

# Goldfish, birds best choice for students

By LISBETH LEVINE  
DTH Staff Writer

Leaving a favorite pet at home can be a traumatic experience for many students. As Julie Kahn, a freshman from Clearwater, Fla., said, "I miss my dog, Rico, as much as I miss my parents."

Although keeping a dog at school may be either impractical or forbidden to many students, there are several types of easy care, space conserving, alternative pets that can bring their owners much enjoyment and might even help to brighten up the room.

According to the *Room to Live* booklet, "Residents and their guests shall not keep pets in a room (except goldfish)."

Phil Gladden, manager of Pet-Go-Round in South Square Mall, said, "The best pet for a student as far as versatility, low cost and easy maintenance is an aquarium."

Lynda Best, a Chapel Hill resident who works at Dubey's Pet World in University Mall, pointed out that goldfish have a large advantage over tropical fish because they don't need a filter system. Goldfish are also inexpensive and can be kept in almost any glass bowl.

"The two most common mistakes people make with goldfish," said Richard Poole, an assistant manager at Coral Seas Aquarium & Animal World in Raleigh, "are overfeeding the fish and changing

the water all at once. By changing all the water, you are putting the fish into a totally new environment, which often puts them into a state of shock."

Poole advised putting gravel in the bottom of the bowl to help keep the water clean and changing one-third of the water every four to five days.

To set up an aquarium with a filter for tropical fish, Best estimated that it would cost between \$50 and \$75.

For students who live in apartments, many other pets can be kept in aquariums.

"Tarantulas will thrive in an aquarium, and they're lots of fun at parties," Poole said. An average tarantula will cost between \$12.95 and \$24.95. They require almost no care; all they need is a few crickets every couple of days.

"And you don't have to be afraid of them," Poole said. "They're no more poisonous than a bumblebee."

Lizards need only an aquarium lined with gravel, some driftwood, and crickets, worms or insects to eat. Poole said the only problem was keeping them warm; their environment must be 78-80 degrees. Lizards cost between \$7.98 and \$35.

For the nonsqueamish, snakes are another low maintenance aquarium dweller. Most varieties will eat rats, and some,



Looking for a nice pet? How about a good investment ... this boa constrictor's value increases with his size

like boa constrictors, may be a good investment. Phil Gladden said he quadrupled his money on a boa constrictor because boas' value increases with their size.

If one is willing to put some extra time and effort into a salt water aquarium, crabs and sea horses make interesting pets.

"Hermit crabs will eat just about anything, including peanut butter," Gladden said. Hermit crabs cost about \$1.99, and sea horses are \$8 at Dubey's Pet World.

Bandit eels also require salt water and cost between \$20 and \$25. Best said she considered them "beautiful creatures."

"Their coloring and the way they slither a round is fascinating," she said.

Small birds are well suited to an apartment, although some species are friendlier than others.

"Love birds are terrified of people," Best said.

"The greatest pets in the world are cockatiels," commented Mark Yost, a senior at UNC who works at Dubey's Pet World. Cockatiels cost from \$69 to \$129 at Dubey's.

Yost said the birds had a 15-20 year life span, and a very large cockatiel can live to be 150 years old.

Yost estimates that it costs about \$40 for a good cage and the necessary equipment. The birds require birdseed and water that is vitamin enriched.

Poole said, "Cockatiels give you a lot more company. You can take them out of their cage, play with them, teach them to talk. It's like having a dog, but without the maintenance problems."

# Dorm pets a no-no

By RANDY WALKER  
DTH Staff Writer

"Dorm residents shall not keep pets in a room (except goldfish)," according to University Housing regulations.

But for some people, a fish just isn't exciting enough. UNC students have kept dogs, cats, hamsters, gerbils, snakes, lizards and birds in dorm rooms, says Jody Harpster, associate director for Residence Life.

"You could put gerbils in an aquarium and slide it under your bed and no one would ever see it," Harpster said in an interview Wednesday. "Usually the big animals, dogs and cats, are the ones we hear about. People complain because they're allergic to the animal, or it makes too much noise."

But sometimes quieter animals cause trouble, Harpster said.

"In the case of a fear-inducing animal — a boa or a tarantula, for example — people will call and say, 'I won't tell you my name, but there's a 6-foot boa in room so-and-so.'"

Harpster told of one such incident on South Campus earlier this year.

"It was the Mystery of the Empty Tarantula Cage. A guy had a tarantula that people were terrified of. Although everybody knew it was there, no one could ever find it."

"Eventually, the story came out from his suitcases. Someone was warning the resident. Every time someone knocked on the door, he picked it up and put it in a drawer."

Tarantulas are fairly rare in dormitories, but the most unusual pet Harpster remem-

bers was a bird.

"Someone in either Scott Residence College or North Campus had a cockatoo. The white bird named Fred that Baretta had on TV, that was a cockatoo. They can easily be three feet long."

"What happened was, early in the morning it would wake up — 5:30, 6 a.m. — because it wanted to be fed. It wasn't that people didn't like it, but it was definitely disturbing their sleep."

The Housing staff does not go door-to-door searching for pets. In an average semester, there are no more than a dozen pet incidents, Harpster said.

"We do everything we can to protect the privacy of the individual. The reason we do it (prohibit pets) is because of health laws."

Students hardly ever make trouble when Housing discovers their pets.

"Ninety-nine times out of 100 the students are really cooperative," Harpster said. "We ask them to get it out and they usually always do."

Although he can't know for certain, Harpster said he believed pets in dorms are relatively rare.

"I honestly don't think people have that many pets. Most college students have such active lives, a pet would be a nuisance.... It may not be a nuisance to one roommate, but the other doesn't want to smell rabbit pellets or hear gerbils running in their wheels at 3 in the morning."

Nevertheless, some students will go on keeping pets. But we're not likely to see a horse grazing on Morrison lawn or an elephant foraging around Forest Theater.

"I've never heard of a rhinoceros, or giraffe or alligator," Harpster said.

## Educators speak on health

### Students' questions answered on dietary habits

By DON ROSE  
Special to the DTH

**Editor's note:** This column is sponsored by the health educators at Student Health Services and answers students' questions concerning any aspect of health and preventive medicine. Questions can be dropped off at The Daily Tar Heel office, the Health Education Suite of SHS, or phoned in (966-2281, ext. 275).

**Q. My roommate wants to be a vegetarian. Is that a good idea?**

**A.** First of all, there are three types of vegetarians:

1) lacto-vegetarian: abstinence from all animal products except milk products (cheese, milk, yogurt);

2) ovo-lacto-vegetarian: abstinence from all animal products except eggs and milk products; and

3) vegan: abstinence from all animal products.

Eating vegetarian provides positive development in race relations.

"There is more to education than reading and writing," he said. "Children must be educated across racial and cultural lines."

"The forces who fail to understand this fail to understand a key ingredient in good race relations," he said.

etary changes (less saturated fat, less cholesterol, more fiber) and cheaper food bills. However, a vegetarian, especially a vegan, has to be careful in planning meals so as to get all the essential vitamins and minerals from a variety of foods. Before exploring vegetarianism, read about what it has to offer, what is required to make it work, and whether it fits your lifestyle.

**Q. I am an overweight male who wants to lose some weight. It seems that all weight control groups are for women. How about me?**

**A.** There is one weight control group for men only: The Student Health Services is offering a four-week "Holistic Weight Management Workshop" emphasizing positive lifestyle behavior in a supportive group setting. Enrollment will be limited to UNC male students less than 25 pounds overweight. The group will meet four consecutive weeks beginning Monday, Oct. 12, through Monday, Nov. 2, 10:30 a.m. to noon, in Student Health Services, Health Education Suite (2nd floor). To preregister, call 966-2281 (ext. 275) to arrange for a pre-screening interview.

**Q. What is anorexia nervosa?**

**A.** Anorexia nervosa is a psychological eating disorder which usually affects adolescent and young adult women. Females with this disorder are characterized by the following features:

- 1) self-enforced strict eating;
- 2) fear of being overweight or obese and perceptual abnormalities about self-appearance;
- 3) brief periods of excessive eating followed by self-controlled vomiting;
- 4) amenorrhea (decreased menstrual flow); and
- 5) behavioral abnormalities, especially in relationships with domineering mothers who attach great significance to weight and appearance of daughters.

Because of their decreased food intake, these young women are thin and emaciated but still perceive themselves as fat. When their obsessive-compulsive behavior drives them to the point of extreme weight loss (25 percent to 40 percent below ideal body weight), their condition becomes a medical emergency.

## Saturday bus times altered

The Tar Heel Express, Chapel Hill Transit's bus shuttle service to home football games, will operate on a revised schedule Saturday to accommodate the earlier kick-off time for the UNC-Boston College game.

The service will begin at 10:30 a.m. with buses leaving the Kroger Plaza, Airport Road, and Glen Lennox parking lots.

Buses will leave each lot every 10-15 minutes between 10:30 a.m. and noon.

The fares for the service will be the same as usual, \$1.00 for adults, 75 cents for youths, seniors, or handicapped individuals, with additional discounts for passengers showing a valid Chapel Hill Transit pass.

The start of the game has been moved from 1 p.m. to 12:20 p.m. because ABC plans to televise it.

The Bottom Line takes a lighter look at the news. Look for it every Tuesday and Thursday on the editorial page of *The Daily Tar Heel*.

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**CAROLINA SPORTS**  
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**THIS WEEKEND AT UNC**  
—SATURDAY—  
1 p.m. Football vs. B.C. — Sold Out —  
3 p.m. Field Hockey vs. Va Tech  
Hinton James Field

**Hardee's**  
213 West Franklin St. &  
1800 Chapel Hill-Durham Blvd.  
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**The fear of cancer is often fatal.**  
**American Cancer Society**

## Saturday morning with the classics

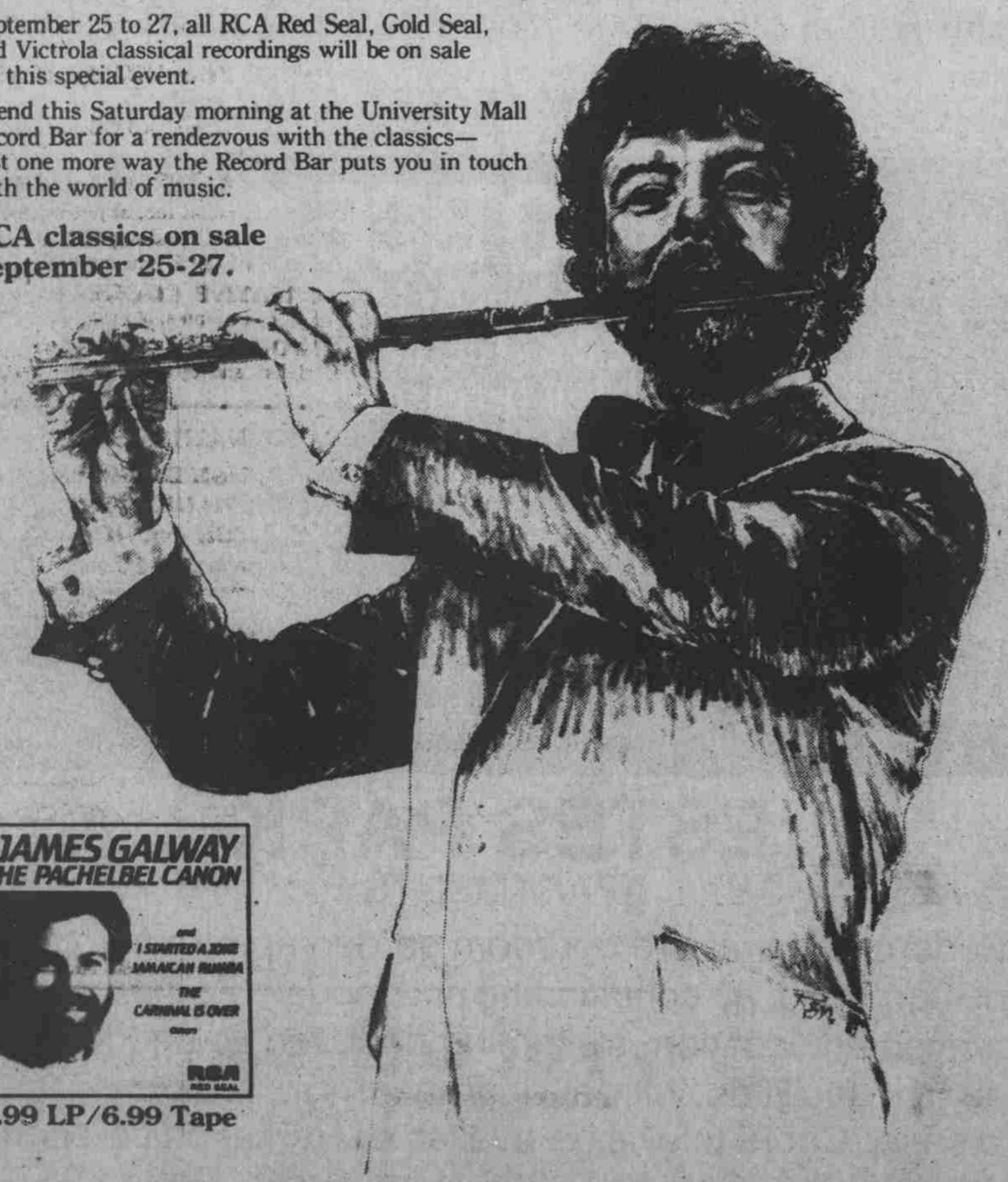
Spend Saturday morning between 10:00 and 12:00 at the Record Bar in University Mall as we devote two hours to the classics.

Here is your opportunity, in an unhurried, pleasant atmosphere, to audition new releases like Pachelbel's *Canon*, interpreted by RCA recording artist James Galway.

September 25 to 27, all RCA Red Seal, Gold Seal, and Victrola classical recordings will be on sale for this special event.

Spend this Saturday morning at the University Mall Record Bar for a rendezvous with the classics—just one more way the Record Bar puts you in touch with the world of music.

**RCA classics on sale September 25-27.**



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# Get a new slant on math.

"The Texas Instruments new TI-40 and TI-55-II calculators have angled displays for easy-to-see-answers."

The slanted display makes these calculators easier to use at arm's length—and that's just the beginning. The economical TI-40, with built-in functions like trig, stat, logs, roots, reciprocals and more, will help you through math and science courses—especially since it comes with the informative book *Understanding Calculator Math*.

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