

THE SECOND PAGE



(photo by James Parker)

Someone You Should Meet...

Name: Karen Bryant
Job Title: Pharmacist
Hometown: Supply
Describe Yourself in one word: "Ambitious"
Hobbies: Reading, listening to music and jogging
Favorite Book: "A Woman of Substance" by Barbara Taylor Bradford
Favorite Movie: "The Autobiography of Jane Pittman"
Persons admires most: My immediate family
Career Goal: To pursue a career in real estate management and establish a family-owned brokerage firm, while continuing practice and maintaining a license in pharmacy.
(If you are single, at least 18 years old, doing something positive in the community, employed and interested in appearing in this column, or if you know someone who meets these criteria, please send your name and daytime telephone number to: Someone You Should Meet, Winston-Salem Chronicle, P.O. Box 2151, Winston-Salem, N.C. 27102).

OPEN LINE/ 723-8448

Does the Cambridge Diet cause cancer?

By DAVID R. RANKIN
 Chronicle Staff Writer

Q: I am on the Cambridge Diet and one of my friends told me it can cause cancer. Is this true? Can you give me some information about the diet?

A: No, that particular diet does not cause cancer. However, diets of this type can be bad for certain people, according to Shirley Amen, a registered dietitian at Forsyth Hospital.

"It's a low-calorie diet," Amen says. "If you follow the diet as outlined, you will consume a total of 330 calories a day. From a nutritionist's standpoint, that is not good."

Amen says diets that provide fewer than 1,000 calories per day can put the body in a starvation state, forcing it to burn protein and fat for calories, which results in weight loss.

But "the body is not taking in enough carbohydrates on a diet of this type," she says. Amen adds that this may result in a loss of energy or sluggishness.

She says people with any kind of medical problem should not follow a low-calorie diet. "Anyone who wishes to diet should consult her doctor and then talk to a registered dietitian," she says. "Your body needs a certain ratio of carbohydrates, proteins and fats to operate properly."

Amen says the minimum number of calories a person needs per day will vary with age and sex. The bottom line is usually about 1,000 calories, she says, which can drop as low as 800 calories under a doctor's care.

"Low-calorie diets are quick-fix solutions -- the weight will usually come back when the dieter

begins to eat normally," she says.

Q: I'm interested in going to college next year but I know I cannot afford the total tuition. Who can I talk to locally who can tell me about filing for financial aid? Also, how much aid can I expect?

A: Marion Simpson, a guidance counselor at East Forsyth Senior High School, says there are several financial aid opportunities for prospective college students, and all a student needs to do is ask about them.

She says a student's high school guidance counselor or a college financial aid officer can tell the student about the many financial aid opportunities on the federal, state and college level.

The student must complete a need analysis form so he will be considered for the different financial aid programs, Simpson says. These forms are available at high school guidance counselors' offices and college financial aid offices.

A student will be required to give information about his or her family's income, property owned, taxes paid and financial circumstances, according to Simpson. Usually, the lower his family income, she says, the more financial aid a student may receive.

"Certain institutional programs are determined by a student's grades, proposed major in college or hometown," she adds.

Simpson says financial aid is available for two-year colleges, four-year colleges and universities, technical and business schools, and community colleges.

Please see page A3

NEWS DIGEST

South African anti-apartheid newspaper closes

Compiled by DAVID R. RANKIN
 Chronicle Staff Writer

JOHANNESBURG, South Africa -- *The Rand Daily Mail*, a newspaper which opposed South Africa's racial segregation policy for 25 years, will cease publication on April 30, according to a recent announcement by the newspaper's owners.

Clive Kinsley, managing director of South African Associated Newspapers, said recently that the 83-year-old *Mail* lost \$7.5 million in 1984 and about \$23 million during the last 10 years.

Almost two-thirds of *The Mail's* readers are black. Its circulation in 1984 was about 116,000, down from an average of 150,000 during the 1970s

when the country was torn by racial riots. The Southern African Society of Journalists said recently that the closing of *The Mail* will silence one of the country's bravest newspapers, one which has a long history of opposition to the South African government.

The publication closes at a time when the South African government says it is introducing voluntary changes in its racial policies.

During the mid-1970s, *The Mail* revealed that the South African government was using a secret fund to buy influence and favorable publicity for South Africa abroad. An investigation led to the fall of South African Prime Minister John Vorster's government.

Meese criticizes busing and calls quotas unfair

WASHINGTON -- Attorney General Edwin Meese recently criticized busing as a means of public school integration and said quotas are an improper way to achieve affirmative action.

Meese made the statements during a March 15 news conference.

He said that it is generally recognized in educational and legal circles that busing has had little effect in terms of improving education. In some cases, Meese said, busing has undercut the integration already achieved.

Meese also said quotas are improper under the law. Instead, he said, he wants contractors to widen their fields of hiring, make available to minorities information about employment opportunities and provide training programs.

Meese's statements appeared to signal his approval of the policies of the assistant attorney

general for civil rights, William Bradford Reynolds, whose approach to affirmative action has been attacked by many civil rights leaders.

Ralph Neas, executive director of the Leadership Conference on Civil Rights, said Reynolds is "a rigid ideologue who has seized every opportunity to weaken our civil rights laws."

Meese said in a recent interview that he supports Reynolds' interpretation of a 1984 Supreme Court ruling that said judges could not interfere with a legitimate seniority system to protect blacks from being laid off from the Memphis Fire Department.

Reynolds has argued that the ruling applies not only to layoffs but to hiring and promotion as well. He says that the ruling means that courts cannot order preferential treatment on the basis of sex or race except to compensate actual victims of discrimination.

Rutledge nursing students mount legal campaign

NEW ORLEANS -- Several former nursing students at Rutledge College's New Orleans campus are forming a legal campaign against the school alleging they have been exploited and ripped-off.

The students recently moved their complaints from the picket line to the courts and the Better Business Bureau. The students allege that the college has misused their grant monies, provided sub-standard teachers and has participated in basic wrongdoings and misconduct.

Student group leaders Tina McCray and Michel Cruppi say they have 24 different grievances, but could not elaborate on them because on ongoing legal procedures.

At least 50 students participated in the initial protest which preceded the resignation of eight ranking college officials including an admissions representative, the school's dean and the placement direc-

tor. According to a letter written to the Association of Independent Colleges and Schools from the student group, graduates of the business college cannot get jobs because the school's graduation requirements are too low to meet the needs of the job market.

Rutledge College Director Thomas Wilson said the student's charges are not well founded and that the college received accreditation from the Association of Independent Colleges and Schools on Jan. 18, 1985. He said the school received an above average rating in all but two categories.

Wilson says the students are actually upset about the recent firing of an instructor who was a favorite of the students at Rutledge. Wilson refused to discuss details of the firing, but said he would not change his policy for "six students, when we know we're right."

CRIME PREVENTION

Clerk loses checkbook in store robbery

Compiled by DAVID R. RANKIN
 Chronicle Staff Writer

The following "Crime Box Score" is designed to keep you abreast of criminal activity in your neighborhood during the past week and to help you protect your family and property from crime.

Armed robbery

• 1200 block, Waughtown Street
 A man entered a store, pointed a sawed-off shotgun at a clerk and said, "This is a robbery; give me the money." The robber took the money from

the cash register and forced the clerk to lie down on the floor. He then robbed the clerk of his checkbook. The robber is described as a 5-9, 140-pound white male in his mid-20s. He wore a brown cloth over his face.

• 3500 block, North Patterson Avenue
 A store clerk was approached by a man who asked if she could cash a check. The clerk said the store didn't have enough money to cash a check that large.

The man then pulled out a handgun, pointed it at
 Please see page A3

The *Winston-Salem Chronicle* is published every Thursday by the Winston-Salem Chronicle Publishing Company, Inc., 617 N. Liberty Street. Mailing Address: Post Office Box 3154, Winston-Salem, NC 27102. Phone: 722-8624. Second Class postage paid at Winston-Salem, NC 27102.

Subscription: \$13.52 per year payable in advance (North Carolina sales tax included). Please add \$1.00 for out-of-town delivery. PUBLICATION USPS NO. 067910.

SUBSCRIBE to the Winston-Salem Chronicle TODAY 722-8624

12% APR NO DOWN PAYMENT 12% APR NO DOWN PAYMENT

SWING INTO SPRING WITH A NEW CHEVROLET. TREMENDOUS SAVINGS THIS MONTH ONLY AT PARKS CHEVROLET!

1985 SPECTRUM
 Only **131⁰⁴** mo. or **163⁵⁵** 48 mo.
Selling price \$8885, \$9000 cash or trade, 14% APR, fin. chrg. \$1685.

More than 20 to choose from starting at \$6585

1985 CAMARO Z-28
 T-Tops - Air Cond. - Stereo - Much More
 Only **185¹⁶** mo. or **327⁷⁸** 48 mo.
Selling price \$12,995, \$1000 cash or trade, 14% APR, fin. chrg. \$2738

Lease Purchase 1985 CAVALIER
 Only **146²⁹** mo. or **177⁴⁹** 48 mo.
Selling price \$8885, \$9000 cash or trade, 14% APR, fin. chrg. \$1685.

Over 50 in stock starting at \$6995

8.8% APR
 factory approved financing on any 9-10 pick-up in stock.
Discounts from \$1000 to \$2200

1985 C-10 Pickup
 Only **145¹⁴** mo. or **188⁴²** 48 mo.
Selling price \$7395, \$500 cash or trade, 14% APR, fin. chrg. \$2150.

* 48 mo. closed end lease plus 2% use tax.

WE GIVE A LITTLE MORE TAKE A LITTLE LESS

Parks CHEVROLET

993-2101
 724-7014
 1-800-872-2123

KERNERSVILLE — OFF I-40 AT ROUTE 66 EXIT
HOURS: MON.-FRI. 8:30-8:00, SAT. 8:30-5:30 NCL 3066