

ENTERTAINMENT

Your prescription for free summer shows



Rx Symptoms: Bored and broke this summer.
X Treatment: Free summer tribute band series.

Dosage: Take a tribute band about once a week all summer, and call The Jambar in the morning. The gates open at 5 p.m. and the opening band starts shortly after.
Possible side-effects: Rocking out, mild head-bobbing and toe-tapping. **Warnings:** Coolers are not permitted at the park, but beer and food can be purchased.
Address: Warren Community Amphitheatre, Perkins Park, Perkins Drive NW, Warren.

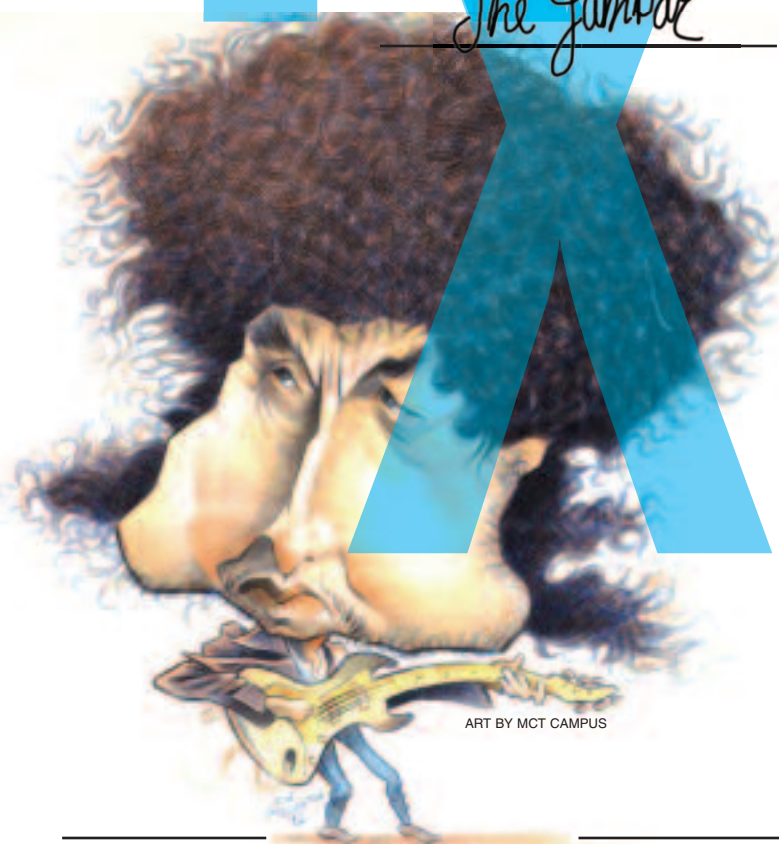
Natalie Scala
 Reporter

They're not the name brand you're used to, but these tribute acts may cure summer boredom just as well as the originals.

Since 2004, the Warren Community Amphitheatre has hosted a wide variety of free entertainment, and this year it expands the weekly events, bringing in national tribute bands to pay tribute to pop and rock royalty.

Featured this year is the Time Warner Cable Rock Showcase which is held on most Saturday nights through September. Each showcase has a cover band main act paying tribute to some of rock 'n' roll's most prolific and popular artists.

The Jambar M.D.



	If you like songs by...	...you might rock out to this band
June 14	Pink Floyd <i>PRESCRIPTION:</i> The band's selections span the entire Pink Floyd catalog, from the Syd Barrett years to The Division Bell. Wish You Were Here has been performing sold-out shows in Cleveland since 1995.	Wish You Were Here
June 21	Aerosmith <i>PRESCRIPTION:</i> The Boston-based cover band has performed Aerosmith songs live for over 17 years. Lead singer of Aerosmith, Steven Tyler, publicly endorsed them in 1998.	Draw The Line
June 28	Lynyrd Skynyrd <i>PRESCRIPTION:</i> This is an eight piece band hailing from Northeast Ohio.	Vicious Cycle
July 5	Jimmy Buffett <i>PRESCRIPTION:</i> This is the band's only performance this summer.	Fins To The Left
July 19	Queen <i>PRESCRIPTION:</i> This New Jersey band performs their Queen tribute across the U.S. and in Europe.	Almost Queen
July 26	The Dave Matthews Band <i>PRESCRIPTION:</i> This band from Tennessee performs over 200 shows a year.	The Dave Matthews Tribute Band
Aug. 2	'70s rock artists <i>PRESCRIPTION:</i> This Cincinnati band covers an assortment of '70s rock 'n' roll.	Midnight Special
Aug. 16	The Band and Bob Dylan <i>PRESCRIPTION:</i> This eight piece band is from Atlanta.	The Last Waltz Ensemble
Aug. 23	Big Brother & The Holding Company <i>PRESCRIPTION:</i> Members of the original band known for working with Janis Joplin will perform.	Big Brother & The Holding Company
Aug. 30	Journey <i>PRESCRIPTION:</i> This band is from Northeast Ohio.	Majestic
Sept. 6	Kiss <i>PRESCRIPTION:</i> This act from Medina performs the songs of Kiss in full costume and make-up.	Mr. Speed
Sept. 13	Rascal Flats, Billy Joel or Elton John <i>PRESCRIPTION:</i> Three acts in one night.	Broken Road, 52nd Street or Captain Fantastic
Sept. 20	Crosby, Still, Nash and Young <i>PRESCRIPTION:</i> A tribute band named for a state.	Ohio
Sept. 27	Bruce Springsteen and Southside Johnny <i>PRESCRIPTION:</i> This nine-piece hails from Painesville.	The Stone Pony Band

With so many soy products, healthy eating means moderation

Jeanette DiRubba
 Reporter

Senior Amanda Russ said soy products intrigue her not only because they are "different and healthy," but also soy's growing profile. Russ has been affected by the soy campaign.

On the flip side, Zara Rowlands, associate professor of food and nutrition at Youngstown State University, said that although soy is healthy, Americans might consume too much soy because of the commercials promoting the versatile bean.

"We as Americans tend to overindulge in certain products because we believe it's healthy for us. Consuming too much of anything isn't healthy," Rowlands said.

Soy may promote heart health because the protein has the ability to lower cholesterol and reduce the risk of heart disease if 25 grams of soy protein are consumed per day, according to the American Dietetic Association.

Still, Rowlands said proper soy intake to maintain health should be about two or three times a week at most. Also, switching an entire diet to only soy products "runs the danger of having too much," she said.

Chrystyna Zellers, the registered dietician in the Andrews Student Recreation and Wellness Center, said that soy health is controversial. Although it is a lean source of plant protein found without saturated fat, which is healthy and can prevent certain types of heart disease, cancer survivors should eat soy in moderation or not at all.

Cancer survivors, specifically women who have had breast cancer, need to be cautious of soy because of its plant estrogen, which could stimulate cancer cells, according to the American Dietetic Association.

Rowlands also said that people with a thyroid disease or those with a family history of the disease should abstain from eating soy products.

"Substances in soy can depress the thyroid function, which controls metabolism, and can cause rapid weight gain," Rowlands said.

Many foods contain soy, but Zellers said it's best to have natural soy.

"The more natural you go with soy, the better. Just because it's a soy product or has soy in it, doesn't mean it's not high in calories," Zellers said of the soy protein bars and other products claiming to contain soy.



Whole soybeans

As soybeans mature in the pod they ripen into a hard, dry bean. Most soybeans are yellow. However, there are brown and black varieties. Whole soybeans can be cooked and used in sauces, stews and soups.

Edamame, green vegetable soybeans

These large soybeans are harvested when the beans are still green and sweet tasting. They are high in protein and fiber and contain no cholesterol.

Soy fiber

Soy fiber like okara, soy bran and soy isolate fiber products are high-quality, inexpensive sources of dietary fiber.

Soy flour

Soy flour is made from roasted soybeans ground into a fine powder. There are three kinds of soy flour available: natural or full-fat, defatted, and soy flour with lecithin.

HVP, hydrolyzed vegetable protein

A protein obtained from any vegetable, including soybeans, that is broken down into amino acids by a chemical process called acid hydrolysis.

Isolated soy protein

When protein is removed from defatted flakes the result is soy protein isolates, the most highly refined soy protein, also known as soy isolates.

Soy-based infant formulas

Soy-based infant formulas are similar to other infant formulas except that a soy protein isolate powder is used as a base, instead of cow's milk. Carbohydrates and fats are added.

Meat alternatives

Meat alternatives made from soybeans contain soy protein or tofu and other ingredients mixed together to simulate various kinds of meat. These meat alternatives are sold as frozen, canned or dried foods.

Nondairy soy frozen dessert

Nondairy frozen desserts are made from soymilk or soy yogurt. Soy ice cream is one of the most popular desserts made from soybeans and can be found in grocery stores.

Soy cheese

Soy cheese is made from soymilk. Its creamy texture makes it an easy substitute for sour cream or cream cheese and can be found in variety of flavors in natural foods stores.

Soymilk and soy beverages

Soybeans, soaked, ground fine and strained, produce a fluid called soybean milk, which is a good substitute for cow's milk. Plain, unfortified soymilk is an excellent source of high quality protein, B-vitamins.

Soy yogurt

Soy yogurt is made from soymilk, and its creamy texture makes it an easy substitute for sour cream or cream cheese. Soy yogurt can be found in a variety of flavors in natural foods stores.

Soy nuts

Roasted soynuts are whole soybeans that have been soaked in water and then baked until browned. Soy nuts can be found in a variety of flavors, including chocolate-covered.

Soy nut butter

Made from roasted, whole soy nuts, which are then crushed and blended with soy-oil and other ingredients, soy nut butter has a slightly nutty taste, significantly less fat than peanut butter and provides many other nutritional benefits as well.

Soy oil

Soy oil is the natural oil extracted from whole soybeans. It is the most widely used oil in the U.S., accounting for more than 75 percent of our total vegetable fats and oils intake.

Soy sprouts

Soy sprouts, also called soybean sprouts, are an excellent source of nutrition, packed with protein and vitamin C. They can be sprouted in the same manner as other beans and seeds.

Tempeh

Tempeh, a traditional Indonesian food, is a chunky, tender soybean cake. Whole soybeans, sometimes mixed with another grain such as rice or millet, are fermented into a rich cake of soybeans with a smoky or nutty flavor. Tempeh can be marinated and grilled and added to soups, casseroles, or chili.

Tofu and tofu products

Tofu, also known as soybean curd, is a soft cheese-like food made by curdling fresh hot soymilk with a coagulant. Tofu is a bland product that easily absorbs the flavors of other ingredients with which it is cooked. Tofu is rich in high-quality protein, B-vitamins and low in sodium.

Soy sauce

Soy sauce is a dark brown liquid made from soybeans that have undergone a fermenting process. Soy sauces like tamari, shoyu and teriyaki have a salty taste, but are lower in sodium than traditional table salt.

Miso

A rich, salty condiment that characterizes the essence of Japanese cooking.

Source: U.S. Soyfoods Directory.