

The Daily Tar Heel

Breezy come, breezy go
Partly cloudy, breezy and warm today with a high in the mid 70s.

Carolina Symposium

The film *Education and the Mexican American* will be shown today at noon and 1 p.m. in 226 Union as part of the 1982 Carolina Symposium.

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Professional programs hard on students

Editor's note: This is the second of a two-part series on student mental health.

By NANCY RUCKER
Staff Writer

Law, medical and dental students are determined to withstand intensive professional programs lasting a minimum of three years beyond undergraduate study. The rewards for such careers include financial security and prestige.

But the rigorous curriculum, with added stress and pressure, often takes its toll on students.

"The pressure more or less stays with you the whole year, and gets almost unbearable at exam times," said a second-year UNC law student who asked to remain anonymous. Since exams are given only at the end of each semester, students have no regular feedback on their comprehension of the material they study. "It takes about a week

after exams to become human again," he said.

Tom Trujillo, assistant dean of the UNC School of Law, said the law school image was somewhat exaggerated. "Some of the stress is caused by a student's own expectations ... that it has to be very hard and a grind," he said.

Most first-year law students were used to being at the top of their classes as undergraduates, but now are receiving their first C's, he said. "Not everyone can be at the top of their law school class, and that causes stress."

First-year student Kim Fox, 24, agreed. "We all come into law school thinking we're pretty smart, and everyone else is at least as smart as you are," she said.

A student adviser program was initiated two years ago for upper classmen to help first year students, Trujillo said. Dr. Myron Liptzin, director of Mental Health Service, trained the advisers "to recognize stressed students, those who are feel-

ing isolated or alienated or a little out of it," Trujillo said.

It seems that formal stress-reducing programs are seldom used by students. In 1978-1979, only 2.4 percent of all law students visited Mental Health Service.

"It may be they're so stressed they don't have time to go to a stress-diminishing program," Trujillo said.

But a second-year student said that part of going to law school was dealing with pressure, and to talk with professional counselors "may be admitting defeat."

While law school lasts three years, medical school requires four years of formal training followed by several years of internships and residency.

The first two years, which cover basic sciences and review of systems (physiology, pathology, etc.), "is still like undergraduate work: you learn

new material and perform well on exams," said second-year medical student Joel Lilly, 24.

Yet fourth-year medical student Stan Wilkins, 28, said that trying to learn the sheer volume of new material in the first two years "is like trying to get a drink of water from a fire hydrant. Chances are you'll never learn it all."

Third-year medical student David Sultzer, 27, said the stress he and his colleagues experienced changed from "competitive-paranoid-guilt, (stress) to overworked-loss of normal life-guilt (stress)." He said the guilt came from "not doing what you're supposed to be doing."

"The third year is the worst because you start working in the hospital. You have so many different things to do that you haven't done before," said fourth-year student Fred Wilson, 27. The third-year student is responsible to patients and the attending physician, "not to mention yourself who always takes last priority," he said.

The author of a recent *New England Journal of Medicine* article on effects of stress on physicians, Jack D. McCue, chief of the Internal Medicine Teaching Program at Moses H. Cone Memorial Hospital in Greensboro and associate professor at UNC School of Medicine, said that medical training had very little to do with what students encountered in practice.

McCue said the "ivory tower existence" at many university medical centers meant the students focused on patients with "complex medical problems requiring high-tech care," while in reality the private physician spent his time in an office dealing with patients with minor problems who expected an emotional response from their physician.

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Michael Kimerling and friend Curtis from Murdoch Center ...here they learn that kite-flying is harder than it looks

Murdock Center relies on volunteer assistance

By SUSAN HUDSON
Features Editor

College is not the only place where students can learn. About 35 volunteers from UNC-Chapel Hill spend two hours a week teaching and learning from the moderately to profoundly retarded residents of the Murdoch Regional Retardation Center in Butner.

Although there are 1,500 employees at the center to provide supervision and care, it relies on volunteers for special one-to-one attention for the residents, which number nearly 1,000. On the UNC campus, volunteers are organized by a special committee of the Campus YMCA, co-chaired by David Morris and Mike Kimerling. Both Morris and Kimerling were volunteers at Murdoch Center last year and each spoke eagerly of his experiences there.

"It's not like a prison," Kimerling said. "There are special facilities for the blind and multi-handicapped."

"There is an emphasis on therapy," Morris said, citing examples of speech, physical and occupational therapy.

There are many different jobs for volunteers at Murdoch Center. Some of the residents need a companion, someone to write letters for them or just to talk with. Kimerling told a story about a new volunteer who underestimated the understanding capabilities of a Murdoch resident.

"He kept asking him, 'How are you feeling? How do you like the weather?' and getting no response. Finally the guy pointed to these words on his word board: 'Don't ask me any more stupid questions.'" The volunteers may also help the residents develop their motor skills. "You can be really creative," Kimerling said. He designed an obstacle course for the residents to help build coordination and confidence. "I also liked to fly kites with them," Kimer-

ling said. "Of course, I spent half my time untangling them."

The behavior modification that volunteers and professionals practice with the residents culminates in "mod" points. These points are awarded to residents for social behavior such as cleaning their rooms or keeping their clothes neat. The residents accumulate points and exchange them for second-hand records, posters and other items at the "mod shop."

"More moderately retarded people learn skills better in group homes," Kimerling said. But for several reasons the moderately to profoundly retarded residents of Murdoch Center have come to Butner from 16 North Carolina counties.

"They've outlived their own families or the families can't afford to keep them," Kimerling said. "Sometimes there's a conflict within the family or the families can afford to keep them but choose not to."

Volunteers also come from all over North Carolina to Murdoch Center. Many are students from UNC, Duke, N.C. Central or N.C. State Universities. Terry White, a volunteer at Murdoch, said she got interested in the Center through a Psychology 80 class about behavior disorders.

"It's fantastic," she said. "Just seeing the smiles and knowing you might be doing something for them."

Larry Kinkaid, Director of Volunteer Services at Murdoch Center, addressed potential volunteers at a recent meeting. Kinkaid emphasized the benefits to be gained by both residents and volunteers. "It's not just what you can do for them, it's what they can do for you," he said.

"Most people are apprehensive about working with the mentally retarded," Rita Blanton, Murdoch volunteer, said. "I expected the worst and was pleasantly surprised," she said.

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CGC may make more budget cuts

By ALISON DAVIS
Staff Writer

The Campus Governing Council Finance Committee may have to make additional cuts in funding requests after the budget hearings and April 13, Finance Committee Chairperson Charlie Madison (District 23) said Thursday.

"Every year the Finance Committee has to go back and whittle down some more because we've never done it (the budget process) before and we like to be generous," he said.

"At the beginning we don't make too many cuts. It may be that we're top heavy (allotting too much)."

The Finance Committee cut a total of \$23,739 from the budgets of the 13 groups it reviewed in its first five meetings. The groups' requests totaled \$152,981 and allocations recommended by the Finance Committee added up to \$129,242.

Budget requests from all 33 organizations being considered for CGC funding totaled \$310,134. Madison said he did not

know exactly how much would be available for CGC allocation.

"We're estimating," Madison said. "We know we have \$208,000 from fees (Student Activities Fees) and at least \$10,000 from the general reserve. But we don't know how much money we're going to have for the summer (student fees)."

Of the 13 budget requests reviewed so far, only two have received no cuts. These were the Judicial Branch's requests for \$3,050 and Phi Eta Sigma's request for \$838 for publication of its course review.

Groups receiving the largest funding cuts so far were the Student Consumer Action Union and *The Phoenix*. SCAU requested \$23,994, but the Finance Committee recommended it receive \$16,788—a reduction of \$7,206. The allocation recommended was \$3,262 less than SCAU received last year.

The Phoenix, which requested \$21,900, was recommended to receive \$13,156—\$1,390 less than it received last year.

The *Cellar Door* budget also underwent substantial cuts. Although the magazine requested \$3,906, the Finance Committee recommended allocating only \$2,032 to the literary publication, cutting its requests by \$1,874.

Several campus organizations were recommended for allocations substantially larger than those they received for 1981-82 year: the Fine Arts Festival, Campus Governing Council, Student Government Judicial Branch, Student Government Executive Branch and the Sex Education Counseling Service.

The Finance Committee recommended that the CGC be allotted \$1,400, almost twice as much as it received last year. The

recommended allotment was \$100 larger than CGC request.

Rape Assault Prevention Escort was also recommended for an allotment \$100 larger than it requested. RAPE asked the CGC for \$990; the Finance Committee recommended it receive \$1,090.

Two of the Executive Branch's three programs—the Carolina Course Review and Project Uplift—received low priority ratings in the CGC qualitative reports.

But the Finance Committee recommended that the CGC allot \$49,120 to the Executive Branch, about \$8,000 more than the group received last year. The committee cut the requests \$1,095.

SECS, which received \$2,571 for 1981-1982, was recommended to receive \$4,153.

The Finance Committee will hear the budget requests of 20 more campus organizations before the hearings conclude April 13. The full CGC will meet Saturday, April 17, to vote on the allocations.

King active in campus groups

Rhodes scholar to study abroad

By TERESA COLBERT
Staff Writer

Brewing beer, making bread and taking long bicycle trips are only a few of the activities of Caleb King, a UNC senior who recently became the 25th UNC recipient of the prestigious Rhodes scholarship.

King is a chemistry major and is attending the University as a Morehead scholar. He is active in many campus organizations, including the Campus Y, the North Carolina Fellows Program, the Sports Club Development Council and Chi Psi fraternity.

King is a member of several academic honorary groups, including Phi Beta Kappa, Phi Eta Sigma and the Order of the Grail.

As chairman of the Sports Club Development Council, King oversees the appropriation of funds "to new (sports) clubs trying to build up and older ones trying to improve."

King said he was interested in the Campus Y since he came to UNC. Y. He has worked as the head of dinner discussions and worked with the Human Relations Committee. He said his main interest in Campus Y was its Big Buddy Program.

King said he pledged Chi Psi fraternity because its members were talking about things that he was interested in and were doing exciting things.

King is also a member of the Crew Club, which will be racing in Washington this weekend. The club will travel to West Virginia and Tennessee in the future.

King cited two major advantages in being a Morehead scholar. "One thing is that I was lucky I didn't have to spend as much time working for money," he said. That left him with more time for extracurricular activities.

The scholarship also changed his summers, King said. In the past, he has summer jobs at places like the Menlo Park, Ca., police dept., "instead of mowing lawns."

The Rhodes scholarship qualifies King for two years of study at Oxford University in England. "It will give me a chance to study at an 800-year-old university," he said, as well as the opportunity to "see the tradition there and learn something about the people."

King said he planned to attend Harvard Medical School after his study in England. "They have a particularly good program (that) combines medicine with public policy."

King is planning a career in medical policy. Potential jobs are in medical policy and include academic jobs, government jobs and jobs with foundations such as the World Health Organization, King said.

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Caleb King, scholarship recipient ... the UNC senior plans a medical career

Treatment of herpes possible in certain victims' outbreaks

By LYNN EARLEY
Assistant Managing Editor

A drug being marketed next month for the treatment of genital herpes will help only some people affected by the disease, said Harold Jaffe of the Center for Disease Control in Atlanta.

People contracting herpes can be divided into two groups, said Jaffe, a clinical research investigator in the Venereal Disease Control division of the center. Half of those infected will suffer only an initial infection, he said. But the other 50 percent will suffer recurrences. The drug, called acyclovir, will be useful only in the first outbreaks of the disease.

Acyclovir, developed by Burroughs Wellcome Co. of Research Triangle Park and approved Tuesday by the U.S. Food and Drug Administration, will shorten the healing time for the initial infections, Jaffe said.

A person is contagious as long as the virus is reproducing itself in sufficient quantity to produce characteristic lesions. This is known as viral shedding.

"The drug decreases the time that the

sores are present and it decreases the time the virus is being shed by several days," Burroughs said.

Burroughs Wellcome spokesperson Joan Guilkey said the company now was conducting tests to determine the drug's effectiveness in recurrent cases.

According to a news release from the company, "Clinical investigations will continue to study the drug's effectiveness for recurrent infections. Though acyclovir has not yet demonstrated a clear-cut clinical benefit, it has been shown to reduce viral shedding in recurrent herpes sores."

Dr. Jim Peacock, of the Division of Infectious Disease at North Carolina Memorial Hospital, said genital herpes virus was a parasitic disease. "It can't live and replicate outside other living cells," he said.

The Burroughs Wellcome Co. press release stated, "the host cell becomes, in essence, a viral replicating factory." Peacock said acyclovir interrupted this process in the initial infections.

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News Briefs

Hospital tests report Reagan OK

WASHINGTON (AP) - President Ronald Reagan underwent hospital tests Thursday for a previous inflammation of the urinary tract but told reporters afterwards, "Everything is perfectly normal."

"I feel great," Reagan said upon his arrival back at the White House after undergoing about 90 minutes of tests at the National Naval Medical Center in suburban Bethesda, Md.

Speaking to reporters on the south lawn of the White House, Reagan said no medication was prescribed for him and that he did not expect to have to return to the hospital.

Report cites Social Security woes

WASHINGTON (AP) - Social Security's trustees today warned Congress that unless it acts soon the system will be unable to pay benefits on time to retirees and survivors beginning in July 1983.

The trustees, three members of President Ronald Reagan's Cabinet, said in their annual report to Congress that the recession and high unemployment had made the short-term outlook for Social Security significantly worse than was estimated last year.

Spring snowstorms blanket West

(AP) A chain of spring storms piling snow to the eaves of mountain chalets and killing three people in an avalanche unloaded another blockbuster Thursday, blocking highways and causing accidents from California to Idaho.

Hundreds of people were trapped in mountain cabins, some running low on food, waiting for snowplows that were fighting a losing battle with wind whipping snow already 16 feet deep in places.