

# The Daily Tar Heel

90th year of editorial freedom

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## After Beirut

With the evacuation of Palestine Liberation Organization soldiers from Beirut nearing completion, the major problem now facing the United States, Israel and the Arab world is finding a solution that will bring about a stable and permanent peace in the Middle East.

Two objectives must first be met: the complete removal of all foreign forces now occupying the war-ravaged country of Lebanon; and the start of negotiations to solve the question of Palestinian self-rule.

Most pressing is the immediate need to establish an autonomous Lebanon, free from the divisions brought on by the occupation of the country by Israeli and Syrian troops. Lebanon's population, part Christian and part Moslem, already is in political conflict, and the task of setting up an independent, neutral and stable country there will be difficult for its new president, Bashir Gemayel. The United States, with the help of special envoy Philip Habib, must take it upon itself to hammer out a withdrawal agreement that will allow Lebanon to begin rebuilding itself after the recent fighting.

Complicating the problem is Israel's steadfast refusal to leave the country until all the Palestinian soldiers have been removed, and until the Syrian troops have withdrawn. Syria, in turn, refuses to leave until Israel pulls out. Until both reach an agreement to withdraw from the country, no stability is possible for Lebanon.

Once Lebanon is given a chance to work out its problems with no outside interference, the United States can begin to press for negotiations to solve the problem at the heart of Israel's invasion of Lebanon: the question of self-rule for the Palestinians.

Such a plan obviously will be difficult to negotiate, but is a necessary prelude to future peace talks. Then, and only then, can talks begin with the ultimate goal to find a place for Palestinians in the Middle East.

In the haste to end the fighting between Israelis and PLO guerrillas, fighting that has reduced Beirut to a pile of rubble, the Palestinian problem of self-rule seems to have been overlooked by Israel. Thus, it is up to the United States to press for a solution.

President Ronald Reagan has made it clear that he recognizes the current dilemma. Secretary of State George Schultz recently called for a revival of the Camp David peace talks, with Palestinian autonomy the eventual goal. The Camp David accords, reached three years ago, provide a framework for a possible settlement.

Under a portion of the plan never implemented, Egypt, Israel and Jordan would set up a "self-governing" authority on the West Bank and Gaza Strip for the Palestinians during a five-year transition period. After that period, talks would be held to determine the final status of the Palestinian state.

Basic differences remain between how Arab countries and Israel interpret this plan. Israel refuses to accept the PLO as a representative of the Palestinians. And Israeli Defense Minister Ariel Sharon said Friday that Israel would never accept a Palestinian state on the West Bank.

Before such negotiations can begin, the Israeli and Syrian troops now occupying Lebanon must be withdrawn. After that, the United States can continue the process of negotiations it began at Camp David. If any peace plan for the Middle East is to be successful, Israel must address the Palestinian problem of self-rule and agree to a settlement.

### Editor's note

## The news in Seville

Seville, Spain is a long way from Chapel Hill, but there are certain similarities, according to DTH staffers Lucy Hood and Leila Dunbar. One of those similarities is television programming. Although Spain's two networks are owned by the government, they broadcast an abundance of American movies and TV series, even if they are a bit dated. "Dallas" seemed to be everybody's favorite program," Hood said, "but they are a couple of years behind — J.R. just got shot."

"Dallas" may have made its way to Seville, but that's where the similarities end between the U.S. media and the Spanish media. Hood and Dunbar, both Spanish and journalism majors, took a sabbatical from Chapel Hill and the DTH to spend their junior years studying Spanish at the University of Seville. Once there, they quickly discovered Spanish newspapers were much different than what they were used to in the States. Many of the differences could be attributed to government interference. "Madrid's *El Pais*, the biggest paper, has been threatened by the government that it will be closed down if it prints embarrassing articles about the government, i.e., the truth," said Dunbar, who is now an assistant managing editor. "The Seville paper, *ABC*, still hasn't accepted the fact that (former ruler) Francisco Franco is dead. I'm surprised that they still don't quote him in the news."

"The papers are not very good and tend to sensationalize too often," said Hood, who writes for the projects desk. "But considering that democracy has been established for all of eight years, they are doing pretty well."

Dunbar and Hood agreed that the Spanish media were tougher on President Ronald Reagan than the American media. "Editorials criticize Ronald Reagan for being a cowboy, an actor and a lunatic who will push the nuclear button," Dunbar said. "They are more afraid Reagan will push the button than they are Brezhnev will."

While in Spain, Hood and Dunbar still had contact with the American media. They read European editions of *Newsweek*, *Time*, the international *Herald-Tribune* and, of course, *The Daily Tar Heel* (although in all honesty, it



Leila Dunbar and Lucy Hood

wasn't a European edition). "Mom was faithful in sending the DTH," Hood said. "During the first three months, the DTH was another one of those gifts from home that you guarded with your life. The DTH was read in Spain by Spaniards as well as fellow Tar Heels."

Although now 4,000 miles away from Spain, the country's influence remains with them and affects their work at this paper. "A writer is a recorder and sharer of his own experience," Dunbar said. "You can't write on something you don't know about. It has given me new knowledge to draw upon. Going to Seville helped me to look at things differently, as a reporter, as a writer and as a person."

Today's expanded sports section, *The Sports Page*, will appear each Monday. Its creation is part of an effort to bring to the paper more of the news, sports and features readers want. Other changes include a special features page, *Accent*, which will appear each Wednesday, and *World News and Briefly*, which appear daily on page 2. In addition to these changes, the name of the DTH's Thursday supplement has been changed to *Weekend*. *Weekend* will provide a calendar of the week's events and added coverage of what to do in Chapel Hill and the surrounding area.

We look forward to hearing your reaction to these changes.

John Drescher  
Editor

## Are 'miracle' pills safe?

By RACHEL PERRY

Fat — one of mankind's most difficult enemies. As the ferocious battle between thin and fat struggles on, more and more "miracle cures" are offered in lieu of good old-fashioned nutrition and exercise.

They promise immediate, miraculous and painless weight loss, with the standard testimonial of a former chubby person who lost 68 pounds in two weeks with this latest scientific wonder.

Just scan the advertisement pages of most any magazine for a dazzling display of diet aids — body wraps and suits that sweat it off, protein drinks so you can drink it off, neat little Swedish gadgets so you can work it off twice as fast and, most prolific of all, diet pills that dull the appetite and let desperate dieters stave off hunger pangs on the road to thinness.

Diet pills seem the easy way out. "Take weight off and keep it off," "just one pill before every meal will curb your appetite, you'll eat less and lose weight," the packages claim.

But the pills have generated much controversy. The Food and Drug Administration is conducting extensive research on over-the-counter diet pills, while the medical community remains divided on the questions of safety and effectiveness. Those opposed to the pills point to heart attacks, drug abuse and even deaths, while others say the products are not harmful if taken correctly.

Nearly 10 million people in the country are currently taking non-prescription diet pills, says a manufacturers spokesman. Consumers are spending about \$200 million a year on them.

Just how safe and effective are these pills?

"They are not effective at all for long-term weight loss; diet pills are a temporary crutch," said Lisa Battaglia, who runs the holistic weight management group for UNC's Student Health Service. "It's like prescribing a magic pill, but it just doesn't work that way. It's a placebo effect, also. If you think you'll lose weight with the pills, you just might."

But weight loss with diet pills is minimal at best, experts say. "One study showed that people lost on the average of one-half pound a week in programs that lasted for four weeks — that amounts to a loss of only two pounds," said Sandra Hak, SHS pharmacist. "It's hard to say it's worth taking that kind of risk for two pounds."

"Diet pill use is very common among college-age women," Battaglia said. "Being overweight is simply unacceptable in our culture, especially for younger women."

In a college town such as Chapel Hill, merchants consistently report heavy diet pill sales.

"They sell fairly well here, probably better than in a non-college town," said Ed Lowdermilk, manager of Revco Drugs on Franklin Street. "The girls are younger and more appearance-conscious here. It's seasonal, too. Around March, when it gets to be bathing suit

trim, Control, ProLamine and Appetite diet pills. "It's to help those people with overwhelming appetites control them."

But debate on the safety of over-the-counter diet pills is more heated. Opponents of the pills say their ingredients contribute to dangerously elevated blood pressure and other medical problems, sometimes even death.

Criticism centers on the common ingredient — phenylpropanolamine, or PPA — an appetite suppressant also found in many cold and allergy products. Caffeine is another common in-

gredient under the supervision of a physician.

Siegel refuted claims of negative side effects. "When a product is used as directed, there should be no side effects," he said.

But Bambi Young of the Center for Science in the Public Interest, a group lobbying to ban over-the-counter diet pills, said the stimulant effects, including potential abuse, are the main reasons the group opposes the pills.

Just one average dosage of PPA has caused heart failure and strokes, according to studies and letters the FDA has received from diet pill users across the country, Young said. Some users also have reported hallucinations and other psychotic reactions.

When abused alone or in combination with other drugs, diet pills can lead to death. An FDA official said he had heard of 15 deaths from PPA since the agency began a study about 18 months ago.

In 1979, an FDA advisory review panel determined that PPA was safe and effective at a dosage level of not more than 150 milligrams per day, although that level was reduced to 75 mg in 1981. Most pills contain a daily PPA dosage of 75 mg.

The final verdict on the safety of diet pills will not be reached for another three or four years, when the FDA completes its studies and research.

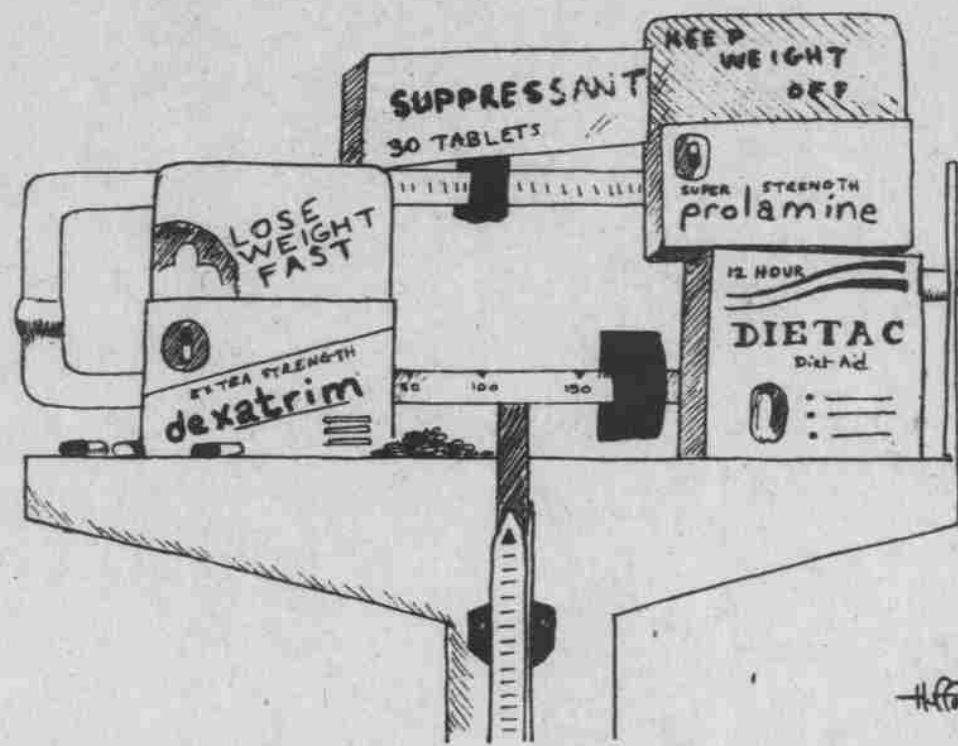
"The FDA is concerned about the safety (of diet pills) — more studies are needed to see the extent PPA induces hypertension," said pharmacist John Short, administrator for the FDA advisory panel.

Dr. Peter Mandels, medical officer with the FDA Division of Drug Experience, said he wasn't sure the pills were dangerous. "It's hard to define dangerous in this instance," he said.

Many of the PPA-connected deaths occurred after the victims had mixed the pills with other drugs and alcohol to achieve other effects, Mandels said.

The use of diet pills will remain an issue, probably even after the FDA completes its research. In the meantime, questions about potential dangers and effectiveness in weight reduction linger. The only certainty is that people will always look for quick and painless ways to lose weight.

Rachel Perry, a senior journalism and political science major from Fayetteville, is University editor of The Daily Tar Heel.



weather, we sell a lot more."

Ed Spruill, manager of Rite Aid on Franklin Street, estimated the store sold at least five — sometimes 10 — boxes of diet pills a day.

Dr. Segrid Nelius, director of the dietary rehabilitation center at Duke Medical Center, warns dieters that changing eating habits and exercise patterns is the only true way to maintain weight loss.

"People say, 'I want to take something that melts away my fat' so they buy diet pills," she said. "But they always have side effects, and no artificial solution — stapling your stomach, intestinal bypass surgery or diet pills — will work for the rest of your life."

Even the manufacturers of the pills admit that reducing caloric intake is the only way to eliminate extra poundage. "If you can stick to a diet, you don't need our product," said Dean Siegel, spokesman for the Thompson Medical Company, the manufacturers of Dexa-

gradient in many diet pills.

"PPA is a chemical stimulant," said pharmacist Joe Graedon, author of *The People's Pharmacy* books and a syndicated column of the same name. "Some of the pills say they contain no stimulants, but PPA itself is similar to amphetamines, the main ingredient of prescription diet pills," he said. "PPA should be defined as a stimulant."

Doctors have long known that PPA can cause nervousness, insomnia, restlessness and headaches, Graedon said in a telephone interview. "The safety issue is a very real one here, and there have been many questions raised about blood pressure."

The pill packages themselves usually contain a caution that people suffering from high blood pressure, diabetes, heart, kidney, thyroid diseases or depression should not take the drugs. Pregnant or nursing women, along with people more than 60 or under 18 years old, are also urged not to take the pills

### LETTERS TO THE EDITOR

## Food service shocks cynical senior

To the editor:

Today, I would like to speak on a subject that is all too near to my heart.

Food. After three years at this university, I should not be too amazed at the various remarks that, from time to time, issue forth from the administration. However, the remarks by Associate Vice Chancellor for Student Affairs James Cansler concerning the food service situation surprises even this cynical senior.

For someone who is supposed to be concerned with Student Affairs, he seems strangely unconcerned with the scam that ARA, Inc., seems to be serving up this semester. When combined with the other remarks being made on this subject by ARA officials and even Student Government types, it's enough to make even a mild-mannered type like yours truly rage, foam at the mouth, and write nasty letters to the DTH.

Cansler, in an article "ARA meal card plan causes confusion" (*DTH*, Aug. 25) was paraphrased as saying that ARA accepted a one-sided commitment with the University and its students. He further said, "They provided meals when the students wanted to eat and then gave them back their money when they didn't eat there."

A lot of "them" didn't eat there. As one of the people who bought one of those budget cards last year, I feel that I might be able to explain why.

The first few weeks of the semester last year, when there were "budget meal plans" to be sold, the service and quality of the food at the various ARA establishments across campus were satisfactory, almost good. After the marks — I mean, students — were hooked to the tune of several hundred dollars, quality took a serious turn for the worse.

Suddenly, the cheerful employees became less than enthusiastic. Some even gave up all pretense of civility. The service slowed to a crawl, and what's worse, sometimes the food seemed to crawl, too.

The suckers, uh, I mean "budget meal plan-holding students," began to flee the rapidly declining food service for the higher quality, and often less expensive, Franklin Street restaurants. They could afford to do this because they had refundable meal plans.

Now, ARA is making sure that another such defection will at least prove profitable. To spell it out, sports fans, once ARA has your \$350, \$450, or \$550, you've just lost your freedom of choice concerning food quality.

Perhaps ARA believes that with this assured income, they can offer an improved meal service. Those of us ancient enough to remember Servomation (who had such an assured income) know such ideas to be either delusion or an out-and-out fib.

No doubt, you are all waiting with baited breath for me to unveil my solution to the complex problem of food service. Well, I happen to have two.

The first one is completely practical: scrap it. The existing eateries in Chapel

Hill are sufficient for the needs of the students. Beef up the Student Stores snack bars to help take up any on-campus snack (after all, they seem to be able to make a profit). True, there will be complaints from parents who believe their little boys and girls can't manage money. In my opinion, however, if they can't, it's time they learned.

My second solution is an idealistic one, one rooted firmly in capitalism: establish on-campus competition between different restaurant chains occupying Chase, the Union Snack Bar and the Pine Room.

The next step in my idealistic plan is even more far-fetched: have the UNC Cashier or the UNC Student Stores issue a card based on the 1980-81 version of the ARA budget card. Allow students to deposit money in this card account and spend it at the UNC Student Stores. Now, give Chase, etc., to the restaurant companies basically rent free, on the condition that they tie into this card system. I would expect many downtown businesses will want to tie into this system. But, like I said, this is the idealistic plan.

The most important action to be taken on this issue is for the students to let the administration know this problem exists and must be corrected. Else, the administration will shove something down the students' throats, as usual.

Tim Champion  
N-10 Royal Oak

### Incorrect info

To the editor:

The recent article titled "Dorm Cooking Policy Causing Controversy" (*DTH*, Aug. 23) contained an important error.

Referring to the letter sent to dorm residents, the article stated I "knew nothing of the memorandum being sent to residents until the day before they were sent out." In fact, I discussed the policy change with Donald A. Boulton, vice chancellor for student affairs, early in the summer and was fully aware that changes were being discussed. Only the final memorandum was unexpected.

The cooking policy is not final and until it becomes the permanent policy of the University, controversy is bound to exist. However, incorrect information only creates confusion and is a disservice to students. Only by debating the true issues can the students help create a residence hall environment which is both safe and convenient.

Students who wish to influence the final cooking policy should call Kevin Monroe or Ellen Goldberg in the Student Government office (962-5201).

Michael P. Vandenberg  
Student Body President

### Harvard racism

To the editor:

Last Tuesday, *The Daily Tar Heel* chose to include on its editorial page an article entitled "Racism at Harvard Law School" (*DTH*, Aug. 24). The facts of the article

are indisputable and tragic enough; however, the effect of the article is to promote and to foster an attitude that the civil rights movement has achieved black equality and now serves only to promote another type of racism often called "reverse discrimination."

Obviously, Jack Greenberg is more than qualified to teach a course in civil rights litigation at Harvard Law School. But just as obviously, the recruitment of black faculty members at predominantly white universities is a legitimate concern to both blacks and whites alike. A deficiency of black faculty plagues not only Harvard, but also UNC where in the past, students of both races have sought to increase faculty diversity.

This particular case study of the overzealousness of "a group" of black Harvard law students reinforces and promotes an attitude that the civil rights movement has served its purpose and has now gone "too far." Though blacks are free to eat in public restaurants and many blacks and whites attend integrated schools, blacks still suffer preferentially in our society. While total unemployment stood at 9.1 percent in May 1982, unemployment for black males stood at 17

percent according to *Employment and Earnings*, U.S. Department of Labor, June 1982, Table A-8.

Our educational system seems irrelevant to far too many blacks. In our courts, justice often miscarries in cases involving blacks. And the black median family still suffers from years of discrimination: white median family income = \$20,502, black median family income = \$12,380 according to *Statistical Abstract of the United States*, 1981, Table 726.

Though the romance of the movement which existed under Martin Luther King, Jr., may be gone, the civil rights movement still faces social and economic issues descended from years of discrimination. Progress has been made as evidenced by the presence of blacks at Harvard Law School, but racially related problems still exist. The problems, if anything, are much more complex. They include attacks on the civil rights movement in the courts, in the administration, in Congress and in the indifference and antipathy many whites promote.

John Reed  
6-D Town House Apts.

## No frying pans ← I think this idea sucks

No frying pans allowed. No grills. No hot plates. And no oil popcorn poppers.

A new University policy — in a trial period this semester — will boot these appliances from dormitory rooms and squelch student cooking in the residence halls.

The policy, which becomes official in January, is in reaction to recommendations by state Insurance Commission officials who have warned the University administration of the fire hazards caused by high-heat cooking appliances. The administration responded by devising a policy that would protect the safety of students.

But so far the lack of student involvement in the policy has rendered it incomplete. At issue is not only the safety of students, but also their rights to cook in the rooms. Students now must take advantage of the current semester to voice their opinions.

### Safety precautions necessary

That safety precautions are needed in the dorms is not new. Three fires in the past year have damaged dorm rooms, the worst about \$800 of damage. Just last week a fire broke out in Residence Hall when a student fell asleep, leaving a

## Letters?

We at *The Daily Tar Heel* encourage all fellow students to write letters of their reactions to campus issues, their opinions on global affairs, or their innermost dark secrets. Each day we rush to our letter box — located outside of our office in the Carolina Union — in hopes of finding a handful of white envelopes. Unlike this "letter" we received Sun-

day, all letters and contributions of columns should be typed, triple spaced on a 60-space line and are subject to editing.

Column writers should include their majors and hometowns. Each letter should include the writer's name, address and phone number. Please sign all letters.