

# The Bull Pen

By Dale McElrath

Everyone's publishing diet books.

I mean, last week I saw Orson Welles' new weight loss book, "You Can Eat, Drink and Be Merry, but You'll Probably End Up Fat Like Me."

So I figured, "what the heck? I'll write a diet book of my own."

I mean, I have a finely tuned athletic body. So why not pass on some of my training techniques to those poor flabby unfortunates who haven't been enlightened?

Here's the first draft.

**Food Don'ts:**

Personally I try to avoid vegetables.

From my many years of research I've learned vegetables are bad for you.

The infamous Vegetable Growers of America (VGA), or Los Peoples de la Vegetables as I've often heard them termed in clandestine "vegetable" meetings, are behind the devious plot aimed at convincing the American people vegetables are good for you.

Their goal, of course, is to coerce you into buy-

ing useless vegetables, thereby filling their pockets while you flounder in out-of-shape degradation.

I refuse to knuckle under to such Neo-Nazi "scare" techniques. Although there are those, even on the staff of this fine newspaper, who bring the "vegetable" philosophy into our own office.

Of course, it is okay to eat potatoes. Those hardy roots have, so far, escaped the clutches of the VGA.

It's also good to avoid any food with the suffix "bean." If you should happen onto any of the various beans (lima, pinto, green, pork and, etc.), you risk sure death by eating the small food-like object.

**Food Do's:**

Reese's Cups. Now that's real muscle-building food.

And hot dogs, especially the ones that are real red. I think that's because they've put lots of red dye #7 into them.

If red dye #7 can't build muscles, what can?

Of course, it goes with-

out saying, potted meat, bologna and vienna sausages are all top notch training foods.

Nothing makes me feel better than to go out and run 10 or 12 miles after eating two or three bologna sandwiches (with lots of ketchup). I usually better my best time by an hour or two.

Just remember to look out for the "vegetable" people. They've published reams of material condemning the foods I've just listed. But, hey, I'm telling you the truth.

Trust me.

**Exercise Do's:**

Don't.

**Exercise Don'ts:**

Do.

Well, this is only the first draft. Maybe I should talk about fruit in the next chapters. But, what the heck, here's a brief preview of the fruit section.

Avoid any fruit that has a name of more than one syllable.

Trust me.

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NUMBER 1 RACKET Clint Osborne goes for a ground stroke in ent action.

Staff photo by Sylvia Hawkins