

Hamburgers, french fries not just 'junk' food



Illustration by Tim Pope

By Don Kopf

Of The Battalion Staff

One of my favorite things about college is being able to stuff my face with whatever "junk" food I choose to eat without mom nagging me. My favorite meal is a big, juicy, double-bacon-cheeseburger, french fries drenched in ketchup, a fried apple pie and an extra-gargantuan-sized chocolate milkshake to wash it all down. *Yum, yum!*

And I'm not alone. Countless other students also love junk food. Jermaine Thompson, a freshman aerospace engineering major, said he loves junk food, but his mom gives him a hard time about it at home.

"Mom doesn't know what I eat up here," Thompson said. "I prefer a hamburger over a steak any day."

Bryce Brown, a senior civil engineering major, said he also eats more fast food at school than at home in Kerrville. Fast food is more convenient and mom's cooking is too far away, he said.

However, even though mom isn't around to bug students about their diets, she has since been replaced by government-issued reports concerning the nutritional value of junk food. And of course there are always the "health nuts" run around telling everyone how bad all fast food is.

But those of you who consider yourselves to be junk food junkies might be in luck. Dr. Robert Chapkin, assistant professor and food researcher in the A&M department of animal science, said fast food is not necessarily worse for you than

home-cooked meals. A lot depends on how the food is cooked. A home-cooked meal full of oil and salt is better than a fast-food hamburger, said.

Fast food contains all the nutrients a person needs to stay healthy, Chapkin said, adding that some experts consider the Big Mac to be one of the most healthy foods ever made.

The problem with fast food, Chapkin said, is that it generally contains higher levels of salt, sugar and fat than home-cooked meals. A person could, however, eat fast food but fast food and probably live a healthy life. The key is to not eat much of any one thing, he said.

"Anything in moderation is probably fine," Chapkin said, adding that unless a person is eating nothing but three bowls of Captain Crunch a day, he is probably safe.

An article in the Sept. 14, 1988 edition of "The New England Journal of Medicine" lends credence to Chapkin's statements that fast food is not lacking in any of the necessary vitamins, proteins and nutrients needed to stay healthy.

Most fast-food meals contain more than enough quality protein to fill the U.S. recommended daily allowance. In fact, the average middle-age man consumes 60 percent more protein than recommended and the average middle-age woman consumes 25 percent more.

The article also stated that fast foods contain high levels of grease and sugar and that these

See food/Page 8

'Look Who's Talking' trite but fun

By Todd Stone

Of The Battalion Staff

"Look Who's Talking" gets great mileage. Not gas mileage, laughs mileage. Instead of getting so many miles to the gallon, this film gets two-hours worth of laughs from one premise: What are babies thinking about?

Kirstie Alley (TV sitcom "Cheers") stars as Mollie, an accountant in her mid 30s who is involved with a married man, Albert (George Segal).

Albert is a swine, a louse, a scum-sucking prima donna. First, he cheats on his wife, and then he promises Mollie he will leave his wife but never does. As if he wasn't busy enough, Albert also cheats on Mollie. Then Mollie becomes pregnant, and of course, busy Albert is the father.

By now the pivotal character, the baby, has been "bred" into the plot. We get to see Mollie's baby, Mikey, being conceived, with sperm charging to the ovum. No, this isn't a health class.

However, director and screenwriter Amy Heckerling created an amusing scene by giving the sperm a "yee hah, let's go get 'em" attitude. (I never thought I would be writing about gung-ho sperm.)

Before the baby is born, Albert and Mollie break up. When Mollie goes into labor while window shopping, she hails a cab. The cab driver, James, played by John Travolta, is recruited to help in the delivery room.

James has a grandfather (Abe Vigoda) who

needs to live in a nursing home, but his grandfather doesn't live in the right section of town to qualify for residency. James trades baby sitting time with Mollie to use her address.

There is a chemistry between Mollie and James, but Mollie needs to find the perfect father for Mikey. James isn't successful enough. He's an easygoing guy and immediately hits it off with

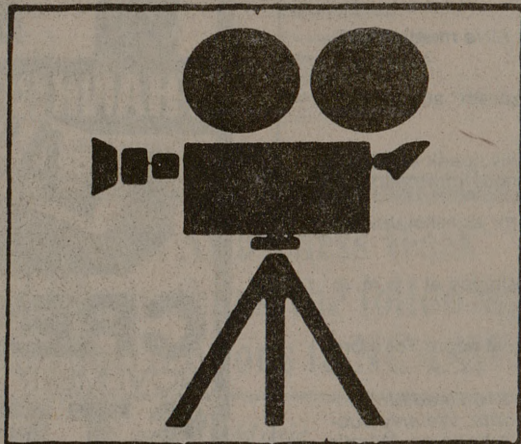
The audience hears his thoughts while he is still developing in the womb. The voice of Mikey is provided by Bruce Willis ("Die Hard," "Blind Date"), who is the perfect man for the job. He is sarcastic when needed, but more importantly, he is gentle and adds an innocent touch to many of Mikey's questions and observations.

Travolta is great as the laid-back James. He needed a hit movie just as much as Jim Bakker needed a good lawyer, and it appears Travolta has his hit. He was funny and appealing as the free-spirited cab driver.

Alley is equally charming. She displayed a sweet sincerity portraying a mother who is desperately trying to do what's right for her child. Olympia Dukakis makes her first film appearance since her Oscar-winning performance in "Moonstruck," as Mollie's mother. She was good for a few witty remarks. Segal was effective as the insensitive Albert. You wanted to see Albert hung by his toes.

The only obvious flaw is the climax. In an effort to create a happy ending, it's terribly contrived. I don't want to give the ending away (not that anything in the movie will surprise you), but what would get an estranged couple back together in three minutes of film time? Maybe putting a certain baby in danger.

The plot is mostly fluff, not much substance. However, strong performances and a clever script makes "Look Who's Talking" an entertaining, light-hearted comedy.



Mikey. You know he would be a great father, but it will be an hour and a half before Mollie figures it out.

Mikey is a character from "the beginning."

Aggie Players open 'Waiting For Godot'



Photo by Jay Janner

John Flores, Al Alford, Oliver Tull and Clinton Sam perform in the Aggie Players' production of "Waiting for Godot," which will begin Friday night in 144 Blocker Building.

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The Aggie Players will present Samuel Beckett's play "Waiting For Godot" on Thursday, Oct. 20, in 144 Blocker Building at 8 p.m.

The play premieres at the newly designed Fallout Theater in Blocker that was established to present an intimate atmosphere for select Aggie Players productions.

Beckett's "Waiting For Godot" is an unconventional drama that presents two tramps, Vladimir and Estragon, waiting on an empty plain for someone to come or for something to happen. Their existence is barren and laced with unfulfilled expectation and serves as a comment by the playwright about the state of mankind in modern civilization.

Vladimir is portrayed by Oliver Tull, and Clinton Sam is Estragon. Al Alford plays Pozzo; John Flores plays Lucky. Sean Dunham appears as The Boy.

The play is directed by Roger Schultz, the director of theater at A&M, with costumes by professor Susan Kelly. The set design is by Rick Boultinghouse.

"Waiting For Godot" will be performed at 8 p.m. on Oct. 20-21, Oct. 26-28 and Nov. 2-4. Tickets are available at Rudder Box Office. Seats are \$2 for season ticket holders and \$4 for the general public. For further information contact Rudder Box Office at 845-1234.

Duke Jupiter, Ten Hands scheduled to perform in B-CS this weekend



Ten Hands will perform tonight at the Parthenon.

By John Righter

Of The Battalion Staff

This weekend brings to College Station the distinct sounds of Dallas' Ten Hands and Austin's Duke Jupiter. The high-flying Ten Hands will invade the Parthenon tonight with their original brand of fusion-funk. And Friday night, former CBS artists Duke Jupiter will showcase their heavy blues style at the Texas Star Tavern.

Ten Hands could be the most exciting show of the whole semester, including R.E.M. Ten Hands is the rave of Dallas and is the hottest independent band in Texas.

The three-year-old group will be making its first appearance in College Station, supporting its recently released album, *Kung Fu ... That's What I Like*. When asked to describe themselves, the band labeled their sound as "Tito Puentes meets Peter Gabriel," but from all indications, only the word "indecipherable" could be accurate.

The *Dallas Observer*, naming Ten Hands the band to watch for in '88, listed the five-piece outfit as "... a musicians' musicians group, solid on complex, melodic song structures and bottom-heavy on percussive thunder. Sorta fusion meets rumba."

Ten Hands is Paul Slavens (keyboards and vocals), Steve Brand (guitar and vocals), Earl Havin (drums), Mike Dillon (Percussion), and Gary Muller (Chapman Stick).

Of special interest is Muller's Chapman Stick, a long, upright 10-stringed instrument tuned like a piano but featuring a low bass tone. Ten Hands is currently the

only Texas act that consistently utilizes the Stick, which provides the punch behind their psychedelic funk.

With the critical acclaim given to both *Kung Fu* and the group's high energy sets, Ten Hands appears to be on the verge of a major breakthrough. The band combines solid fusion groove, a thundering rhythm section, and some insanely witty lyrics all in a five-piece package. They're guaranteed to get you grooving.

If tonight with Ten Hands isn't enough, then Friday night's performance by Duke Jupiter at the Texas Star Tavern may be the answer. The hard-rocking blues band, which recently relocated to Austin, is touring in support of its *The Line of Your Fire* album, out on Motown Records, and its soon-to-be-released follow up.

Duke Jupiter was formed in 1978 by vocalist and keyboardist Marshall James Styler. The band has released seven LPs on Mercury, Coast to Coast (CBS) and Motown Records. From those albums, Duke Jupiter has scored hit singles with "I'll Drink To You," "This Is Japan," and "Little Lady."

Styler has been the band's constant force through its many incarnations. He currently is joined by drummer Kevin Conway, guitarist Bradley Kopp, and bassist Ted Sweeney. In working the way back, the band has added extra energy to its material, striving for a mix between Styler's soulful lyrics, Kopp's strong-armed licks, and Conway and Sweeney's bluesy rhythm section.

Whether it be Ten Hands tonight, or Duke Jupiter Friday night, the weekend looks to be a good one for live music.