

# Chicken soup: Good for flu symptoms, good for the soul

*GCC takes care of sick students with homemade soup*

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Even though the weather is finally brightening up and spring is knocking at the front door, lingering cold and flu symptoms may still plague some Grove City College students. Luckily for them, the cure just might be a cup of homemade chicken soup, courtesy of Karen Danielson, director of the GCC Health Center.

According to Danielson, she makes two gallons of her special recipe chicken soup each week for sick Grove City College students. She started in late January this year and says the soup has been a big hit with students so far.

"I've always been a propo-

nent of chicken soup," Danielson said. "There is some medical evidence to support that chicken soup is helpful.

"(Last Friday morning) a boy came in with flu symptoms. He was a freshman and his face lit up when I told him about the homemade chicken soup. He said, 'Yeah, that will make me feel better!' Students will come in and ask for it when they are sick. They say it's the best chicken soup they have ever had."

Danielson cooks the soup in the kitchen at the health center. She makes two different versions of the homemade recipe — one with rice and one with pasta.

"Chicken rice soup is better for students with gastrointestinal tract problems," Danielson said. "So when I make it, I split the broth in half and make one pot with rice and one with pasta."

Danielson then pours the soup into one-pint foam cups

and freezes them for the student to thaw out.

"It's a labor of love," Danielson said. "I'm a mother too. I would have been very comfortable if someone took care of (my children) like that. We really care for the students."

Several mothers have even sent thank-you cards to Danielson for taking care of their sick freshman children.

"There's been a very positive response," said Danielson, a cook at heart. She is currently working on her second cookbook, "Soups and Stews for the Heart and Soul: With Assorted Breads and Salads," which will be completed in July. She also hosts a monthly cooking show called "From Market to Table" on Channel 19, the local access channel for Armstrong Cable.

Danielson has lived in Grove City since 1970, although she has been involved in the community since she was 10 years old.

"I was born and raised in Warren, Pa., but in the summertime, I would come (to Grove City) and visit an uncle and aunt," Danielson said. "When my husband and I got married, we moved to Washington, D.C., but we didn't want to raise our first child there. Luckily, my husband's job got transferred back to Pennsylvania, and Grove City was our first choice. We were able to move here and we have made it our home. I don't regret it at all."

According to Danielson, whenever she goes into town, people recognize her almost immediately.

"People will see me and say, 'Hey, there's the cooking lady!'" Danielson laughed. "Life is a banquet, and God gave me a gift to cook and I want to share it."

For information about Danielson's recipes or cookbooks, her Web site is [www.kdskitchen.com](http://www.kdskitchen.com).