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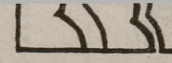
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# Fast Food



The tacos still possess their magic charm. Their tantalizing, just-spicy-enough sauce and combination bean-meat filling never fails to warm a heart. Their crisp yet soft-in-spots shell is unequaled in the fast-food world.

**Kentucky Fried Chicken ...** Home of Col. Sander's original recipe, this is an average fried chicken restaurant with moderate prices. You can choose between original style and crispy. The cole slaw, potato salad and corn entrees are really quite good. Two locations: 3320 S. Texas Avenue and 110 Dominik Dr.

**Long John Silver's ...** Fast fish and chicken of the sea. Predictably fishy from the wharf-like entryway to the harpoon and fish net decor with little variance from one Long John Silver's to another. Fish dishes include breaded oysters, filet fish and shrimp. Also, a favorite, breaded chicken served plain or in a burger.

Long John's now garnishes their meals, a practice usually seen only in traditional restaurants. Entrees include cole slaw, corn on the cob and french fries. Prices range from \$1.99 to \$9.29 for family deals. Special features include 25¢ refills on drinks. Two locations, easily accessible...1808 S. Texas Ave. and 3224 Texas Ave.

**McDonald's ...** For convenience and speed, McDonald's usually wins the race. With three locations — across the street from Zachry (on University Drive), Southwest Parkway and at Manor East Mall — this locally owned fast-food franchise reaches a large market.

For some of the best french fries around, go to McDonald's. The hamburgers are average and limited as to what trimmings are on them, but the Chicken McNuggets are great. For a change from the usual fare offered along Northgate and University Drive, the Filet o' Fish is a good choice — if you like fish, tarter sauce and cheese.

Depending on how hungry you are, it's possible to eat for \$3. More if you're a pig.

**Schlotzsky's ...** This establishment serves its own special sandwich made of sourdough bread, cold cuts, two cheeses, olives and a few other surprises. The sandwiches are served hot or cold with your choice of chips. The best thing about Schlotzsky's is all of the artwork (?) by customers that now adorns the walls. It is amazing how many ideas people have come up with to tell you exactly what a Schlotzsky's sandwich is. Probably one of the best buys you can make for the money; a Schlotzsky's sandwich really will fill you up. One location at Culpepper Plaza and another on Texas Avenue.

**Sonic Drive-In Restaurant ...** This drive-in brings back memories of Fonzie and the "happy days" of the '50s. Drive on in with your date and a '57 Chevy, or your pick-up, or your Trans-Am, or...

A choice of 25 parking booths under the red, yellow and blue neon lights that make Sonic readily identifiable from your average hamburger joint, makes service lightning-fast. Before you order, take a little time to drool over the yummily illustrated menu, then place your order...be faithful to mom and

try not to let your eyes become bigger than your stomach (like ours did).

Price ranges from an 85 cent "mini burger" to a \$1.40 "regular burger" to a \$1.95 steak sandwich. The most expensive thing on the menu, and well worth the dinero, is the \$2.25 double meat "super burger." Fish and chicken sandwiches as well as the famous Sonic Coney Island hot-dogs (with chili, with cheese, plain, with onions — get the picture?) offer an appeal other than the burger route. A \$1.60 burrito thoughtfully has been added to the menu for all you die-hard Mexican food fanatics.

Sonic backs the Idaho spud by pushing their potato specialties...onion rings and tater tots smothered in cheese. Try 'em, and you'll be hooked!

**Taco Bell ...** One of Taco Bell's best deals is its Wednesday night all-you-can-eat burritos. You pay \$2.99 for one taco and all the bean burritos your stomach can handle. This is also a favorite late night stop on the way home from the clubs. It's open until 2:30 a.m. on weekdays and 3:30 a.m. on weekends. One of the better fast Mexican food places.

A new feature is the taco light. Variations of burritos, enchiritos and tacos range from 74 cents to \$1.60 for individual items. You watch as they build your meal as fast as they can. Two locations: Harvey Road and 3901 S. Texas Avenue.

**Taco Villa ...** Located on Villa Maria Road across from Manor East Mall, this restaurant is serves a typical Mexican fast-food meal. Burritos, tacos and the other usual assortment of pseudo-Hispanic fast-food fare.

**Tinsley's Chicken and Rolls ...** Tinsley's is consistently one of the best fast food places in town, basically because the food is good and the servers are quite a bit friendlier than usual. Tinsley's decor is much more understated and modern than other establishments, with lacquered wood tables and several large

plants. Their chicken is hot and cut in large pieces, and it's served with wonderful fresh-baked rolls. It is always a pleasure to eat at Tinsley's. Several locations, with the closest to campus on South Texas Avenue.

**Wendy's ...** Home of the Frosty, a dessert in a cup that's more than a shake but costs about the same. It's more of a chocolate ice cream dessert and well worth the trip down Texas Avenue (it's near Manor East Mall). Forget about using a straw. Wendy's probably has the only square hamburger patty around. Service is quick, the burgers are good and the salad bar is unbelievable for a fast-food place.

Wendy's has a new item on its menu — baked potatoes. Ranging in price from \$1.29 to \$1.99, the potatoes are available with a variety of toppings. Taco salads and bacon/cheese burgers are other menu choices.

Four people pigging out can easily stuff themselves for \$11.

If you don't have transportation, Wendy's isn't practical, but for a change of pace when you have wheels, Wendy's is great.

**Whataburger ...** This establishment features large burgers that are worth waiting for (no pre-cooking here). The prices at Whataburger have remained moderate. A decent meal for a hungry guy can be purchased for less than \$3.50. Good fries and good shakes can be had when the machine is working.

## Fast food — healthy or not?

by Angel Stokes  
Battalion Staff

Sodium, iron, empty calories, fat, carbohydrates and protein — are you getting too much or not enough out of the foods you eat? If your diet consists of hamburgers, fried chicken, pizza, french fries and ice cream or shakes, don't worry too much.

Pat Haberstroh, a dietician for the Texas A&M Department of Food Services, says that although she doesn't advocate a diet consisting solely of fast food, a person eating meals at fast-food establishments can get the protein, carbohydrates, calcium and essential nutrients

needed, depending on the foods chosen.

She says the leading fast-food chains recognize the importance of nutrition and have begun cutting back on the amount of sodium used in the food. Also, many of these companies are making nutritional information available in booklet form for customers.

Studies on the fat content of french fries have been completed, she says, and it has been discovered that the inside of a french fried potato doesn't contain any more fat than the inside of a baked potato.

Taking the breading or coating off fried chicken and fish will

cut back on the calories found in fast food, she says. The trend toward grilling or broiling hamburgers instead of frying also reduces the caloric content, as well as the fat and cholesterol, Haberstroh says.

According to a report by the Texas Medical Association:

- Fast-food meals contribute 50 to 100 percent of the protein and 30 to 60 percent of the iron and calcium needed by young adults. However, vitamins A and C were very low in most fast-food meals.

- Fat in some fast foods provided an average of 51 percent of the calories consumed. Experts say fat should contribute no

more than 35 percent of a person's calories.

- The sodium content of many meals ran from 1,000 to 2,515 milligrams. An adequate daily range is from 1,100 to 3,000 milligrams.

- Fast-food meals contain from 900 to 1,800 calories. This means that 33 to 66 percent of the total daily calories recommended for young men and 45 to 90 percent of the total daily calories needed for young women are provided by fast-food meals.

The TMA report estimates that \$2 of every \$5 is spent on eating fast food.