

Feeling Good

Incorrect Calorie Counts

Counting the calories but keeping on the pounds? It may not be your fault.

According to a survey of 21 packaged food items by the state Consumer Protection Board, 15 contained more calories than packages claimed, said CPB executive director Richard Kessel. The federal Food and Drug Administration allows such claims to be within 20 percent of the actual caloric count.

"As somebody who has always been on a diet, this study gives me the excuse I've been looking for," Kessel said. "It's not my fault. It's the food's fault."

Kessel charged the 20 percent rule gives manufacturers too much leeway and could be dangerous to consumers.

"Persons who must restrict their caloric intake for serious medical reasons are gambling with their health when they consume inaccurately labeled food," Kessel said in a petition to FDA Commissioner Frank E. Young.

In a survey conducted by an independent laboratory for his office, Kessel said, 15 of 21 products that were tested exceeded the calorie count listed on

their packages by at least 6 percent.

Four of these 15 products had 21 percent more calories than claimed, an apparent violation of the federal standards.

Five products had fewer calories than they claimed, and only one had exactly as many calories as were listed on the package.

Kessel demanded the FDA immediately require food manufacturers to disclose that their calorie counts may vary by as much as 20 percent. In the long run, he said, he would like to see the FDA lower the margin to about 5 percent.

"The main point we're trying to make is not that the food industry is trying to rip off the consumer but that the regulations lead to excess," he said. "We don't dispute that there should be some variance given to the manufacturer. Where we disagree is over the extent of the variance."

Kessel said he had discussed the findings of his survey with FDA officials. "They were interested in it," he said. "They understand the problem."

Relief for Eye Fatigue from CRT Coatings

by Dr. Robert M. Currin, optometrist

A large percentage of today's workers use computers.

Many of these individuals spend eight or more hours a day in front of their video display terminals and find that after extended periods, the play of natural and fluorescent lighting in the work environment combined with the phosphorus light emitted from the video display screen may result in acute eye discomfort and fatigue which can lead to decreased productivity.

The new CRT coatings are designed specifically to overcome the occupational problems related to exposure to video display screens. CRT coatings combined a UV blocking lens with a broad-band anti-reflection coating and special tints to create a product that significantly reduces glare and reflection in the video display terminal environment and improves contrast between characters of the screen and the screen itself.

The special combination of the UV blocking lens, A-R coating and the colored tint is responsible for the coating's

ability to create a comfortable optical environment for the computer wearing CRT lenses.

Much of the ocular discomfort experienced by computer operators is directly related to the amount of glare present in the video working environment. This glare often stems from fluorescent and natural light as well as reflections from metallic or glossy objects in the video terminal environment. CRT coatings successfully combat the problems presented by an abundance of glare in the video terminal environment by significantly reducing the intensity of the light sources and by eliminating 99 percent of surface glare and reflections surrounding the computer operator, even from behind. CRT coatings also absorb 99 percent of ultraviolet light which can cause the eye a great deal of discomfort after extended periods of exposure.

These coatings are available on tintable polycarbonate and CR-39 lenses for both prescription and non-prescription eyewear.

Math Lab

Purpose:	To help any Chowan College student with mathematics.
Time:	2-5 Mondays and Wednesdays 2-4 Tuesdays and Thursdays
Place:	Camp Hall 104
Monday:	Mr. Shrewsbury and student worker (2-5)
Tuesday:	Dr. Owens (2-4)
Wednesday:	Mr. Wooten and student worker (2-5)
Thursday:	Mr. Harden (2-4)

Negotiation Workbook

Quarreling roommates can be a pain. Entire floors can be disrupted. Academic work suffers. Room reassignment requests multiply. Retention rates (both housing and academic) plummet.

Fortunately, Hood College, Frederick Md., has found a better way of settling roommate disputes.

The "Roommate Negotiation Workbook," which Hood gives to students during orientation, offers a step-by-step guide to preventing disputes and to resolving disagreements when they do arise. The workbook teaches students the same techniques used by professional negotiators and is part of a larger program aimed at teaching students practical social skills they will need throughout their lives, according to Dr. Barbara Ingram, Hood's director of counseling.

Ingram, who wrote the workbook, explains that when a disagreement arises, students must use negotiation before requesting a room change.

Most importantly, the negotiation training works. Introduced campus-wide last year, the training has led to a dramatic drop in the number of requests for intervention and midyear roommate changes.

"The workbook provides a list of issues—such as neatness, noise, smoking, leaving messages—that both roommates rank as important, minor or of no concern.

"The important thing," Ingram says, "is for students to identify areas where they may disagree and to come up with mutually acceptable solutions. They will have to continue to negotiate some areas but the workbook gives them some very practical guidelines for keeping communication open."

Together, the students compare their rankings and make a list of items that should be negotiated. Any issues ranked as at all important are discussed using the workbook's instructions.

Exercises are provided to help roommates understand each other's viewpoints, to generate solutions in potential problem areas and to develop contracts on written agreements. Fill-in-the-blank contracts are provided and a special brainstorming exercise is included to help the roommates become more creative in solving problems.

"What many people don't realize is that freely, sharing ideas and opinions and negotiating ways of handling situations don't require that people like each other," Ingram says.

BE A U.S. REGISTERED MALE



If you're within 30 days of your 18th birthday, you must register with Selective Service at the post office. It only takes five minutes to fill out the card. And don't worry, there hasn't been a draft since 1973. The country just needs your name in case there's ever a national emergency.

Selective Service Registration.
It's quick. It's easy.
And it's the law.

A public service of this publication.

—Smoking— Tips on Quitting

- Try the "buddy system," and ask a friend to quit too.
- Hide all ashtrays, matches, etc.
- Lay in a supply of sugarless gum, carrot sticks, etc.
- Drink lots of liquids, but pass up coffee or alcohol.
- Tell everyone you're quitting for the day.
- When the urge to smoke hits, take a deep breath, hold it for 10 seconds and release it slowly.
- Exercise to relieve the tension.



Woodsy Owl for
Clean Air

Give a hoot.
Don't pollute.

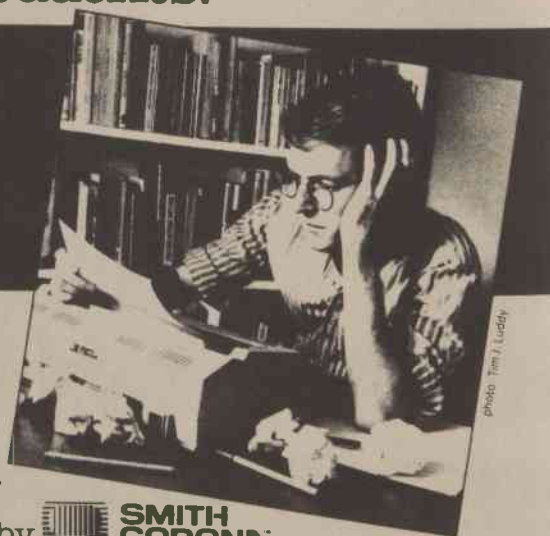
Forest Service, U.S.D.A.

Photo: Tom L. Lundy

Attention College Students:

DO YOU HAVE THE WRITE STUFF?

Rolling Stone presents
The 11th Annual
College Journalism
Competition. Sponsored by **SMITH CORONA**



ROLLING STONE and Smith Corona are proud to announce the 11th Annual College Journalism Competition, recognizing excellence among today's college writers. The category winners will receive \$1,000 each from ROLLING STONE and electronic typewriter products from Smith Corona. At the judges' discretion, a Grand Prize of \$1,500 plus a Smith Corona product may be awarded.

ROLLING STONE editors will judge the entries. Categories are: ▶ Entertainment Reporting (profiles and news features on music, film and personalities); ▶ Investigative Reporting (an article or a series that has had a tangible impact on the college campus or surrounding community); and ▶ General Reporting (any subject).

All entries must have been published in a university or college newspaper or magazine between April 1, 1985 and April 5, 1986. Each entrant must have been a full- or part-time student in an accredited university or college during the school year in which his or her entry was published.

Entries must be received by June 1, 1986. They cannot be returned. The winners will be announced by July 1986 and will be notified by phone or mail. The names of the winners will be published in a future issue of ROLLING STONE.

We reserve the right not to grant an award when the judges deem it unwarranted.

There is a limit of one entry per student in each category. All entries should be accompanied by an entry form (see below). This form may be duplicated. To facilitate judging, please mount tear sheets of your articles from the magazine or newspaper in which they appeared, on cardboard or poster board. Entries should not exceed 9" x 14". Larger tear sheets may be folded or reduced. On the front of the envelope containing your submission, mark the category or categories that you've entered. Note on the entry form the address where you will be living when the contest results are announced. Mail entries to: College Journalism Competition,

ROLLING STONE, 745 Fifth Avenue, New York, NY 10151.

1986 Entry Form

Category _____

Entrant _____

Age _____ Birth Date _____

School _____

Campus Address _____

Phone _____

Permanent Address _____

Phone _____

(check one)
 Freshman
 Graduate
 Sophomore
 Junior
 Senior

Name of Publication _____

Editor _____

Type of Publication (check one)
 Newspaper
 Magazine
 Other

Please attach a brief autobiography, including hometown, educational history, honors and scholarships, and journalism experience.

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