

## Chocolate just may be a healthy choice

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perfect ways to remove the pungent flavor.

"Most chocolate, in fact, isn't flavanol-rich," said Norm Hollenberg, a radiology professor and flavanol expert at Harvard Medical School. "But all chocolate is rich in fat and calories. Chocolate is a delight. It can and should be part of a prudent diet. That means you limit what you take."

Flavanols are found in other foods, such as red wine, grapes, apples and green tea, although cocoa beans are a

particularly rich source.

Mars Inc. developed the technology to visualize flavanols on a computer screen. Says Harold Schmitz, the company's chief science officer: "Now we understand cocoa well enough to start to do new things with it."

The company is starting with CocoaVia granola bars, made with a special cocoa powder that retains most of the flavanols. The bars also have plant sterols, which have been shown to help lower cholesterol.

For now, the 80-calorie, 23-

gram snack bars are sold only on the Internet. The bars have a satisfyingly rich chocolate flavor, along with a slight but distinct bitter taste.

Mars says its Dove dark chocolates — a 1.3 ounce bar is 200 calories — also contain flavanols.

Researchers are excited by the potential of flavanols to ward off vascular disease, which can cause heart attacks, strokes, diabetes, dementia and hypertension. Vascular diseases are linked to the artery's inability to make a simple but funda-

mental chemical called nitric oxide. Flavanols appear to reverse that problem.

"The pharmaceutical industry has spent tens, probably hundreds of millions of dollars in search of a chemical that would reverse that abnormality," Hollenberg said. "And God gave us flavanol-rich cocoa, which does that. So the excitement is real."

On the Net:  
Mars Inc.: [www.mars.com](http://www.mars.com)  
USDA's flavanol database:  
[www.nal.usda.gov/fnic/food-comp/Data/Flav/flav.html](http://www.nal.usda.gov/fnic/food-comp/Data/Flav/flav.html)

## College freshmen, roommates and strangers

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have been friends if we'd met casually," Gordon said, recalling an evening he held a trashcan to keep his roommate from vomiting on the rug. "But living together definitely set up a different relationship."

In some ways, the roommate challenge may be tougher than it used to be. Particularly at a diverse school like Brown, roommates may come from completely different backgrounds. And experts say that in the past more students arrived at college accustomed to sharing a room with siblings. Today, more teens grow up having their own rooms.

Nonetheless, students and administrators say that even roommates with big differences can usually tolerate and even enjoy living with each other by following a few guidelines.

- Don't lie on the housing sheet. After notifying a college that they plan to attend, students typically receive a form asking questions like whether they smoke, stay up late and like to keep their room neat. The forms are intended to head off the most predictable lifestyle clashes. But administrators say they never cease to be amazed by the number of students who let their parents fill out the form — or who fill it out with their parents looking over their shoulder.

"If you are a messy person, go ahead and indicate that," says Carol Casey, associate dean of student affairs at Rhodes College in Memphis,

Tenn. "If you don't and you happen to get into a room with a neat freak, that can cause immediate conflicts that could have been avoided."

As for parents, "they're better off having their kids tell us they smoke even if they don't want to deal with it," said Aaron Fetrow, dean of campus life at Guilford College in North Carolina, and a veteran of residence-life positions at several other schools, including the University of Tennessee.

- Don't be disappointed if your roommate doesn't become your best friend. Often, people who aren't great friends make great roommates. Great friends make bad roommates if personal issues get entangled in roommate issues.

That's why many colleges discourage students from living with a high school friend, though they may offer the choice. Fetrow says that discourages meeting new people, and often backfires.

- Communicate, early and often. "You don't have to like the person you're living with as long as you can communicate what you need and they need," said Allison Lombardo, another Brown student and author of the book "Navigating Your Freshman Year" in a series called "Students Helping Students" (Natavi Guides). "Passive aggressiveness usually doesn't help."

Honesty gets problems dealt with before they become serious.

"If somebody was doing something in the bathroom or

one of the common areas that didn't work well (for the other suitmates), we had to make the issue public right off the bat," said Emily Christianson, a recent University of North Carolina graduate who says she made a difficult relationship with one roommate freshman year work tolerably well. "Otherwise it would fester."

- It's possible to be too nice. "I think a lot of times people tend to be really overly courteous," Christianson said. "You have to be very realistic with this person. It's not like a regular friend."

Gordon remembers a period of artificial civility before things got bad with his roommate.

"We were probably too respectful of one another, not doing anything without asking each other," he said. "Hey, can I turn on the TV? Can I turn on the radio? Does this light bother you?" But beneath the surface, bigger issues were lurking. Best to get them out.


When roommates can't work out problems themselves, resident advisers or residence life deans may try to help with some kind of contract, so that at least both parties know what the other expects.

"It usually involves a trade-off: 'I'll stop burning incense if

you stop leaving dirty underwear on the floor," Fetrow said.

But sometimes it's just oil and water. While most schools discourage the practice, there are always a few cases that require a mid-year room switch.

"There's a point where it's just so different it's not going to happen," he said.



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## Help wanted: Preservationist for S.C. black history

THE ASSOCIATED PRESS

CHARLESTON, S.C. — Hoping to do more to preserve and promote South Carolina's black history, a state agency has set out to hire a specialist to help identify historical sites, structures and cultures.

About two dozen people have applied for the job, which was posted Aug. 5, at the Department of Archives and History. The agency is conducting a regional search.

The state has done little to preserve South Carolina's black legacy, said agency director Rodger Stroup.

Of the state's 1,000 official markers, about 60 designate black historical sites, he said.

"We haven't had anyone with a specialty in that area," he said. "There's a need for more detailed information about the history of African Americans than anybody on our staff has."

The department has worked for about seven years to get state legislators to fund money for the position, but budget forecast had been bleak until this year, Stroup said.

The full-time position will pay \$30,000. Stroup said the heritage coordinator will help communities understand and record their histories. Much of black history has been oral, rather than written. Prior to the Civil War, it was illegal to teach blacks to read and write in South Carolina, he said.

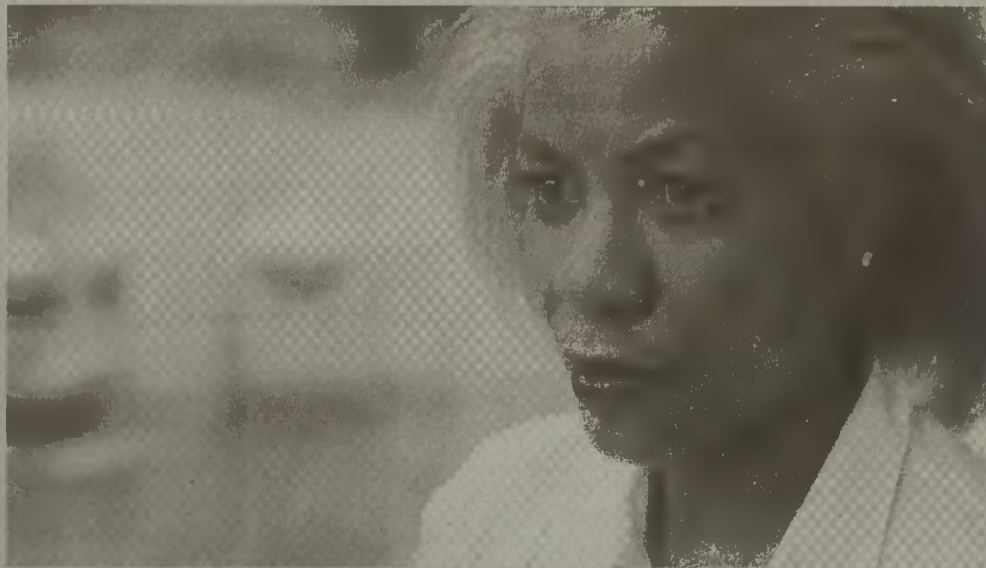
"As older folks pass away, we need to capture that history now or it's lost," Stroup said.

The coordinator also will work with the African-American Heritage Commission, a 15-member group that tries to raise awareness of the state's black history. Stroup said the coordinator will keep that all-volunteer group moving forward.

When he saw the job posting, Michael Allen, an education specialist with the National Park Service who also has served as commission chair, said he immediately sent it to his friends and colleagues.

Commission chairwoman Jannie Harriot said she wanted for years to have a black heritage expert in Columbia. With the commissioners serving as volunteers, a full-time worker is needed to focus on saving a big piece of state history that's been overlooked, she said.

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