

Minister meets detainee's lawyers, 2 hunger strikers freed of jail

JOHANNESBURG, South Africa -- A government minister met Tuesday with lawyers and parents of some of the nearly 300 black detainees who have vowed to starve themselves to death unless they are freed or charged with a crime.

In support of the hunger strikers, Anglican Archbishop Desmond Tutu called on Anglicans to fast each Monday, Wednesday and Friday.

After a two-hour evening meeting with Adriaan Vlok, minister of law and order, one member of the six-parent delegation, Wallace Motseti, said he felt there was "a ray of hope." But delegate Willie Bokala said the meeting "achieved nothing."

Bokala said he was guardian of Clive Radebe, 25, who he said has been in detention since November 1987 and entered his 21st day of a hunger strike Tuesday.

Leaders urge strike end

JOHANNESBURG, South Africa -- Anti-apartheid church leaders Wednesday urged some of the 300 detainees on a hunger strike to suspend the fast while efforts are made to resolve the crisis.

The detainees, some of whom have not eaten since Jan. 23, are demanding they be released or put on trial. Twenty-one have been hospitalized, and church leaders said they were worried about the health of the men.

"We urge the detainees, particularly those already in the danger zone, to suspend their action while church leaders, lawyers, community leaders and the public seek ways of resolving the problem," the Rev. Frank Chikane told a news conference in Johannesburg.

"We are faced with the difficult situation that children may die in detention," Bokala said before the meeting.

Lt. Peet Bothma, spokesman

for Vlok, said detainees are reviewed and released every day, and 17 were freed Tuesday.

But he warned it was dangerous to free detainees who were on hunger strike "because they might go out and fill themselves up and they could die."

He said two were freed Monday, two days after they started eating again. He said they were not released because they broke their fast, but because of the regular review of detainees.

Some strikers have not eaten for 22 days, and 21 reportedly have been hospitalized. Vlok says fewer than 1,000 people are being held under national emergency laws which allow indefinite detention without charge. Some have been held without charge since June 1986.

Ortega agrees to changes, elections now moved up

COSTA DEL SOL, El Salvador -- President Daniel Ortega of Nicaragua on Tuesday promised earlier elections and campaign reform, and leaders at the Central American summit agreed to try to dismantle the Nicaraguan rebel movement.

But the five presidents did not resolve what was the major stumbling block during the two days of talks - verification of progress toward democracy under the Central American peace plan.

Nicaragua's leftist government committed itself to hosting U.N. observers to guarantee the integrity of presidential, legislative and municipal elections to be held on or before Feb. 25, 1990, 10 months earlier than scheduled.

Ortega also promised to ensure that opposition parties have access equal to that of the Sandinistas to radio and television air time during the campaign.

The leaders agreed to draft within 90 days a detailed program to effect "the demobilization, repatriation or voluntary relocation in third countries" of an estimated 20,000 Nicaraguan rebels and their families in neighboring Honduras. The U.S.-

backed rebels, known as Contras, have been fighting Nicaragua's government since 1981.

The declaration signed by the presidents said Nicaragua's electoral law would be reformed and opposition parties would be represented on the Supreme Electoral Council.

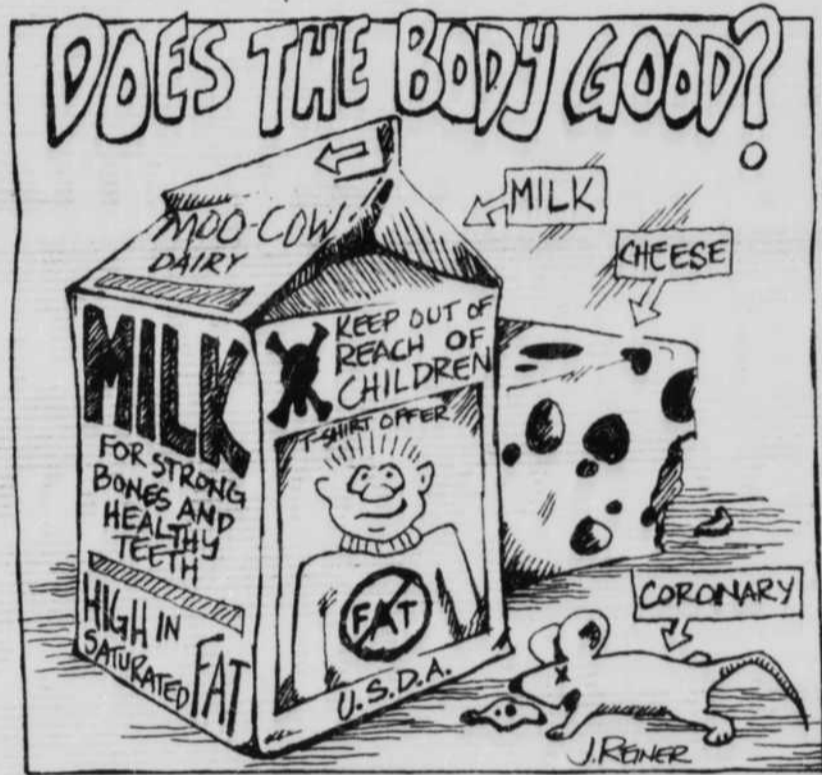
Elections had been scheduled for November 1990. Ortega's term is scheduled to end in January 1991.

Ortega, asked if moving up elections implied he would hand over power before the end of his term, said: "Power resides in the people. In February of 1990, the people will again be voting, exercising their will, their decision, their power to say who will govern."

Nicaragua also committed itself to release of political prisoners, including jailed Contras and former soldiers of the late President Anastasio Somoza, whom the Sandinistas overthrew in July 1979.

Paul Reichler, a U.S. lawyer and adviser to Nicaraguan, said up to 1,600 prisoners could be released. He said about 100 former Somoza soldiers and Contras would not be released because they were jailed for heinous crimes.

Study: Milk floats to top of saturated fats



CAMBRIDGE, Mass. -- Youngsters who love milk should stick to the fat-free variety, because dairy products have surpassed meat as the top source of unhealthy saturated fat in teenagers' diets, a researcher says.

Studies by Dr. Curtis Ellison at two elite New England prep schools found that 35 percent of students' daily intake of saturated fat comes from milk, cheese, ice cream and other dairy food.

Preppies are not unique in what they eat, according to Ellison, who said at least two other unpublished studies have reached similar conclusions.

Eating too much saturated fat raises cholesterol levels in the bloodstream. This clogs the arteries that feed the heart. Decades of bad eating eventually can result in a heart attack, but many experts believe that the damage begins early in life.

Ellison measured the sources of salt and saturated fat in the diets of students at Phillips Exeter Academy in New Hampshire and Phillips Academy in Andover, Mass., as part of a study of dietary changes.

He found that after dairy products, meat, fish, poultry and eggs provided 28 percent of the students' saturated fat; baked goods and cereals 16 percent; ketchup, gravy and other "food adjuncts" 7 percent; fruits and vegetables 7 percent, snacks 6 percent, and every-

thing else 1 percent.

Ellison said that many people shy away from red meat because of its fat content, but they sometimes substitute kinds of cheese, such as cheddar cheese, that contain far higher levels of saturated fat.

"Kids love milk," he said. "Some of them drink two liters a day, and they grow up thinking that it's a good thing to have. We are not trying to take their milk away. Just take the fat out of it."

Ellison presented his data Tuesday at a program on school lunches held at Massachusetts Institute of Technology's Clinical Research Center.

Ellison is among health experts who believe youngsters should cut down on saturated fat and salt to establish good eating habits and prevent coronary artery disease and high blood pressure as they get older.

Ellison said the average cholesterol levels of U.S. youngsters is between 160 and 170. The ideal is 110, although this is probably not obtainable if they follow a typical American diet.

"Our target is to get all children in the United States down around 140 over the next 10 years," he said. Even with cholesterol levels this low, some of them will still have cholesterol over 200 after they reach adulthood.

Election day

Terrorists kill Sri Lanka voters at ballot box

COLOMBO, Sri Lanka -- Terrorists killed at least 56 people Wednesday during the first parliamentary elections in 11 years, police reported.

One victim was a Cabinet minister's son. Another was a cyclist seen lying dead in the road, shot from a passing car minutes after he voted.

Extremist gangs attacked election officials and assaulted several polling places with bombs and gunfire, wounding at least 20 people, authorities reported.

The government announced a nationwide overnight curfew beginning at 9 p.m. "in order to assist security forces to implement law and order."

Election officials said about 65 percent of the 9.3 million eligible voters cast ballots despite the violence and threats of intimidation from Sinhalese and Tamil extremists. Only 55 percent voted in the presidential election in December.

Nine political parties and 10 independent groups competed for the 225 seats in the new Parliament. Results were expected Thursday.

Police blamed terrorists of the Sinhalese majority for 47 killings, including that of Jayantha Malli-

marachichi, whose jeep was ambushed in a Colombo suburb. His father Weerasinghe is fuel minister.

Officials said police killed seven Sinhalese who attacked polling stations and two people were reported killed by Tamil terrorists in northern Sri Lanka, stronghold of the ethnic minority.

Sinhalese extremists began an anti-government campaign in July 1987 and opposing the elections was part of it.

They say the government has given too much to Tamil rebels, who seek an independent homeland in the north and east, in an attempt to end the ethnic civil war that has taken at least 8,500 lives since 1983.

Tamils, who are predominantly Hindu and make up 18 percent of Sri Lanka's 16 million people, claim discrimination by the Sinhalese, most of whom are Buddhist. The Sinhalese, 75 percent of the population, control the government and military.

More than 1,500 have been killed in the backlash from extremists in the Sinhalese community, and elections had been postponed because of the ethnic warfare.

Most of the violence Wednesday was in the southern and central regions, the Sinhalese heartland of this island off the tip of India, which was renounced for tranquil beaches, gemstones and tea before the ethnic warfare began.

Voting was brisk in Colombo, but most merchants closed their shops in case of trouble.

President Ranasinghe Premadasa, elected in December, predicted victory for his United National Party, which held 139 of the 168 seats in the last Parliament.

"We have given maximum protection to the voters," he told reporters on a 500-yard walk to a voting station from his official residence in central Colombo.

He was followed by hundreds of cheering supporters dressed in caps and vests of green, the party color.

Voter turnout was fairly high in urban areas, election officials said, but threats from Sinhalese extremists left polling places in many rural districts nearly deserted.

P. Sydney Fernando, a Sinhalese in Dibbeddi village, 20 miles south of

Colombo, said "I am scared to vote" because a bomb wounded at least six people earlier in the day at the Dibbeddi voting station.

Few vehicles were on the winding roads of the southern hill country. Soldiers in camouflage uniforms stopped passers-by for random searches.

Police said the 56 known victims were shot or stabbed to death in a series of incidents. Five people, including three women, were killed by gunmen who riddled a car carrying members of the governing party in a Colombo suburb.

Sinhalese militants killed a soldier and two election officials in an ambush of their jeep near Bandarawela, 80 miles east of Colombo, police reported.

They said the bodies of 11 Sinhalese men were found in central Anuradhapura and Kandy districts and at least seven bodies were found in southern Matara district.

In Mahiyangane district in central Sri Lanka, five election officials were reported missing after their two jeeps and ballot boxes were found burned.

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