

SPORTS

Behrend hosts Pittsburgh Steelers' own professional nutritionist and spokesperson

By Heidi Weismiller
staff writer
hmw5026@psu.edu

On Wednesday, Dec. 7, Penn State Erie hosted speaker Leslie Bonci, the nutritionist for the Pittsburgh Steelers, the Pittsburgh Ballet Theatre and the University of Pittsburgh Athletic Department. She works with many high schools and universities coaching students on eating disorders, sports nutrition and other related topics.

Bonci is employed at the University of Pittsburgh Medical Center in the Department of Orthopedic Surgery and the Center for Sports Medicine. She is the Director of Sports Medicine Nutrition. She is also an Adjunct Assistant Professor of Nutrition at the University of Pittsburgh. She has a Master's degree in Public Health and is a registered dietician.

Bonci is also a well-known media spokesperson for the American Dietetic Association. She can be seen on TV and in print as well as heard on the

radio. She offers useful dietary and nutrition information to her audiences. She is also very personal, working with all her clients on an individual basis and coaching them about nutrition-related concerns and questions.

Her speech at Behrend informed students of the risks of certain diets for active individuals. She stressed the ineffectiveness of low carbohydrate diets. "It is counter purpose to their goals," Bonci said. She explained that "people will initially lose weight if they follow these diets," but it will not

be body fat loss. She said it is simply a loss of fluid and lean muscle mass rather than fatty tissue. She said it is important not to get carried away with the short term results. Once there is no longer fluid to lose, the body begins to break down muscles for glucose to feed the brain instead of fat. This loss of lean mass will cause a loss of energy, strength, speed and endurance.

2005-2006 NCAA Football Bowl Schedule

LAS VEGAS BOWL
Dec. 22, 8 p.m. (ESPN)
BYU (6-5) vs. Cal (7-4)

POINSETTIA BOWL
Dec. 22, 10:30 p.m. (ESPN2)
Colorado State (6-5) vs. Navy (6-4)

FORT WORTH BOWL
Dec. 23, 8:30 p.m. (ESPN)
Kansas (6-5) vs. Houston (6-5)

HAWAII BOWL
Dec. 24, 8:30 p.m. (ESPN)
UCF (8-4) vs. Nevada (8-3)

MOTOR CITY BOWL
Dec. 26, 4 p.m. (ESPN)
Akron (7-5) vs. Memphis (6-5)

CHAMPS SPORTS BOWL
Dec. 27, 5 p.m. (ESPN)
Clemson (7-4) vs. Colorado (7-5)

INSIGHT BOWL
Dec. 27, 8:30 p.m. (ESPN)
Arizona State (6-5) vs. Rutgers (7-4)

MPC COMPUTERS BOWL
Dec. 28, 4:30 p.m. (ESPN)
Boise State (9-3) vs. Boston College (8-3)

ALAMO BOWL
Dec. 28, 8 p.m. (ESPN)
Michigan (7-4) vs. Nebraska (7-4)

EMERALD BOWL
Dec. 29, 4:30 p.m. (ESPN)
Utah (6-5) vs. Georgia Tech (7-4)

HOLIDAY BOWL
Dec. 29, 8 p.m. (ESPN)
Oregon (10-1) vs. Oklahoma (7-4)

SUN BOWL
Dec. 30, 2 p.m. (CBS)
Northwestern (7-4) vs. UCLA (9-2)

INDEPENDENCE BOWL
Dec. 30, 3:30 p.m. (ESPN)
South Carolina (7-4) vs. Missouri (6-5)

MUSIC CITY BOWL
Dec. 30, Noon (ESPN)
Minnesota (7-4) vs. Virginia (6-5)

PEACH BOWL
Dec. 30, 7:30 p.m. (ESPN)
Miami (9-2) vs. LSU (10-2)

MEINEKE CAR CARE BOWL
Dec. 31, 11 a.m. (ESPN2)
South Florida (6-5) vs. North Carolina St. (6-5)

HOUSTON BOWL
Dec. 31, 2:30 p.m. (ESPN2)
Iowa State (7-4) vs. TCU (10-1)

LIBERTY BOWL
Dec. 31, 1 p.m. (FOX)
Tulsa (8-4) vs. Fresno State (8-4)

COTTON BOWL
Jan. 2, 11 a.m. (FOX)
Texas Tech (9-2) vs. Alabama (9-2)

OUTBACK BOWL
Jan. 2, 11 a.m. (ESPN)
Iowa (7-4) vs. Florida (8-3)

GATOR BOWL
Jan. 2, 12:30 p.m. (NBC)
Virginia Tech (10-2) vs. Louisville (9-2)

CAPITAL ONE BOWL
Jan. 2, 1 p.m. (ABC)
Auburn (9-2) vs. Wisconsin (9-3)

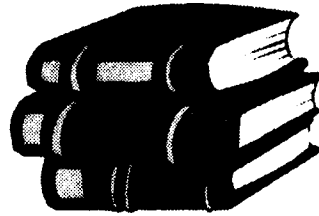
FIESTA BOWL
Jan. 2, 4:30 p.m. (ABC)
Notre Dame (9-2) vs. Ohio State (9-2)

SUGAR BOWL
Jan. 2, 8:30 p.m. (ABC)
Georgia (10-2) vs. West Virginia (10-1)

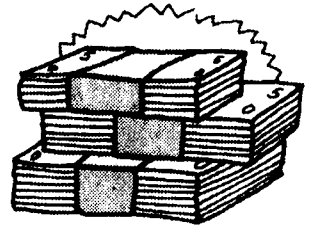
ORANGE BOWL
Jan. 3, 8 p.m. (ABC)
Penn State (10-1) vs. Florida State (8-4)

ROSE BOWL
Jan. 4, 8 p.m. (ABC)
USC (12-0) vs. Texas (12-0)

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