








# NEWS

## Weather Forecast

<b>Saturday</b>	HIGH: 41	LOW: 26
	Partly sunny.	
<b>Sunday</b>	HIGH: 44	LOW: 31
	Rain possible in the afternoon.	
<b>Monday</b>	HIGH: 47	LOW: 32
	Sun and clouds.	
<b>Tuesday</b>	HIGH: 48	LOW: 31
	Clouds with rain possible.	
<b>Wednesday</b>	HIGH: 45	LOW: 30
	Snow and rain in the morning.	
<b>Thursday</b>	HIGH: 45	LOW: 33
	Cloudy with rain possible.	
<b>Friday</b>	HIGH: 45	LOW: 31
	Rainy and snowy.	

## Police Reports

- 3/3/2005**  
Officer was dispatched to Niagara Hall after complainant reported a fight in the basement involving numerous people.
- 3/3/2005**  
Complainant reported that a truck with a plow damaged his vehicle in Erie Hall lot. Left note for on truck, see non-reportable report.
- 3/4/2005**  
Complainant reported that his vehicle had been damaged while it was parked in Jordan Road lot.
- 3/4/2005**  
Reports of odor of marijuana in Ohio Hall. Talked to occupants of room. Discovered alcohol in room and cited both for underage drinking.
- 3/5/2005**  
RA's were conducting room inspections and in room 411 Senat Hall. They observed a bong setting on the desk. They called Police and Safety. See report.
- 3/14/2005**  
Complainant reported he had been informed by residents on his floor that a group of people had smashed out vehicle windows in the apartment lot north.
- 3/15/2005**  
Found several vehicles in the Jordan Road lot that had the windows broken and mirrors broken off and others that just had the mirrors broken off.
- 3/15/2005**  
Complainant came to the station to report that someone had taken his calculator from a study lounge in Lawrence Hall.
- 3/17/2005**  
Complainant reported seeing weapons protruding from a student's backpack in Dobbins Dining Hall. Officers arrived and seized weapons from student. He was told that they would be at the station for safekeeping.
- 3/17/2005**  
Complainant reported seeing a semi-tractor trailer hit a parked car as it backed out of the SEET loading dock. See non-reportable accident form.
- 3/17/2005**  
Fire alarm reported in Niagara Hall. See report.
- 3/19/2005**  
Fire alarm reported in Niagara Hall. See report.
- 3/22/2005**  
Complainant reported student stealing food from the cafeteria despite having been repeatedly told this was not permitted.

## Classifieds HELP WANTED

Addressers wanted immediately!  
No experience necessary. Work at home.  
Call 405-447-6397

"There is no way to peace. Peace is the way."  
— A.J. Muste, minister and peace activist  
(1885-1967)

Janet Neff Sample Center  
for Manners & Civility 

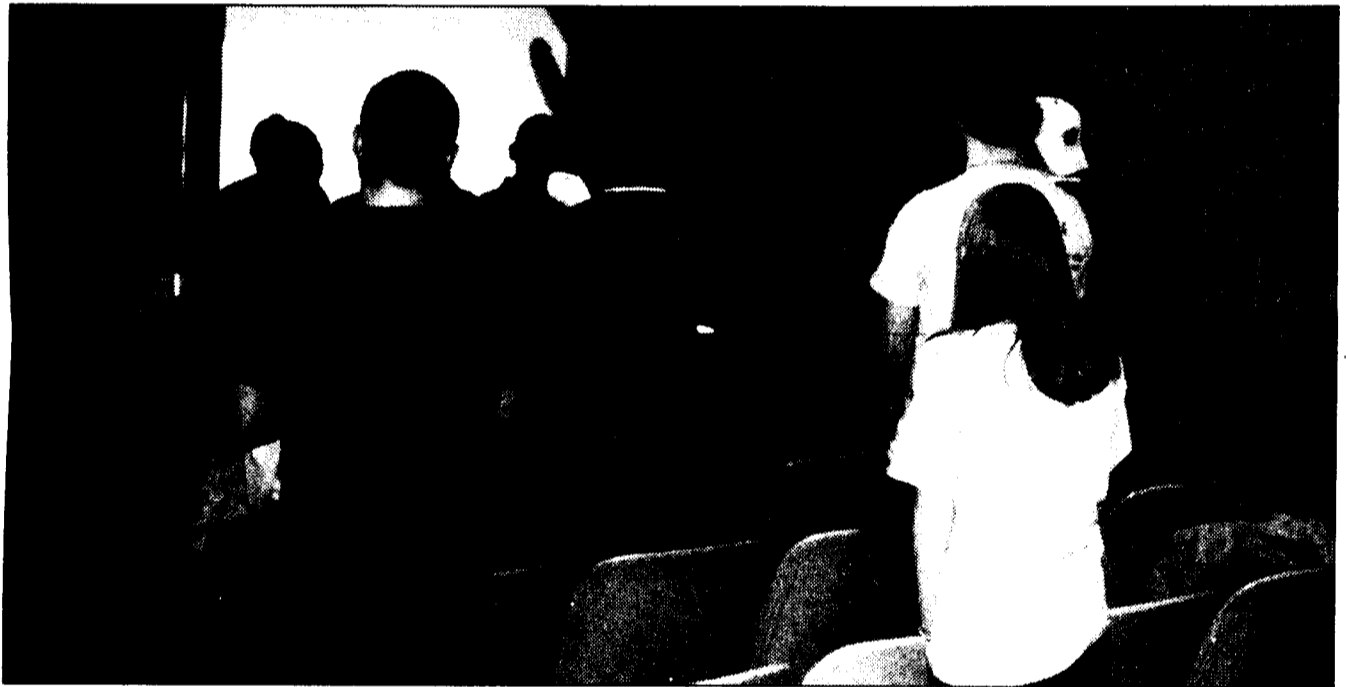
## FOCAL POINTS



A sizeable crowd turned out for the debate between SGA presidential and vice-presidential candidates Wednesday evening. Candidates fielded questions from the students while Robert Speel moderated.



Monday night was Meet the Candidates in Reed 114. Students had a chance to meet candidates running for SGA presidential, vice-presidential and senatorial positions.



The Intervarsity Christian Fellowship gathered for its weekly meeting Thursday at 7 p.m. During the meeting students sang and studied the Bible.

### DEBATE, continued from Page 1

to handle the responsibility of being an RA as well as SGA vice president. Soni said she has been highly involved on campus for the past two years and has never failed to fulfill her responsibilities. Curry also discussed the implementation of a FM radio station for Behrend. Soni countered by saying the FCC has already turned down Behrend's broadcast application. The event was wrapped up around 8:30 after closing statements from the candidates.

**Want to write for the Beacon?**  
Come to our Monday meeting in the Beacon office at 6 p.m.  
Office located downstairs in the RUB, room 10H.

## Nutritionist offers healthy advice

By Amie Pittner  
staff writer

Leslie Bonci is the nutritionist for the Pittsburgh Steelers, Pirates, Penguins and Riverhounds. She came to talk to Behrend students and athletes January 19. The focus of Bonci's presentation was what athletes can do to enhance their performance.

Bonci is the director of sports medicine at the University of Pittsburgh Medical Center. Bonci is a registered dietitian with a master's degree in public health from the University of Pittsburgh.

Before Bonci dedicated herself to the city of Pittsburgh, she worked for Frito-Lay, Gatorade and Heinz. Bonci has provided nutrition expertise in many people for over eight years now. Her expertise is in sports nutrition, weight management, eating disorders and digestive health.

Bonci was invited by Behrend's athletic trainer, Angela Meserole. Bonci was chosen because she is recommended by the NCAA.

The program was well attended; 75 athletes and coaches listened to Bonci speak for an hour. Bonci discussed the

various ways athletes detract from their performance and how to avoid these problems.

Bonci discussed the importance of not skipping meals, not drinking enough, waiting too long to refuel after exercise and not getting enough calories.

She stressed the importance of drinking enough fluids. Athletes need to drink 20 ounces of fluids an hour before exercising and must drink 20-40 ounces during exercise.

A general guideline is to drink three cups of fluid for every pound lost. Bonci recommends drinking sports drinks during exercise but warns that not every sports drink is equal. Any fluid can help, except alcohol which dehydrates you.

Bonci emphasized the need for carbohydrates. She explained that carbohydrates are good foods because they provide fuel for muscles and the brain during activity and exercise. Bonci recommends that 2/3 of your food intake should be rice, pasta, bread, fruit or vegetables.

She elaborated on the carbohydrate discussion by addressing the necessary amount of protein in the diet. Bonci feels that .5 times your body weight is

the minimum number of protein grams you need per day and 1 time your body weight is the maximum amount of protein you need per day.

Bonci explained that eating too much protein, or using protein supplements, takes away from your carbohydrate intake. You need carbohydrates and protein together, in proper amounts, to build new muscle.

Kim Raff, PSHBA 06, a softball player at Behrend attended the program and learned useful information to enhance her performance.

"I learned a lot of new stuff that I didn't know," said Raff.

Students who do not participate in athletics at Behrend were also invited.

"I didn't get as much out of it as the athletes" said Prema Bangera, GAS 04. "I know what to avoid and what to eat."

This program was very informative for students and athletes alike. The athletic department tries to invite guest speakers, like Bonci, once a month during the spring and fall semesters.

If you would be interested in learning more about your health and wellness, contact Angela Meserole atamm43@psu.edu for future speakers and dates.