

Burning glutton's holiday bulge

I like turkey. I even like turkey casserole, turkey sandwiches, turkey pasta and turkey noodle soup.

But I am thankful (fittingly) that Thanksgiving comes only once a year and that leftover turkey eventually disappears, goes bad or is destroyed in the fridge during a territorial dispute with the dressing/cranberry sauce alliance.

Cause if it's there, I'll probably eat it.

Thanksgiving is a truly American holiday. We celebrate our heritage by partaking in an orgy of gluttony and watching football.

When the games are over and the leftovers are gone ... only then do we see the damage that has been done.

The last week added millions of inches to America's collective waistline and hundreds of millions of pounds to the burden borne by the continental landmass.

People flocked to the malls, giving Christmas shopping as an excuse. What many really wanted, I imagine, was simply to buy some clothes that fit.

I'll get to the point. The holidays can really add some poundage, but those 17 helpings of candied yams don't have to establish a permanent residence in your midsection. There is a wide variety of practical, fun holiday-season fitness tips and exercises that can help burn off that extra plate of white meat and make room for the Christmas goose or ham or whatever.

Now remember, this is not an exhaustive list, but rather a small sampling of the many super holiday health hints and special exercises just waiting to help take off those extra pounds and inches.

- Make a Thanksgiving resolution.



Doug Peters

"I, for example, resolved to stop using recipes from fellow columnist Steve Willey's 'Mucho Mayo' mayonnaise cookbook."

There's no need to wait until New Year's Eve to start telling yourself lies. And who knows, your resolution might even stick.

I, for example, resolved to stop using recipes from fellow columnist Steve Willey's "Mucho Mayo" mayonnaise cookbook. You, of course, can resolve to do whatever you wish.

- Watch the wondrous workings of our federal government on C-SPAN. Of course, watching our elected leaders on TV won't magically melt away the signs of excess holiday exuberance, but it will keep you from doing any more damage by nauseating you to the point that you'll be unable to eat.

- Try to squeeze into the jeans that fit you last summer. First, it's a great workout. Second, the embarrassing futility of it will shame you into exercising seriously.

When you're ready to start the serious exercise, take a walk.

- Walking is a time-tested, low-impact workout. A nice walk around the block is a start, but for you Husker fans, there's an even better alternative.

Start walking to Tempe, cause you sure as hell won't be able to book a flight there. You'll probably get there just in time for the Fiesta Bowl, where you can spend that airfare money on a \$275 ticket. That oughta get your heart rate up there, even if the walk doesn't.

- To get the maximum burn from your shopping experience, head over to a toy store and fight with frenzied parents over the last Teenage Mutant Morphing Ranger doll or whatever it is that the kiddies are begging for this year. The action is intense, and the workout strenuous. But be warned, you'd better be sure your health insurance is paid up, because it's a jungle in there.

- If you're more comfortable staying on campus, head over to Memorial Stadium. Don't run stairs, though — just climb around on the goal posts for awhile. And bring some friends. There's plenty of room on the goal posts, and they're one piece of exercise equipment guaranteed not to break.

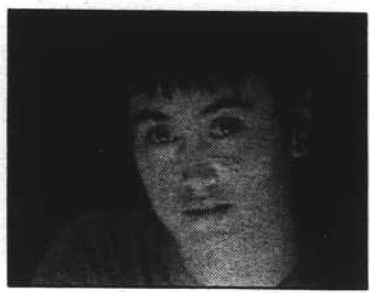
There are scores of other fitness opportunities out there this holiday season, as well. You can do the Christmas tree drag, the snow scoop (eventually) or the ever-popular keg roll and 12-ounce bicep curl. You are only limited by your imagination and stamina.

On the other hand, you could just buy a bigger pair of pants.

Peters is a graduate student of Journalism and a Daily Nebraskan columnist.

A letter... from the FROSH

Teenself-mutilation cuts U.S. like knife



Adria Chilcote

As the knife digs into her flesh, a weight is lifted from her. It's not the first time she's done this. She has many scars to tell the tale of past times when she felt the only way to stop the pain was to mutilate her body.

Her world is one in which many standards are raised for her — of which she meets few.

But she doesn't do it just to get attention. She does it because she feels she is worthless.

When I'm around her, she's an energetic, funny, intelligent, caring person. She seems like she should be happy with life.

But she doesn't see all of these things in herself. When she looks at herself she finds nothing of worth.

Her brain tells her that there must be something of value in herself, but she can't feel that way.

Whenever she feels like she is alone, like no one will ever love her, she needs a way to release the pain. She doesn't want to inconvenience or hurt anyone else, so she reaches for her knife.

It's called self-mutilation. Many people do it, but it's not something that gets talked about much. I don't think that many people see it as a widespread problem.

But it most definitely is.

It's not just about a few isolated cases of people who can't deal with their problems in a way that won't hurt themselves.

It's more than that. Because it happens mostly in teen-age girls, and is happening more often, that says something. It says a lot.

It says to me that there is something very wrong with the world in which these girls are living.

If it were a healthy world, there wouldn't be large numbers of girls mutilating their bodies. It's quite a hostile place we live in.

When I found out that a girl I knew was doing this to herself, it made me feel something that's hard to explain.

First I was baffled at why she would want to do this to herself. Then I felt that I wanted to save her, but I wasn't sure from what. It seems like she needs to be saved from herself, which is a hard thing to do.

The thing is, I can't save everyone, and knowing that is very frustrating.

It's hard to know exactly what to do. It's hard when you know someone you care about is doing it, and it's hard to know where to

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go for help when you know that you have a problem like self-mutilation.

It's harder to deal with than other problems. If you drink too much, you know that you can go to Alcoholics Anonymous. There isn't a Self-Mutilator's Anonymous.

I don't think that we, as a society, are doing a good enough job making sure girls have a healthy sense of self-worth.

I think that this society expects too much and expects the wrong things of teen-age girls.

They are expected to strive for the figure of Kate Moss, to achieve a certain standard of fashion in their clothes, to excel academically, to have a boyfriend, to be a social butterfly and to retain a pleasant disposition and a smile through it all.

When things go wrong or when the standards can't be met, they cease to be what is expected and they need a way to deal with knowing that.

I think the way so many girls choose to deal with it reveals that there is a problem.

The problem is these girls don't think enough of themselves. It shows me that the only person they see fit to hurt is themselves. They think no one will care.

It's a way of taking all of the problems in their lives and turning them inward.

I've heard one girl say that at least she's not hurting anyone else, she's just hurting herself.

I don't think it's right to put everyone else before yourself to such an extent. To think that without other people, you don't matter.

Self-mutilation is a symptom. I think our society is sick. We need to diagnose the disease and start looking for a cure.

It will take a lot of work to solve the problem, and I'm not sure how to go about finding the solution, but I think that the adolescent girls of this country are worth it.

They need to know that they are worth it.

Chilcote is a freshman women's studies major and a Daily Nebraskan columnist.

Isolationism an ignorant option

All too often our generation irresponsibly asserts opinions on issues spanning the spectrum — without knowledge, reason or substance to justify those views.

In the Nov. 9 Daily Nebraskan, a letter to the editor by Scott Knutson alarmingly exemplified this point.

Responding to Paula Lavigne's piece on the Rabin assassination, Knutson comments on her "Kelly Bundy" approach to foreign policy and then proceeds to "spell out nice and clear what would happen if America chose to become isolationist."

First he says, "America would be just fine."

Any American should be downright offended that some ostensibly educated fellow citizen is so ignorant when it comes to such an elementary concept.

Isolationism — simply meaning a lack of association with the international community — would suppress America's hegemony and allow China, Germany and Japan to markedly expand their already significant influence over the world, which would be unfavorable because of:

- China's disgraceful human rights record
- Germany's ardent position that they must have at least continental control over currency issues
- Japan's mercantilism

Let's pretend for a moment that Scott Knutson is our Secretary of State as the Gulf crisis heats up.

Knutson opts not to invade and not even to work with the United Nations on a multinational effort.

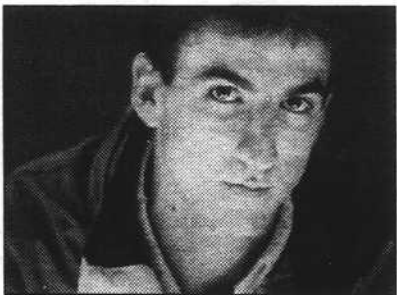
Meanwhile, Saddam Hussein marches into Kuwait, takes vast oil fields and overthrows the Kuwaiti government.

Now Hussein has about one-third of the Middle East's oil and can manipulate the price per barrel.

What's in it for us? Prices for unleaded fuel at the Amoco station double.

Airfares skyrocket, dissuading business travel and causing layoffs at corporations throughout the country.

And even the price of things like paper rise sharply, as the transporta-



Neil Feldman

"Let's pretend for a moment that Scott Knutson is our Secretary of State as the Gulf crisis heats up."

tion industry now bears a heavier burden of overhead.

This would also impact interest rates, the value of Treasury bonds and inflation. It would send markets tumbling.

The second point Knutson makes is that, "The rest of the world would experience complete economic ruin."

If the Iraqi scenario wasn't enough to convey that the strong would dominate the weak — and would undermine not only weak but isolationist countries too — here is another:

The Balkan quagmire is a kind of Cold War remnant, in that the Americans blame the Serbs while supporting the Bosnians, and the Russians blame the Bosnians while supporting the Serbs.

If we were an isolationist country, the Russians would have nothing to worry about in aggressively assisting Slobodan Milosevic's effort to create a Greater Serbia.

The Serbs are unquestionably more powerful than the Bosnians and, if assisted by the Russians, would be able to trample not only Bosnia-Herzegovina but also Croatia.

With increased power and strategic territory under their command, the Serbs would then march southward into Kosovo,

Macedonia, Montenegro and Albania.

By this time, they would have established a dangerous sphere of influence and would control certain mineral resources in the Balkans vital to particular sectors of American industry.

The third point made is, "Little countries like Kuwait and Israel that rely on our protection would be destroyed, bringing peace to regions through elimination of opposition."

Remember the Gulf War scenario? Instability now reigns supreme because of the shift in petroleum control.

Moreover, Israel has a larger military than all the other Middle Eastern countries combined.

And they have friends throughout the world. The American/Israeli relationship is very stable and mutually beneficial, but Israel's security does not entirely depend upon the United States.

The letter concludes, "Yitzhak Rabin was a fool fighting for a lost cause," and "the Middle East has problems, but they are not America's problems."

Such a comment is absolutely vacuous.

It's common sense that the peace process will be long and arduous. But Rabin triumphed notably, persuading PLO Chairman Yassir Arafat to work — however slowly — at reducing the power of terrorist groups like Hamas.

Direct Palestinian attacks on Jews have also largely been nullified since the September 1993 signing of the Declaration of Principles.

Lastly, as illustrated by the Gulf War scenario, Middle East problems are indeed our problems.

Expression of opinion is one of the wonderful freedoms of living in a democracy.

Irresponsibly denigrating someone and then challenging that person's intellectualism with assertions that make no sense will undermine anyone's legitimacy in a heartbeat.

Feldman is a senior international affairs major and a Daily Nebraskan columnist.

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