

Dietetics of alcohol yields food for sober thought

By PATTY RHULE
Collegian Staff Writer

Although drinkers may consider the new enforcement of the alcohol policy the worst thing to befall Penn State partying since Prohibition, for dieters it may be the best thing since fruit-flavored yogurt.

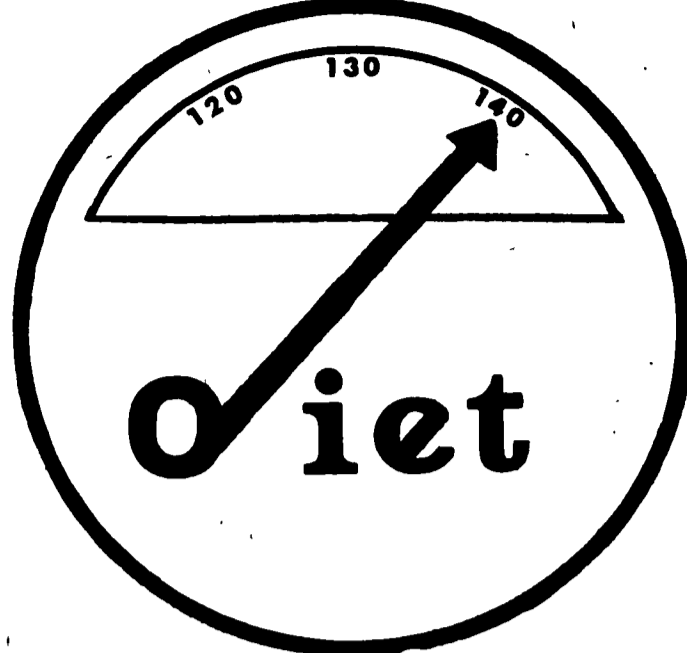
According to a pamphlet available from the Nutrition Information and Resource Center, "Alcoholic drinks are a hazard" for dieters. Alcoholic beverages tend to be high in caloric content but low in nutritional value, providing the dieter with empty calories.

From "Food Values of Portions Commonly Used" by BOWES and Church, one eight-ounce glass of beer has 114 calories, a high ball (eight ounces) contains 166 calories, and a four-ounce Old Fashioned has 179. But surprisingly the alcoholic beverages themselves are not what causes weight gain.

According to a book by Oakley S. Ray entitled "Drugs, Society and Human Behavior," alcohol cannot be stored in the body in any form. The energy produced by alcohol is used up immediately by the body. Therefore, since none of the calories in the alcohol can be stored, they do not make a person fat.

However, Ray writes that the alcohol is used to meet the body's energy requirements, so any foods eaten before, during and after drinking that are not used immediately by the body are stored in the form of fat.

All those munchies at parties add up to excess weight. The beer bellies of armchair quarterbacks are due to a combination of "grabbing all the gusto" and grabbing the peanuts (salted, three and one-half ounces contain 566 calories) and the pretzels (one large Dutch pretzel at 58 calories — and who stops at one?!).



So now all you alcohol aficionados are thinking you'll replace alcohol with some other elements of your diet, but remember that alcohol gives you "empty calories" — meaning it supplies no essential nutrients. According to Joel Fort's book, "Alcohol: Our Biggest Drug Problem," vitamin

deficiencies and malnutrition are likely to occur if alcohol replaces an ordinary balanced diet.

Not only are alcoholic beverages no-nos for dieters because of their high caloric content, but researchers have found that a combination of dieting, alcohol and exercise could produce dangerous results for the reducer. According to an article in Psychology Today by Jack Horn, Canadian researcher J. Murray McLaughlin and his co-workers found that a healthy person who had been dieting for as few as two or three days can become drunk after one or two drinks or could possibly develop hypoglycemia, a low-blood sugar condition.

McLaughlin found that a reduction in the intake of carbohydrates, an exercise program and the consumption of alcohol cut down the amount of sugar in the blood.

Dieting reduces the carbohydrates that help to maintain the blood sugar level, exercise uses up the available sugar and alcohol prevents the production of new carbohydrates from protein and fat.

In his experiment, McLaughlin put 12 people on a diet of 650 calories per day. On the third day of dieting, each person drank one and a half ounces of whiskey at 9:30, 10:30 and 11:30. All complained of headaches and nervousness and most felt drunk. One person became too ill to continue the experiment.

With all these sobering thoughts in mind, perhaps the fact that root beer contains approximately 78 calories will help to raise your spirits. Cheers!

This week's dorm diet guide is prepared by Cheryl Sowers (7th-nutrition). The menu is a 1,200 calorie per day diet plan, rather than 1,500 as reported last week. Sowers adds to this plan that she would hesitate to replace skim milk with Tab, because, although Tab is a low-calorie beverage, it does not

have the essential nutrients that milk has.

YOU MAY HAVE AT ANY TIME: tossed salad with lemon or vinegar (no oil), coffee or tea (black or with lemon).

ALL BREAKFASTS: ½ glass juice, choice of unsweetened cold cereal or hot cereal with ½ tsp. sugar, 1 glass skim milk. TODAY'S LUNCH: fish sandwich on lettuce with ½ tsp. tartar sauce, tokay grapes.

TODAY'S DINNER: roast veal (no gravy), broccoli, sliced carrots, whole wheat bread with ½ pat margarine, 1 glass skim milk.

TOMORROW'S LUNCH: chef's salad bowl with 1 tbsp. dressing, 1 slice bread with ½ pat margarine, fresh pear.

TOMORROW'S DINNER: Salisbury steak (no gravy), peas, 1 slice bread with ½ pat margarine, tropicana salad on lettuce with ½ tsp. poppyseed dressing.

WEDNESDAY'S LUNCH: mostaccioli with 1 tbsp. Parmesan cheese, 1 slice cracked wheat bread with ½ pat margarine, baked apple.

WEDNESDAY'S DINNER: oven-fried chicken (no gravy), Brussels sprouts, 1 piece cornbread with ½ pat margarine, bananas in orange juice.

THURSDAY'S LUNCH: fruit plate, 1 slice bread with ½ pat margarine.

THURSDAY'S DINNER: roast lamb (no gravy), candied sweet potatoes, shredded cooked cabbage, 1 slice bread with ½ pat margarine.

FRIDAY'S LUNCH: grilled rye bread sandwich (two halves), dill pickle strip, orange.

FRIDAY'S DINNER: lemon-baked fillet of sole, spinach with lemon slice, honey bran roll with ½ pat margarine, pineapple chunks.

U.S. nuclear cruiser served with writ in New Zealand

AUCKLAND, New Zealand (UPI) — A lone protestor yesterday delivered a writ to the captain of the nuclear-powered U.S. cruiser Long Beach by canoeing up to the 16,000-ton warship and sticking the document on its side.

The protestor, Donovan McGrath, said the writ summoned Capt. Harry C. Schrader, 44, of Seebogyan, Wis., to court for bringing into Auckland harbor

an "injurious substance" — namely the Long Beach. McGrath said he obtained the writ from a court.

"I understand a sailor took the writ to the captain, who was watching from the Long Beach," McGrath said. "If Schrader is not in court tomorrow, I understand I have the power to ask for his arrest."

Lawyers for Schrader say the writ was invalid

due to a technicality: it was delivered on a Sunday.

McGrath said security around the Long Beach was not very good and a saboteur would find it easy to reach her and cause a nuclear accident.

McGrath tried unsuccessfully to deliver a similar writ to the captain of the nuclear-powered U.S. cruiser Truxtun in Wellington last month: he tried to drop it from a plane.

Kidnapers free consul after 20 months

BOGOTA, Colombia (UPI) — The Dutch Consul in Cali, Eric Leupin, was freed Saturday evening after a record 20 months in the hands of his Communist guerrilla kidnapers, family sources said last night.

The sources said they did not know if any ransom was paid, but added that Leupin, 44, was in good health.

"He's healthy, just a little thin, and he has to rest a lot. He's exhausted, he's walked quite a lot. But mentally he's 100 per cent," the sources said.

They said Leupin, who holds dual Swiss and Canadian citizenship, was spending the weekend with his Dutch wife Anneke, and their two Colombian children.

Leupin arrived back home after walking out of the mountainous area where he had been held by the guerrillas of the Revolutionary Armed Forces of Colombia.

The first person he saw was his wife, who apparently was expecting him. Later he was reunited with other members of the family and met with Dutch Ambassador to

Colombia Gerrit Regt-doorzee.

"The first thing he said to me was how good I looked," said one relative.

The family sources indicated Leupin would not speak to the press for several days.

The Communist guerrillas at one point asked for \$1 million from the Dutch embassy in Bogota, another 1 million Colombian pesos (about \$30,000) from the family and the release of three political prisoners from Colombia's Gorgona prison

island in the Pacific Ocean.

When both the Dutch and the Colombian governments refused to negotiate, the guerrillas asked for 2 million pesos (about \$60,000) from the family.

However, an attempt by the family to pay the ransom money backfired when the government of President Alfonso Lopez Michelsen confiscated the money and arrested Leupin's wife and an intermediary, Colombian composer Jorge Villamil.

During the long kidnap

saga of the Dutch consul, the government hardened its stand on paying kidnaping ransoms, even though such action is not officially a crime.

Leupin, who was honorary Dutch consul in Cali, is the last of several dozen prominent kidnap victims of the past two years to be freed.

He was abducted from his lumber ranch near that city the night of Jan. 31, 1975, by a group of 20 men dressed in stolen army uniforms. A domestic employe was killed in the process.

Men found happier after job changes

STORRS, Conn. (UPI) — Middle-aged men who change jobs find themselves happier, despite the financial risks, a preliminary University of Connecticut study claims.

The researchers said the majority of the men interviewed said they took substantial financial risks in changing jobs, but virtually all of them said it was worthwhile.

The researchers said when they began their study they had expected to see a large number of divorces among their subjects, but the 75

interviews that made up the study showed the opposite.

Among the career changes studied were a systems analyst who became a kindergarten teacher, an engineer who bought a book store, a businessman who became a college professor, a stock broker who became an innkeeper and a data processing manager who joined the clergy.

Paula Robbins, a project researcher, said the study found that the men's marriages benefited from the upheaval. "In most cases the

change seemed to be very much a 'we' rather than an 'I' effort," she said.

She said in many cases the men switched jobs to be able to spend more time with their families and that most men said they made the changes after evaluating their lives and desires.

"In general, the men have sought ways in which they could better control their destiny, see the results of their work and help people at the same time," she said.

LA PAZ, Mexico (AP) — Rescue supplies poured into Baja California yesterday, where workers pulled hundreds of bodies from the muck and debris left by Hurricane Liza.

Official figures and estimates of the number of bodies already found ranged from about 400 to 750, but hundreds of others were reported missing and most sources agreed the toll could go as high as 1,000.

Mexican troops immediately buried the bodies in mass graves or burned them to avoid epidemics.

La Paz, the capital of the state of Baja California Sur,

was worst hit. The city of 85,000 and about a dozen towns nearby were without adequate drinking water and had no electricity or telephone service.

An estimated 70,000 persons were left homeless by the hurricane. The Mexican government said it was rushing in 100,000 meals and 40,000 temporary shelters by boat and plane.

Workers dug frantically in the 100-degree heat, looking for bodies in piles of mud and half-buried cars.

Neighborhoods were wiped out by the storm, which carried winds of up to 135 miles per hour and dumped

five to six inches of rain.

Many of the victims died when the storm cracked a 30-foot earth dam. The flood washed away a crowded shanty town of thatched roof wooden and cardboard shacks.

A blanket of mud covered the area below the dam, and the city's streets were strewn with hundreds of wrecked automobiles and debris.

The Los Angeles Times reported some residents were angry at the government, claiming officials had ignored requests to shore up the earthen dam. But officials said many of those in the shanty-town either failed to

heed or did not hear evacuation warnings when the storm approached on Friday.

Javier Maya, a state engineer, estimated the number of dead at 750 as he helped supervise the burial of shanty town casualties in common trench graves. La Paz municipal president Jorge Santana was also quoted by the San Diego Union as saying 750 bodies had been recovered.

On Saturday, the state government put the number of confirmed dead at 397, but the mayor's office said 800 persons were still missing. Los Angeles Times reporter

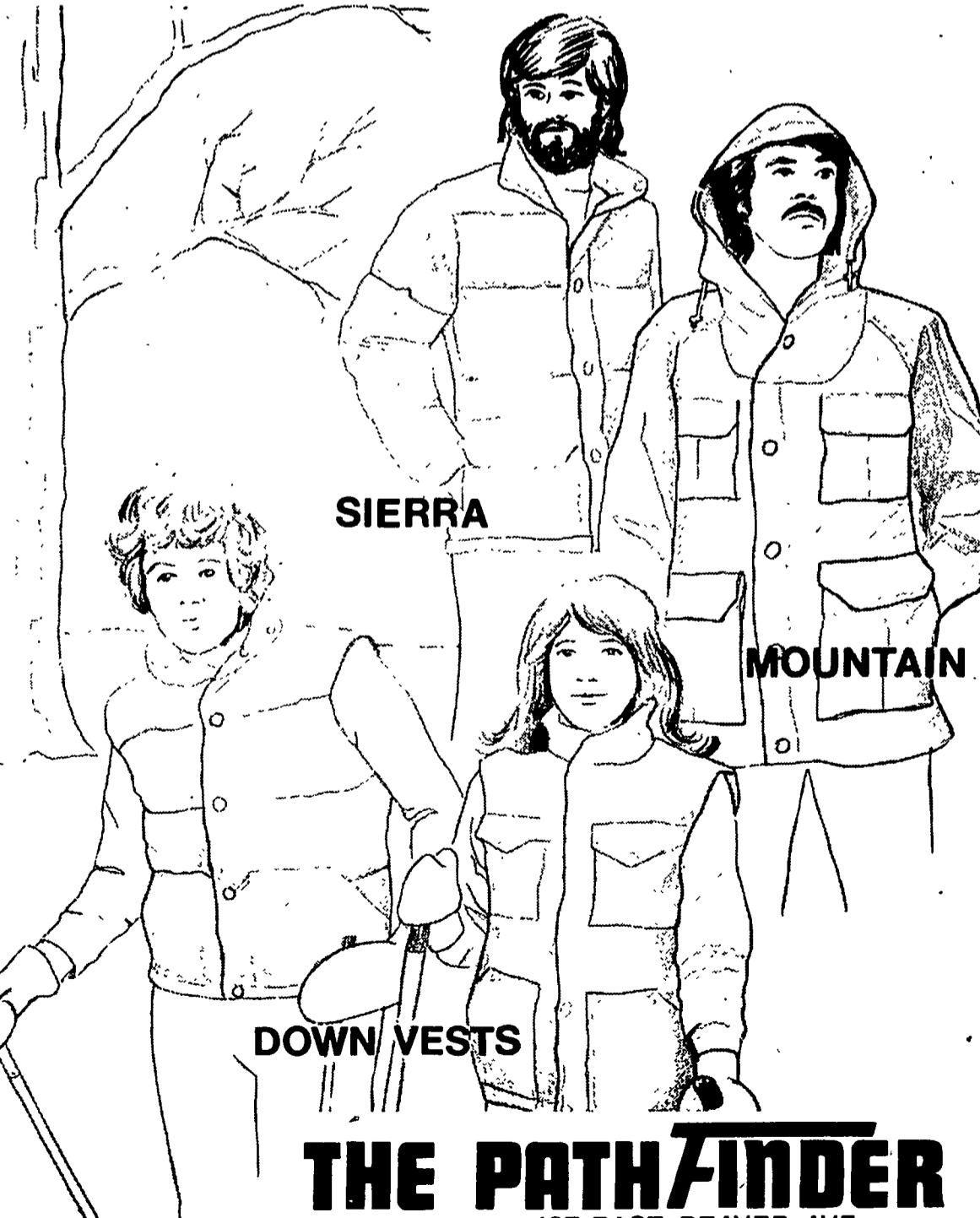
Patt Morrison wrote her impressions of the scene in La Paz:

"A middle-aged man, sweating in the sultry twilight, pulled a dead dog behind him on a rope.

"Another stumbled toward a waiting car, clutching a pillow and a table lamp. A mother marshaled her family, saving an electric hairsetter, a warped sewing machine and a playpen.

"Amid the wreckage of a blue and green dinette set, a woman stood with her arm around her weeping son, a strapping youth who could only sob about 'losing everything, everything.'"

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