

Students suffer from 'freshman ten'

By KARYN SPERTZEL

Daily Collegian Staff Writer

Many new students at University Park have had to loosen their belts instead of tightening them. Freshmen are not the only ones who gain weight during their first year.

"Even though it might be called freshman ten, I think it's more like 15," says Karen Martin, (graduate-nutrition) attributes the gain to a change in lifestyle.

"They just need experience in controlling their eating. It's so easy to go for a second helping or to eat between meals," Martin said. "Desserts are offered at lunch and dinner and the breakfast menu often includes sweet rolls."

William Curley, director of Food Services, said part of the problem is that students are allowed to eat as much as they want to, because they have many choices. They tend to eat more than they normally would.

Martin said, "Students have so many strikes against them, such as parties, serving sizes in the dining hall and peer pressure to eat." The dining hall is a social study — it is a legitimate place to meet and sometimes students tend to prolong their stay.

"At night, friends want to have pizza or popcorn and they don't realize what's happening. It's not good to be a joiner, especially when you're new," Martin said.

So what can be done to prevent the freshman ten from attacking? Martin said that planning ahead and avoiding overeating is a good idea.

"The University makes the entire term's menu available in advance so it's possible to plan ahead," Martin said. "Plan only one dessert a day and pick up in advance."

Curley said she puts the final responsibility for food selection on the individual.

"I hear many complaints that our menu is too starchy, but I don't care what

nutrition book you read, you'll see the need for a potato or potato substitute at the meal," Curley said.

"That's fine. I have (potatoes or a potato substitute); it is then up to the student to make the determination as to how much of that he's going to eat," Curley said. "It is the student who has to say 'I can't eat three pieces of pie.'

Curley said that students are not worried about economics but rather about a phenomenon called the "freshman ten."

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New telephone cables to alleviate overload

By JOE MARTELLARO
Daily Collegian Staff Writer

The Penn State Krishna Yoga Society is presenting

"Variations on a Pakora" at 7 tonight at 103 E.

Hamilton Ave.

"Limit the soft drinks. If you don't like the taste of diet soft drinks, try mixing a diet soft drink with a non-diet soft drink. You will still get the flavor and opportunity to get a balanced diet," she said.

Martin said those students who were very active in high school are the ones who really gain the weight.

"A lot of people are not exercising here, they just sit back and forth from classes and call that exercise," she said.

Martin advises students to keep physically active and to try to take another physical education class. She also advises students to pick at least one selection from each group at each meal but not to take more than two servings of any one group.

For those students who have already encountered the "freshman ten," the Nutrition Clinic is free to students on an appointment basis. The clinic offers individual counseling on diet problems and will help students set up a diet plan tailored for the individual.

The clinic can be reached at 865-0613.

The third job, slated to be completed in the spring at a cost of \$140,000, will consist of 10,000 feet of aerial and underground cable projects, costing a total of \$496,000, are near completion in State College, Bell's local manager said.

"The project is holding up well," Waleck said. "The new cables are planned on the basis of nutritional value as well as student preferences."

Martin said she should eat slowly. "Students should take at least 30 minutes to finish what's on their plate. One tactic is to divide the plate into sections and take five minutes on each. If you don't bolt your food, you're less likely to go back for more," she said.

"My advice is to replace the refrigerator, not just with celery and carrots, because it's an incentive to munch between meals," Martin said.

State 4-H office coordinates county events

By DENNIS SNYDER

Daily Collegian Staff Writer

The direct offices all over the state in every county from Adams to Westmoreland send out agricultural information on every subject from apples to asparagus. And their office is located right on campus, in the Agriculture Administration Building.

The state 4-H office operates as part of the United States Department of Agriculture's extension service, said Cindy Kaufman, program assistant for the state office. Kaufman said the office works with the extension offices in each county of the state, coordinating

programs and promoting 4-H activities.

"We act as a liaison between the USDA and the offices, getting information out to them," Kaufman said.

The office buys ads on radio and television and in newspapers throughout the state to promote 4-H. Also, the office runs the 4-H's state events, writes 4-H project books and produces slides relating to the 4-H. Kaufman said the main function of the office is to disseminate information to the county offices.

"We very rarely get in touch with direct contact — with the kids," Kaufman said. "But we work with the county

offices, who in turn work with volunteer leaders. They're the ones that actually work with the kids."

University students involved in the 4-H through the Campus 4-H Club, Kaufman said a staff member at the state office, U.B. Bakker, is the adviser for the club and acts as a go-between for the club and the office.

Tom Schaffer, president of the club, said the club is involved in the county office but works with both the state and county offices. He said the club participates in the summer 4-H events, helping with judging and holding square dances.

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LAUNCH DIRECTOR for the NASA SPACE SHUTTLE

Friday, October 9
3:30 p.m.
HUB Assembly Hall

BOSTON COLLEGE GAME STUDENT TICKET INFORMATION

1. Student gates will open at 11:45 a.m. The game is a sell-out.
 2. Have University I.D. card with full-time Fall Term '88 sticker and ticket ready for gatemen.
 3. Seniors & Graduate students MUST enter Gate #15 in order to be seated in the Senior/Grad sections.
 4. Juniors MUST enter Gate #16 in order to be seated in the Junior sections.
 5. Freshmen and Sophomores MUST enter Gate #17.
 6. Seniors may sit in any class section, as space permits, but must enter the gate designated for that section.
 7. Juniors may sit in the junior and freshmen/sophomore class sections, as space permits, but must enter the designated gate for that section.
- The gate you enter is the determining factor as to the section in which you will be seated for the game. For example: If you are a senior, hold a senior ticket, and wish to sit in the senior section, but enter the stadium through Gate #17 (freshmen/sophomore gate) you will be required to remain in that section for the game.
- The coordination of gating to seating sections is utilized to insure the quickest and most efficient entrance to the stadium for all students. This system was devised after extensive meetings and discussions with students, including the Association of Residence Hall Students.
8. In fairness to your fellow classmates, please occupy one seat number only and refrain from attempting to save seats.
 9. Pass-out checks will be issued at the following portals: Seniors/Grads—Bottom of section ED
Juniors—Bottom of Section EC
Fresh/Sophs—Bottom of section EA
 10. The student seating sections of Beaver Stadium ARE NOT OVERSOLD.

However, there are more holders of senior/grad tickets than there are seats in the sections (ED & EC) assigned exclusively to senior/grads.

The Student Ticket Policy stipulates that a senior/grad may sit in any of the student sections; it does not guarantee a seat in the designated senior/grad sections.

It is impractical to sell to each class only the number of seats contained in the sections assigned to each class. If this were done, many juniors, seniors, and graduate students would be shut out of Beaver Stadium because of lack of tickets.

For example, there would be no way of knowing how many seniors or juniors would prefer to sit in the freshmen/sophomore sections if they were dating a member of those classes.

Your ticket is a guarantee of admission to Beaver Stadium, when presented with a current full-time student identification card. It is not a guarantee to sit in a particular section. Senior/grads may sit in all student sections; juniors in all sections but the senior/grad section; and freshmen/sophomores in all but the junior, and senior/grad sections.

Our best advice: Enter the stadium early.

collegian notes

The PSU Krishna Yoga Society is presenting "Variations on a Pakora" at 7 tonight at 103 E. Hamilton Ave.

A concert by Bright Morning Star featuring Cathy Winter and Debby Rose will be presented by Eco-Action at 9 tonight in the HUB Ballroom.

Tickets will be on sale for \$2 between 9 a.m. and 3 p.m. today on the HUB ground floor, and will also be available for \$2.50 at the door beginning at 7:30.

The Archery Club will meet at 7 tonight in room 10 of the IM building.

An Animal Liberation Film Series is being sponsored by Eco-Action at 9 tonight in the HUB Ballroom. The films include "The Curiosity That Killed the Cat," "Did You Ever See Such A Thing In Your Life?" and "Mother Love." Admission is free.

The Anthropology Club is holding an Anthrology Museum Open House at 12 and 3 p.m. on Saturday in the Wesley Student Center, 256 E. College Ave. Admission to the film is free.

The Palook-Nittany Residence Hall Association will present a Homecoming Dance from 9 p.m. to 1 a.m. Saturday at the PUR Rec Room.

Come see Kikkis' Inn and get into the spirit of Homecoming '81! Refreshments will be served and admission is free.

The Model Railroad Club will meet at 7 tonight on the HUB ground floor. New members are welcome.

The Individual and Family Studies Undergraduate Student Organization is having a tailgate starting at 10 Saturday morning near the north end of Beaver Stadium. Look for the IFS green banner. Bring munchies for yourself and a friend. Hotdogs and beverages provided.

Student counselors will be available from noon until 8 p.m. on Saturday in 135 Boucke. Call 863-2020 for more information.

The United Ministry will present "The Autobiography of Miss Jane Pittman" at 8 Saturday night in the Wesley Student Center, 256 E. College Ave. Admission to the film is free.

The Palook-Nittany Residence Hall Association will present a Homecoming Concert at 7:30 Saturday night in the Schaub Auditorium.

The PSU Glee Club and Women's Chorus will present a Homecoming Concert at 7:30 Saturday night in the Schaub Auditorium.

Interlandia Folkdancing will be presented between 7:30 and 11 tonight in room 305 of the HUB. Folkdancing teaching and requests are done

throughout the evening.

The Student Film Organization will present "How I Won The War" at 7 and 9:15 tonight in the HUB Auditorium. The 1967 movie is John Goodman's first solo motion picture and commemorates his birth.

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The PSU Krishna Yoga Society will present a "Free Vegetarian Feast" at 5 Sunday evening at 103 E. Hamilton Ave.

The USG Supreme Court will review the East

Halls Black Student Union at 7:30 Sunday night in 227 HUB.

Upward Bound members and alumni will meet from 2 to 5 p.m. Sunday in 129 PUB. For more information call the PUB office at 863-2020.

Parade reroutes buses

Because of the Homecoming Parade at 8:45 this evening, the Centre Area Transportation Authority has rerouted some of its Centre Line bus routes.

There will be no service on campus during the parade.

The 5:45 CS-Corl St., 6:00 R-Southwest Borough, 6:30 R-Southwest Borough Express, and the 6:45 RE-Southwest Borough Express will depart from Schwab Library, on the corner of South Allen Street and Beaver Avenue, instead of College Avenue and South Allen Street.

by L.A. HILL

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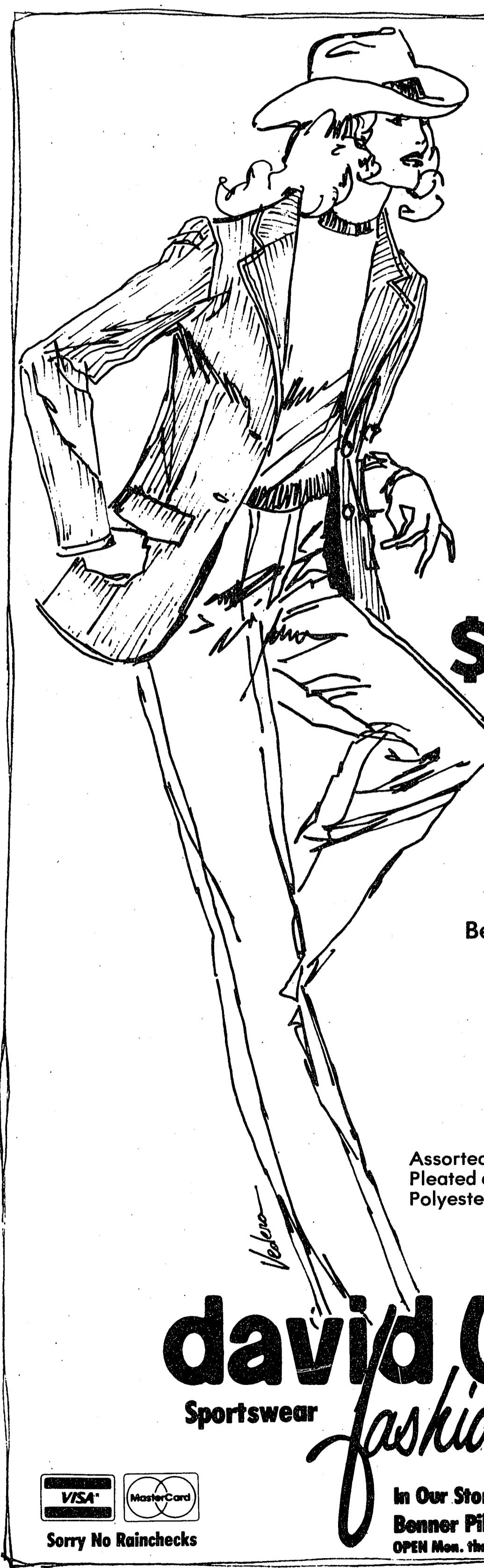
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Wednesday Nights CANADIAN NITE

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5-8 p.m.

PITCHER NITE

9 p.m. — CI