

ATKINS

continued from page 1

needs, but carbohydrates are the primary fuel to be metabolized. When an Atkins dieter cuts down on carbohydrate intake, his or her body switches primarily to burning fat.

Beth Naylor, a nutrition instructor at Lane Community College, said the Atkins diet is a good temporary way to learn how to eat less white flour and refined sugar, but she would not recommend it as a long-term diet. She said a diet so restrictive gets frustrating after a while.

"We need a connection with food," she said. "Atkins food doesn't do much to please your connection with

the earth."

She also said relying on the Atkins brand for carb-friendly foods isn't necessarily healthy, either.

"I really object to the Atkins lifestyle," Naylor said. "It's a corporation. They're not an objective provider."

Senior political science major Barbara Penney has witnessed her dad and many others follow the Atkins diet. Penney's father has been doing Atkins for about two years, she said, adding that her father's weight has fluctuated over time but stabilized recently.

She said the diet seems to work well for him, but she doesn't like the restrictive eating plan. However, she said it encourages people to lose

"I really object to the Atkins lifestyle. ... It's a corporation. They're not an objective provider."

Beth Naylor
nutritional instructor,
Lane Community College

weight and improve their eating habits, but she doesn't think it is a good long-term lifestyle.

The Atkins Web site states the diet promotes good health and disease prevention by encouraging people to eat natural, sometimes organic, nutrient-dense foods. The diet also encour-

ages the use of vitamin and mineral supplements and regular exercise.

Also, the site claims the Atkins diet prevents diseases in high-risk dieters, such as diabetes, by lowering carbohydrate intake and insulin production.

However, Atkins is not the diet for everyone.

Naylor said the kidneys get overworked processing all of the protein the diet proscribes, and she added that people with kidney problems should not try Atkins.

Naylor also said a diet like Atkins can be very harmful to the environment. She said it isn't environmentally sound to mass produce farm animals and fish to be consumed for protein-based diets, and it is a burden

on natural resources.

According to the Atkins site, one common concern people have about the diet is whether eating high levels of protein and fat will affect the body.

Penney cited this as one of her concerns with Atkins as well. She finds it hard to believe that a diet promoting the consumption of meats and foods heavy in fat such as mayonnaise and butter will help someone lose weight and maintain the weight loss.

"Anything in excess is a bad thing," Penney said. "It's a matter of moderation and balancing foods."

Contact the crime/health/safety reporter

NEWS BRIEF

University Day encourages campus upkeep

Students, staff and faculty are invited to celebrate University Day today by donating their time to help beautify campus.

Individuals interested in volunteering can sign up between 8 a.m. and 4 p.m. at the Pioneer Father statue across from Johnson Hall. Projects will include planting flowers, landscaping and litter pickup.

Volunteers will receive a free University Day T-shirt and refreshments for one hour of work.

At noon, University President Dave Frohnmayer will preside over a dedication ceremony in the EMU Amphitheater for the establishment of a series of plaques on the University Affirmation of Community Standards.

University Day is sponsored by the Office of Student Life, Facilities Services, Greek Life, Alpha Phi Omega, the Residence Hall Association, the University Bookstore, the Counseling Center, the EMU Board of Directors, the Office of Multicultural Affairs and the Office of the President.

— Jennifer Marie Bear

CAMPUS BUZZ

Thursday

History lecture by Mari Jo Buhle from Brown University entitled "Identity Politics and Multiple Personalities," Room 375, McKenzie Hall, 3:30-5 p.m.

The Center for the Study of Women in Society Teaching and Tea featuring a talk by Judith Baskin from Judaic Studies, entitled "The Death of a Female Moneylender: A Medieval Murder Mystery," Room 330, Hendricks Hall, 4-5:30 p.m.

Misogyny TV Lecture featuring a talk by media critic Jennifer Pozner entitled "Bachelor Babes, Bridezillas and Husband-Hunting Harems: Decoding Reality TV's Twisted Fairy Tales," EMU Fir Room, 7-9 p.m.

Faculty Dance Concert, Thursday-Saturday, Dougherty Dance Theater, Gerlinger Annex, 8 p.m.

AND YOU THOUGHT YOU HAD A LOT OF FREEDOM IN COLLEGE.

START YOUR GO-ANYWHERE ADVENTURE WITH DAIMLERCHRYSLER'S NEW COLLEGE GRAD PROGRAM.

GET UP TO **\$1,000s** OFF MSRP
WHEN YOU BUY OR LEASE SELECT NEW CHRYSLER, JEEP,
AND DODGE VEHICLES WITH PREFERRED PRICING!*

PLUS

UP TO **\$3,500**
CASH ALLOWANCE†
\$1,000 - \$3,500 DEPENDING ON MODEL

OR

0% APR
FINANCING‡
ON SELECT MODELS

PLUS



POWERTRAIN LIMITED WARRANTY§

VISIT: dc-collegegrad.com FOR MORE DETAILS

CHRYSLER

INSPIRATION COMES STANDARD



2004 DODGE DURANGO

2005 CHRYSLER PT CONVERTIBLE



2004 JEEP WRANGLER RUBICON



Jeep is a registered trademark of DaimlerChrysler Corporation. *Each participant must pay a \$25 administration fee. See dealer for complete program details. Program excludes Viper, Sprinter, and SRT models. †Cash offer excludes Crossfire, 300 series, PT Cruiser, PT Cruiser Convertible, Wrangler Unlimited and the '05 Pacifica. ‡Financing for qualified buyers through CHRYSLER FINANCIAL. Must take delivery from dealer stock. Offer excludes Crossfire, Wrangler Unlimited, and all 2005 models. §See your dealer for details and for a copy of this limited warranty. Transferable to second owner with a fee. A deductible applies.

BIJOU
492 E. 13th 686-2458
For the week of May 14th!
Sign-up for our weekly WebPage Update!
www.bijou-cinemas.com

BLANK POSTER STAGE WITH ARTIST'S CONCEPTS AVAILABLE! SEE LIST AT OUR SITE!

Bon Voyage, a rich, searing French farce set in and around Bordeaux in 1940 on the eve of the German occupation of Paris, is a triumph of narrative ingenuity."
— Stephen Holden, NEW YORK TIMES

Isabelle Adjani Gerard Depardieu
Bon Voyage
In French with English subtitles. MUST END SOON!
5:00 & 7:20 Nightly Sun Mat 2:40 pm

"A funny and sharp satire that musters gentle nostalgia for East German communism while mocking the not-so-distant past."
— Lisa Schwarzbaum, ENTERTAINMENT WEEKLY

In German with English subtitles. MUST END SOON!
9:35 Nightly Sat Mat 2:40 pm

Sells out regularly! Come in to buy advance tickets for any show!

WHAT THE BLEEP DO WE KNOW?
"How Far Down the Rabbit Hole of Mysteriousness Do You Want to Go?"
4:50, 7:10 & 9:25 Nightly Sat & Sun Mat 2:30

BIJOU LATENITE Fr-Sat \$4 Su \$3

ADULTS ONLY! Japanese Erotic Anime—
Buttobi CPU: I Dream of Mimi
Fri, Sat, & Sun 11:40 pm Soon: THE LONIOUS MONK

MAXIMUM R&B!
THE WHO: THE KIDS ARE ALRIGHT
Fri, Sat, & Sun 11:50 pm Soon: FIGHT CLUB