

**DONALD KAUL**  
**Dieting--a truly**  
**gruesome**  
**experience**



Have you ever had a weight problem? Neither had I until recently.

It's a Too Much Weight problem, of course. In this country there is no such thing as a Too Little Weight problem. Anorexia has replaced alcoholism as the disease of choice for the terminally trendy.

I had been aware of my problem for some time -- it was starting to take me longer to dry off than to shower -- but I didn't fully appreciate the extent of it until I walked out of my house the other day and the little kid across the street ran into his yard yelling: "Mommy, come quick and look. It's the Goodyear Blimp!"

So, I decided to go on a diet. It was either that or paint numbers on my fuselage.

I went to my wife for advice. She has lost several hundred pounds during our marriage and I consider her an expert on dieting.

"I'm having an unexplained weight gain," I told her. "What should I do about it?"

"First, you have to figure out what your caloric intake is," she said. "Tomorrow morning get a sheet of paper and copy down everything you eat all day."

Which I did. That night I presented her with the following list:

- 2 fried eggs; 4 pieces bacon (crisp); 1 order home fries
- 2 pieces toast, with butter and jelly
- 1 chocolate donut
- 17 Ritz crackers, with peanut butter
- 1 apple
- 1 hot pastrami sandwich, with cole slaw and french fries
- 4 figs
- 1 pear, with cheese
- 1 chocolate donut
- 2 martinis
- 1 small steak (14 ounces); 1 baked potato
- 1 salad with Roquefort dressing
- 1 dish ice cream with chocolate sauce

**Snack**

My wife studied the list. "I think we've discovered the explanation for your weight gain," she said.

"You don't think it's some sort of disease, then?"

"A sin, yes; a disease, no. You are putting away enough calories in a day to light the city of Cleveland for a week. You've got to go on a diet."

"What's a good one?"

"Well, there are diets named after foods, like the grapefruit diet; diets named after people, like the Pritikin; diets named after place, like the Scarsdale diet. But they all have one thing in common."

"What's that?"

"They don't work unless you stop eating like a piranha."

"Trust me," I said. We finally settled on a basic 2000-calorie diet that relied heavily on something called Lean Cuisine. Basically, it is a TV dinner.

The experience has given me new respect for women, for whom Lean Cuisines seem to have been invented. (Almost all the women I know, and hardly any of the men, diet. My daughters diet; my son doesn't.) Never to have dieted is to have missed one of life's truly gruesome experiences. I thought childbirth and having to shave your legs were the hard parts about being a woman. They're not. It's dieting. You walk around hungry and out of sorts all of the time, for one thing. For another, there are Lean Cuisines.

I was assured that of all the diet TV dinners, Lean Cuisine was the best, the tastiest, the most appetizing. It makes one shudder to imagine what the others must be like. Lean Cuisines come in dif-

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**Actor Will Stutts**  
**will give Behrend his version**  
**of Shakespearian Theatre**

Actor Will Stutts, distinguished for his one-man shows of historic personalities, will bring his talents to Reed 117 on March 13, at 8:00 p.m. for a performance of his one man show "A Shakespeare Cabaret."

Mr. Stutts is performing at many of the Pennsylvania State University campuses, a trip he has been consecutively making for well over a decade. His popularity in such shows as Walt Whitman,

Mark Twain, Edgar Allan Poe and Shakespeare bring him back again and again.

Born in 1949, Stutts attended Yale University's school of Drama and received his MFA in Acting in 1972. He studied for almost two years with Lee Strasberg and Actors' Studio in New York. He has had extensive experience on and off-Broadway with many leading stars of the American Theatre.

A brochure on Stutts notes, "'A Shakespeare Cabaret' is Stutts' newest offering in the one person play series. It is devilish, ribald and often irreverent. It has been called: 'Monty Python's view of William Shakespeare.' And yet audiences have responded with unrequited praise because it reinforces the fact that Shakespeare remains the genius of the ages and the undisputed sage of all dramatic theatre."

**Screen Talk:**

"The Color Purple" gets a blue ribbon

by T. McGee  
 Collegian Staff Writer

Throughout an illustrious career of success, Steven Spielberg has provided the movie going public with hours of expertly crafted fantasy entertainment. By combining state-of-the-art special effects with whimsical plots and instinctively smooth camera work, Spielberg has established himself as king of the fantasy film genre. However, his recent efforts in this format, such as "The Goonies" and many of the "Amazing Stories" pieces have fallen short of the clever standards set by earlier films such as "Raiders of the Lost Ark" and "Close Encounters of the Third Kind".

For this reason, I was glad to see Spielberg take a chance on a new direction -- realistic human drama. His latest film, "The Color Purple", is just that--a passionate, brilliantly truthful examination of conflicting human emotions.

The ease with which Spielberg makes the transition from fantasy to drama is a tribute to his brilliance as a director. His lavish

photographic style lends startling power to author Alice Walker's intense story of turn-of-the-century blacks and their throttling social structure.

The film begins with sisters Celie and Netty, young girls trapped in a brutish world of societal injustice and ignorant male dominance. They are discarded completely by the white population and treated as child rearing, house cleaning sexual receptacles by their men.

If this sounds depressing, it gets worse. This flick demands more Kleenex than E.T. The tears are worth it however, as Spielberg's superior direction couples with some of the best acting work in years.

Whoopie Goldberg is mesmerizing as Celie, a woman who spends most of her life struggling to overcome the burdens of poverty, discrimination and lack of education--not to mention her animalistic husband.

Goldberg's sensitivity and understanding of character give her performance the undeniable feel of an Oscar winner.

As Celie's husband, Danny

Glover plays a malevolent, self-centered imbecile whose main problem lies in the fact that society has taught him to be selfish. Glover is a fine actor and he looks wonderful in "Purple".

Other cast members include Margaret Avery in a steamy portrayal of an outrageous blues singer with amorous ties to both Celie and her husband, and Oprah Winfrey as Celie's strong willed, tragically oppressed daughter-in-law.

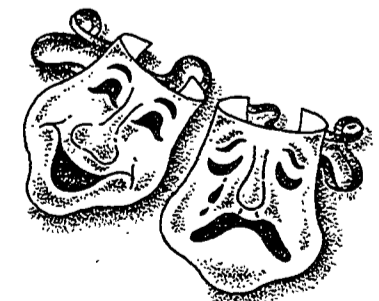
There is a lot of film here, and Spielberg keeps it perfectly on track for the most part. It does have a few minor problems, such as an incoherent location change near the end, a poorly motivated bar room brawl sequence and an unfortunately humorous scene which is meant to be tragic.

The film succeeds on all levels however, and I cannot accept the Motion Picture Academy's decision to exclude Spielberg from an Oscar nomination. "The Color Purple" was nominated for eleven awards including Best Picture, but not Best Director. There's something very, very wrong about that. Professional jealousy?

**Studio Theatre**  
**Auditioning**

The Studio Theatre is auditioning for "The Children's Hour" on February 25 and 26 at 7:00 p.m. A cast of 3 women over 40, 2 women between 22-28, 8 girls with the appearance of ages between 12 and 15 years old, 1 man between

25-30, and 1 boy with the appearance of age between 12-15 are needed. Audition material provided. Performance dates: April 18-19, 24-27. For further information, call 898-6279 or 898-6331.



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