

# Stressed women eat chocolate in college

**United Press International**  
 WASHINGTON — Chocolate is a food of the gods and, researchers have found, of college women under stress.

A University of Delaware study found college women in their freshman and senior years are more likely than their male peers to find comfort in smoking, drinking and food, said Louise Little, an associate professor of human nutrition at the university.

"Chocolate was the most prevalent choice among those who used food to cope with stress," she said in an interview. "Salty snacks was second, and pizza was third."

Little surveyed 470 randomly selected freshman in their second semester and seniors at the university to find out about their sources of stress, how much stress they felt, and how they coped with it.

She found freshmen seemed to suffer the most stress, presumably because they were on their own for the first time, had to form quantities of new relationships and were subjected to new levels of academic

pressure and pressure from home to do well.

Women seemed to feel or express more stress, mainly academic and "everything needing doing at once," Little said.

Among seniors, careers and job prospects were the greatest source of tension, but there appeared to be no difference between men and women in the amount of stress experienced.

Little's findings included the following:

- The most widely used strategy for coping with stress was talking to a supportive person, but females were more likely than males to do this.

- Senior women smoked more than freshmen women, but men's smoking stayed at the same level.

- Freshmen men and women pursued athletic activities about equally to cope with tension, but at the senior level, men did more than women.

- Men drank more alcohol, but chose it equally as often as women as a way of coping with stress. Therefore, Little said, "men must be

drinking for some other reason."

- Tranquilizers and drugs were at the bottom of the list for relieving stress.

- Those who had taken a stress management course used more positive strategies such as talking things over or jogging but did not cut down on use of negative strategies of eating, smoking or drinking.

Little said the students interviewed could be divided into two categories: those who felt they had control over some circumstances and their health, and those who felt things were out of their control.

Those who felt more in control were more likely to use positive coping strategies, while those less in control drank more heavily and were more likely to be overweight, she said.

Little said she had hoped to find that seniors had adjusted to the stresses of college.

"It was disappointing to see that some of the women were using negative strategies more than freshmen," she said.



They're here

Photo by FRANK IRWIN

Alexandra Kelly a marketing major from Springfield, Mass., shows off her new senior rings. Students who ordered their rings in July may pick them up at the Pavilion.

# Honduras

## FBI says nationals plotted to kill president

**United Press International**  
 WASHINGTON — The FBI announced Thursday it had smashed a plot to assassinate the president of Honduras by Honduran nationals who allegedly funded the attempt with money from cocaine sales.

FBI Director William Webster said the bureau learned from an informant last summer that two Honduran businessmen, a high-ranking Honduran military official and other U.S. citizens were plotting to kill President Roberto Suazo of Honduras.

The FBI said the funds to carry out the plot allegedly came from an illegal narcotics operation.

In a complaint filed in U.S. District Court in Miami, the FBI said the conspirators in the plot planned to carry out a takeover of the Honduran government following the assassination between Oct. 15 and Nov. 15.

Arrested by the FBI in connection with the plot were Faiz J. Sikaffy, 49, a Honduran citizen and businessman who lost more than \$7 million when the government nationalized his cement business.

The FBI said Sikaffy operates a seafood business in Florida and lives in Miami.

A second man arrested by the FBI was identified as Gerard Latchinian, 46, a Honduran and international arms dealer with business interests, who also lives in Miami.

An FBI spokesman said the agency expects more arrests.

FBI spokesman William Baker said a total of eight persons have already been arrested in Miami in connection with the plot.

Webster said the FBI was successful in introducing an undercover special agent into the scheme who was to be paid \$300,000 to take part

in the assassination, including \$100,000 in advance.

The plot included plans for the undercover agent and other would-be assassins to make their way into the Central American country where they would get further help from others involved in the plot, according to the FBI.

The FBI complaint said the alleged conspirators planned to acquire weapons, explosives, night vision equipment, tanks, airplanes and other military equipment to be used in the assassination and overthrow.

Webster said FBI agents seized 760 pounds of cocaine from a remote airstrip in South Florida which allegedly was to be used to finance the aborted plot.

The FBI said the cocaine was worth \$10.3 million and had been flown into the United States from Colombia last Sunday.

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Federal Tax Increases	Against	For (Houston Post, 4/3/84) (Houston Chronicle, 5/1/84)
Authorizing The Legislature To Pass A State Income Tax	Against	For (Four Votes, 1974 Texas Constitutional Convention)
Amnesty For Illegal Aliens	Against	For (Corpus Christi Caller, 5/16/84)
The "Gay Rights Bill" With Affirmative Action For Homosexuals	Against	For (San Antonio Express, 4/27/84) (Dallas Morning News, 8/8/84)
Probation For Violent Criminals	Against	For (Three Votes, Texas Senate, 1977)
Death Penalty For Murder Committed During Robbery, Rape Or Terrorism	For	Against (Daily Texan, 12/7/74)
Balanced Budget Amendment To The Constitution	For	Against (Abilene Reporter News, 4/29/84) (One Vote, Texas Senate, 1977)
Right-To-Work Guarantees	For	Against (Three Votes, 1974 Texas Constitutional Convention) (One Vote, Texas Senate, 1975) (One Vote, Texas Senate, 1981)
President Reagan's Grenada Rescue Mission	For	Against (Houston Post, 3/3/84)
Strong National Defense With The B-1 Bomber And The MX Missile	For	Against (Dallas Morning News, 3/21/84)

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