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## 846-0053

## SHOE

by Jeff MacNeil

# Spirits

## New fad wine lacks alcoholic punch

Associated Press

Dealcoholized wine is the latest fad item to hit the gourmet shops — and some people can even get drunk on it.

Non-alcoholic wine has been around for thousands of years, according to an article in the March issue of *Connoisseur*, and may be regaining popularity thanks to the new tougher laws about drinking and driving.

Dealcoholized wines contain 0.05 percent alcohol, which classifies them as non-alcoholic.

But writer William Kotzwinkle tells a story about serving it to a Hungarian friend in Canada years ago — a man who loved wine and

habitually would sing brilliantly and tearfully of his homeland after consuming a bottle or two of the distilled grape.

On this occasion, they toasted Budapest with dealcoholized wine.

"That's the real grape," the friend said, unaware of the spiritless nature of his drink.

After he had consumed several bottles, he was reeling.

"Perhaps spirit is, after all, an indefinable substance," Kotzwinkle said.

If Americans start drinking dealcoholized wines to keep them sober on the road, they will be imitating

the armies of ancient Rome, who drank it to keep them sober on march.

Dealcoholized wine enjoyed a brief fling of popularity in the United States during Prohibition, but was out with repeal.

Liquor stores are unlikely to stock non-alcoholic wines. It will be available at gourmet stores in the United States and Europe.

As an added bonus, dealcoholized wines, according to *Connoisseur*, may help keep you thin. A 10-ounce glass of dealcoholized wine has 38 calories, compared to 130 in its alcoholic counterpart.

# Scientists: eating influences mind

Associated Press

Scientists now believe that what you eat can influence how well you operate — in other words, businessmen can lunch to win.

Not only does diet have long-term impact on physical fitness, according to an article in the April issue of *Science Digest*, but within hours what you eat can affect mental functions such as attention span, memory and mood.

The impact of some foods is so marked and so specific, said Richard Wurtman, professor of neuroendocrine regulation at Massachusetts Institute of Technology, that these nutrients have the same affect as drugs.

"They give rise to important changes in the chemical composition of structures in the brain," he said. "And those changes can modify brain function."

Studies indicate a high-protein, low-carbohydrate lunch will produce sharper wits than a high-carbohydrate pasta.

Bonnie Spring, professor of psychology at Texas Tech University and a former associate of Wurtman's, tested college males by having them eat a high-protein lunch one day and a high-carbohydrate lunch on another.

She said that after the high-carbohydrate meal, the students displayed impaired concentration and slowed response speed.

Spring added that college students are the toughest test because they are at their peak of mental and physical durability.

Wurtman and his colleagues have devised a variety of experiments to

break down meals into their components and trace those components through the digestive process, into the blood and into various tissues and organ systems.

Their research indicated that the proportion of carbohydrate in the diet indirectly determines the amount of an important brain chemical called serotonin, Wurtman said. Serotonin is derived from protein.

The neurons that produce serotonin are located in the brain stem and communicate with brain centers that control such factors as sleep onset, appetite and mood.

"The release of serotonin makes people feel sleepy and less vigorous," Wurtman has written.

Wurtman has found in experiments that after a high-protein meal, laboratory rats had lower brain levels of serotonin and tryptophan, an amino acid from which serotonin is made.

He said that when the rats were fed a meal consisting entirely of carbohydrates and fat but no protein, brain levels of tryptophan and serotonin increased.

Eating a high-protein, low-carbohydrate lunch will not guarantee everyone a top-performance afternoon. Spring pointed out that metabolic profiles vary from person to person, depending on everything from age to environment.

In a study that included men and women of different ages, published during 1983 in the *Journal of Psychiatric Research*, Spring reported that people over 40 showed a greater loss of concentration after a high-carbohydrate meal than did the younger people tested.

## Bill urges gas station services

Associated Press

AUSTIN — Gas stations with four or more gas pumps should provide free air, water and windshield washing supplies to the public, a state representative said Monday.

Rep. Al Price, D-Beaumont, told the House Business and Commerce Committee his bill would ensure the services be provided for safety purposes. Rep. Al Edwards, D-Houston, filed a similar bill.

"In Texas in 1983, Department of Public Safety records show there were 2,228 non-fatal accidents caused by defective tires and 26 fatal accidents," Price said.

Rep. Nancy McDonald, D-Paso, testified that traveling in West Texas requires constant maintenance but that the lack of services makes it difficult.

Proposals by the two legislators also would require that all gas stations have rest rooms.

Terry Williams, operator of Houston Texaco station, told the committee he has only one of about 30 stations in his area that provide these services.

"Those of us in the service station business oppose the reasoning of those who have discontinued those services even though we do understand their motives," Williams said.

Price said California, New York, Pennsylvania and Ohio have passed legislation requiring the services, but they aren't free.

Collier Barnett, president of SunBelt AIR-Serv Co. in Dallas, suggested to the committee that gas stations provide the services but not at the cost of raising prices to pay for them.

## Singer: '348 lbs. of Rock'

# Stout star rolls Mexico

Associated Press

MEXICO CITY — Making his weight an asset, entertainer Vitorino has become a classic overnight success story here with the motto "158 Kilograms (348 pounds) of Rock."

He made his debut in November, but already his songs are heard frequently on the radio and he appears on the major television programs in Mexico.

Vitorino, whose style is similar to such 1950s stars as Bill Haley and the Comets, claims he is the first purveyor of authentically Mexican rock music.

"My secret has been the creation of a new sound, without imitating anyone," he said in an interview. "Something really ours, since never before has anyone made Mexican rock which would respect our roots."

However, his publicity concentrates on his figure as much as his music. The title of his first record is "150 Kilos of Rock."

"Whatever Vitorino has in weight, he also has as a good singer and composer," wrote Musical Notes, a

specialized music magazine, in its latest edition. Others have compared him to Fats Domino or Barry White.

Vitorino himself recognizes that overeating is a disease that must be cured. He has formed a group called "Gluttons Anonymous," which first was considered a joke but now has more than 50 members.

"Jokes about my figure don't concern me," the 35-year-old entertainer said. "They never have bothered me. The only thing that interests me is my music."

He plans to take his act abroad soon, traveling to Costa Rica, Panama, Peru, Ecuador and, at the end of March, to Dallas.

Vitorino insisted that "before me, all rock that was heard here was aggressive and protest music. Mine is simple, natural, spontaneous, addressing only trivial things."

Unlike the majority of singers of what is called "modern music" here, Vitorino has little respect for such famous American entertainers as

Prince and Michael Jackson, who are extremely popular in Mexico.

"They're too elaborate, artificial and are good only because of the productions," he said.

Vitorino generally wears sequined costumes.

He made previous attempts to break into show business here, but never was successful and spent most of his time developing a used-car business instead. His first record finally came out in November and was a quick hit.

The new star has been earning good reviews as well as record sales.

"Overnight, he has given a good bath and an example to many rockers who have spent several years wanting to make good rock in Spanish and, however, have not been able to make any headway in the taste of the majority," musical critic Leonardo Guerrero has said.

Among his songs are "No te rogaré," or "I'm Not Going to Beg"; "Somos rockers," or "We are Rockers"; and "Es el rock y escuchan," or "It's Rock and Listen."

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**Tex**

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AUSTIN — Wednesday horse race b... slamming the gambling for... "It's a dead-end job," said Gov. Mark... Gov. Mark killed the bill... "I frankly... the overwhelmed... to it," he said... the end of the... The bill's... Berlanga, D-C... had thought h... margin going... Afterward, h... that the 1985... "This issue

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By DAIN...

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Thomas say...