

## Fast food appeals to college crowd

Jambar Managing Editor
Because of the fast-paced style of a college, many students are forced to eat on the run. Quick service and accessible food are constudents and fast food.
Fast food chains are rapidly growing across the country. Louisa Marchionda, MA, registered dietician and instructor, said she cently read a national pollsters report stating hat between 1970 and 1980 the consumption 300 percent. She also said the report noted that 00 customers order a hamburger every seThe fast paill styles of schools and colleges The fast pace styles of schools and colleges perations to these locations. Numerous operations to these locations. Numerous
students are finding the accessibility and quick service along with the food very-appetizing. Is nutritional value being traded for a fast, eaty
ood intake? This is a question many nutritionists are asking.



Marchionda pos fast food to area food suppliers surronding the
YSU campus. Her fall Normal Nutrition Laboratory class conducted a random sampling of eating places frequented by YSU Brass Rail, vending machines, Dairy Queen, Burger King, Campus Lounge, Pub, Inner Circle, Arby's and the Terrace Room. (See chart for results.)
The main project for the class was to go to that students might order for lunch: The cost of the lunches ranged from $\$ 1.10$ to 9.950 per-single meal.

Overall, the lunch that was least expensive and held the most nutritional value was a broc coli and cheese potato from Arby's or one slice of whole wheat cheese pizza with six ounce
orange juice from the Pub.





YOUNGSTOWN, OHIO

EDITORIAL
For some, their only wave is in the bathtub
Surf's Up is fast becoming he premiere event of winter quarter - for that matter, the premiere event of YSU's year long extracurricular activities.
It's the talk of the week and ust about everyone wants to be at Friday night's dance. Surf's Up iv dance tickets went on sale at 8 a.m. Wednesday morning. Students began lining up
at $6: 45$ a.m. in front of the Infor mation Center on the second oor of Kilcawley Center. Each student was permitted to purYSU student IDs.
One student acted as a cash register, making change for the others, the queue of early birds twisting around the corner, thei
shadows projecting in front o
the second floor window in front
of the bookstore.
In a matter of 3 hours and 19 minutes, the 2,000 tickets alloted for the dance were sold, the
$\qquad$
At about 11:19 a.m. the lucky ones were planning what they
were going to wear for the
beach bonanza. While others were wondering how they were going to tell their friends there would be no sand ' $n$ ' surf this weekend. YSU'students started to scalp dance tickets. The $\$ 3$ tickets are going anywhere from $\$ 4$ to ysu has on the "street."

5,000 students enroled, ly does a campus event equal the enthusiasm displayed during Surf's Up. week. The event
is so popular students talk is so popular students talk
about it at the beginning of fall quarter - it even attracts students from niversities. It truly is a shame that only a hosen "few," compared to nance the figures, have the The to attend the dance. eliminates the morning sale working students to purchas tickets.
Next year, Surf's Up should no moved to a location enabling all who want to attend to do so YSU enthusiasm should never
be squelched by limited space.

## COMMENTARY

## The overweight bear society's obsession with thinness




##  <br> Senior gains wealth of theatre experience

YSU professor lends helping hand
 and Juliet, Mousetrap, Moon for Eldrich. He designed costumes the Misbegotten, Out Here On for The Lady's Not for Burning


Preparation: Michael Tortora ad
lights in Bliss Hall's scene shop.



Campus Ministry
invites you to pray with us

## Ash Wednesday March 4, 1987

nterfaith prayer 7:30 a.m
Catholic Mass 12:10 a.m
Catholic Mass, $12: 10$ p.m.
Scarlet Room.
Ashes will be distributed.
All are welcome.
Repent and Believe the Good News!
Last chance to sign up for Spring Break Tripll
Deadline is March 13

Lavorata.
How does Tortora find the time
behind always afraid of being behind in work - so work late

- nights and on woekends -it's nights and on weekends - it's
just the way 1 am," he said. just the way 1 am," he said.
Tortora attributes all the experience he's received in theatre to "the fantastic [F\&PA] faculty" "who really pushed me," and especially to Dr.
Frank Castronovo, speech communication and theatre. "He really cares. If it wasn't for him, I would not have the portiolio of work that I have," he said. Dr. Castronovo knew
was interested in lighting design and he had no objections to me designing shows."
Tortora's said, "I think Castronovo, said, "I think
Michael will do well. He takes a serious interest in his craft because he enjoys it so much." Tortora is currently lighting
assistant for University Theatre. assistant for University Theatre.
"I love being able to control a "light source, to control a mood," he said.
lighting considered a dramatic lighting designer - 1 use color
with the most saturation without destroying the mood " While the University
fers one class in lighting design Tortora said he has learned much by trial and error. " 1 'd
rather be practicing on the job rather be practicing on the job
than out of a book," he said. Although Tortora has worked extensively in technical theatre, he said that his first real love is acting. The "realist" in him has
kept him from devoting his life to acting, though, he said. Last quarter's. University
Theatre production of Romeo Theatre production of Romeo and Juliet marked the last
onstage performance of Tortora onstage performance of Tortora
at YSU. His role of Mercutio was "one of the best experiences of my life." He said he "could never top that role." Romeo and Juliet was also
one of the shows in which he played dual roles of actor and lighting designer. "I felt like I was designing and on the stage at the same time - it bothered
my ego! There was just too much of me!"
While Tortora will soon be leaving YSU; he will not leave the theatre. His plans include
graduate school at Wayne State University in Detroit where he See Tortora, page 9




Newman seeks past club members Letters

YOUNGSTOWN - If you are a former member
of the YSU Newman Club, the Newman Center of the YSU Newman Club, the Newman Center is looking for you, and for any memorabilia yo The Newman Club was first started at the local college in 1937 and the first full meeting held in 1938. To mark its fiftieth anniversary, there will be Mass celebrated at St. Columba Cathedral on
Sunday, April 5 , followed by a dinner at Kilcawley Hall, and several special activities are being planned.
However, since there have been several shifts and changes, both in structure of the organiza of membership and personnel are incomplete

## Tortora

Continued from page 6 will work towards a MFA in lighting design. He has an interview this Saturday to be acprogram.
"I have high hopes that I will be accepted!" he said. Tortora said one of the was because it is Castronovo's alma mater. He said he also admired their theatre's department's "character. have been hundreds of there have been hundreds of plays After graduate school, Tortora said he would like to work his way onto a college campus sional theatre.
"I'll miss YSU - the freedom, the flexibility I had here, but I'm

and those responsible for the approaching celebration are asking all former members of the
Youngstown Newman Club to contact that office Youngstown Newman Club to contact that office them your name, address and phone number so that everyone may be informed of the forthcoming activities
Sister Mary Ann Montavon, H.M., of the Newman Center, issued a call today for all former members, whether a graduate or not, to come and participate in the celebration and to bring sary. Reservations for the dinner on Aprin 5 ma sary. Reservations for the dinner on Aprii 5 may
be made by calling the Newman Center number.


Career moves
YSU President Neil D. Humphrey made opening remarks Mon day at Alpha Mu's Career Night in the Chestnut Roon Kilcawley Center
noticed in past issues of The Jambar
May I suggest to you Y Yambar possibly sharing your journalistic expertise with us and contributing your talents to "our college newspaper."

Graduate Assistant F\&PA
Objects to 'garbage'
Dear Editor,
I have read a lot of garbage in your so-called "college paper" Catholic Church is by but George Nelson's Commentary on the First of all, I cannot believe The Jambar would even consider printing such trash. It is obvious you were desperate to fill space. Yes, George, as you've stated you are not qualified to speak about
the Catholic Church. As a Catholic I can tell you I find it offensive and disgusting that you would try to degrade priests who devote their life to their religion.
The psychiatrists study you mentioned-as your basis for facts is laughable. Anyone can make a study and make it say what they
want it to. Mr. Sipe's study is an obvious attempt to ridicule the want it to. Mr. Sipe's study is an obvious attempt to ridicule the
Catholic Church. Forty percent of priests sexually active or gay? You make me sick to my stomach. With the shortage of priests in this country they barely have enough time to get all of their work done, let alone have affairs.
I suggest George Nelson needs to do some thinking in the future
before he opens his before he opens his big mouth and sticks his foot in it, if that is
at all possible. I suggest you comment on things you know something about, whatever that may be
It is no wonder The Jambar is always found on the floors and garbage cans of this campus.

## David Fejko Junior, A\&S

Refutes info in commentary
Dear Editor,
When The Jambar printed George Nelson's commentary, the felt we had to respond.
The Roman Catholic Church is a fine institution rich in tradition and an important force in the 20th century Its viability in this era is evident in its growing congregations.
experience is necessary to parform when he insists first hand experience is necessary to perform marriage counseling. The
priesthood gathers its experience from the input of millions of Catholic couples each year. Just as you don't have to be burned by a flame to communicate to another that the flame is indeed the relationship between a husband and wife.
dand wife
The statistics Nelson cites were from a former priest." Clearly this is someone with an axe to grind. "Other therapists" placed we percentage of homosexual priests as high as 40 percent. -We've always been skeptical of any unnamed sources. If these figures would have held any weight, Newsweek probably would have used the higher rumbers in the focus of their story. If Nelson
doesn't think these findings might be biased, then he probably feels we shouild put MX missiles on canal barges and that Ron Reagan doesn't dye his hair.
Probably what troubles us most is that Nelson feels the "indications of the times" should be reflected by the Church. A rising and property By the cause us to wo should not vilues on life Church the mores of a small group of priests.
Nelson invites the Catholic Church to enter the 1850s. The Church does not need your encouragement. The Catholic Church has remained a strong influence for nearly 2000 years. They have mirror which its people can look into and see a reflection of themselves:


Editor's Note - The student interviewed in this anticle is an ac-
tual student. However, the name used is a psuedonym.
By MELISSA WITHEW By MELISSA
Jamber Editor
In

In 1982, when Sarah ate corn half-cup of the small yellow seeds - and eat one kernal at a time.
Sarah had taken her dieting to the extreme. She was
diagnosed as having anorexia nervosa, an eating disorderoccuring mainly in young women who become pre-occupied with their weight and diet vigorously.
Now, a 23 -year-old YSU senior planning a spring graduation, Sarah remembered her junior year in high school when her dieting began. "I cut out all sweets," she recalled.
During her senior year, dieting was taken more seriously. Sarah dropped from 115 pounds to 85 pounds, her loss hidden by bulky winter clothes.

When summer arrived, her dramatic weight loss could be seen through a bathing suit. During the summer of ' 82 was when my parents knew
something was wrong, Sarah someth
said. Sarah explained how the
disease took over her body and her life. "I was so scared to gain one pound. It almost seemed like a sin to gain one pound. I
felt like a puritan," she said:
"At first, I felt great. I had a

## Overweight

Continued from page 10 overall not healthy for the students on the run.
College students double-edged sword when it comes to eating and juggling the hectic schedule of higher education, extra curricular acfood that is overail unhealthy. The majority of students in the group felt that it is hard to maintain your weight and go to type campus like YSU. All of the students agreed
that going to classes and studythat going to classes and studying all day entices the appetite. break in-between classes, caus ing the student to be the


The following summer, Sarah read a book her aunt had sent her entitled, How to Be Your Own Best Friend. After finishing
the book, Sarah said she went
lot of energy," she remembered. But then the
disease began to take its toll. Sarah recalled how it took double the time to do her eight credit hours worth of college courses because she was so her to go up steps. Not only was school work time consuming, but sitting in class was painful. "Because I
was so thin, it was hard to sit on was so thin, it was hard to sit on
the stiff desks," she said. "Winter wasn't so bad becauso 1 could sit on my coat."

Sarah recalled the diet rituals she would follow which includ ed: chewing very slowly; never
eating after 6 p.m.; and always eating sitting down.

I guess my desire to live was stronger than my

- A former anorexic

A middle child, Sarah said she tried to "outshine" her
sister who is two yearsolder " was the model student, the obe dient daughter,"' she said.


All food had to be measured and calories tabulated before Caran would eat: "The,
$\qquad$
and staying on a diet is hard, according to the group. They
said that people make them feel stupid about being on diets and the pressure they exert in getting you to eat is overbearing at times.
 you usually don't get positive feedback which really hurts and
is discouraging. Losing weight doesn't happen fast enough." Another student remarked on "you feel lige you're going in the right direction, but obviously you're not. I think I can lose weight by not eating. If 'm try-
ing to diet and l eat, Ifeel really guilty."
None of the students in the
None of the students in the
group has a serious weight problaup, according, to . medical
the book, Sarah said she went
downstairs and "ate everything Sarah would eat such foods as lettuce and air-popped popcalories. During the worst of the disease; she would consume 500 calories per day. During the winter of 1983,
Sarah went to see a counselor Sarah went to see a counselor
but said he was of minimal help to her. "I wasn't going to trust, let alone, listen to someone who
was telling me to gain weight," was telling me to gain weight," she said.
Sarah. Sarah recalled how the
disease took over her body physically in the form of chest pains along with the physical
symptoms. "My bones felt like symptoms. "My bones felt like
they were coming through my body," she said.
"I guess my desire to live was stronger than my desire to be thin," she said.
"If the disease would've went on for two or three months iprobably
said.
High potency vitamins and vegetables are part of her daily diet: Her weight ranges from 95 to 97 pounds and Sarah said she is happy with the way she
"Because I was so hin, it was hard desks."

- A former anorexic
looks, although, she is still calorie conscious.
"This bagel is about 200 calories," she said, tearing it
apart before chewing it . aparefully.
Sarah now consumes about
600 calories a her slowed metabolism. 'T've told this story so many times. It
just doesn't just doesn't seem like it hap-
pened to me," she said pened to me," she sa
I am seen with." Avoiding food was the only
answer to losing weight for all answer to losing weight for all
in the group, however, most of them said eating was their favorite thing to do. "Eating is
the biggest social thing to do the biggest social thing to do
around here, so how are you suppose to avoid food? If you go on a date, you usually go out to dinner," explained one of the students.
The group of students said they were all jealous of people people who have lost weight.
"I get angry with people who can eat all of the time and never
gain any weight," admitted a gain any weight," admitted a
couple of students. "think to myself, one day, it'll catch up to myseif, ond they'.ll get fat."' ...




Penguins ready for OVC Tourney


Preparing for the Zips: Coach Mike Rice's cagers are hard at
work preparing for Monday's OVC game at Akron.


By RUSSELL FARMINTINO
Jombar Sports Reporter
Coming off two road loss the Penguins are preparing for
OVC Tournament action. at OVC Tournament action. a The Penguins will travel to the Zips.
The Zips are presently enjoying a 21 -game home winning
streak, dating back to Feb streak, dating back to Feb.
1986. On that date YSi defeated Akron 65-62 marking he last time the Zips have lost on their home couit. Going into the Monday night
contest, Coach Mike Rice had his to say about the Zips." "Akron is a very good basketball team, but we see this game as a chance for us to real $y$ do something. We're going, to have to con
trol the middle' game. In the game there earlier, they outre bounded us and won. When we played here, we outrebounded hem and won. So the insid
game is key," Rice added. Another key to the Penguins success in the upcoming

## Players of the week picked

by George rusnak Jambor Sports Reporter

The men's basketball playoffs saw Gigolo's PKT bat but not least this week, in floor hockey, winning in the second round over the Tri-Pods, Shots, 42 and the APD's lost to the SAE's by 74-56. Other second round games included Sal a $5-3$ margin. In women's plas it whe SAE'S by y Bros. over I.C.L.'s, 51-41. SAE's lost to the GJr.A.I.C.H.E.; 72-45.
The quarter-final pairings are as follows Bob Pike, owner of the Kilcawley Dairy Queen, Gigolo's vs. Salty Bros. and G-men vs: has kindly agreed to sponsor a Dairy Queen/Jamdolmakers.
Week. Winners get a gift certificate good for contested game against, H.S.er's won a closely either a Peanut Buster Parfait, a Banana Split or ainst B.S. and Company to a medium Blizzard. The naming of these players hen mird place. The battle for first place mat- will take place weekly in this column. ched with Nuggets vs. P.J.'s. The Nuggets came out on top with a $30-27$ victory. tramural Bowling Roll-ff Tho lop spot in the In- dre the Giant's Little Boy" Marinkovich Marko as follows: SAE, SPE, and ther teams plac- is participating in four intramural events this The results of the Darts Singles Masters. season. He has been involved in intramurals for for the women, Michelle Demetra ranked first, games.
SOllowed by Liz Chamberlian both of the ROTCKuczma of the College Inn Storms garner first For the ladies, Kara Johnson takes this honor while Craig Schumacher of the Masters placed the women's basketball championship game second.
Wallyball action saw the Smalltown Boys beat and the Jam's took Inter-Varsity. Finally the Next week, we will have more fast and furious


| Shark <br> Continued from page 1 prepared to capture the shark and algae eaier. Mario had it his grasp. Michael attempted to capture the vicious meat eater, but he slid on a puddle. Where are the cameras when you need them? Finally, Felde caught the little guppy and replaced it in the half gallon of water that re- mained in the aquarium. The algae eater was also scooped Felde had done it, bravery |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
|  | was displayed at its finest. The approximately three inch gray shark was returned to its tank safely. Fish heaven, via the toilet bowl, would have to wait for these two gill-breathing Thders. <br> The fish rescuers had made the ratragicend to an out-ot-the-ordinary acciwait possibly until next year to have shark toppings atop pizza during Surf's Up week. <br> Curious bystanders who was loose in Kilcawley, came in |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  | This spring, make abreakforit. <br> This Spring Break, catch a Greyhound ${ }^{\oplus}$ to the beach, the mountains, or your hometown. For just $\$ 89$ round trip, you and your friends. will have a great time wherever you go. . <br> Anywhere Greyhound goes. <br> G)GO GREYHOUND <br> And leave the driving tous. <br> Greyhound - 529 W. Federal • 743-4507 <br> Must present a valid colkge stukent I. ). card upon purchase. No other discounts apply Cickets are nontransferable and good for travel on Greyhound Lines, |  |  |  |  |
|  |  |  |  |  |  | help and support he can player of our future." <br> Additionally, Rice commented on Bevely's role in the upcoming first round OVC playoff game against Akron. He Bevely must have a good game in order for YSU to win. <br> As for Bowers, Head Coach Ed DiGregorio offers nothing ward. "Dorothy Bowers, without a doubt is truly a fine young lady and a great athlete...She has done all of the hard work a basketball player, but as a person as well. <br> In addition to their unique basketball skills, Bevely and Bowers share a distinc closeness. <br> "Dorothy Bowers, without a doubt, is truly a fine young lady and a great athlete.' <br> Ed DiGregorio $\begin{array}{r} - \text { Lady Penguins' Head } \\ \text { Coach } \end{array}$ <br> They describe their bond as a little sister-big brother relation ship. They confide in each other and talk to each other "just about anything," said Bevely. <br> When given the chance to tion and respect is obvious. Said Bevely, "She does it all She rebounds, she can score, she can get up and down he court quick, she's. just awesome.' <br> Bowers commented, "1 just wish I could shoot the ball as well as he can shoot it, he's his team...there's just nobody <br> that can stop him. <br> Bus to Akron <br> WFMJ is sponsoring a free bus trip to Monday's Akron-YSU game with the purchase of a reserved more information call the ticket office at 742-3481. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

