



Hungry?
If you really want to eat, but you know you shouldn't, perhaps the UK Center for Rational Behavior Training can help you learn to leave your fat behind. See page 4.

Tylenol manufacturers recall all capsules

(AP) Extra-Strength Tylenol capsules tainted with strychnine in Oroville, Calif., sent a 27-year-old man into convulsions last week, authorities said Tuesday. In Chicago, investigators narrowed to "eight or nine" the number of suspects in seven cyanide deaths there and said the two incidents probably were not connected.

In Chicago, Illinois Attorney General Tyrone Fahner said "we have no reason to suspect there is any connection" with the cyanide cases there. "But caution precludes me from saying there is no connection."

He said at an evening news conference the Chicago investigation as narrowed to "eight or nine" suspects, all residents of the area, but declined to elaborate. However, he said none had been in California during the period in question.

A federal law enforcement source who declined to be identified said investigators had not discounted a possible link in the two cases.

The latest twist in the case prompted McNeil Consumer Products Co., which makes Tylenol, to urge retailers nationwide to withdraw all of its capsules from sale — both Extra-Strength and Regular-Strength. The company had stopped producing capsules on Friday.

The California man, who has recovered, purchased the bottle at a Longs Drug Store in Oroville sometime before last Wednesday, when the poisonings occurred in the Chicago area, according to a spokesman for Johnson & Johnson, which owns McNeil.

But the man, who has not been identified, did not take the contaminated capsules until Thursday, the same day that the medical examiner in Chicago announced finding a pattern of cyanide deaths.

"The FDA was notified immediately," Foster said. "The product was picked up within a 25-mile radius by our people."

It was not immediately clear why news of the strychnine was withheld from the public until five days after the man became sick.

Strychnine, a nervous system stimulant, was formerly used for medicinal purposes in very small quantities. In larger doses it causes convulsions and death, and it has long been used as a rat poison.

At a news conference in Sacramento, California Health Director Beverlee Myers called the discovery of

the tainted bottles "cause for concern, not for panic."

The strychnine victim in Oroville, about 150 miles northeast of San Francisco, suffered convulsions and became ill Thursday after taking the Tylenol capsules. He was treated by a physician and returned to work Monday, according to Robert Kniffen, a spokesman for McNeil.

The Oroville man's physician reported to McNeil that he asked the man's wife to get additional Tylenol capsules from the store where the first bottle was bought. FDA investigators were told the wife provided two more bottles, one of which also contained pink granules, which were subsequently found to contain strychnine. The store operator removed remaining packages from the shelves, and McNeil picked them up and found a third bottle that "showed signs of tampering."

The capsules were Extra-Strength Tylenol with the code 1766MA, a batch number not implicated in the Chicago investigation. They were in 24-capsule bottles.

Fahner said investigators were interviewing numerous potential suspects in the cyanide cases, including several with a history of mental illness.

He heads a task force of more than 100 investigators from federal, county and state agencies that is working on dozens of leads and checking personnel records of people known to have access to Tylenol during shipping and distribution.

"This is very difficult because it's different from anything we've been through before," Fahner said. "It's the first time we've had to deal with a random killing. Meanwhile, Kentucky health officials are checking stores statewide to make sure all Tylenol capsules are off shelves."

Federal and state authorities have conducted tests on three samples of capsules found in Kentucky. They were not contaminated with cyanide.

Human Resources Secretary Buddy Adams said yesterday that samples of recalled lots found in Pikeville and Owensboro were analyzed by federal FDA laboratories in Atlanta and contained no poison.

Loni Henson, a forensic specialist for the state police, said the state crime laboratory checked a sample of capsules from Madisonville and did not find cyanide.

Ex-prime minister of Britain, socialist writer speeches set

By JAMES EDWIN HARRIS
Managing Editor

Sir Harold Wilson, twice prime minister of the British Empire and the youngest prime minister this century, will address a Memorial Hall audience tomorrow night at 8.

Wilson, who headed Britain's Labour party from 1963-1976, will have as his subject "America, Europe and the Soviet World: A Political and Economic Survey." Wilson's lecture will be open to both students and the public, and admission is free.

The son of an industrial chemist, James Harold Wilson was by birth a lower-middle class citizen who received an upper-middle class education at Oxford University.

He became a fellow of Oxford's University College at 21, and while there he collaborated with Sir William Beveridge on work that led to Beveridge's stunning report in 1942 advocating social insurance and other welfare measures.

Wilson was drafted into the British civil service at the outbreak of World War II, and as director of economics and statistics at the Ministry of Fuel and Power studied the mining industry in England. His subsequent book, *New Deal for Coal* (1945), was the basis for Labour's plans for nationalizing England's coal mines.

He was elected to his first term in the House of Commons in 1945, and ascended to the presidency of the Board of Trade in Oct. 1947, becoming the youngest cabinet minister since William Pitt. He resigned that post in 1951 in protest against the introduction of national health service charges to finance rearmament efforts for the Korean War.

In 1963, Wilson was elected leader of Labour and quickly united the party, preserving the moderate stance of the past while producing new ideas to satisfy the party's radical element.

He became prime minister for the first time in 1964 at the age of 48. Problems facing his government included Rhodesia's quest for independence, which he termed "treason," an overbearing balance of payments, a rapidly increasing rate of inflation, and a

See WILSON, page 3

By BILL STEIDEN
Editor-in-Chief

Michael Harrington, a 28-year veteran of the American socialist movement, will speak on "Reaganomics and the American crisis: a Democratic Left View" at Memorial Hall tonight.

Harrington, 54, is the national chair of the Democratic Socialists of America, an organization descended from the Socialist Party of the late Norman Thomas, one of the leading labor activists of the 30s.

He is the author of numerous articles and 10 books, the best known of which is *The Other America*, an analysis of poverty in America.

Following its publication, he worked closely with President John F. Kennedy's administration in developing the "War on Poverty," later a major plank in the administration of President Lyndon B. Johnson, Kennedy's successor.

Harrington, a graduate of Holy Cross University and Bard College, became active in the leftist movement in the early 1950s as associate editor of the *Catholic Worker*.

From 1954-56, he assisted in investigating the blacklisting of suspected subversives in the entertainment industry as a result of Sen. Joe McCarthy's anti-communist vendettas.

He was also active in the burgeoning civil rights movement, serving as an adviser to the Rev. Martin Luther King Jr. and participating in the Selma to Montgomery march. He is currently involved in a drive for full employment directed by King's widow, Coretta Scott King, and other leaders.

Beginning in 1954, he voiced active opposition to American intervention in Vietnam and was a major participant in the drafting of the Port Huron Statement in 1962, the document that became the credo of the "new left" student activism of the 1960s.

He campaigned for Eugene McCarthy, Robert Kennedy, Morris Udall and Jimmy Carter during their respective presidential campaigns. He also aided New York Mayor Ed Koch's campaign and was included on President Richard M. Nixon's "enemies list."

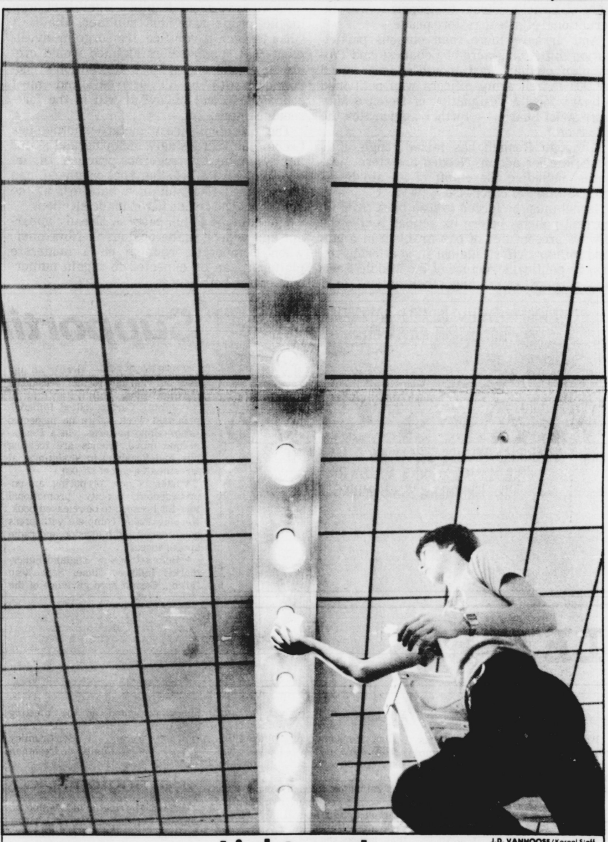
See SOCIALIST, page 3



SIR HAROLD WILSON



MICHAEL HARRINGTON



Light work

Shannon Conley, an employee at the Lexington Mall Cinemas, stretches to wipe dust from a row of light bulbs in front of the theater. Conley, a student at Stitches Creek High School, has been a projectionist there since May.

J.D. VANHOUSE/Kenel Staff

WEDNESDAY

From Associated Press reports

Brown says accounts "in order"

LOUISVILLE — Gov. John Y. Brown said yesterday that an audit of his cash withdrawals from a Miami bank shows "everything is in order."

Brown ordered the audit by his accountants as a result of a reported federal grand jury investigation into his withdrawal of more than \$1 million in cash over a two-year term from the All American National Bank in Miami.

The Miami grand jury reportedly is investigating several transactions involving the withdrawal of between \$1.3 million and \$1.5 million in cash.

The probe reportedly began after federal officials learned that the withdrawals were not reported to the government as required. Bank officials said the mistake was caused by the bank's failure to record Brown's Social Security number when he opened an account there. The transactions were reported earlier this year after the bank learned of the error, the officials said.

Student convicted of not registering

CLEVELAND — A federal court jury yesterday convicted Mark Arden Schmucker, a Mennonite college student, of failing to register for the military draft. He was the third person tried and convicted of the charge in trials this year.

The eight women and four men on the panel deliberated one hour and four minutes before returning the verdict in the courtroom of U.S. District Judge Ann Aldrich.

Schmucker, a 22-year-old student at Goshen College, was allowed to remain free on the same \$2,000 bond set at the time of his arraignment.

He testified he could not register for the draft because his religious convictions and upbringing conflicted with the law.

Hundreds arrested in Lebanon

BEIRUT, Lebanon — The Lebanese army arrested hundreds of people in Moslem West Beirut yesterday in its biggest show of force since the 1975-76 civil war.

Hidden arms also were confiscated in the former stronghold of the Palestine Liberation Organization and its leftist militia allies. The operation was part of a government crackdown on PLO remnants and leftist militia in the Moslem sector in an attempt to reassert control over the war-torn country.

The state television said some of those arrested might be deported, and a Saudi Arabian magazine quoted President Amin Gemayel as saying Palestinians who entered Lebanon illegally must leave.

Military officials refused to say how many people were rounded up, but reporters saw trucks filled with people, some blindfolded, being driven away. Security sources said 450 people had been seized during the army sweeps.

Chinese, Soviets discuss normalization

PEKING — China and the Soviet Union resumed talks Monday for the first time in nearly three years, and Soviet and Vietnamese leaders called for an improvement in relations between their countries and China.

But Chinese, Soviet and Western diplomatic sources in Peking said earlier that the talks would be exploratory only and would not narrow the distance between the two Communist giants substantially.

The Soviet delegation was headed by Deputy Foreign Minister Leonid F. Ilyichev, who has been negotiating with the Chinese for more than 10 years, while Vice Foreign Minister Qian Qichen led the Chinese team. They met behind closed doors, and there was no official announcement of what went on.

WEATHER

Today will be mostly sunny and warm with a high in the low 80s.

Tonight will be mostly cloudy with a 40 percent chance of showers or thundershowers and a low in the low 60s.

Tomorrow will be cloudy with showers and thundershowers likely. The high will be in the upper 70s.

PERSUASION

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Current policies of Israel must be changed

Israel's outrage in Lebanon has not abated, despite the presence there of a 7,000-member United Nations peacekeeping force reinforced by about 3,500 U.S., French and Italian troops in shattered Beirut.

Monday, Israeli jets bombed a Syrian missile battery east of that city and also struck Palestinian positions in the eastern mountains. Meanwhile, 70,000 Israeli troops remain stationed in the southern part of the country.

Although a coalition of concerned nations has attempted to restore peace to the area and Syria has offered to withdraw its troops if Israel in turn withdraws its forces, the invasion of Lebanon continues.

The Reagan administration's tolerance of this illegal usurpation of a people's territory, an attempt to quash the rightful claim of another people — the Palestinians — to a homeland, is inexcusable, particularly in light of Israel's refusal to cooperate with international efforts to restore peace.

And, Israel's more than obvious participation in the massacre of Lebanese and Palestinian civilians last month — recognized by 260 Israeli army officers who petitioned Monday for the resignation of Defense Minister Ariel Sharon — further aggravates the situation.

Although Reagan has talked tough, it is past time for action. Needed are stern measures, including the cutoff of all aid to Israel, military or otherwise.

Israel must be forced to turn back from its current policies before its actions revive the always-present ties of pan-Arabism in a unified military effort against it, shattering the fragile political structure of the Middle East, and perhaps embroiling other nations in a

wider conflict.

President Reagan's essential ignorance of economic realities became clear once again as he addressed voters Monday on a visit to Ohio in support of the state's Republican gubernatorial candidate.

Inflation, he said, is the cause of unemployment. If only matters were so utterly simple. Reduce inflation and restore employment. Unfortunately, it hasn't worked that way so far: the rate of inflation is down — 9.8 percent in August — but unemployment remains at a three-decade high.

The real causes of unemployment are far more numerous. More important than inflation is the continued stagnation of production, a problem which supposedly was also tied to the rate of inflation and the cost of borrowing.

As we have seen, despite a significant drop in the prime rate this summer, the first since Reagan took office, the surge in investment that supply-siders claimed would create new jobs and restore the nation's economic health hasn't arrived. And most economists don't believe it will in the foreseeable future.

The president's rosy picture-painting has become an increasingly annoying and — for him — politically dangerous practice. His incredible naivete, whether real or staged, can be expected to result in a backlash at the poll, should he decide to run for re-election.

The damage to his party is already apparent and will be made obvious in November, when Democrats, running on a moderate platform, can be expected to regain numerous seats in both houses.



Supporting ex-presidents is debatable

WASHINGTON — Here's an update on what our former presidents have been doing lately:

• Jimmy Carter visited Philadelphia last week where he inspected Lenox china patterns. (In a Reaganesque move, friends are treating him and Rosalynn to 36 settings, at an estimated cost of \$20,000.)

Carter is now preparing an unprecedented six-city promotional tour for his soon-to-be-released book, *Keeping Faith*, complete with press conferences and television and radio appearances.

• Before the New England Supermarket Industry dinner Sept. 3 in Boston, Gerald Ford gave one of the

25 speeches he delivers each year (usually at \$10,000 to \$15,000 each).



Just this week, Ford returned from the Bob Hope golf tournament in London. He will depart in early October for a television appearance with Henry Kissinger in Japan. (Both men will collect an estimated \$15,000 to discuss U.S.-Japanese relations.)

On the homefront, Ford earns about \$500,000 per year from consultancies and seats on seven corporate boards.

At a time of economic austerity, we doubt American taxpayers need to spend \$11 million a year to underwrite three former presidents who are otherwise gainfully employed.

While most Americans may believe former presidents shouldn't have to bum nickels in retirement, the degree of taxpayer support is debatable.

Our self-sufficient former chief executives may not require \$75,000 annual pensions, \$300,000 per year for staff and office expenses, or the costly lifetime retinue of Secret Service agents.

There are, of course, some limits on former presidents. When Jimmy Carter requested Oriental carpets and chandeliers for his Atlanta office, the General Services Administration counseled against it. After all, the law allows only for "adequately furnished office space."

More often than not, however, taxpayers are left with questionable bills, such as \$2,342 for watering 22 plants in Ford's office, \$518 for Nixon's auto repairs (including care for a damaged golf cart) and an undisclosed sum for Carter's new word processor.

Some legislators are, fortunately, trying to limit such unwarranted expenses in legislation now before the Senate. Perhaps with a bit of election-year heat from disgruntled Americans, Congress won't let common-sense reforms go unnoticed.

In a little-noticed development last month, U.S. negotiators in Geneva closed the summer session of the U.N. disarmament committee with accusations that the Soviet Union was blocking efforts for an international ban on nuclear tests.

Though President Reagan has already made clear his unwillingness to seek a test ban this year, chief U.S. negotiator Louis G. Fields said "the attitude of the Soviet Union and its allies" jeopardized the work of the nuclear test ban working group, organized last month.

Meanwhile, the U.S. Energy Department admitted it detonated six nuclear devices in Nevada (three in a single day a couple of weeks ago) between July 1 and Sept. 27. A seventh test, scheduled for last Tuesday, was delayed because winds were heading toward Las Vegas.

During the same period, the Soviets conducted one announced test.

Before Donnesbury creator Gary Trudeau becomes a free agent in January, the 34-year-old is scheduled to attend a November auction of his works in Washington on behalf of the National Women's Political Caucus. Each year, Trudeau usually donates original Donnesbury strips to four or five local Caucus benefits around the country, earning the organization about \$25,000 in proceeds.

In the unrequited love department, Actress Jodie Foster breaks more than a year of silence on the John Hinckley case in the December issue of *Esquire*.

In the self-authored article, which the bright Yale student wrote while interning at the magazine last summer, Foster denies responsibility for the Reagan shooting. However, she says she has known the perils of stardom since she began as a child actress several years ago.

Teach Your Children to Love the One They're with: We were especially heartened to see rock star David Crosby, now 40, sentenced to 90 days in jail and three years' probation for the beating of two women at a friend's house in California last November. So much for the rose in the fisted glove.

Maxwell Glen and Cody Shearer are Pulitzer Prize-winning national columnists.

LETTERS

Likes Fritz

We would like to know what has happened to John Fritz's column about science. We've noticed it hasn't been in the Kernel for several weeks and we've missed it.

Steve Branson
A&S Junior

Jane Moore
Nursing Dept.
UK Medical Center

Rock seminar

I would like to reply to the written by Harry Geis, published Sept. 30, concerning the rock 'n' roll seminar he attended on Sept. 28. I got the distinct impression that he felt suckered into attending a "thinly disguised revival meeting."

I happened to obtain a copy of the advertisement for the seminar, and it looked pretty straight-forward to me. It had a quote from the Bible and appeared to have a rather anti-rock bias. Upon looking more closely, the name of a radical Christian group on campus was associated with the seminar.

It's no secret that this group appears in the free speech area every day preaching. Were anyone to have enough courage to ask one of the public preachers what their main purpose or goal was, they would tell

you plainly it is revival, spiritual awakening, divine intervention, etc.

Geis further complained that hardly any concert footage was shown as advertised for the presentation, and that what was presented was rather outdated. I wonder if he ever considered many more current examples of subliminal messages in rock music might have been worse than the ones shown.

Any real Christian finds references to drugs, promiscuity, Satan, death and the like very offensive. He feels it a duty to speak out against such things and portray them in as distasteful a light as possible, especially if he feels these things are being presented as desirable. As for revival, a real Christian will try to bring one about, using any methods he can.

I submit that Geis didn't properly do his homework. The advertisement did not say that a balancing viewpoint would be presented, nor did it indicate by any means that such a viewpoint would be appropriate.

If he felt offended by a one-sided presentation he should have stayed home and not subjected himself to any vexation. Besides, who's to say that a revival is not needed? All one has to do is read the paper to see that it might not hurt to have one.

I also wonder if Geis wonders how things would fare with him if the

things presented at the meeting were true.

Ben Crumley
Comp. sci. freshman

Harrington . . .

Michael Harrington is coming to campus. For the past several years, Harrington has served as chairman of the Democratic Socialists of America, and will visit nearly 100 campuses in the United States this year.

Harrington has been well known internationally for over 20 years. His best-selling book, *The Other America*, is widely credited with influencing President John F. Kennedy and Lyndon Johnson in their "War on Poverty" program.

The late Martin Luther King laughingly told Harrington, "You know, we didn't know we were poor until we read your book."

Gloria Steinem, editor of Ms. magazine, has said of Harrington, "He was one of the few people of my generation who understood the depth of the problems of this country. . . . It was Mike and Mike alone who looked with horror at the economy in this country."

Since the 1950s, Harrington has been an advocate for such causes as economic democracy, civil rights, and women's rights. He is an experienced scholar, writer and activist.

by Kevin Fagan

DRABBLE



Harrington will speak at 8 p.m. tonight in Memorial Hall. He will also participate in seminars on campus today and tomorrow.

In the early 1960s, student activist Tom Hayden wrote an article saying his generation trusted only three people over 30 — and one of those is Michael Harrington. Come hear the man speak and find out why!

Tim Freudenberg
SGA A&S Senator

John Cain
SGA Senator-at-Large

... on campus

Today and tomorrow the Student Government Association, in conjunction with many other campus groups, will sponsor a visit to UK by Michael Harrington, chairman of the Democratic Socialists of America.

Harrington's influence on American politics, the Democratic Party, and liberal groups the world over has been tremendous.

His book, *The Other America*, was instrumental in influencing Presidents John F. Kennedy and Lyndon Johnson to declare the "War on Poverty" of the 1960s. He continues to play a major role in the national Democratic Party and serves as an adviser to many notable liberals.

The UK student body is indeed lucky to have a speaker of the caliber of Michael Harrington on campus. In addition to his speech tonight, Harrington will be available to speak with students on several different occasions during his two-day stay.

If you wish to participate in one of the colloquia or other events, please call the SGA office at 257-3191. Harrington's visit presents opportunity for students to discuss the direction this country is taking with one of the foremost leaders of the American Left.

Katy Banahan
SGA Senator-at-Large

Opinion Policy

Readers of the Kentucky Kernel are welcome to express their opinions on the editorial page.

Letters should be sent to the editorial editor at 114 Journalism Building — UK, Lexington, Ky. 40506-0042.

To be considered for publication, letters must be typed and double spaced. Letters should not exceed 300 words and opinions should not exceed 850 words.

Writers must also include their names, addresses, telephone numbers, along with their majors, classifications or connection with UK.

The identity of writers who sent letters sent through the mail will be checked and verified before publication. When more than one person signs a letter, all identities must be checked and verified before publication.

The Kernel reserves the right to edit for grammar and clarity and to delete libelous material.

•Wilson

Continued from page 1

lack of a substantial power base in Commons. His first government owned a mere five-seat majority in Commons.

He was lauded in the British press for his political savvy and his bureaucratic experience. "There is a widespread belief," it was written, "that never before has so great a master of tactics sat at No. 10 Downing St."

His bold though ineffective economic and financial policies included severe budgets, a six-month freeze on wages and restraints thereafter, a 14.3 percent devaluation of the pound sterling, a firm tone toward labor unions and proposals to make welfare selective rather than universal.

He was also plagued by industrial instability through wildcat strikes and another devaluation of the pound, and he could not effect reforms of trade unions and the House of Lords.

In 1970, with polls favoring the retention of the Labour government, Wilson called the second general election of his term. He was upset, however, by the Conservatives and their leader, Edward Heath.

Heath's economic policies also failed to move Britain into step with its Western European neighbors, and in March 1974, another general election was called. Wilson spent the campaign attacking Heath's failure to control a 15 percent inflation rate and food prices which rose 53 percent in four years.

Late that February he told an audience, "If prices go up any faster, housewives are going to decide it's

cheaper to do their shopping in the morning rather than wait until the afternoon."

Although Heath's Conservative party won a plurality of the popular vote, he could not forge a coalition with the minority Liberal party and Wilson succeeded in forming a new government, becoming the first person since the late Sir Winston Churchill to ascend to the prime ministry three times.

He ended England's five-month old coal strike before his swearing-in, abolished the three-day work week that cost the country \$46 billion during the strike, froze residential rents and began a sweeping program to stem Britain's economic difficulties.

The empire's woes continued, however, and on March 16, 1976, he announced his resignation to a stunned cabinet.

His resignation brought alternating reactions of praise and vitriol; the socialist London Daily Mirror said, "He has done a tremendous job in tackling Britain's economic crisis. He has given backbone to the struggle against inflation."

And the conservative Daily Telegraph vilified him: "Wilson has turned Britain into a nation near bankrupt, living on tick (credit), sinking under a preponderant bureaucracy, almost defenseless, all effort, skill and achievement savagely penalized, all shiftlessness rewarded, its best citizens reduced to despair or emigration."

Wilson's lecture is being sponsored by the Student Activities Board's Contemporary Affairs Committee and by the Student Government Association.

•Socialist

Continued from page 1

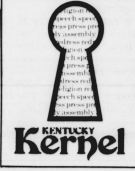
Currently, he is a professor of political science at Queens College.

Harrington's political philosophy advocates working through the capitalist system to achieve socialist goals, and is opposed to totalitarianism.

In his many lecture tours, he has stressed full employment, centralized economic planning (including public ownership of the means of production) and democratization of corporations through the inclusion of workers and public representatives among their directors.

The lecture will begin at 8 p.m. and admission is free. It is sponsored by the Student Government Association, Democratic Socialists of America, the College of Social Work, the Office for Minority Student Affairs, the Arts & Sciences dean's office and the departments of philosophy, political science and sociology.

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Diet program emphasizes control of mind over stomach

By ROBIN SHIVELY
Reporter

A leftover meal card punch, a friend's desire to order pizza, homemade chocolate chip cookies — hungry or not, sometimes we eat.

"We're not always hungry when we eat," said Barbara Benson, program coordinator for the Rational Behavior Training Center. "People learn eating habits over time. We've learned to associate eating with certain situations."

Benson teaches a class at the Center called "How to Leave Your Fat Behind." She teaches from experience — two years ago she lost over 30 pounds and has kept the weight off.

"Sometimes we eat because we're bored, lonely or depressed," she said. "We confuse negative feelings and emotions with cravings and hunger."

"At the RBT center we focus on getting in charge of emotions and changing habits that we know are self-defeating," Benson said. "We teach you to respond to what you think... not what you feel."

Class members keep a daily food diary to analyze their diet.

"I'm a picky eater. I never ate a meal. I just snacked all the time," said Charlotte, a class member who did not wish to be further identified. She has lost nine pounds while enrolled in the program.

"I work in a cafeteria, and I'd come home and pick while I made dinner," she said. "Now I try to eat three meals a day and nothing in between."

To prevent eating to relieve a negative feeling, Benson suggested the "instant better feeling" technique.

Take several deep breaths to calm down and then take a short walk to take your mind off food.

The class has no set diet to follow. Students choose what they want to give up or cut down on. The focus is on permanent changes in eating habits.

"If you aren't willing to give up ice cream are you willing to eat less?" Benson said. "It's not the habit of eating ice cream that gets you into trouble — it's eating too much of it."

Benson admitted to a scoop of Baskin Robbins after a dinner date a few evenings before. She had eaten reasonably that day so she allowed herself the treat.

"I ate real slow and enjoyed the flavor. I didn't say to myself 'you're a rotten person for eating this' because I figured out how to enjoy it without gaining weight," she said.

It is almost impossible to avoid all situations where food is tempting, but class members are taught how to prepare for them. They are given a script containing the reasons for not eating.

The class also discusses binge eating, a problem common to college students. "You reinforce each other. You tell yourself in this situation 'I don't have to eat,'" Benson said.

"I dated a guy. I knew if I wanted an excuse to binge I could call him and say, 'Let's go have a pizza' and he'd never turn me down," she said. "I wouldn't go to my skinny friends and say, 'Let's go to Joe B's and pig out.'"

It takes a lot of willpower to resist a craving, she said. "It is like being an alcoholic. When you have a craving, you get so afraid you are going to eat that the craving gets worse and you do."

"It's normal and natural to have cravings," Benson said. "When I have a craving I speak the thoughts I'm having and the facts of the situation."

Benson warns against crash diets, saying dieters are likely to gain back lost weight because they have not changed their eating habits. She also cautioned that starvation diets may actually slow weight loss because the body slows down and doesn't use as many calories.

"Over an extended period of time, starvation or severe calorie intake decreases will lower your basal metabolism, the amount of calories it takes for your body to perform its internal functions," said Darlene Forester, a registered dietitian in the College of Agriculture.

"Starvation is not a good way to lose weight," she said. "Some of the powder and liquid diets popular right now are under 400 calories; that is semi-starvation."

The average woman needs 1,200 calories for bodily functions. For every other activity she performs, she uses more.

Forester said, "If you go much lower than that your body is not only going to burn the energy from your fatty tissue but some muscle tissue as well, and that's not the goal of weight loss."

"People need to learn the difference between appetite and hunger," Forester said. "Hunger is a real physical need; your stomach tells you to eat. If it's really hunger you are likely to eat almost any food. If it's just a craving you want a particular food."

A "Leave Your Fat Behind" class member who proudly announced her 20-pound weight loss said, "I used my intelligence to decide what I wanted to do. It was a good experience. I cut down on sweets. I haven't given up anything. I don't deny myself the things I really love."

"How to Leave Your Fat Behind" costs \$45 for five sessions, and each member receives a guide to rational weight control and an individual follow-up session. The classes are held at the center, 2108 Nicholasville Road.



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Baylor, John lead Angels to 8-3 win in AL playoff opener

ANAHEIM, Calif. (AP) — Don Baylor tied a playoff record by driving in five runs, and the California Angels outslugged the Milwaukee Brewers 8-3 last night in the opening game of the American League championship series.

The series was billed as a battle of two teams with bats of redwood proportion, with the Angels swinging

the bigger sticks in the first game behind the seven hit pitching Tommy John. The veteran left-hander finished with five strikeouts and just one walk.

California took a 1-0 lead in the first on a sacrifice fly by Baylor before a crowd of 64,406, the largest ever to see an American League playoff game.

Ted Simmons led off the Milwaukee second with a single and Thomas lofted a 1-0 delivery from John just inside the line into the left field seats.

In the third, Milwaukee scored again on a fielder's choice grounder by Cecil Cooper. Paul Molitor started it with a one-out single and Robin Yount then hit a grounder

deep to the hole at shortstop. Tim Lincecum fielded the ball and when he threw to first, Molitor scampered to third, barely beating the throw from Angels' first baseman Rod Carew.

Cooper then hit a bounce to second, beating the relay to first as Molitor scored.

That put the Brewers ahead 3-1, and it looked like the team which had the best record in baseball and

hit a major league-leading 216 home runs during the season, was on its way to winning Game 1. It looked that way only briefly, though.

Caldwell walked Downing to start the third inning, and a soft single to right by DeCinces sent Downing to second. Bobby Grich singled past the outstretched glove of Milwaukee shortstop Yount, scoring Downing and sending DeCinces to second.

Baylor then ripped one of Caldwell's many mistakes off the fence in deep right-center field for a triple and two more runs. Baylor scored on a high bounce to second by Reggie Jackson.

Leading 5-3, the Angels added two more runs in the fourth and another in the fifth.

Players postpone 2 all-star games

WASHINGTON (AP) — The National Football League Players Association, facing a rising tide of litigation and defections, has postponed the opening two games in a series of 20 so-called all-star games, union officials said yesterday.

Five teams went to court to block their players from practicing for and playing in the first exhibition game, scheduled for Sunday in Washington.

On Monday, the NFLPA sought a temporary restraining order from a federal judge in Washington to block the NFL and its member clubs from interfering with the game.

U.S. District Court Judge John Garrett Penn took the case under advisement without indicating when he would issue a ruling.

"Players have been unduly harassed by management with temporary restraining orders barring them from playing," Brig Owens of

the NFL Players Association said, "and we decided to await a favorable court decision."

Earlier, union chief Ed Garvey said, "If we can't play the games because of all the NFL legal actions, we'll call it off."

nated negotiators, the players would

Meanwhile, no progress was reported in efforts to end the 15-day walkout by the league's 1,500 players.

"We want the owners to meet with their full committee and our full committee for two days at a neutral site," Garvey said.

AP Top Twenty

The Top Twenty teams in the Associated Press college football poll, with first-place votes in parentheses, season records and total points. Points based on 20-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1.

1. Washington (28)	4-0-0	1,082
2. Pitt (15)	4-0-0	1,057
3. Penn State (9)	4-0-0	1,039
4. Alabama (3)	4-0-0	958
5. Georgia (1)	4-0-0	910
6. So. Methodist	4-0-0	824


7. Nebraska	3-1-0	755
8. UCLA (1)	4-0-0	745
9. Arkansas	4-0-0	655
10. Notre Dame	3-0-0	582
11. Arizona State	5-0-0	551
12. No. Carolina	3-1-0	537
13. Texas	3-0-0	387
14. Florida	3-1-0	332
15. Southern Cal	3-1-0	331
16. West Virginia	3-1-0	281
17. Miami, Fla.	4-1-0	278
18. LSU	3-0-0	270
19. Boston Coll.	3-0-1	172
20. Illinois	4-1-0	93

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