

# The dreaded Freshman 15

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Special to the Lion's Eye

Slices of cheesy pizza dripping with grease and loaded with toppings. Cheeseburgers covered in every condiment known to man. Thick gooey oven-baked cookies.

Getting hungry? Sure, all these foods appeal to our senses.

But, what else do these delicious, fattening foods have in common, you ask? They're all part of a typical college freshman's unbalanced meal.

Eat these foods every day, and the freshman 15 will hit you in half the time.

The notorious freshman 15 is something that many of us have experienced. If you're not familiar with the term, it refers to the average 15 pounds many students gain during the course of their first year at college.

While the term includes only freshmen, it can happen to sophomores, juniors, and seniors as well. I interviewed several on campus, and I found that many people said they'd gained as much — if not more weight — during their sophomore year.

How does this phenomenon occur, you may wonder? The concept is very simple. Entering college evokes a new freedom for students. No longer does one have to sit down to well-balanced meals with family.

A few slices of pizza, a super-sized coke, and a Snickers bar work just as well.

Ah, the feeling of freedom.

While this freedom (and the resulting pounds) are more common for students who live on campus, it still affects commuter schools like our Penn State campus.

Freedom is not the only factor that causes the freshman fifteen. A bigger problem is the lack of healthy foods and the abundance of fattening treats available on and



around campus. Vending machines filled with potato chips and chocolate bars do not motivate one to eat healthy.

Another dilemma is the fact healthy foods are notoriously pricey. This pricing of food is typical, especially at fast food places like McDonalds. Sure, you could spend \$3 on the McSalad Shaker, but who would waste their money when they could

get a \$.99 double cheeseburger.

While it may seem difficult to avoid the freshman 15 (or lose it if you've already gained it), it's not impossible. There are some healthier and reasonably priced foods sold on campus. Yogurt, salads, turkey sandwiches, and power bars are a few of them.

You can also save calories by drinking

water (bring in a bottle and fill it up at the fountain) instead of soda.

However, the best way to lose those 15 pounds is to bag a healthy lunch. It may seem juvenile, but it is much healthier and less costly than eating out.

The freshman 15 is discouraging, but if you follow these tips, you may be able to lose it in half the time.

## Movie Reviews

# Two thumbs up for two great movies

By SHAWN PETTIT  
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### 'A Beautiful Mind' A Beautiful Film

Director Ron Howard (Cocoon, Apollo 13) has created another instant classic with his latest project, A Beautiful Mind, which tells the story of real-life mathematician John Forbes Nash Jr., a Nobel Prize winner who suffers from schizophrenia.

Russell Crowe plays John in one of his best performances in his career. The story begins in John's days at Princeton when he was searching for his "original idea" (His original idea, a revolutionary paper on game theory, is what won the real-life John Nash the Nobel Prize in 1994), through his days as a professor and code-breaker at M.I.T. and into his later years back at Princeton as a professor of mathematics.

Unlike other films that deal with mental

illness, A Beautiful Mind does not portray John as a complete lunatic. Thanks to Crowe's impressive performance, Howard's directing, and the brilliant cinematography done by Roger Deakins, John is seen as a normal man that is thrown into seemingly realistic situations that are only real to him. He handles these situations as a regular person would without realizing that his problems (and many of the people involved) aren't even there.

With brilliant performances by Jennifer Connelly as John's wife, Alicia, Ed Harris as government agent Parcher, and Paul Bettany as John's high-spirited roommate from Princeton, this movie definitely deserved its four Golden Globe Awards and is a must see for anyone.

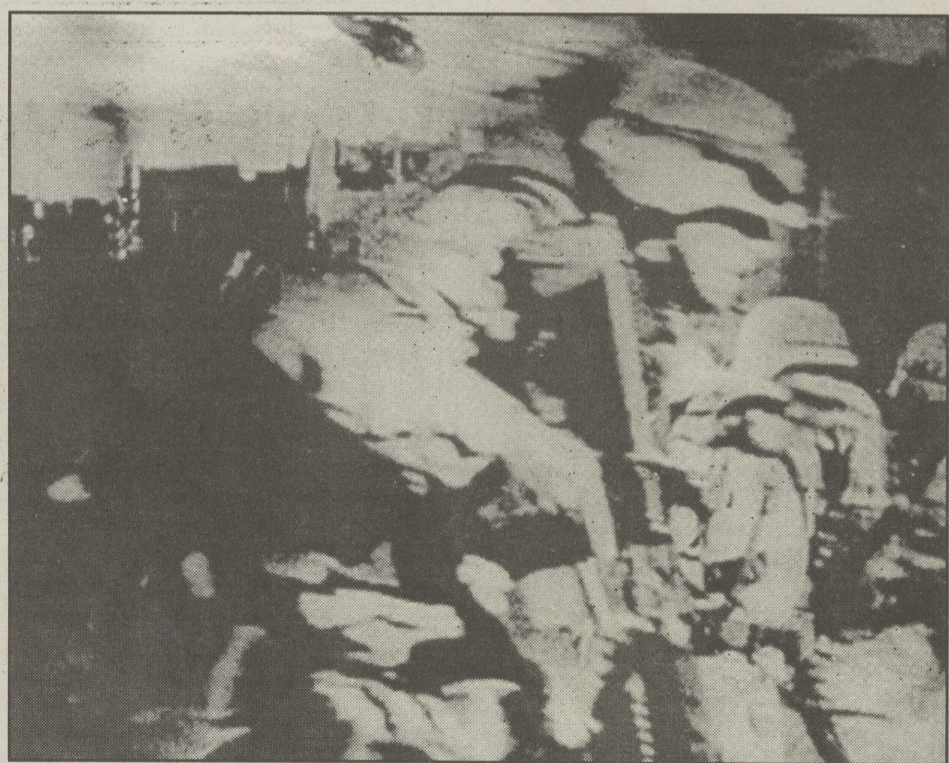
### 'Black Hawk Down' A Perfect War Film

Director Ridley Scott (Gladiator) and producer Jerry Bruckheimer have turned Philadelphia Inquirer writer Mark Bowden's book about the U.S. raid on Mogadishu, Somalia into one of the most stunningly realistic war films of all time.

Black Hawk follows the U.S. Army Rangers and Delta Force soldiers that participated in the raid from the day before the bloodshed started up until the initial escape of all the soldiers from the city.

The actual storyline is about a prisoner extraction in a process to take Somali warlord Mohammed Farid Adid out of power. Adid was taking over food shipments sent to the country through the capital, Mogadishu, in an effort to take over the country by means of power through hunger. During his reign, 300,000 Somalis died from starvation.

U.S. Army Rangers and Delta Force specialists were sent in on Oct. 3, 1993 to extract key members of the Somali rebel



organization, including Adid's political adviser and his top lieutenant, from a meeting in the Bakara Market section of the city.

The Somali rebels caught wind of the operation and decided to attack from all sides, turning a simple extraction operation into an 18-hour siege in which 19 American soldiers and over 500 Somalis were killed.

There are no real starring roles in this movie because there's not really time to focus on one soldier. The cast includes Josh Hartnett as veteran ranger Sgt. Eversmann, Ewan McGregor as action-hungry Company Clerk Grimes, Tom Sizemore as the no-nonsense Colonel McKnight, and Sam Shepard as the com-

mander of the operation, Gen. William Garrison.

Out of the entire cast, the strongest performances were given by Sizemore, who goes back into the city three times to help rescue his fellow soldiers, and Shepard, who seems to make a personal connection with his men as they are under fire. Another great performer in this movie was Jason Issacs as Capt. Mike Steele, the commander of the Rangers. Issacs seems to also give a no-nonsense demeanor, but in the end, he is touched by the effort his men gave to save each other.

Overall, Black Hawk Down is a first class war film and a must-see but be prepared for a type of bloodshed that has never been seen on the big screen before.

