

Research says wait then exercise to lose weight

United Press International
ITHACA, N.Y. — Exercising within a couple of hours after eating may burn off more calories than exercising on an empty stomach, says Dr. David Levitsky of Cornell University.

But exercising immediately after eating is not a good idea because it interferes with the absorption of nutrients in the intestines. Wait about an hour, suggests the professor of nutritional sciences and associate professor of psychology.

Levitsky's remarks are based on a Cornell research project indicating exercise not only is a very important factor in weight regulation but that its timing is very important.

Levitsky and graduate student Eva Obarzanek studied luxury consumption — the idea that people who overeat gain far less weight than could have been expected, given the large amount of calories consumed.

Obarzanek said this indicates that exercising after overeating stimulates the rate at which

calories are burned off. To study the phenomenon, she and the professor tested lean college students while eating normally, fasting, and overeating.

On the day after each dietary regimen, the volunteers ate a normal meal and, 45 minutes later, began walking on a slightly inclined treadmill at 3 mph for 20 minutes.

An increase in calorie burnoff did not occur right after eating or by exercise only.

The professor said this implies either dieting alone or exercising alone undermines the body's natural capability to burning calories through exercise.

"Most people gain back the weight they lose from dieting very quickly," he said, so the way people expend calories may be the key to weight reduction.

The Cornell nutritionists found burning of calories increased about 10 percent to 15 percent after eating normally or

by fasting on day one and then eating normally on day two.

But when the students who overate on the first day ate a normal meal the second day and then exercised, the thermogenesis rate increased almost 50 percent.

"This shows how the body rids itself of extra calories consumed when you overeat," Levitsky said.

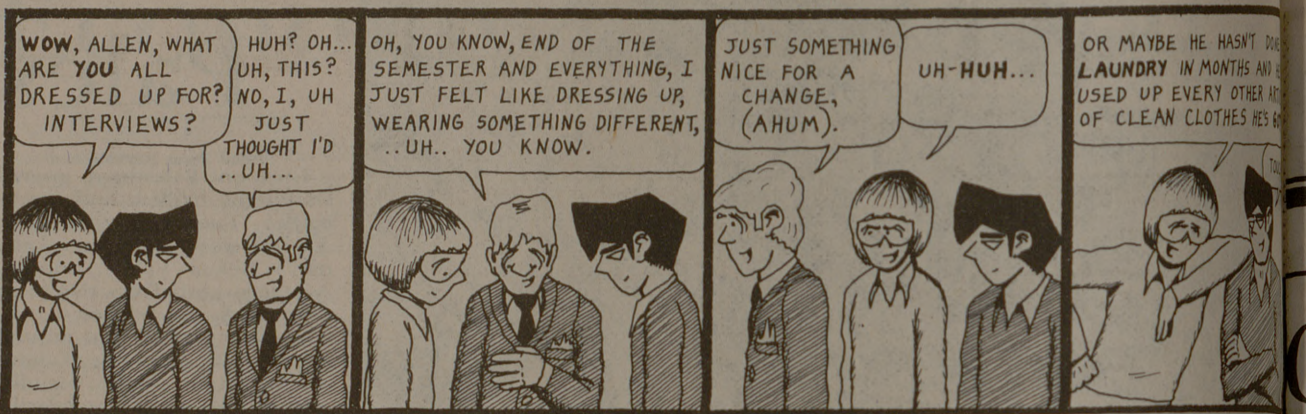
"And it also points out how important exercise is to any weight-loss diet. Without exercise, these calories don't have any way to burn up," he said.

The research also supports the idea that the heaviest meals should be eaten at breakfast and lunch.

"People are more active during the day, so if you want to burn off more calories, it's better to eat earlier in the day," the professor said.

The exercise can be as little as a brisk 20 minute walk at the recommended time.

Warped



by Scott McCo

Mexican firms opened up

Investment rules changed

United Press International
MEXICO CITY — Mexico's largest leftist party accused the government of "selling out" to the United States by modifying investment regulations to allow foreigners to become majority owners in Mexican firms.

But the president of the Mexico-United States Chamber of Commerce, Ernesto Rubio del Cueto, said in a published report Monday that increasing the flow of badly needed foreign capital

will help solve the country's economic crisis.

Rubio del Cueto said that the new regulations should spur U.S. investment in Mexico to 25 percent over the amount invested during 1982.

The United Socialist Party (PSUM) added its voice to criticism, mostly from the left, of the government's announcement that foreign investors could legally exceed the current 49 percent limit in new capital ventures.

"Modifications in our investment laws will only serve to deepen our dependence on U.S. imperialism in commercial and financial relations," said Jaime Trejo, spokesman for the communist-dominated PSUM.

Mexican and foreign businessmen alike have long criticized the law as restricting the flow of capital into Mexico.

The easing of foreign investment rules comes at a time when foreign loans are virtually unavailable because Mexico lacks

sufficient dollars to keep principle payments on the \$84 billion foreign debt.

The Mexican government meanwhile pledged to almost 1.5 million acres to 20,000 landless peasants and indicated some terrain could be cut from large landowners.

Agrarian Reform Minister Luis Martinez Villalobos said million acres of ejido-owned farms that are now in individual farmers' hands — also will be certified.

Now you know

United Press International
Dooley Wilson, the piano player in the classic movie Casablanca, was a singing drummer and could not play a note.

Public to pick Olympic outfits

United Press International
— Americans will have a chance to vote this summer at stores throughout the country on the outfits the U.S. team will wear at the opening parade of the 1984 Olympic games.

With the approval of the U.S. Olympic Committee, citizens will cast ballots to select which of the three looks — Western, active or classic — will best represent the United States when the team marches into the Los Angeles Coliseum during the official opening ceremonies.

The parade of nations will kick off the Summer Games on July 8, 1984.

"Past experience tells us a feeling of national pride radiates across the United States when our athletes assemble en masse at opening ceremonies.

We feel by inviting the public to select the parade outfits we will help strengthen the country's feeling of Olympic involvement," said Robert D. Haas, executive vice president of Levi Strauss & Company, Levi is the official outfitter for the U.S. Olympic team.

"By letting the 'voice of the people' determine the final selection, the outfit will truly reflect the spirit of the United States," Haas said.

"It's the first time ever the public has been given a chance to get involved," said Betty Louis, director of Olympic merchandising for Levi's. Louis said voters can cast their

ballot at participating retail stores carrying Levi. The balloting period is from July 1 through Sept. 30, 1983.

She said the three red, white and blue outfits were developed for the Olympics after the company polled former Olympians on what they were most comfortable wearing.

"We also looked at fiber content, fabric care, and clean, simple designs," she said. "The athletes have a lot of pride in representing America, but they don't always want to go everywhere wrapped up like a flag."

"We also found we had special problems in dealing with the outfitting of world-class athletes. Trying to outfit the 80-pound gymnast and the 300-pound weight lifter in the same thing meant doing some research," she said.

Louis said the team members have conditioned their bodies and developed muscles the general public has not. "General sizes you find in the store just won't work. We will be making clothes from sizes triple extra-small to triple extra-large."

"We had to sew a 40-inch inseam in a pair of pants one time, and make a pair of men's size 15 shoes."

She said each athlete will have a wardrobe of at least 35 items. This will include a medals suit to be worn when presented with the bronze, silver or gold awards, a set of casual wear items including jeans, and a formal outfit for television interviews or other occasions. A team of more than 200 workers will set up shop in Los Angeles to do fittings and alterations for the athletes in a 24-hour period.

"There the team is the tradition of trading outfits with other athletes because the hats, sheepskin jackets, all-jeans made such a part of the 'Western World' she said. "This next year's athletes are expecting a wardrobe of 2.5 billion. Angeles Coliseum has more people, so we're something the athletes and feel good in. It's public now to decide."

Louis said those who the fashion referendum be eligible for a random for two grand prizes \$25,000 each. The grand also include a behind-the-trip to the 1984 Summer pics, and clothes.

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THURSDAY EVENING SPECIAL Italian Candle Light Spaghetti Dinner SERVED WITH SPICED MEAT BALLS AND SAUCE Parmesan Cheese - Tossed Green Salad Choice of Salad Dressing — Hot Garlic Bread Tea or Coffee FOR YOUR PROTECTION OUR PERSONNEL HAVE HEALTH CARDS.		
FRIDAY EVENING SPECIAL BREADED FISH FILET w TARTAR SAUCE Cole Slaw Hush Puppies Choice of one vegetable Roll or Corn Bread & Butter Tea or Coffee	SATURDAY NOON and EVENING SPECIAL Yankee Pot Roast Texas Style (Tossed Salad) Mashed Potato w gravy Roll or Corn Bread & Butter Tea or Coffee	SUNDAY SPECIAL NOON and EVENING ROAST TURKEY DINNER Served with Cranberry Sauce Cornbread Dressing Roll or Corn Bread - Butter - Coffee or Tea Giblet Gravy And your choice of any One vegetable

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Houston, police sued in shooting

United Press International
HOUSTON — A Baytown man shot by an off-duty policeman as he rode in a car on the city's West Loop filed a \$9,400 claim against the officer, the Houston and former city's.

Kevin Roy Davidson, former Houston police officer Robert Bernard, filed a \$9,400 claim against the officer, the Houston and former city's.

Davidson charges that he fired a gun into the car Davidson was riding in officer and people in the car exchanged hands on the freeway. Valentine's private car.

PLITT THEATRES
CINEMA I-III
315 College North 846-6714

12:00 2:35 5:05 7:40 10:15
"SUPERMAN" III (R)
On Two Screens

"HOMEWORK" (R)
12:15 2:45 5:00 7:30 10:00

CINEMA II
POST OAK MALL THEATRE
"BLUE THUNDER" (R)
2:30 4:55 7:20 9:45

"SURVIVORS" (R)
1:15 3:15 5:15 7:15 9:15

"FLASHDANCE" (R)
1:45 3:45 5:45 7:45 9:50

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PSYCHO
Dolby

2:30 4:55 7:20 9:45
MAN WITH TWO BRAINS

2:30 4:55 7:20 9:45
TRADING PLACES

OCTOPUSSY (R)
2:20 4:40 7:10 9:40

MANOR LAST
87-820

MANOR EAST
2:30 4:55 7:20 9:45
RETURN OF THE HERO
OF THE HERO

2:35 4:55 7:20 9:45
THE MANOR
SNOWY RIVER

CLASS OF 1984
BROOKLYN
2:45 5:15 7:30 9:55

SKYWAY TV
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EAST

WEST