

News Digest

By The Associated Press

Study says olive oil lowers cholesterol

BOSTON — Replacing saturated fats with olive oil in food helps reduce cholesterol, according to new research that suggests Mediterranean fare is a healthy alternative to very low-fat diets for people whose cholesterol levels are too high.

Olive oil is high in mono-unsaturated fat, and the research shows that eating food rich in this fat effectively lowers cholesterol levels in the blood, just as very low-fat diet does.

To benefit from this diet, however, people must largely give up saturated fat and replace it with the mono-unsaturated variety.

A high blood cholesterol level sharply increases the risk of heart disease. Many health guidelines urge Americans with this problem to restrict their fat intake to the amounts common in Asian countries, where heart disease is rare.

Heart disease also is relatively unusual in such Mediterranean regions as southern Italy and Greece, where olive oil is used liberally.

"This paper supports the concept that a Mediterranean-type diet, high in mono-unsaturates, represents a reason-

able alternative to a very low-fat diet for Americans," said Dr. Scott M. Grundy, who conducted the study. "We may have been a little too rigid in our dietary recommendations, saying that everybody has to eat the same diet to get the benefit of cholesterol lowering."

Grundy's research, conducted at the Veterans Administration Medical Center in Dallas, was published in Thursday's New England Journal of Medicine.

The American Heart Association recommends that all Americans limit their fat consumption to 30 percent of the calories they eat each day. Saturated fat should make up no more than 10 percent of the total.

For those with elevated blood cholesterol levels, the association urges people to limit their fat intake to 20 percent of their daily calories.

Dr. W. Virgil Brown of New York's Mount Sinai Medical Center, chairman of the heart association's nutrition committee, says the association is not likely to change its recommendations as a result of the latest research.

Indian suicide

RIVERTON, Wyo. — The body of an Arapahoe Indian man has been found hanging in an abandoned house on the Wind River Indian Reservation, where nine young men killed themselves last year.

Radio station KVOW reported that the 18-year-old male was found in the house on Tuesday, the first apparent suicide at the 2 million-acre reservation in central Wyoming in 5 1/2 months.

Fremont County officials declined to comment on the incident immediately, saying they had been asked by the Arapahoe Tribal Council not to release any information until later in the day.

Peace march

BARSTOW, Calif. — The scaled-down Great Peace March remained desert-bound, waiting for donations of money and supplies in hopes of resuming a coast-to-coast walk.

The march can't continue until necessities like toilet paper, herbal teas, vitamins and cough syrup are collected, coordinators said Tuesday.

In Brief

The remaining marchers, who organizers estimated Tuesday to number 560, are stranded on a lot next to a dirt bicycle race track in the Mojave Desert, 100 miles northeast of Los Angeles.

Israeli killed

CAIRO, Egypt — Gunmen in a speeding car opened fire Wednesday on four Israelis outside an international trade fair, killing one and wounding three others, Egyptian television reported.

The state-owned Middle East News Agency said the Israelis — two men and two women — were taken to a nearby hospital, where one woman died of her wounds.

Fireworks bill

LINCOLN — The Legislature passed a bill Wednesday requiring that a permit be obtained before a public fireworks display could take place.

Under LB969, which was sent to Gov. Bob Kerrey on a 47-1 vote, a \$10 permit would have to be obtained from the state Fire Marshal's office before a public fireworks display could be shown.

Space journalist

COLUMBIA, S.C. — Applicants selected as semifinalists to become the first journalist in space should begin receiving notification letters this week, project officials said.

Some of the applicants, however, may not receive word until mid-April and the 100 semifinalists will not be formally announced until April 24, the officials said.

The notification has been drawn out because panels at the 20 cooperating journalism schools are meeting at different times and some still have not met, said Albert T. Scroggins, the chief program officer for the Journalist-in-Space Project.

Warsaw meeting

WARSAW, Poland — Foreign ministers of the seven Warsaw Pact countries on Wednesday opened a two-day meeting at which they were expected to discuss policies on arms control and other international issues.

The Warsaw Pact members are the Soviet Union, Poland, Czechoslovakia, East Germany, Hungary, Bulgaria and Romania. The pact is the East European counterpart to NATO.

Vet clinic, food processing bill advances

LINCOLN — The Legislature gave second-round approval Wednesday to a bill that would appropriate \$5 million in state funds to develop clinical veterinary and food processing centers.

Before LB1038 was advanced to the final stage of floor action, however, a pair of rural senators warned that the state should brace for a much larger financial commitment than \$5 million.

Sens. Loran Schmit of Bellwood and Tom Vickers of Farnam said the state must be prepared to pay maintenance costs once the centers are established, even in lean fiscal years.

"It's like building a six-bedroom house and then complaining about the air conditioning costs," Schmit said.

The measure, which was advanced on a voice vote, would earmark \$5 million in state funds, \$7 million in federal support and \$2 million in private con-

tributions to finance the projects.

The funds would develop the clinical veterinary center at the Roman Hruska Meat Animal Research Center at Clay Center and the Food Processing, Transportation and Marketing Center at the University of Nebraska-Lincoln's East Campus and at NU's Panhandle Research and Extension Center at Scottsbluff.

Sen. Rod Johnson of Sutton said the

food processing center offers a "tremendous opportunity" to diversify the sagging agricultural sector and to make farm products more valuable.

The \$14 million expenditure called for in LB1038 would be stretched over four fiscal years. The federal funds are redirected from a proposed regional veterinary school involving NU, which never drew enough support from other states to become a reality.

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