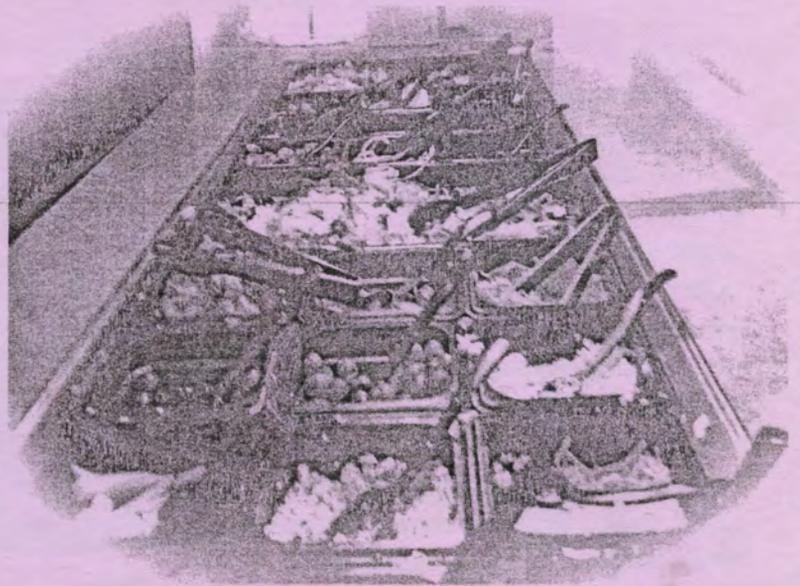
they know where their main food supply comes from? Head chef of Harper cafeteria Juan Jasso answered some questions. According to him, "Harper does not purchase cloned meat." The company they buy the food from tells them where the meat comes from

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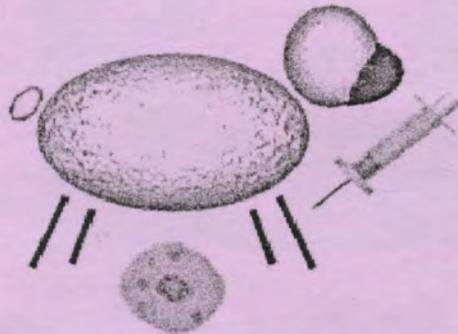
and what has been done to it before they agree to purchase the food. So breathe in a sigh of relief. You are not eating cloned meat (at least not at Harper)! In fact, the food at Harper is becoming healthier all the time.

Did you know that the healthiest food you could get at Harper is salmon, fruit, and vegetables? The cooks put vegetable oil on foods and steam the vegetables to make them healthier. Compared to what the cooks did before, butter all the foods and many vegetables, olive oil is a lot better and healthier for our student population.

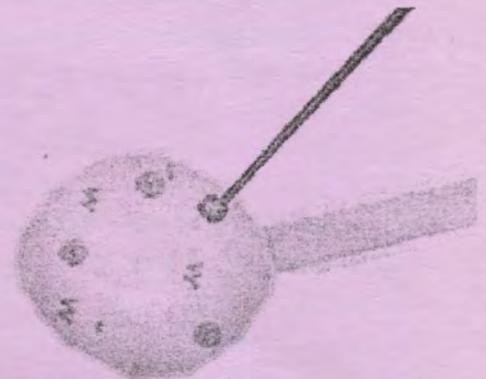


Salad Bar at Cafeteria A

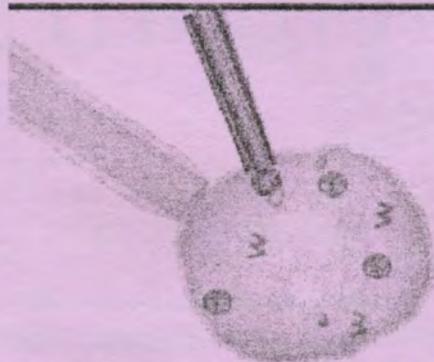
CLONING PROCEDURES



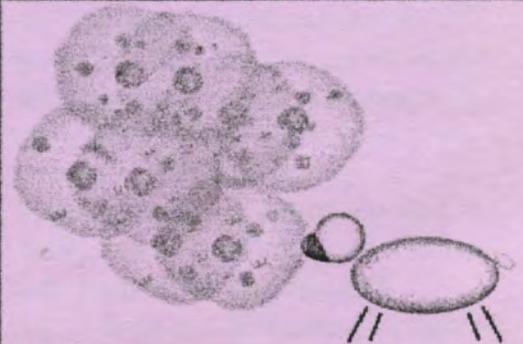
1. Donor Cell Extracted



2. Nucleus Removed from Egg Cell



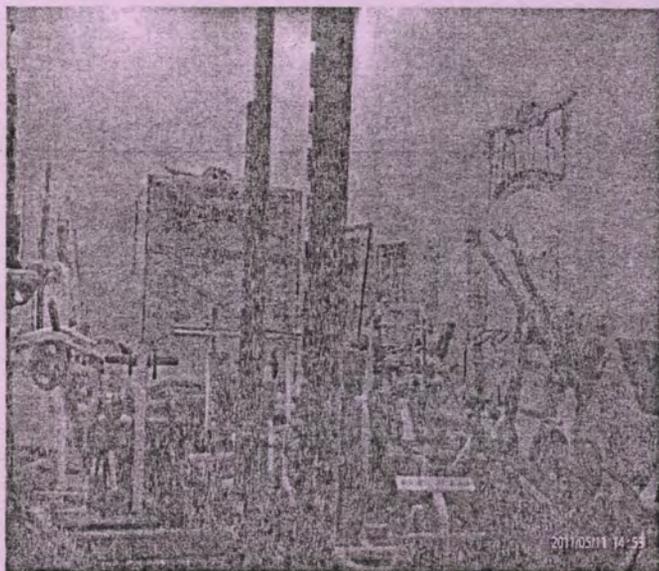
3. Donor Cell's Nucleus Put into Egg Cell



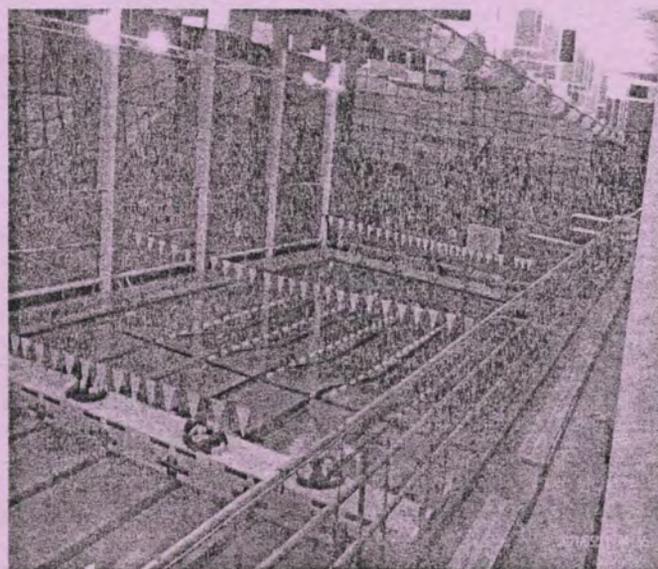
4. Egg Grows Using Donor Cell's DNA

Dancing the Weight Away!

by Isabel Montoya



Weight Room in Building M



Swimming pool in Building M

Have you recently gained weight? Or are you having trouble losing weight? Do you feel like you have tried everything and it just does not work!? Have you tried any aerobic exercises or maybe dancing? Does Harper offer any services that you, as a student could enjoy? Harper College offers a variety of services for students to lose weight and keep toned throughout the year. One of the services they offer is the gym, located in Building M, lower level to the right. In my experience, having a gym membership is beneficial

especially for your health. There's much research that shows improvement in levels of stress and anxiety. Keeping active also has been shown to decrease the risk of Alzheimer's disease. Some of Harper's classes are zumba, yoga, and aerobics. I can speak from experience about going to zumba class; one class (not at Harper) is \$8.00 for an hour. A lot of people from various backgrounds attend one class with a variety of music and moves! If you do not know what zumba is, it is a Latin

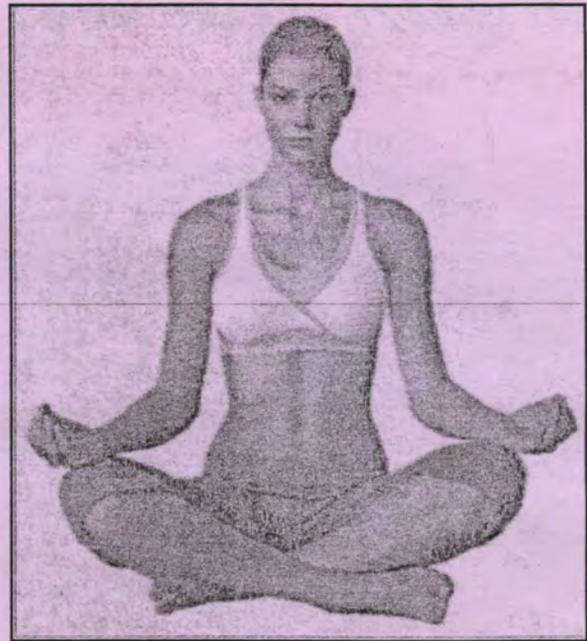
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workout that requires you to move in different ways and keeps you engaged for a whole hour. But a word of warning: you should first take a class for beginners and slowly increase. I took a friend to a zumba class where everyone was advanced and she did not enjoy it as much as I thought she would. However, she recognizes this and she is willing to take a beginners class over summer to teach her how to move her hips and get that Latina out of her! For a three- month session,

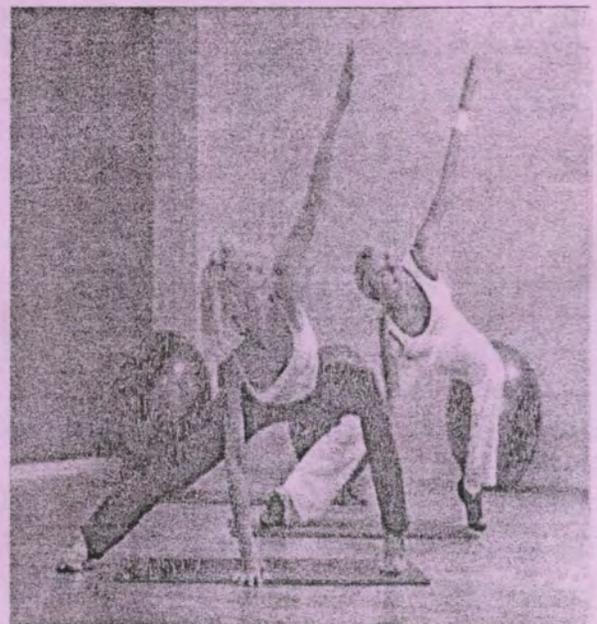
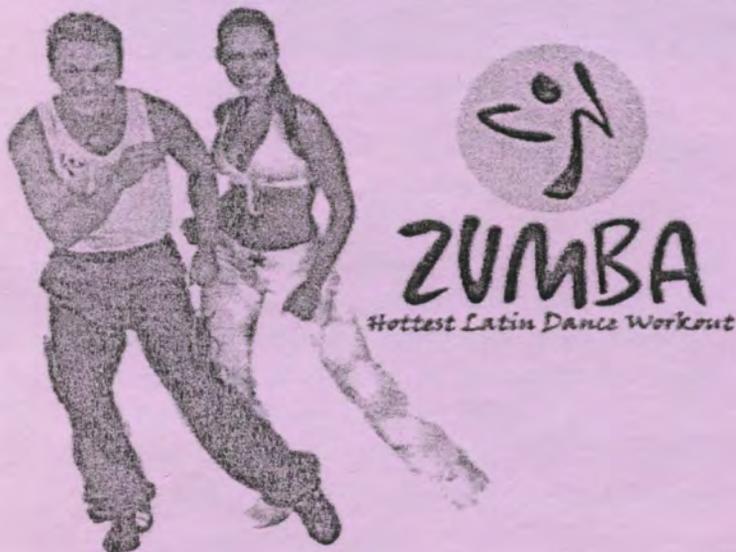
CHALLENGES FOR SUMMER 2011

- (1) Lose 5 pounds every month if you're overweight.
- (2) Join a Zumba Class for one regular session.
- (3) Join an exercise course for 2 months.
- (4) Eat 3 vegetables and 2 fruits for every fast food meal you have.



Yoga

it's around \$72 depending on where you live. Ditch the workout and join the fun is what we zumba people say! There are other healthy ways to get in shape besides eating healthy food and joining a group of people to exercise. What else can you do, you ask yourself? You can walk your dog for 30 minutes a day, ride a bike for a couple of miles with a friend or on your own, go swimming, go for a run, or go dancing! Dancing in itself is a workout; there are various dances- salsa, merengue, bachata, cumbia- that will give you a workout that you won't regret!



Aerobic Exercises

Honors Classes for Fall 2011

ENG 101 - HN1 (Composition I), with Professor Josh Sunderbruch. In this course students will learn how to craft persuasive arguments using Aristotle's theories of rhetoric and poetics. The class will use debate and discussion to explore issues that matter today. Reading and writing assignments will focus on arguments about critical and controversial issues. Rather than asking students to absorb or expand on these works, students will be encouraged to contradict and to critically examine statements by figures of authority. Fulfills Communications gen. ed. requirement. (Prerequisite: see catalog.) 3 credit hours. Mondays/Wednesdays, 9:30 a.m. to 10:45 a.m.

MGT 111 - HN1, with Professor Robin James. In this course, students will explore the dynamic and evolving world of business today. From cultivating a business in diverse and global environments, to starting a small business, developing and implementing marketing plans, and understanding the economic impact of today's financial environment, students will have an opportunity to study and explore current business trends and concepts through critical thinking, small group activities and written assignments. Students will be able to explore the economic downturn of 2008 by asking the questions, "What does the government do with all the money?" "How do the U.S. economic indicators impact the survival of U. S. businesses?" "How does the role of entrepreneurs benefit society?" Students will be encouraged to go beyond the textbook and explore the realities of business operations and activities in a collaborative learning environment. 3 credit hours. Fulfills Special-Electives gen.-ed. requirement. Tuesdays/Thursdays, 3:30 p.m. to 4:45 p.m.

PHI 205 - HN1 (Religions of the World), with Professor Charles Brown. It's a good idea to register early for this course. (Religions of the World is perennially popular at Harper.) This course studies the metaphysical and moral doctrines of the world's major contemporary religions, along with some considerations of religious rituals and organizational structures. For example, what do Hindus believe about karma and reincarnation? Why do Muslims pray five times daily? What differences are there between Jewish monotheism and Christian monotheism, or Christian monotheism and Muslim monotheism? How can Buddhism be called a religion if it is essentially non-theistic? What is Taoism, and what is the nature of the Tao? What is the significance of celibacy and chastity for Buddhist monks and nuns, Catholic priests and nuns, Jain monks and nuns, and other religious persons? On a broader, more "philosophical" scale, how much of religion is in fact about faith? How much is about politics? Despite the rancor and buzz between religions, how much does the average Christian really know about Judaism, for example? Or what does the typical subscriber of Hinduism know about Islam, and vice versa? Fulfills Humanities gen.-ed. requirement. 3 credit hours. Tues./Thurs., 9:30 a.m. to 10:45 a.m.

PSY 101 - HN1 (Introduction to Psychology), with Professor Charles Johnston, will explore the theme of conformity/compliance as a major source of evil in society and will pay special attention to social psychology and the psychology of women. Fulfills Social-and-Behavioral Sciences gen.-ed. requirement. 3 credit hours. Tuesdays/Thursdays, 2:00 p.m. to 3:15 p.m.

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CHM 121 - HN1 (General Chemistry), with Professor Andy Kidwell, will offer an innovative, hands-on approach to chemistry instruction by having students apply principles of general chemistry to such contemporary issues as global warming. Fulfills Physical-and-Life-Sciences gen.-ed. lab course requirement. 5 credit hours. Mondays, 11:00 a.m. to 3:50 p.m. (lecture from 11:00 a.m. to 12:15 p.m.; lab from 1:00 p.m. to 3:50 p.m.); Wednesdays, 12:00 p.m. to 2:30 p.m. (lecture from 12:00 p.m. to 1:15 p.m.; discussion from 1:30 p.m. to 2:20 p.m.).

PSC 101 - HN1 (American Politics and Government), with Professor Bobby Summers. This Honors course is an introduction to American government and the American political system. The course explores the issues of today as well as the challenges that confronted the founding fathers. Students will consider the constitutional foundations of American government, the structure of federalism, as well as the inner workings of the courts, the Congress, and the presidency. By tracking current elections and politics, we will discuss the roles played by political parties, special-interest groups, public opinion, and elections. Finally, we'll examine some of the policy dilemmas confronted by American government today and yesterday, including civil liberties, civil rights, foreign policy, and economic regulation. In addition to the material presented by the instructor, students will select and lead classroom discussions from supplemental historical and contemporary readings. Fulfills Social-and-Behavioral-Sciences gen.-ed. requirement. 3 credit hours. Tuesdays, 6:30 p.m. to 9:10 p.m.

SPE 101 - HN1 (Speech), with Professor Margaret Bilos, will allow students to discover the power of the spoken word, and students will receive instruction from Harper's award-winning, nationally respected Speech faculty (in this case, Prof. Bilos!). Emphasis will be placed on delivery, organization, research, audience analysis, and argumentation. Significant time will be dedicated to peer analysis of presentations. Students will also be videotaped for self-analysis. Fulfills Communications gen.-ed. requirement. 3 credit hours. Tuesdays & Thursdays, 12:30 p.m. to 1:45 p.m.

IDS 290 (Independent Study/*The Challenger*) offers students hands-on experience editing *The Challenger*, the newsletter of the Harper Honors Society. Students will work closely together in doing layout and soliciting, writing, and editing articles for this official publication of the Honors Society. Though Professor Alicia Tomasian will be the faculty advisor for *The Challenger*, students must contact Mr. Wilson (847.925.6791/awilson@harpercollege.edu) to develop a contract for this independent study. Fulfills Approved-Electives gen.-ed. requirement. 3 or 4 credit hours (depending upon how many issues the students wish to produce during the semester). Limit: 4 students. Meeting time(s) to be decided.

HUM/HST 105 - HN1 (Great Ideas of World Civilization), with Professor Brian Cremins. This is the Honors Colloquium class. This course is required for all Honors students who 1) first enrolled at Harper in or after the fall of 2001, and 2) wish to acquire Honors Program Graduation status. Students will survey primary sources from various academic disciplines. Core readings may include selections from Plato, the Buddha, Bacon, Darwin, Freud, Nietzsche, Rousseau, Machiavelli, Swift, Voltaire (*Candide*), Marx, Douglass, and de Beauvoir; these may be supplemented with selections from authors such as Hesiod, Lao Tzu, Confucius, St. Augustine, the Prophet Mohammed, Bede the Venerable, St. Thomas Aquinas, Dante, Martin Heidegger, and Jean-Paul Sartre. Students will select and lead classroom sessions on the readings; students will also have the opportunity to discuss these "great ideas" with Harper professors from across the campus and from many academic disciplines. Fulfills Humanities gen.-ed. requirement. 3 credit hours. Tues./Thurs., 11:00 a.m. to 12:15 p.m.