



UNIVERSITY OF
FLORIDA

DIGEST

Asian Kaleidoscope Highlights UF's Asian Awareness Month

The following events, featured during Asian Awareness Month at UF, are sponsored by the Asian Student Union:

THURSDAY — Nov. 9

KEYNOTE SPEECH, with Ginny Gong, 6 to 7:30 p.m., University Auditorium.

SATURDAY — Nov. 11

CEREMONY, Veterans Association, 10 a.m. to noon, Veterans Administration Medical Center.

TUESDAY — Nov. 14

CULTURAL PAVILION, 11 a.m. to 2 p.m., Turlington Plaza.

WEDNESDAY — Nov. 15

MARTIAL ARTS DEMO, 7 to 10 p.m., Reitz Union North Lawn.

COMEDY with Phil Nee, 8 to 10 p.m., Orange & Brew.

FRIDAY — Nov. 17

ASIAN FILM FEST, "Legend of Fong Sai Yuk," midnight, Reitz Union Cinema; also "Vengeance is Mine," Saturday (11/18), time to be announced.

MONDAY — Nov. 20

CIVITAN BLOOD DRIVE, today and Tuesday (11/21), Norman Hall.

DIVERSITY FORUM, 11:30 a.m. to 12:30 p.m., Plaza of the Americas.

TUESDAY — Nov. 21

FACULTY RECEPTION, 8 to 9:30 p.m., Friends of Music Room.

MONDAY — Nov. 27

ASIAN CULTURAL NIGHT, 7 to 10 p.m., University Auditorium.

For more information, call 392-1665, ext. 326.

Relieve LSAT Anxiety, Sign Up Now For New Workshop

Students preparing to take the Law School Admissions Test can register for a new workshop offered by UF's Reading and Writing Center Nov. 13-16.

The workshop has four sessions which will meet from 5 to 6:30 p.m. daily in Room E220 of Computer Science and Engineering. The workshop opens Monday, Nov. 13, with an overview of the test, general test-taking strategies and a reading comprehension overview. Tuesday's session covers analytical reasoning, while Wednesday's class focuses on logical reasoning. The workshop concludes on Thursday, Nov. 16, with a writing sample, and the test's purpose, content and strategies.

Seating at the free workshop is limited, and attendance is restricted to the first 50 registered. For more information, contact the Reading and Writing Center at 392-0791.

Bye-Bye Bacon, So Long Sausage: Now There's A New Chick In Town For Breakfast

On the typical breakfast menu, the egg may come first, but the chicken may not be far behind.

Consumers soon may find a healthier, lower-fat alternative to traditional pork sausage in their breakfast buffets and drive-through morning meals thanks to a new chicken sausage patty developed by researchers at the University of Florida's Institute of Food and Agricultural Sciences.

"The availability of a chicken sausage patty broadens the choices for breakfast treats, providing an alternative to the traditional pork sausage and bacon," said Sally Williams, a UF/IFAS meat processing and food safety scientist. "And because of the high lean content of chicken meat, the fat content of the patty is reduced significantly."

The chicken sausage would make a desirable dish for fast-food restaurants, hotels and similar institutions, Williams said. And in combination with a low-cholesterol egg that is also in production, the breakfast chicken patty would make an excellent product for special lower-fat diets.

Health-conscious consumers often choose leaner chicken products over pork, and pork sausage processors often add chicken or turkey meats to their sausage to reduce the fat content, Williams said.

The chicken sausage patty is about 93 percent fat free. A 2.5-ounce serving has 7 grams of fat, with saturated fat weighing in at only 2 grams. Each serving also contains 10 grams of protein and 115 calories, with 63 calories coming from fat.

For people who enjoy sausage but want less fat, the chicken sausage patty would be a good alternative, said Linda Bobroff, UF/IFAS associate professor and extension nutritionist. The chicken sausage has 55 percent of its calories coming from fat, which is lower than pork sausage's approximately 75 percent of calories as fat.

"The chicken sausage is substantially lower in the total amount of fat calories and sodium. These are all pluses for the health-conscious consumer," Bobroff said. "Also the new product will

allow people who do not eat pork for cultural reasons to enjoy the taste of sausage — possibly a new experience for them."

With altered seasonings, the chicken sausage meat also can be used on pizza and in burgers. The patties consist of 75 percent mechanically deboned chicken meat and 25 percent chicken thigh meat. The addition of a simulated-fat replacer, including modified

food starches and oat bran, help provide the sensation of a fatty product and maintains the desirable texture and flavor normally provided by fat, Williams said.

"In the past, mechanically deboned chicken meat products were rather rubbery because they were leaner. But with the new system, the products are palatable," Williams said.

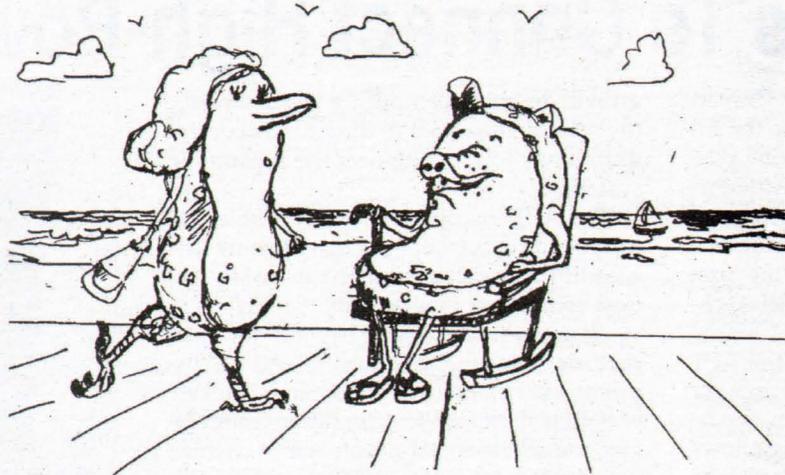
The chicken sausage also provides poultry processors with a use for meat from laying hens past their productive egg-laying years, called "spent hen" meat. Broiler chickens are used

more often than spent-hen meat for soups and other meals like chicken pot pie, leaving chicken producers with underutilized meat after hens have finished producing eggs.

The chicken sausage products provide one opportunity for using the large quantities of spent hen meat. Animal feed and composting are other alternatives also being studied by UF/IFAS researchers. The chicken sausage also contains natural rosemary extract in place of synthetic antioxidants traditionally used in meat products for slowing rancidity.

"Consumers today read product labels, and they look for products that contain natural ingredients," Williams said. "Rosemary extract is a natural spice with antioxidant properties, and consumers should appreciate that as well."

This year's Florida State Fair provided the first opportunity for consumer taste-testing of the new sausage. Fair-goers tasted fried chicken sausage patties and gave feedback on their flavor and texture. The consumer response was overwhelmingly favorable, Williams said, with most consumers indicating they would buy the sausage product if it was available commercially.



Application Deadline For NSEP Fellowship Is Nov. 15

The Academy for Educational Development has announced the competition for National Security Education Program Graduate Enhancement Fellowships for the 1996-97 academic year. The NSEP provides support for U.S. graduate students to study languages, cultures and world regions outside Western Europe, Canada, Australia and New Zealand.

Questions should be addressed to Jim Ellis at <jellis@nervm.nerdc.ufl.edu>, 123 Tigert Hall, or to the AED at 1 (800) 498-9360, e-mail <nsep@aed.org> or its World Wide Web site at <http://www.aed.org>. Applications must be submitted to the Overseas Studies office by 4 p.m. on Nov. 15.

Graduate Enhancement Fellowships award up to \$10,000 a semester for a maximum of two semesters. Domestic programs include awards of up to \$2,000 a semester. Proposals may span up to 24 months and are not renewable. Proposals must address the issue of the significance and critical importance of the selected area or country, language and culture to the chosen academic field of study, career goals and national security.

Applications are available in the Overseas Studies office, Office of International Studies and Programs, 123 Tigert. Applicants must be U.S. citizens, currently enrolled in a U.S. institution of higher education, who either have applied for admission to a graduate program or are graduate students when they apply. NSEP Graduate Fellowship recipients will incur a service obligation that must be completed within five years after their study.



Awards Ceremony Features Artist- In-Residence, Local Humanitarians

Joan Frosch-Schoeder (left) and Anna Pagnano find the rhythm with Godwin Agbeli, UF's first African artist-in-residence, in a West African dance ensemble performed at the reception for UF's President's Humanitarian Awards. The ceremony and reception, held in October at the Harn Museum of Art, honored four members of the UF and Gainesville communities who have promoted and celebrated cultural diversity on campus. Honorees were local resident Vivian Filer, UF staff member Dock Luckie, student Diana Sen and special education Professor Vivian Correa. (UF photo by Brian Thorpe)

Weekdays on Radio

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UPDATE**

6:10 a.m.	WRUF-AM	— 850
4:40 p.m.	WUFT-FM	— 89
5:40 p.m.	WRUF-AM	— 850
7:20 p.m.	WRUF-FM	— 104