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# Yo-yo dieting increases risk of heart disease

BOSTON (AP) Yo-yo dieters, who go through life taking off weight and putting it back on, appear to significantly increase their risk of dying from heart disease, a study concludes.

Being overweight clearly raises the chance of heart trouble, but the new research suggests that failure to keep off the flab might be just as bad.

"People should take dieting seriously," said Dr. Kelly D. Brownell. "They should try to ensure that chances of success are high before they begin."

The study found that the risk of dying from heart disease is about 70 percent higher in those with fluctuating weight than in those whose weight stays reasonably steady.

Brownell, a psychologist at Yale University, was senior author

of the study, published in Thursday's New England Journal of Medicine.

Dr. George Blackburn, a diet expert at New England Deaconess Hospital, said he will ask the National Institutes of Health to reconsider recommendations that everyone achieve ideal body weights, even when they are obese.

"The Brownell data are enough for us to say, 'Let's not do any radical dieting until we sort this out, because we might be worse off than if we did nothing at all,'" he said.

Blackburn said people should be especially careful about trying to lose more than 25 pounds or 10 percent of their body weight.

"Don't panic if you've lost 25 pounds and put it back on," he said. "But if you've done it twice,

you shouldn't do any more in this area without professional help."

The potential dangers of up-and-down weight have become a subject of concern over the past few years. Until now, however, doctors have warned against the habit largely because of the risk that dieters will put back on more pounds than they take off.

Brownell's study raises the possibility that they might also heighten their risk of heart disease, the nation's No. 1 killer. People are often urged to take off weight as a way to prevent heart disease.

"It's hard to underestimate the importance of this paper," commented Dr. David Williamson of the U.S. Centers for Disease Control. "It raises an important public health issue. An association between increased mortality and

weight loss and gain is very serious."

While the latest study provides circumstantial evidence that yo-yo dieting is harmful, it stops short of answering several important questions, such as how much and how frequent weight fluctuation is bad.

In an editorial in the journal, Dr. Claude Bouchard of Laval University in Ste. Foy, Quebec, said the study's conclusion "is likely to be controversial and to nurture the debate that began a few years ago."

The study considered people to have fluctuating weight if they had one or two big weight losses and then put it all back on again or if they stayed relatively slim but had many smaller ups and downs. It did not determine whether a few large fluctuations are better or worse than lots of smaller ones.

## Around Town

**Music**  
 Information is provided by the individual nightclubs and is subject to change.

**AnNam Tea House**  
 At Northgate at 103 Boyett. All ages admitted. Call 846-2898 for more information.  
 Thursday - Dream Horse. Folk. Starts at 9 p.m. \$3 cover.  
 Friday - House in Orbit. Funk. Special guest: Blood Oranges. Starts at 9 p.m. \$4 cover.  
 Saturday - Canis Major and Demented. Rock. Starts at 9 p.m. \$3 cover.

**Gallery Bar**  
 In the College Station Hilton at 801 E. University Drive. Only ages 21 and older admitted. Call 693-7500 for more information.  
 Friday, Saturday - Karan Chavis. Jazz trio. Starts at 7 p.m. No cover.

**Kay's Cabaret**  
 At Post Oak Mall. Ages 18 and older admitted. Alcohol served. For more information, call 696-9191.

**Thursday - X's for Eyes.** Reggae. Starts at 9:30 p.m. \$2 cover.  
**Friday - Rif Raf.** Rock. Starts at 9:30 p.m. \$3 cover.  
**Saturday - Rock-A-Fellas.** Rock. Starts at 9:30 p.m. \$3 cover.

**Sneakers**  
 In College Station at 504 Harvey Road. Ages 18 and older admitted. Alcohol served. For more information, call 696-8888.  
 Wednesday - Sneaky Pete. Sing-along. Starts at 9 p.m. \$2 cover.

**Texas Hall of Fame**  
 On FM 2818 in Bryan. Alcohol served. For more information, call 822-2222.  
 Thursday - Full House. Country. Starts at 8 p.m., doors open at 7 p.m. \$3 cover (\$1 off with TAMU ID).  
 Friday - Johnny Lyon and the Country NuNotes. Country. Starts at 9 p.m., doors open at 8 p.m. \$5 cover.  
 Saturday - Western Swing Show and Dance. Country. Tickets: \$8 in advance, \$10 at door.

**Equinox**  
 Located at 329 University Dr. in College Station. Alcohol served. For more information, call 846-2496.  
 Friday - 'N the Rutz. Rock. Starts at 9:30 p.m. \$2 cover.  
 Saturday - Rif Raf. Rock. Starts at 9:30 p.m. \$2 cover.

**Comedy**  
 Information is subject to change.

**Garfield's**  
 Located at 1503 S. Texas Ave. Reservations recommended. Ages 21 and older admitted. Alcohol served. Call 693-1736 for more information.  
 Thursday - Ron Crick and Nick Gaza. Starts at 9 p.m. Tickets: \$3 in advance, \$4 at door.

**Sundance Club**  
 Located at 801 E. University Dr. in the Hilton. Ages 19 and older admitted. Alcohol served. Call 693-7500 for more information.  
 Thursday - Comedians-TBA. Starts at 8 p.m. Tickets are \$5.

## Famous L.A. studio re-opens for business

LOS ANGELES (AP) Famed Hollywood recording studio the Record Plant is back in business, and Prince, the Red Hot Chili Peppers and other top music acts are all jostling for space.

The studio appeared doomed to close in February, but has since been bought by a group of investors.

"This studio was not closed because business was bad," said Rick Stevens, who leads the investment group. "Guns 'N' Roses and Bruce Springsteen were thrown out when the studio closed its doors."

Record Plant's former British owner, Chrysalis PLC, shut the doors and sold off its assets Feb. 28, saying "studio operations no longer represent an integral part of our group strategy in the U.S. market."

The new owners paid an undisclosed price for the studio and have spent \$100,000 to refurbish its equipment and furnishings.

Since it opened in 1969, the Record Plant has given birth to such classic albums as the Eagles' *Hotel California* and Bonnie Raitt's *Nick of Time*.

The studio also established itself as one that catered to star's whims, allowing them to bring in personal items for lengthy recording sessions. Axl Rose, the lead singer for Guns 'N' Roses, once moved his bed in.

Rates for the studio, however, remain among the highest in town, soaring up to \$2,500 a day or about \$200 an hour.

## Videos provide summer home entertainment

Continued from page 5

realizes he's expendable, he turns the tables and keeps Fay - and the audience - guessing until the end.

Based on Jim Thompson's novel, director James Foley's "After Dark" transplants the noirish plot to golden desert vistas which belie the moral murkiness of the characters.

Patric gives a remarkable performance as the scruffy, heavy-lidded pugilist with fists of steel. His acting is almost too good; if you watch carefully, the ending is written somewhere in those hypnotic green eyes. Tom Cruise - look out!

Rachel Ward is still a stunner who has a palpable chemistry with Patric, although her character's sudden about-face seems unlikely. Dern plays the boasting Uncle Bud to the hilt, alternately barking and sniveling as the plot twists and turns.

Although more laid back than most movies of this genre, the film's original approach to its provocative subject and themes, and its attractive leads keep you watching.

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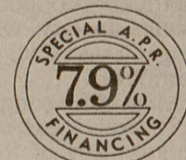
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