

It will be mostly cloudy today with a 100 percent chance of rain decreasing to 70 percent by this evening. High today will be about 45, low tonight about 32.

The Daily Tar Heel

The Heels dropped this week in the UPI poll, but Virginia moved up, and Duke entered the poll for the first time this year. See news briefs on page 3.

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Jack Frost paints the town

Jack Frost may not be nipping at your nose, but he has left his mark on Chapel Hill. The recent winter storm produced a variety of winter art, such as the frost and icicles on these holly bushes. Staff photo by Billy Newman.

Cohen may ask Ma Bell to list student addresses

By MICHAEL WADE
Staff Writer

Chapel Hill Alderman Gerry Cohen said Thursday he may file a complaint with the State Utilities Commission against Southern Bell Telephone Co. for what he called discrimination in address listings in the company's 1978 Chapel Hill phone book.

Cohen said the address listings discriminate against renters and on-campus residents because they do not list apartment numbers or dormitory room numbers, while street addresses are listed in full.

Cohen said a utilities commission attorney told him that Southern Bell's stated policy is that it will not list any building or room numbers in telephone-book address listings.

Cohen said the company either would have to list numbers for dorm and apartment dwellers or not list street addresses for any residents to avoid discrimination.

Mike Carson, Chapel Hill district

manager for Southern Bell, said he has received no complaints from subscribers about the listings. "I have had absolutely nobody complain about it other than Alderman Cohen," he said.

Persons living in houses have their full addresses listed, Cohen said. He added that persons living in apartments which use street addresses, such as Foxcroft Apartments, also have their full addresses listed in the phone book.

Carson said that specific addresses were provided for houses because Bell has not yet standardized the format for the Chapel Hill phone books.

Cohen said Bell's policy of eliminating building numbers apparently is enforced against on-campus and apartment dwellers and not against faculty members, whom he said had office room numbers on campus listed along with their home addresses, in some cases without their request. "Southern Bell's claim that they wouldn't discriminate against students is totally blasted away by what they've done in the phone books," Cohen said.

May be health hazard

Dangers of fad diets revealed

By MEREDITH CREWS
Staff Writer

To most dieters, the problem with trying to lose weight is "rabbit food" — tasteless, unexciting goodies like celery, lettuce and carrots.

Diet manuals may exclaim how wonderful it is to substitute rabbit food for chocolate mousse, but many overweight persons are bored with balanced weight loss plans and often turn to dangerous fad diets.

The overweight person, who likes lettuce only when it is piled under mounds of ham and bacon bits, is a perfect candidate for fad diets, some of which have been associated with illness and death.

According to *HEW News*, the liquid protein diet has been linked to 31 deaths and 102 illnesses. The diet presently is being investigated by the Federal Drug Administration (FDA) and a proposal has been made to require warning labels for protein supplement diets.

Ann M., who asked that her name not be used, said she recently lost several pounds on the liquid protein diet but stopped when she heard of the danger involved.

"I lost 10 pounds in a few weeks, but I decided to give it up because it's better to

be overweight by 20 pounds than to be dead," she said. "What scared me was that I heard young people died, even though that had no previous heart conditions or family histories of heart failures."

The liquid protein diet, however, is not the only potentially dangerous weight reduction plan.

Deaths also have been associated with the Zen Macrobiotic diet, and illnesses have occurred in persons following Dr. Stillman's high-protein diet (known as the water diet) and Dr. Atkin's high-protein, low carbohydrate diet.

Cindy Arnold, a nurse at Wake Memorial Hospital in Raleigh, said she was on Stillman's diet for several days and had unpleasant results.

"It was horrible," Arnold said. "I drank eight or so glasses of water a day, ate a lot of meat and felt like I was going to die."

"I was nauseated, had diarrhea for a week and felt bloated," she said. "I was still in school then, and I missed a few days of class because I was too weak to get out of bed."

A Duke University News Service release quoted Dr. Sue Y. S. Kimm, a nutrition expert, as saying she did not recommend the diet for anyone, especially persons with kidney or liver

Many ingredients necessary for survival

Restaurateurs discuss recipe for success

By PALMER HILL
DTH Contributor

As you walk through the swinging glass doors you are greeted by Beatles music. The floors, tables, bar and walls and wooden. The room is dimly lit by Victorian lamps. Old-fashioned posters hang on the walls: pictures of Mary Pickford and advertisements for Pears soap. Waiters in white shirts and black bow ties scurry back and forth with trays of beer and plates of food. The front of the building is glass, and the customers sitting behind it have a good view of the passers-by. The clientele ranges from college to middle age. The place is Spanky's on Franklin Street in Chapel Hill.

Spanky's is one of 20 restaurants that opened in the Chapel Hill-Pittsboro area between January and October of last year, while 22 closed and 107 remained open, according to the Orange County Health Department. One out of four restaurants in the state close each year, according to T. Jerry Williams, N.C. Restaurant Association executive vice president. "The restaurant business has the highest mortality rate of any industry in the country," he said.

What makes running a restaurant such a challenging

proposition? The North Carolina liquor laws, which forbid the sale of mixed drinks, and in some cases wine and beer, are one disadvantage to restaurant owners in the state.

"It's tough to make a buck in the restaurant business without liquor," said Craig Joy, owner of Harrison's and Spanky's, both on Franklin Street in Chapel Hill. "Having to pay the waiters and cooks makes the profit picture no good for a place that just serves food."

Bill Neal, owner and cook at La Residence on Highway 15-501 near Pittsboro, agreed. "You can't do good food and make a lot of money at the same time, not with the liquor laws," he said. Most of his customers bring their own wine to drink with their meal because La Residence is in dry Chatham County.

Finding steady help is the biggest problem William Piscitello has. He owns and runs Breadmen's on Rosemary Street in Chapel Hill, which is open all night on weekends. "It's hard to find a person around here who wants to make cooking or waiting tables their career," he said. "Most of the people I end up hiring are college students who want to stay only a few months."

Sadlack's, a sandwich restaurant that opened this

fall, also employs mostly students, but owner Don McLennan said they are an asset to business. "I try to keep the help college-aged even though one of my biggest problems is working out their schedules. They have a better rapport with the customers, which definitely helps."

Finding reliable employees is no problem for the Rathskellar and the Ranch House in Chapel Hill, according to Robert Brooks, supervisor of the two restaurants. "We've got waiters and cooks who've been here for 18 years," he said.

Tom Meyer, a student who has worked part-time in restaurants for the last three years, has some ideas about why persons go into the restaurant business.

Meyer considers organization the biggest problem for all restaurants, large or small.

"If things are unorganized you don't feel good about the job you're doing," he said. "If you have the idea that the place is run competently, then you feel proud to be working there."

Meyer said having one single person responsible for the running of a restaurant is a prerequisite to smooth operation. He said he thought the group management system at some restaurants alienated the employees.

NCMH to spend nearly \$5 million for additions

By ROBERT THOMASON
Staff Writer

North Carolina Memorial Hospital officials plan to spend approximately \$5 million to upgrade hospital fire prevention and life-saving systems, according to a spokesperson.

The improvement is needed because the Joint Commission of Accreditation of Hospitals found the NCMH systems substandard when it reviewed the hospital in November 1976. JCAH gave the hospital a one-year accreditation, instead of the usual two-year accreditation, because of the deficiency.

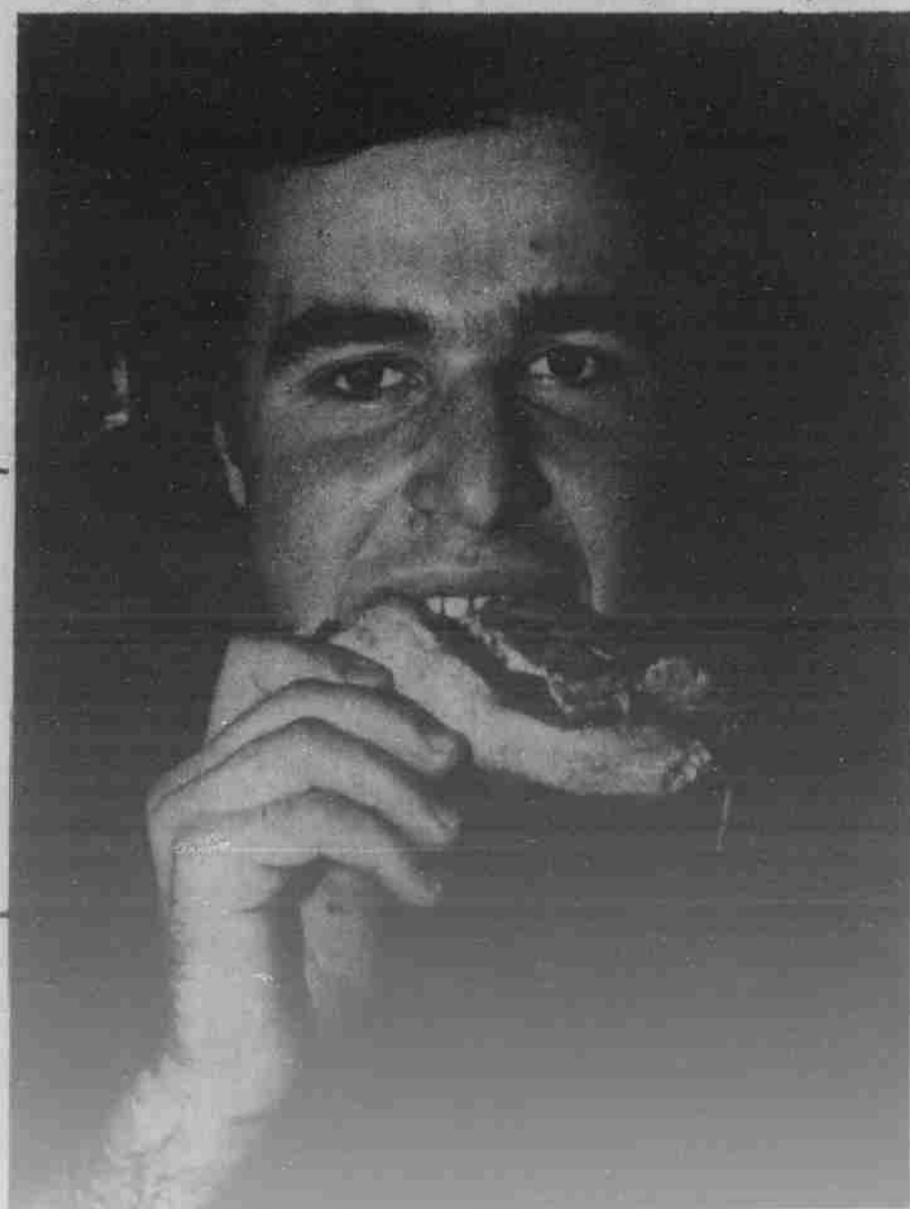
NCMH has \$2 million worth of improvement projects underway now or starting soon, the spokesperson said. Another \$3 million will be needed to complete the improvements.

Because the hospital does not have that \$3 million now, the completion date for the modernization project is not known, he said.

Although JCAH rating carries no official or legal binding, the spokesperson said medical students would stay away from a hospital as a training place if the hospital were considered substandard.

The spokesperson said JCAH had planned to review the hospital in November but failed to do so. He said the hospital expects the review to come later this month.

See NCMH on page 3.



It's dinners without the delights of gooey pizza and cold beer that dieters despise. Yet many people are turning from dangerous fad diets which promise treats like this to the more traditional lettuce-and-will power formula. Staff photo by Billy Newman.

"Eating fads and miracle diet books make a lot of money for authors and certain retail stores but seldom help the consumer stay slim," Kimm said. "They attract wishful thinkers because they promise something for nothing more than their price."

Dr. Robert Linn sold 3 million copies
See DIETS on page 3.