

Tylman At Nationals

Tennis: Behrend Finishes Season

by Joel Campbell

This year's tennis team under the direction of Kent Peightal finished the past season at 5-6.

Behrend opened the season with a loss to Allegheny on April 1, but defeated Geneva on April 6. Behrend lost three consecutive matches to Slippery Rock on the 13, Grove City the 15, and Indiana on the 17.

The Cubs defeated Gannon on the 20, lost to Edinboro on the 23rd, defeated Baldwin Wallace on the 27, lost to Mercyhurst on the 29, and defeated Cleveland State and Westminster on May 1 and 11.

This year's top seven player roster contained two sophomores and five freshmen. Freshman Jerry Tylman played the top seed while sophomores Greg "Goose" Gasperich and John Dateo played second and third seeds, respectively. Ron Braun, Don Benson, Ken Landau, and George

Kalagayan round out the fourth through seventh seeds in their respective order.

Jerry Tylman said, "The main problem with this year's team was that of our top seven men two were sophomores and five were freshmen. That meant that we were mainly playing seniors and juniors from four year colleges. But, despite that fact, we still managed to finish with a 5-6 record. Inexperience in what hurt this team."

On May 8 at the recent District 18 championship held at the Behrend, Tylman was ranked third in the section but defeated the number two ranked player in the finals to capture the District 18 men's singles crown.

Tylman will be leaving Erie on June 1 for Kansas City to represent Behrend and District 18 in the NAIA national tennis tournament.

Junk Food

By Cindy Stupancic

Making a room search, running to the pizza shop, hitting the vending machines, peddling for Barbato's, McDonald's, Wendy's, or finding a way to Kelly's Corner Market.

Do these situations sound familiar to you? Well you're not alone because many students are found in them when they get the late night munchies.

It really isn't a problem to have a snack now and then, but the foods that students are choosing to munch on are basically junk foods.

These foods are not only fattening (the killers for such a weight conscious society), but they offer little or no nutritional value, along with the fact that they are very expensive.

Junk foods such as candy bars, sodas, and sweets contain refined sugars that get into the system fast, but its effects wear off even faster. As student Becky Link says, "When I eat a candy bar I get a burst of energy, but it wears off really fast and I find myself tired again."

Sugar is also the chief promoter of tooth decay and it may even contribute to causing diabetes, though there is some debate about this (some think that being overweight may be a more important factor).

A diabetic replies, "I am a junk food eater and I love sugar, but it's really bad for me because it raises the sugar level in my body and I have to keep my system in balance." She adds, "I'm supposed to watch my diet, but it's easy to cheat when everyone else is doing it."

Salt and other forms of sodium are present in a great many foods, particularly fast foods, snack foods, and highly seasoned restaurant foods - all of which are the favorites. Too much salt in the diet may be one of the risk factors in heart disease, since it is associated with high blood pressure.

Salt may even be mildly habit-forming, with some people developing a craving. As the saying goes, "No one can eat just one Lay's potato chip." Chris says, "I don't usually binge on junk food. As long as I don't taste any I'm alright, but if I have on potato chip then I'll eat the whole bag."

Most students know that the junk food they are eating contains little nutritional value and many are very weight conscious. Even Linda Pell, a vegetarian, considers herself a junk food muncher.

When Linda goes on a junk food binge, she says, "I feel disgusted with myself, bloated, tired, and depressed after I eat it." She also adds, "After eating junk food on the weekend, I'll fast all week and eat just vegetables and fruit."

Many students feel the same as Linda. Becky Link says, "I get mad at myself when I binge on junk food because it's the last thing I need to do." Becky gets upset because she says, "I am weight conscious and I think the first thing that people are judged on is their appearance."

Michelle Becker comments, "I always feel fat and bloated when I eat junk food. Half the time, I'm not even hungry for it, but it's there so I eat it."

Many students continue to eat junk food because it is always available. Becky says, "It's so easy to pick up a bag of potato chips from a vending machine. I think we're a junk food society."

Fornear Leading Hitter

Cubs Sweep Edinboro

By Joel Campbell

The Behrend baseball season ends on May 11 when the Cubs take on Geneva in a scheduled home doubleheader. Behrend dropped games to Pitt-Johnstown on April 24, and Mercyhurst on April 27.

On April 29, the Cubs swept Edinboro in a doubleheader at home but fell to Point Park on May 1. Against powerful Westminster the Cubs won the first game but dropped the second to earn a split. Again SUNY-Fredonia the team dropped both games, but hope finish the season with a couple more wins against Geneva.

In the hitting department Joe Fornear is leading the district 18 in batting with a .483 batting average. Shortstop Brent Pomykala is hitting .378 and rightfielder Rob Simon is batting .357. DH Oscar Matous is batting .327.

Joe Fornear also leads the team with 22 RBI's and 3 homeruns. Buck Weakland has 18 RBI's and 2 homeruns and Rob Simon has 14 RBI's and one

homer.

In the pitching department Steve Jackson has been pitching well to earn two of Behrend's victories. Coach Spinelli stated, "Our pitching staff is set although I'd like to add one or two power pitchers if possible."

Coach Spinelli feels, "We're playing better now, against Point Park we were tied or ahead through five innings in both games. Against Westminster we split with a 20-3 team."

Team co-captain Joe Fornear stated, "Inexperience really hurt this team. We were competitive through five innings in most games but lacked experience to get us through the six and seven innings. There are a lot of good ball players on this young team." In summing up the season, Fornear feels, "Some games you win, and some games you wish were rained out."

In looking forward to next season Coach Spinelli stated "We're hoping to recruit several field players and one or two strong pitchers who can help us next year."

Softball Team Hoping To End Season On A Win Streak

By Cyndi Warwick

After losing their last five games in a row, the Lady Cubs hope to end their season on a winning streak by taking two games of a double header against Mercyhurst.

The Lady Cubs are now 5-9 after playing tough teams like Clarion and Thiel. In the first game of a double header against Clarion, the Lady Cubs lost 8-2,

with Doreen Rulli having the only RBI. She also had one hit along with Kathy Patton and Kathy Rolph.

In the second game, which they only lost 5-2, Molly Heidecker had two hits and one RBI along with Missy Stasenko, who also had two hits. Pam Mackowski had the other RBI.

In the game against Thiel, which the Cubs lost 7-5, Kathy

Rolph had one hit and two RBI's; Carolyn Campbell also had one hit and one RBI, and Sandy Rhea, Pam Mackowski, and Kathy Patton all had one hit.

In closing out their season, the top RBI leader for this year was Pam Mackowski with 12 RBI's. Holding on to the top hit leader was Molly Heidecker with 13 hits and she also had the highest batting average of .289.

The Cubs last game, which is home against Mercyhurst, is Tuesday, the 11th of May.

Student Senate Election

continued from page 3

main objectives will be to let the freshmen commuters know what's going on on campus, to make them feel involved. I would also like to expand on activities held at noon in order that the commuters can be involved."

Commuter Council Vice President-elect Mark Townsend said: "Membership in the com-

muter council has been on the decline; I would like to help reverse this trend. All Commuter Council meetings are open to all students; I would like to encourage all commuters to attend.

"One of the projects currently in planning by the Council is the establishment of a day care facility. We do not presently have

a target date but are continuing to investigate all possibilities."

The newly elected officers will begin their respective terms at the conclusion of the Spring term 1982.

Prepare For: June 16, 1982 Exam

LSAT

Stanley H. KAPLAN
Educational Center
TEST PREPARATION
SPECIALISTS SINCE 1938

In Erie, call 868-4016 Daily 1-5 p.m.
In Buffalo, (716) 837-8022 (Collect)

Classes Begin: Erie - 5/8, Buffalo - 5/15



THE LARGE LION
Smoking and Snuff Accessories
Albums & Tapes
417 W. 8th Street.
455-0511
Hrs. - Mon.-Sat. 10 a.m.-9p.m.
Sun. 12-5 p.m.

Putt Putt Golf and Games

FREE \$5.00
FREE: Buy \$5.00 in game room tokens and receive \$5.00 in tokens with this coupon.
or
FREE
Buy Three Game Ticket & Receive a Three Game Ticket
FREE
Open Year Round
Putt Putt Golf and Games
4268 Buffalo Rd. and 1225 Peninsula Dr.
898-1114 and 833-1704

abortion
free pregnancy testing
confidential counseling
WOMEN'S HEALTH SERVICES, INC.
Downtown Pittsburgh
(412) 562-1900
a non profit medical facility

Barbato's
ITALIAN RESTAURANT
SPECIAL
Try Our
Daily Lunch Specials
3512 Buffalo Road
Wesleyville
Phone 899-3423
Buy TWO Pizza Subs
and Get One Free.
Good Till May 8