The Daily Collegian Tuesday, April 12, 1977-5

skim milk.

Towanda man arrested in abduction incident

A Towanda man was arrested Sunday after allegedly abducting a four-year-old child from a playground at 425 Waupelani Drive, according to State College police.

Police say Murray Jacobson, 316 Main St., Towanda, reportedly got the child into his car and proceeded north on Route 26. The child's mother tried to stop the car but failed and notified state police at Rockview. Jacobson was chased by Bellefonte police and was finally apprehended by state police outside of Bellefonte. The child was returned safely to his mother. Police have not released the names of either the child or his mother.

Jacobson was arraigned before District Magistrate Clifford Yorks yesterday and was charged with interference with the custody of children. He was committed to Centre County Prison in lieu of \$5,000 bail.

State College police report that \$2,880 in jewelry was stolen April 8 at 963 E. 'McCormick Ave. The house showed signs of forcible entry, police say.

John P. Frantz, Julian, Pa., was arraigned before District Magistrate

Yorks April 6. Frantz was charged with unauthorized use of a motor vehicle in connection with an incident April 4 at the A & P Supermarket, Westerly Parkway. Frantz was released on nominal bail.

Patrick Picciano, Penn State Trailer Park, was charged with simple assault, harrassment and disorderly conduct in connection with an incident that occurred April 7 at Wendy's Restaurant, 1610 N. Atherton St. Picciano was arraigned before Magistrate Yorks April 7 and sent to Centre County Prison in lieu of \$1,000 bail.

Items belonging to Charles Duncan (14th-architecture) and Gary Rosand, 523 S. Atherton, were stolen from a locker on the third floor of Engineering Unit A, according to Police Services.

Police Services report that a tool box belonging to Lee W. Sellman (8th-theatre arts) was stolen from Sellman's vehicle while it was parked in lot Green D Friday. The box and its contents were valued at \$1.000.

An interview with

Protein-deficient diets linked to hair loss

By PATTY RHULE **Collegian Staff Writer**

A diet that leaves substantially less food on the plate could mean a loss of hair on the pate, according to according to the article, hair studies published in the Journal of the American Medical Association.

An article in the November 1976 issue of Reader's Digest said that two doctors in the dermatology department of Letterman Army Medical Center in San Francisco have compiled data for the Journal of the American Medical Association suggesting that crash diets can cause hair loss.

Drs. Detlef Goette and Richard Odom have treated 11 patients who experienced "profuse hair loss" during. periods of rapid weight loss. According to the article, one patient Goette and Odom treated was a 50-year-old man who had hair transplants which fell out when he went on

a crash diet. Two women treated by Goette and Odom went on and off crash diets repeatedly and

udf

John J. Rómano

Dean of the College of Liberal Arts

with host JACQUELINE LOWE

lost hair every time. Doctors have not established a relationship between the amount of weight lost and hair fallout, but loss is not evident in slowweight loss diets. An article in November's

Seventeen magazine said that fasting, crash diets and vegetarian diets which are low in protein could cause hair to become brittle and dull. diets could also

These cause hair fallout, according to the article. Robert Bradfield, clinical

professor of human nutrition at the University of California at Berkeley said in the article that if a person remains on a diet which is extremely low in calories for longer than two weeks, the hair shifts from a

growing to a resting phase. After two months of such dieting, the hair could begin to fall out at an alarming rate, Bradfield said.

Although the hair loss may seem drastic, according to the article, the hair grows back

presents

eating a nutritionally balanced diet.

For a weight loss plan that won't leave you with hair today that's gone tomorrow, the following is a 1,200-calorie diet plan prepared from the dining halls menu by Cheryl Sowers ' (8th-biological health).

TIME: coffee or tea (black or, with lemon), tossed' salad with lemon, vinegar or low-

calorie dressing. ANY BREAKFAST: ½ glass juice, choice of hot cereal with 1/2 tsp. sugar or unsweetened cold cereal, 1 glass skim milk.

TODAY'S LUNCH: 1 bowlminestrone, 1 slice whole wheat bread with ½ pat reuben sandwich, dill pickle

after the dieter returns to margarine, carrot fruit salad, 1 glass skim milk.

spear, whole peeled apricots. FRIDAY'S DINNER: lemon baked fillet of sole, TODAY'S DINNER: roast orange roll with 1/2 pat margarine, royal anne veal — no gravy, glazed carrots, honey bran roll with 1/2 pat margarine, sunflower salad on lettuce.

TOMORROW'S LUNCH: banana split fruit plate, 2 slices cracked wheat bread with 1 pat margarine, 1 glass

potatoes, , peas. THURSDAY'S LUNCH: glass grapefruit juice, cheese sub, purple plums. THURSDAY'S DINNER: scrambled eggs, 1 slice toast with 1/2 pat margarine, 1 glass skim milk. SUNDAY'S DINNER: stuffed green pepper in

lemon wedge. FRIDAY'S LUNCH: grilled spaghetti with meatballs and

1 tbsp. parmesan cheese, pear half, 1 glass skim milk.

cherries. SATURDAY'S LUNCH: 1

bowl vegetable alphabet soup,

crackers, orange, 1 glass

SATURDAY'S DINNER:

baked veal steak, spinach YOU MAY HAVE AT ANY skim milk. TOMORROW'S DINNER: with lemon wedge, 1 slice l bread with 1/2 tsp. margarine, roast turkey with bread citrus sections. SUNDAY'S BRUNCH: 1 dressing — no gravy, whipped

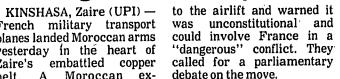
tomato sauce, broccoli with





Zaire gets military aid

French military transport was unconstitutional and planes landed Moroccan arms yesterday in the heart of Zaire's embattled copper belt. A Moroccan ex-peditionary force of 1,500 troops stood ready to join the fight against the five-week rebel invasion.



OUTDOOR SEMINAR





A DISCUSSION OF LOCAL

