

**Health
and
Fitness
1992**

A Special
Advertising
Supplement

Skin Care: What Are You Gonna Do?

By Hank Lodge

I used to think that there were only two groups of people in this world: those with healthy, happy, bright and vibrant skin, and those whose complexion generally rivals a two-dollar pizza bought at a bad deli counter.

Unfortunately, I generally fell into the latter category. In junior high, my unruly hormones set off in callous, oil-producing rebellion against my face, forcing me to spend countless days washing, scrubbing and cleaning in an attempt to achieve that "look" that one seems to only find in felonious Clearasil ads and on the glossy pages of GQ.

However, as I strove to achieve the perfect, marble-smooth facial complexion, I was forsaking the rest of my body. My hands, the rough spots on my elbows, the small wart that had sprouted like a small head of cauliflower on the outside of my right wrist. There is so much skin, and seemingly so little time.

But, hey, let's worry about that later. My face is what people see — if they are lucky, of course, that's all they'll see. The face is what gives that big first impression, and, as we all know, you don't get many chances to make a good first impression. It's the first thing that any prospective employers, as well as any prospective wives, will see when they meet me. It's im-

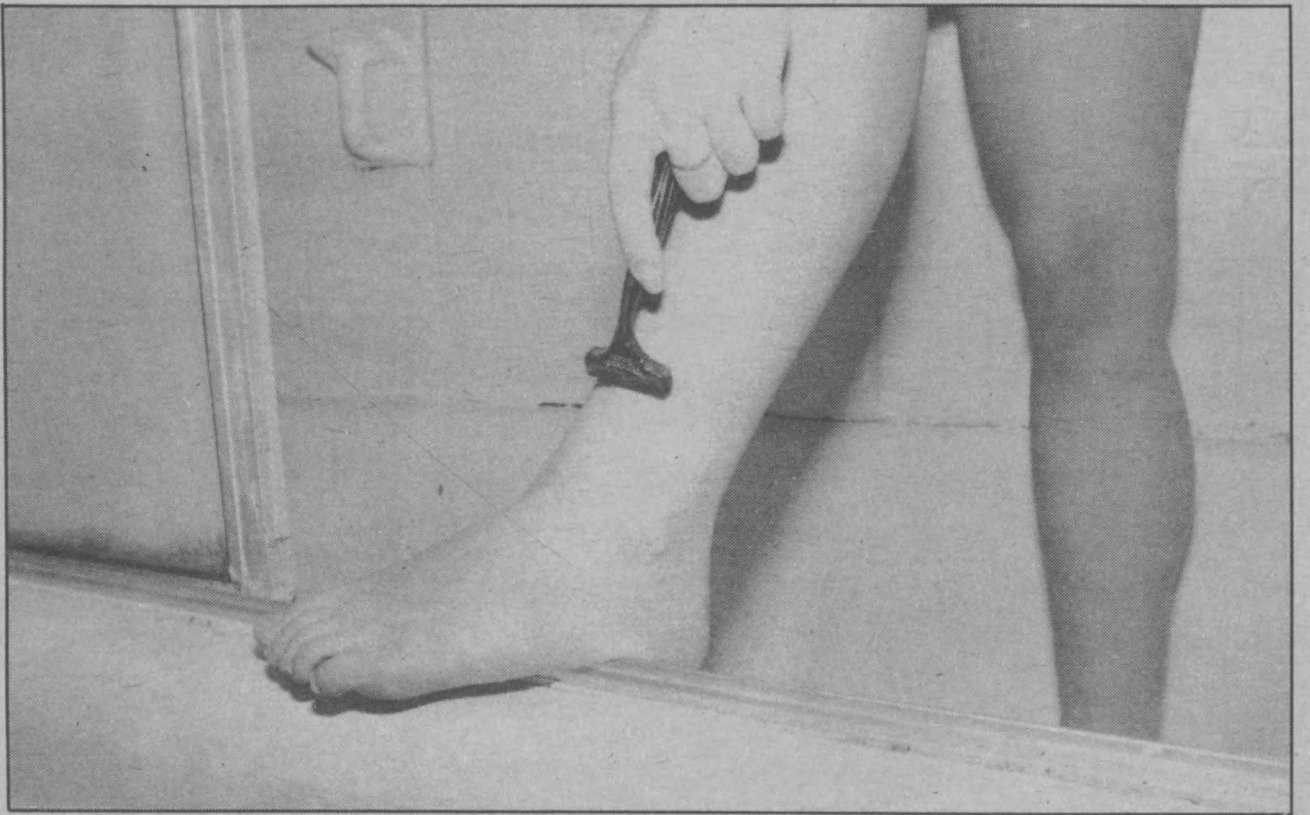
portant. Who wants to get to know somebody who looks like they tripped and fell into a plate of ribs and sauce?

I set off in hopes of finding an answer to the problems plaguing my face. It was bad. Had they drilled in my face and found the oil reserves I knew to be lying under my skin, the Gulf War might have been fought on top of my head. So, I took action. The first steps in the quest to solve my problems were on the telephone.

I phoned the consumer information line for Vaseline Intensive Care lotion, and after sitting on the phone for several minutes listening to a repeating message telling me how much they appreciated my call, how valuable my time is and what number to call in the event that my child had just used the lotion as frosting for their egg salad sandwich, I finally got a chance to speak to Sandra Pate, a consumer information spokesman for Chesebore-Ponds in Trumbull, Connecticut.

Sandra told me that the best product for keeping facial skin soft and supple is cold cream. Made mostly of mineral oil, it removes oil and dirt, leaving the skin clean and beautiful.

Although the idea of using cold cream sounded about as appealing as applying cream cheese to my face, Sandra told me that I was in the minority. "Women swear by it, and some men use it too," she said.



HILLARY KAPLOWITZ/Daily Nexus

Is shaving just ridiculous? Is skin care just for flaky people? Yes or No. Explain.

She added that the moisturizing properties of the cream helped to soothe the skin after shaving and keep wrinkles down. But despite the glowing recommendation, the idea of slathering cold cream on my face was a bad one. I'd rather write my congressman complaining about my neighbor's canary, Hal, who sings songs from "Evita" as my neighbor acts out the scenes in the nude. The idea doesn't appeal to me. It seems like a hassle,

you know?

I politely thanked her, hung up and hopped into my American-made four-wheel-drive vehicle and raced off to the men's fragrances department of a very well-known store on State Street. After maneuvering my way up, down and around, I finally arrived at the counter, where my senses were boggled with the multitude of choices.

"Here you've got your 'New West' men's care line,

with Pacific Coastal Body Wash for Shower and Bath, as well as shampoo, cologne and shaving foam," said Tina, a happy clerk, who had come from another department to help me.

"Then over here you've got your Calvin Klein Obsession line, with body moisturizer, after-shave balm, cologne and shampoo."

"Or perhaps you'd like to try the Aramis Lab Series, complete with ..."

I smiled politely and thanked Tina for her time, but it was clear that the solution to my skin problems didn't lie in any of those lines. Too wimpy. I really couldn't see myself spending my quality time in the bathroom every morning using Obsession After-Shave Balm. The other problem was that I didn't want to take a mortgage out on my house to get clean

See SKIN, p.5A

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Healthy Food: Is It American?

By Abe McCurdy

It takes all kinds of rich, delicious foods to make up what our culture has delineated as American Cuisine. Foodstuffs such as steak, hot dogs and Diet Coke conjure up images of your mother and other American icons. They do not, however, conjure up concepts like good health. But is that right? Are we, as Americans, slovenly and unhealthy? I should hope not. It was time to look into this.

To search for healthy American food, I had to have a control factor. I had to pick one shop, one restaurant, one market, one eatery, if you will, that would typify our great country.

There was only one answer. There is only one food place that: a) has locations that are five minutes from every house in the United States of America, and b) has a variety great enough to represent every last being in this country. That store is 7-11.

Yes. The question asked was, "What kinds of healthy foods can a person get at 7-11?"

The first place to look were the local 7-11s, of course.

Richard Winsett, an employee at the Calle Real branch of 7-11 offered this answer: "We have just about everything you can imagine. We have fresh salads shipped in daily ... and hot

dogs! I guess those aren't that healthy. We have all kinds of milks!"

All kinds of milks. That wasn't enough. It didn't answer my question well enough. I moved on to the 7-11 on 7443 Hollister, and the help of a woman named Marianne Bechler.

At first Ms. Bechler seemed skeptical. "Healthy food? At 7-11?" she said. After this, this employee saw that she was mistaken. Yes, there were healthy foods at 7-11! She went on to celebrate her 7-11s selection of frozen and canned goods, and then spoke about those fresh salads. Was this a trend? Fresh salad? I decided to run with it, on to the 5810 Hollister store.

But the salad lead turned out to be a bum steer. Employee Laxman Perera made no mention of leafy vegetables. If you were looking for health at his store, he would recommend the "Tiger Bar" candy bar and juices and V-8 juice. Other than that, he felt that everything else in the store had "too many calories and I don't think that's good."

At this point I hit a bump. The State Street, Cliff Drive and District Office all declined comment. Was I encountering some kind convenience store red tape? Would they slip a mickey in my next Super Big Gulp? Yeah, I was scared, but that didn't stop me. I was going to find good health if it took calls all over the country.

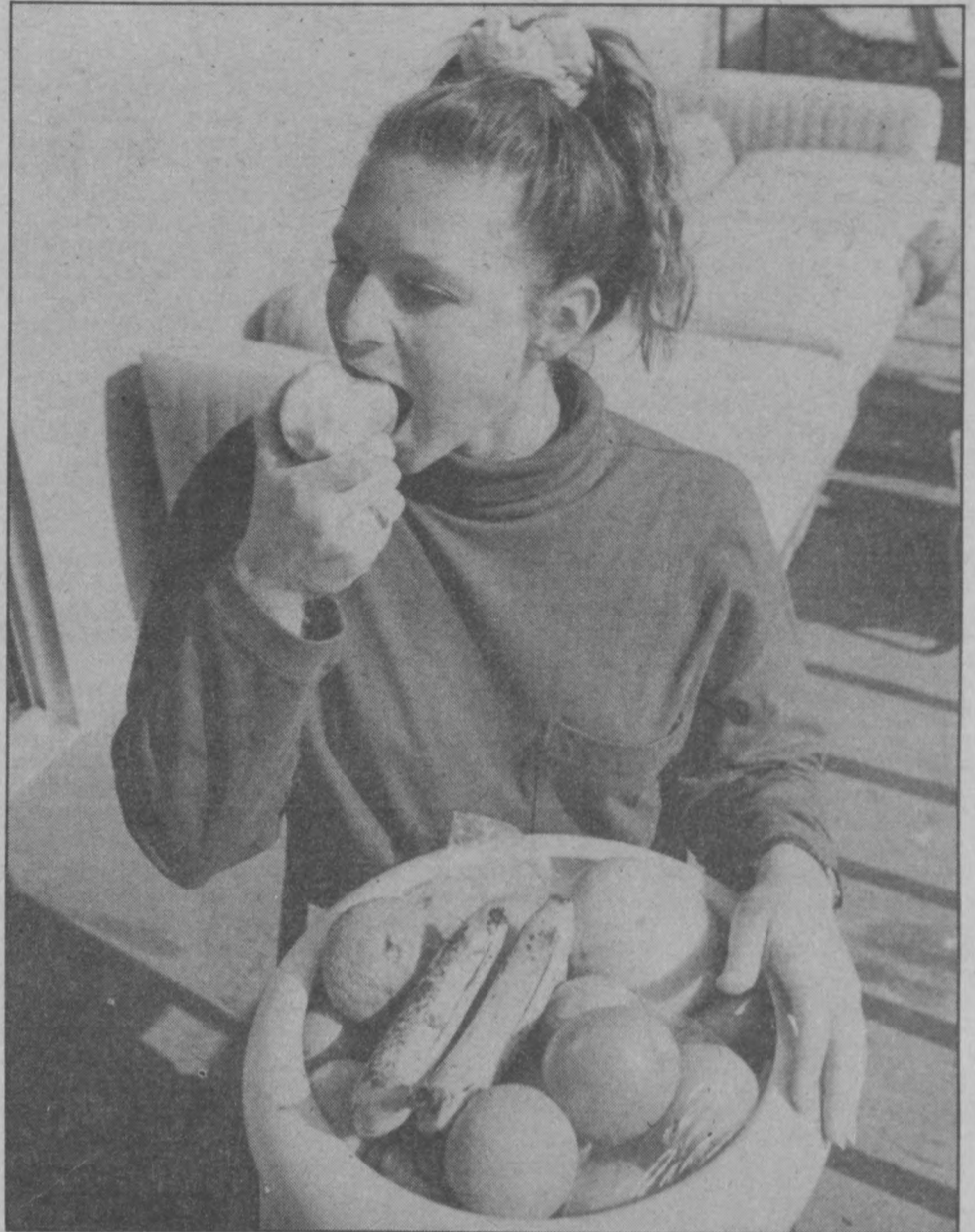
Sadness. One of my assistants met with a "no com-

ment" on a call to Austin, Texas. And then, the unthinkable.

A call to Lauderdale, Minnesota found me talking to a convenience chain called "Super-America." They had taken over all the 7-11s in their area. What's worse, a person who would only identify herself as quote-unquote "Judy" revealed that they had, "lots of fresh produce and salads, deli sandwiches, your regular food items ... and a combination of nuts and dried fruit."

How could this be true? Was this "Super-America" taking over all good 7-11s all across the country? Was it some sort of *Invasion of the Body Snatchers*, but with Slurpies and Big Bites? The only way I could answer this was to call the Atlantic coast and make sure that they had their 7-11s intact. My call back east did more than that. Oh yes, there was a 7-11 in Providence, Rhode Island, but it was no ordinary 7-11. It was the 7-11 that would answer my health question to a tee. Employee John Mannfredy needed only say one word to renew my love for the little chain I loved so. I asked Mr. Mannfredy what the healthiest food in his store was. He paused, considered, and told me, with much confidence, what he felt that healthy, healthy food was. He said ...

"Nachos." America is good. Eat well, and be healthy.



HILLARY KARLOWITZ/Daily Nexus

If this fruit was bought at a 7-11, would it be made of salt, sugar, meat or coffee? Explain.

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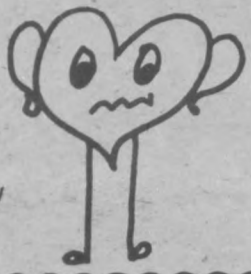
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Health: How People Get It!

By Agamemnon Zume

Thong leotards. Now that's healthy? You could catch your death of cold in one of those. Fortunately, those who wear them are generally leaping and cavorting and exerting in the most outrageous manner, and all in the name of health. Shirley, you've noticed. All these people being healthy, panting and huffing and puffing and sweating and eating vitamin supplements and herbals and loving it?

I mean, the jogging craze is over, but they're still jogging out there — in between trips to the gym and the health food store. Because these days, staying healthy is a number-one priority. Rightfully so.

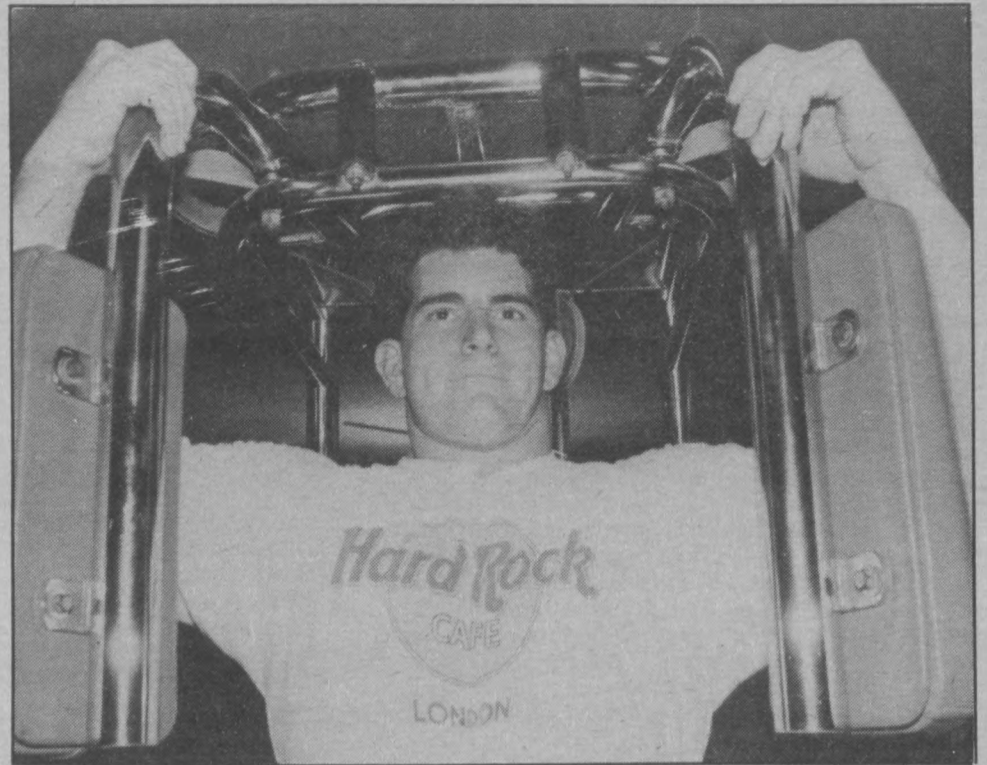
"Healthy is happy!" That's what dear old Nana (grandma) used to say.

Or maybe it was, "Happy is healthy."

I don't remember. She had this terrible little yap dog, one of those hockey-puck dogs, and his name was Happy.

An unfortunate choice of names, as it turned out.

But Happy was healthy, for a while. Happy stayed healthy by running around



HILLARY KARLOWITZ/Daily Nexus

Jim feels the burn. It hurts, but he likes it: Is Jim healthy? Explain.

the house barking and trying to get under your feet and trip you and by generally making an annoyance of himself. This is how kids stay healthy, as well. Kids and little dogs.

Almost being sent sprawling down the cellar stairs by Happy always created a brouhaha about health, both the potential victim's and Happy's health being up for discussion in one way or another.

And at the end of these discussions, Nana would query, "What are you doing to stay healthy these days."

"Stairmaster!"

That's what Eric at Chevron in Goleta says, and he didn't even know Happy. But that's what people do these days to stay healthy. Eric himself goes to the gym six days every week, for all intents and purposes to "work out."

"Work out." An interesting and oh-so-modern concept.

But it's healthy. And it helps people achieve their main goal, which is to "lose weight and tone up," according to Mandy at Gold's Gym in Goleta. People these days, Mandy explained (and she should know — she works at Gold's!) are looking for a good cross-training workout.

Back in Happy days, cross-training meant a near-death dog-tripping had made you get religion. But no more. Nowadays it's aerobics classes, weight training and the ubiquitous stairmaster that crucify ... er ... cross-train you.

But eating right seems the universally healthy way to go. Even those who aren't out there working their bodies to exhaustion say a healthy diet means a happy

life. Some desert meats and buy organic, others drink lots of water (it cleans and purifies your whole system) and nearly everybody cuts down on their fat and calory intake.

That's healthy. I mean, think about it. That's just plain healthy.

Happy never ate very healthily, and soon became Sloppy, then Floppy, then Sausage And Legs. No longer did we worry about tripping over Happy. Stubbing a toe was still a danger, but Happy just couldn't waddle fast enough to get underfoot any more. Evidence enough in support of healthy eating, fitness and living right (relaxing through exercise or stretching techniques — Yoga, Tai Chi, etc.) and generally staying in tune with my body, that's what it's all about.

That's staying healthy. And happy.

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STACEY TEAS/Daily Nexus

SKIN: Be Careful!

Continued from p.1A
skin. I mean, I don't even own a house.

Disappointed, confused and hungry, I went to McDonald's to ponder my plight. While eating my burger out in the sunlight of State Street, I had nearly decided to wash my hands of the whole thing when I was gently rocked by an onshore sea breeze.

"Wash ... and sea breeze," I thought to myself. I jumped up in complete happiness, spilling my chocolate shake all over passers-by, and ran down to the local Thrifty. Running in, I went to the skin care aisle, grabbed a bar of medium-priced facial soap and a

bottle of Sea Breeze antiseptic. For my rough hands and elbows I grabbed a bottle of nice lotion. For my wart, a little Compound W. Grand total of purchase: under \$12. Nice and simple.

Well, that was a month ago, and let me tell you my skin has really never looked better. A recently purchased electric razor keeps my skin smooth without taking several thick layers of skin off my face. I've also invested in a little apricot facial scrub. My face glows like a sealed-beam headlight now. My hands are perfect, and, God, you should feel my elbows. Smooth as silk, baby. Plus, the wart is slowly going

away — now it just looks like a skinned, boiled potato. Life is good.

But I learned a lot from this experience. I now realize that there are three groups of people when it comes to skin types. Those who look good naturally, those who look horrible naturally and those who have to work to get their skin into shape. If you're like me, and fall into the latter category, or are thinking about trying to improve your looks, remember this simple tip: There's a lot of good products out there, but you don't have to spend an arm and a leg for great-looking skin.

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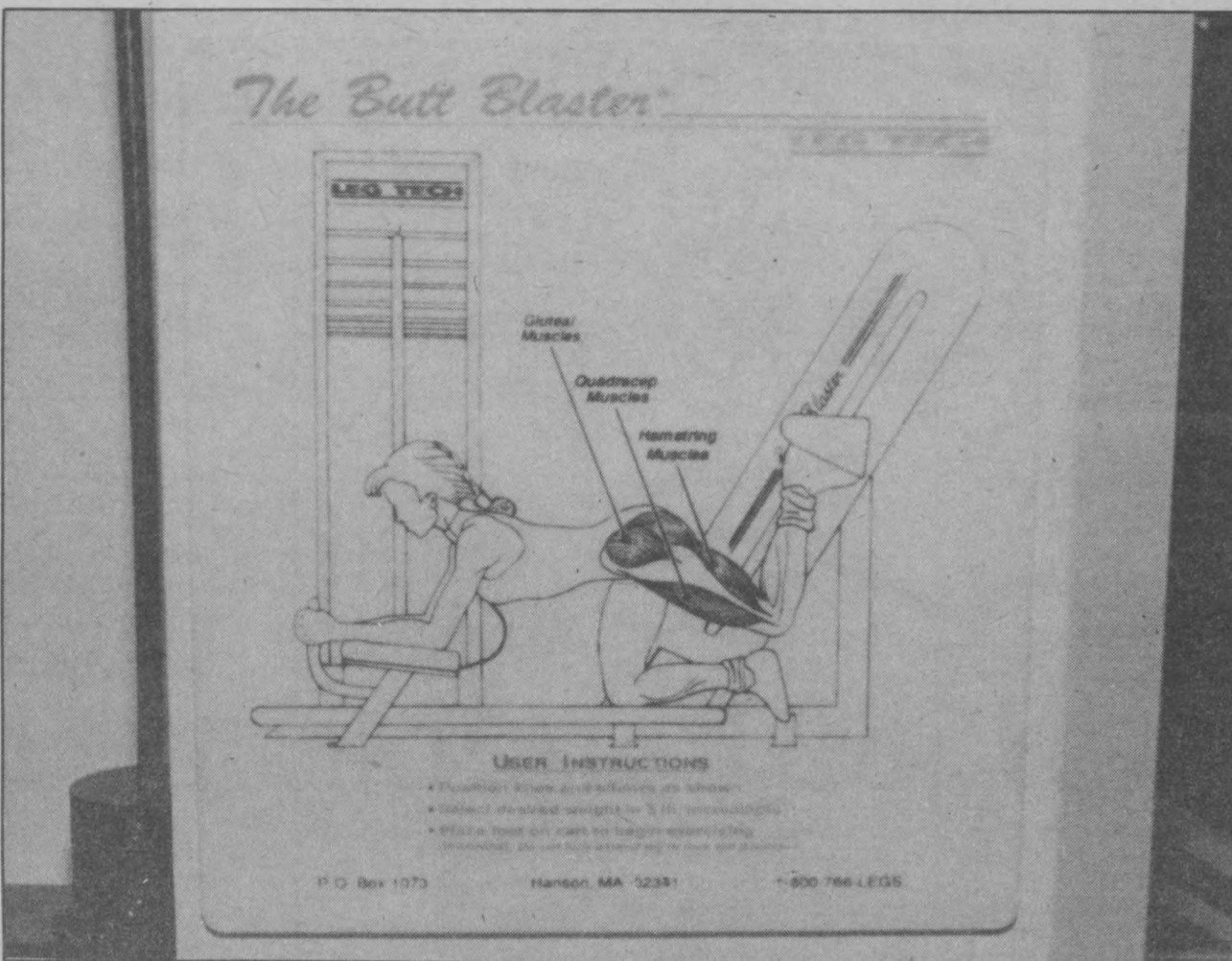
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HILLARY KAPLOWITZ/Daily Nexus

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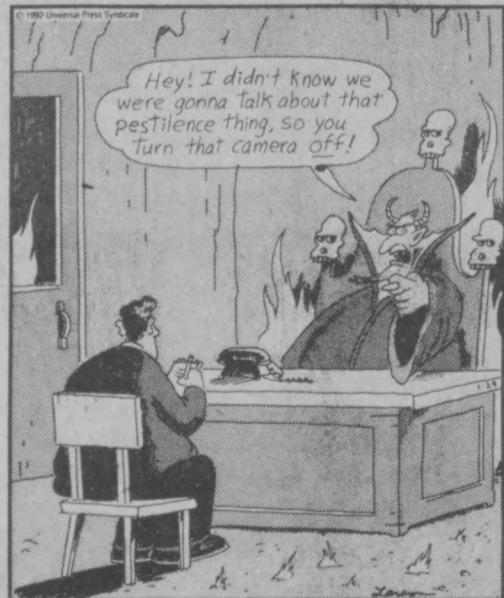


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THE FAR SIDE

By GARY LARSON



Mike Wallace interviews the Devil

Not good with other offers • One coupon per pizza

By Bunyan Valentine

Sitting cross-legged in a rickety wooden chair outside Cafe Roma, Phil claimed he was doing "you know, the ritual thing."

"I get my espresso, I get my Reds, I get my L.A. Times, and I'm set for, like, two hours," he said. "Every day, the same thing, like a ritual. 'Cept when I'm hungover or sleepin'. Sometimes I get a baguette, too."

I eyed him closely. Man, I thought, skin and bones. "Jesus, Phil, how much longer you think you can keep this up?" I always talk just like the people I'm talking to. "I mean, jeez."

He was smug, laughing smoke out through his nose. "Bout 40 years."

"How old are you, Phil?"

"Twenty."

"Jeez." He looked like he was 80. "You oughta start takin' care of yourself, Phil. You oughta start exercisin'."

"Like how?"

Which got me to thinking. So I drew up this little list of 10 things people can do to stay healthy in Isla Vista, instead of just smoking those cigarettes and drinking coffee. It's dedicated to Phil, 'cause he needs to put some meat on those bones.

1) Doing repairs for your landlord

Sometimes, nothing gets the heart pumping and the muscles working like a little painting or re-carpeting. Most of the time, all you need is a screwdriver and a little gumption. For instance, I stay fit by steam-cleaning the living room with a hot bottle of solvents and some old diapers. And I feel great! So if there's some work to be done around the house, I say "Go do it!" Submit an expense sheet to your rental company later — they'll pay you back.

2) Dropping stones on your feet

Although I prefer good old-fashioned rocks, any old thing will do, as long as it's harder than your toes and weighs as much as your leg. Maybe you've got an old iron that mom gave you. Maybe you've got a Coke bottle filled with sand. Maybe you've got a stainless steel replica of the Stanley Cup. It doesn't matter! Just hoist the old stand-by up in the air, preferably to the level of your head, and drop it straight at your toes! It's good for your back and arms; plus, it helps your reflexes, 'cause who wants a trophy on their little nubbins?

3) Breaking bottles

I got this idea from the guys next door. They wear tank tops and say "Heh, heh ... dork!" when they throw bottles at people. They have well-developed triceps and deltoids, and good haircuts. I know they're in good shape! They could beat me up if they had to!

4) Gluing cars together

My friends from freshman year thought this one up. You have to buy some glue, but it's worth it. If you walk around I.V. enough, you'll find two cars parked bumper to bumper sure enough. And when you do, let 'em have it with the stuff. Although the main exercise comes from the walking, this can be enhanced by actually bringing some friends along so you can pick up cars and move them. It's tough work, unless they're really small.

5) Eavesdropping

I would never do this, but a lot of my friends would. Of course, the trick is placing yourself in a risky situation. Climb a tree, crouch by a door, crawl under your neighbor's bed, whatever. Just so you're afraid of getting caught. Your blood will race, your heart will pound, your muscles will cramp up, whatever. And if you get caught, you're in for a real workout.

6) Braiding a three-legged dog

Self-explanatory. I think there's one on El Greco Road.

7) Finding phone taps

While also increasing manual dexterity, the disassembly of phones at your friend's house can make for as much excitement as some good eavesdropping at your ex-girlfriend's. I recommend tightening the screws as firmly as possible when putting everything back together, so as to strengthen your forearms.

8) Fishing for Koi

This can be done most effectively in West I.V., where all the real homeowners live. I know personally that some of them have those little mossy ponds where koi live. Again, risk is a principal element here, as is the promise of a nice koi dinner (low in sodium). The main exercise comes from scrambling over splintery wooden gates and braining fish on fenceposts.

9) "Jogging"

Needed: Quality shoes, colorful shorts, a loose-fitting t-shirt, thick wool socks and a big, floppy hat.

10) Espresso, Reds, L.A. Times

This comes highly recommended by Phil. He also suggests lawn darts and vodka tonics.

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6545 Pardall Rd. Isla Vista, CA 968-6059 By Bill Watterson

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I DON'T THINK THAT'S FAIR!

IF IT DOESN'T TAKE THAT LONG TO DO, WHY SHOULD I HAVE TO STAY IN MY ROOM ALL THAT TIME?

YEAH CAN I HELP IT I'M SO FAST?

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Health: In the Mind?

By Gutch Nice

As much as we'd all like to deny it, there can be no doubt that the human body is an important part of everyday life. It helps us move, enables us to lift many things and to exist. Even if you did try to deny that your body is important, you can bet your bottom dollar — (or just your bottom) that you wouldn't get very far.

As Don Knotts once said, shortly before his last marriage, "it is a fool who attempts to take a trip without the benefit of a body."

Truer words were certainly never spoken. Thanks, Don.

So it's clear the human body, with all its quirks and various limbs, must be respected — like a mountain. John Madden phrased it best when he said, "The body is a temple, and, in some cases, a supreme, long-legged running machine." In many ways, it is the job of the mind to care for the body, its only true friend.

However, there is one problem in all of this. The mind is precocious and highly independent. It has its own ideas of fun. It has a mind of its own, so to speak, and — without insulting the body — the mind is the smarter of the two. I mean, when was the last time you got a brilliant idea from your elbow or your larynx, for example. My guess is that was a last time that never happened.

The question then arises, what should one do when the mind refuses to care for its temple through a regular regimen of exercise and good diet?

The answer: nothing. That's right. Nothing.

I think this old Irish limerick I found in my uncle Urihia's smelly wing-tips will clear up my meaning.

The Boy In a Bubble
There once was a lad
with a body
Who always feared
he'd get pretty sick



STACEY TEAS/Daily Nexus

Every day that he
rose
He bounced on his
shins
And then he got
lupus.

Does it make a little more
sense now?

When all is said and
done, there's not a whole lot
you can do about the body.
It's just there like a dumb
slab of confusion that needs
attention. If you give it too
much, however, it will crap
out on you like an
American-made commuter
plane.

But if you ignore it and
then, in a guilty panic, try to
make up for it by drinking a
protein shake here, or walk-

ing to buy smokes instead of
driving there, your body will
hate you even more. Sure, I
said your body is not smart,
but it sure ain't stupid
either. It may not com-
prehend Newton's laws of
physics, but it sure knows
when it's being two-timed
or played for a bozo. In re-
sponse, it will get sicker on
the mind. As the famous
Phil Collins song goes, "I
tried to trick Mr. Body and
Now I'm Mr. Sad."

So when they say treat
your body like a temple,
they mean be honest with it.
Don't just throw workouts
at it like sacrificial lamb-
skins. Be real. If you want
to run down to the store, then
run, by God. But if you want

to drive, drive. See the body
may not have the highest
IQ, but it's got a gut-level,
stomach-oriented kind of
sense that picks up on
health fakery.

In the end, the mind will
never be a body and the
body will never be a mind.
They are separate, but akin
— bonded by their shared
space and joined being. In
this helter skelter age of de-
sert wars and vomiting pres-
idents, the union between
these two partners in life is
more tenuous than ever.
And while protein shakes
and heavy black plates
hoisted over straining pec-
torals are great, it is honesty
that makes the most sense.

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