

HOTSPOTS

Book changes deadly sin into art

The Joy of Pigging Out
By David Hoffman
Warner Books (\$4.95)

Do you lust for M & M's, french fries, ice cream, pasta, pastries, and potato chips? Do you ever have a secret craving to devour an entire deluxe pizza at 2 a.m., steal the last Twinkie, or empty the cookie jar in one sitting?

Do you have the insatiable desire to consume as much as you want of everything that is devoid of

Book Review

nutritional value? If so, you will take delight in reading *The Joy of Pigging Out* by David Hoffman.

The cover claims the book is designed "for those who, if given the choice between sex and a pound of chocolate chip cookies, would have to think twice before answering..."

If you fall anywhere in that category, this book is for you. Hoffman establishes pigging out as an art. He discusses the limitless potential and endless possibilities for gluttonous, satisfying pigging.

The word explores in-depth pigging and fattening facts in five parts: "A History of Pigging Out," "How to Pig Out," "Where to Pig Out," "Who Pigs Out," and "We Can't Go On Eating Like This."

The Joy of Pigging Out is extremely humorous, especially if you're interested in excess.

The six basic food groups, (Six easy F's): fast, frozen, fresh, finest, foreign and familiar are a must for healthy piggers.

"Rules For Pigging Etiquette," concerning how to pig, include:

- #1) If God had meant man to use a knife and a fork, he wouldn't have given him fingers.
- #2) If you don't pick, wolf.
- #3) Try to pig in a standing position. (Calories don't count unless you are seated, watching TV, or in bed.)
- #4) No food is bad cold.
- #5) Never trust a blue food.

If pigging seems to put pounds around your

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waist—never fear—the "Pigger's 21 Day Diet" is also included here.

Each day's menu includes a 1,000-calorie daily intake consisting of a specified amount of pigging on a specific food. For example, the diet begins like this: "Day 1: Seven Twinkies, Day 2: 235 M & M's (plain), Day 3: 83 Animal Crackers, Day 4: one-half package raw Pillsbury chocolate-chip cookie dough."

I suspect this book may lead to the formation of "Society of Joyful Piggers." Their Piggers' Creed could be "Nothing Succeeds Like Excess."

It's about time someone wrote a hefty manual in support of America's piggers. Those who love to eat, or precariously pig out every once in a while, will take refuge and reassurance in Hoffman's work stuffed with good humor.

— Mary C. Reilly

Television

• The 1984 Winter Olympics get underway tonight — kind of. Although the official opening ceremonies are Wednesday night, the U.S. and Canadian hockey teams will square off, beginning 7 p.m. on Channel 7. ABC — the network televising the quadrennial sports competition — also is featuring previews of upcoming events, as well as two new songs written and performed by John Denver. Whether Denver will perform "Take Me Home, Sarajevo Roads" or "Thank God I'm a Yugoslav Boy" was unknown at press time.

• *American Playhouse* will feature *Nothing But a Man*, a film by Michael Roemer depicting life in the segregated South. Abbey Lincoln and Yaphet Kotto star. It's scheduled to air 9 p.m. on Channel 12.

At the Sheldon

• *A Propos de Nice*, a 1930 French film directed by Jean Vigo, will be screened in the Film Theatre at 3:30, 7 and 9 p.m. Admission is by donation.

At the Kimball

• Graduate student Karen McMorris will give a flute recital beginning 3:30 p.m. There is no admission charge.

• A jazz trio comprised of three faculty members also will appear at Kimball today. The Calvert Street Trio is comprised of Brian Mann (piano), Albert Rometo (drums and vibraphone) and Russell White (bass). The trio will perform "Concerto for Calvert," a piece written by another faculty member, Randall White, as well as two Kurt Weill compositions sung by associate professor Donna Harler. The show begins at 8 p.m. There is no admission charge.

Around Town

• There will be a benefit for the Nebraska Coalition of Women tonight at the Zoo Bar, 136 N. 14th St. Performers include T. Marni Vos, The Alligator Swing Band, Kathy Tejcka, Linda Schaaf and Rebecca Chance. A donation is requested.

• Quite a night for jazz fans. Not only is the Calvert Street Trio at Kimball, but the Neoclassic Jazz Orchestra will be appearing at Pius X High School, 6000 A St. The program will feature compositions by Count Basie. Admission is \$6. The show begins at 7:30 p.m.

Fab Four's anniversary honored

MIAMI, Fla. (Reuters)—It's a long way from Abbey Road and the setting may seem incongruous—but what is being billed as the biggest ever commemoration of a 1960s phenomenon called "Beatlemania" is being staged here this week.

Twenty years ago, on February 7, 1964, the Beatles—John Lennon, Paul McCartney, George Harrison and Ringo Starr—began their first U.S. tour in New York City.

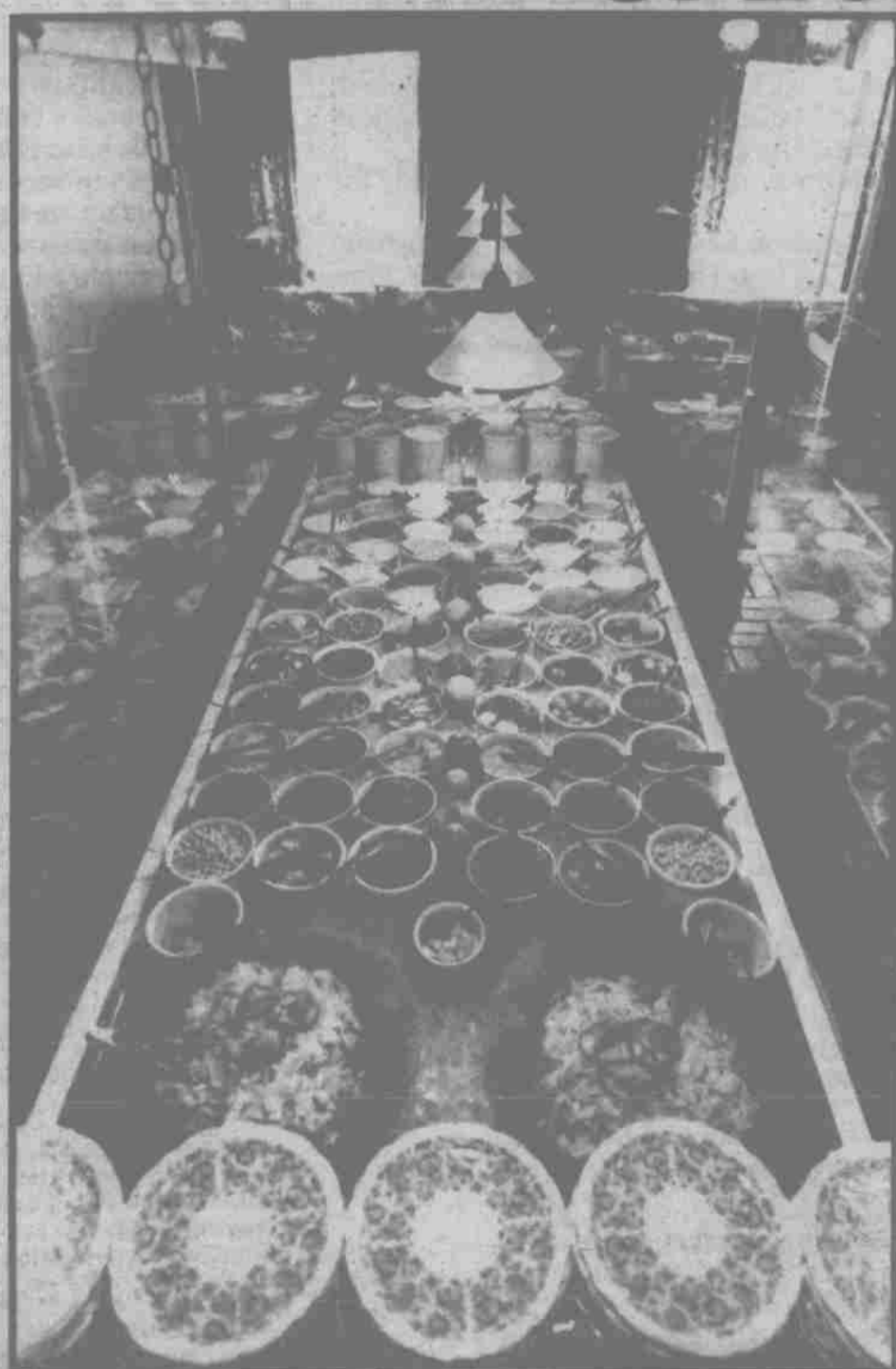
Six days later they came to Miami Beach to tape a segment for *The Ed Sullivan Show*—and liked the place so much they stayed for a week's vacation, dodging screaming fans everywhere they went.

"They were a delight and it was an experience I'll remember forever," says Buddy Dresner, retired Miami Beach police officer who was in charge of security for the "Fab four."

Beatles Expo, a six-day celebration, begins Tuesday in the huge Omni international shopping mall here.

Dozens of booths have been set up at which Beatles fans—including, no doubt, many who were not even born 20 years ago—can buy, sell or trade memorabilia like old records, out-of-print publications, posters, books and dolls.

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