

Student health gives tips for wellness

In an effort to help students increase their health education awareness, The Daily Tar Heel in conjunction with the Student Health Service Health Education Section, will run a weekly column on a wide variety of health topics ranging from general health and nutrition to physical fitness and sex.

Between scurrying to classes, grabbing a quick bite here and there, partying and those rare moments of uninterrupted sleep, many UNC students tend to put health and general well-being in the background without really considering the long-term effects of their actions.

Feeling tired or drained of energy is a common complaint heard from many students who are suffering through a case of the "blahs" from too many keg parties along with too little sleep and exercise.

But it's never too late to develop a sense of "high-level wellness," SHS Health Educator Lucie Minuto said.

"High-level wellness is a concept of

trying to improve on what you've got," Minuto said. "It doesn't come easy, but it is something everyone can do."

She stressed beginning the road to "high-level wellness" with something that is easy to do and then building upon this in time.

"Once you clean up your act in one area, this halo effect will go to other areas," she said. "When you exercise, you will start to feel better, and so you want to eat better and to have control over other areas as well."

Health

While many students will be inclined to look for a quick and easy way to good health, the best route is a slow schedule which gives time to adjust to the new routine.

A plan to high-level wellness does not

have to be drudgery, but should be fun and done with a sense of style and grace.

Some ways include:

- instead of eating fast food, make a picnic and put it in your backpack with a red and white check tablecloth.
- inviting friends over for dinner so you'll have someone to cook for.
- instead of sitting around, take up jogging. Not only is it healthy, but it's a great way to meet those gorgeous people you always see running around campus.
- instead of eating a dessert out of a vending machine, treat yourself to a French bakery.

• when eating alone, make your place setting as attractive as possible, even your dorm room. Try a candlelight dinner with wine to spruce up your next meal.

Getting started on a high-level wellness program may be the hardest part, but once a person gets a feeling of well-being, it is usually such a turn on that he never wants to go back to his old life.

One of Helms' proposals

Reagan prepares for abortion battle

The Associated Press

WASHINGTON — President Reagan announced Wednesday he will play a direct role in the abortion debate now heading toward resolution in the Senate.

Until now, Reagan had spoken out in favor of proposed changes proposed by Sen. Jesse Helms, R-N.C., to the current national policy of legalized abortions but had made no specific efforts to push legislation on the subject through the Congress.

Critics said Reagan was responding to attacks from New Right conservatives who want the president to make social issues such as abortion and school prayer a high priority.

"My personal view is he (Reagan) doesn't have his heart in it," said Sen. Max Baucus, D-Mont., one of those opposing pending anti-abortion legislation. "It is a token appeasement of the right wing."

"It is time to stand and be counted on this issue," Reagan said in a letter to senators holding key votes in the abortion fight.

In a second letter to Majority Leader Howard Baker, R-Tenn., the president said he would fight to overcome a filibuster organized by liberals who want to block enactment of anti-abortion legislation proposed by Helms.

"I am expending my efforts to support" the attempt to shut off the debate as well as the Helms proposal, Reagan said.

"This is the first clear-cut vote in this Congress on the humanity of the unborn, and it is crucial that a filibuster not prevent the representatives of our citizens from expressing their judgment on so vital a matter," he said.

The amendment — attached to a "must-pass" bill to raise the federal debt limit — would permanently prohibit direct or indirect funding for abortions and abortion research or training, and include a congressional finding that human life begins at conception.

The debt limit bill must clear Congress by Oct. 1, or the government will be without authority to borrow enough money to pay its bills.

The Senate is to vote today on an effort to cut short the liberal filibuster, but that takes 60 votes and the first effort to limit debate is expected to fail. A second vote is likely on Monday.

Also pending before the Senate is a constitutional amendment proposed by Sen. Orrin Hatch, R-Utah, that would permit Congress or the states to regulate or prohibit the right of a woman to end a pregnancy.

If Helms can break the liberal filibuster, sources said the vote on his anti-abortion bill would be extremely close.

Hatch's proposal is given almost no chance of attracting the two-thirds vote needed to get a constitutional amendment through either the House or Senate.

In his letter to the senators, Reagan said, "I should also make it clear my support for the Helms anti-abortion amendment does not preclude my continuing support for other moves by the Congress to curb abortions."

Israeli attack debated

By LUCY HOLMAN
Staff Writer

"Be concerned about the innocent people of Palestine and Lebanon who are being killed every day. Please try to stop your government from sending U.S. tax money to kill women and children."

— Ali Adib

This statement expressed the general message of a panel discussion held Tuesday in Gerrard Hall on the Israeli attack on Lebanon. It was sponsored by the Emergency Committee on Lebanon.

Addressing a group of about 40 people, Adib, a Lebanese student at UNC-Greensboro, stressed the issue of the United States' support of Israel. "The U.S. is the creator of the genocide of the Lebanese people," he said. "(By aiding Israel) Washington gave its consent and support."

Panelist Signe Waller, the widow of James Waller who was killed in the November 1979 Greensboro shootings, compared the struggle in Lebanon to her own experience in Greensboro. "When I saw Beirut on the news, somehow I had seen the scene before. It reminded me very much of the Greensboro massacre. You had to run and try to protect loved ones. Then when the dust settled, people were lying dead. It was so atrocious... few events can match it."

Waller, a Jew, said she saw the invasion of Lebanon as an act of Zionist im-

perialism. "Israel is an expansionist state," Waller said. "This is a war of extermination toward the Palestinian people while they attempt to regain a homeland that was forcefully taken away from them."

All four panelists spoke of the need to educate the American people on the issues of Lebanon and the Middle East. Curtis Jones, a former state department official specializing in the Middle East, said he saw that in most foreign affairs issues, pressure on the government came from the minority concerned. "In Vietnam this was a ghastly error. In the Middle East for every 100 American voters, four support Israel and one out of 100 oppose. We must get the word to 95 percent of the population who are not focused on the Middle East question," he said.

The Emergency Committee on Lebanon, the group sponsoring the panel discussion, was planning other events to publicize the Palestinian cause, said Nasser Bedwan, a member of the committee.

Members are leaving Friday, Sept. 10, for Washington, D.C., to participate in Refugee Day, Bedwan said. The event, a re-enactment of a typical day in a Palestinian refugee camp including bombings, drills, and speeches and films on the camps, is intended to allow Americans to empathize with the refugees. Saturday includes a march in protest of the Israeli invasion of Lebanon, and Bedwan said he thought at least 300 people from the Triangle area would be attending, while 40,000 to 80,000 may attend nationally.

Diamond Gals

Any woman interested in UNC baseball's Diamond Gal program should contact Debby at 967-7576 or Lindsey at 942-9306 by Wednesday, Sept. 15.

Many jobs available for students

By DEAN FOUST
Staff Writer

Paul Parker is in a frustrating situation. He knows of some 400 part-time jobs in Chapel Hill, but the students who need them don't.

Parker is director of Student Government's Student Part-Time Employment Service. Newly-formed, SPTES presently lists about 418 part-time jobs ranging from lab technicians to dishwashers, while an average of only 15 to 20 UNC students comes by the SPTES office in Suite D of the Carolina Union each day, he said.

"It's a frustrating situation," Parker said. "The students aren't using the service as much as we thought they would. The ones who do come in usually can find good jobs."

"We have a publicity problem," said Beau Mills, an SPTES committee member. "I know people who thought that we were still on the bulletin board in the financial aid office."

"It's difficult to get a job in Chapel Hill unless you know people," he said. "And beating the pavement is one of the worst ways to look for a job."

SPTES offers part-time jobs with salaries ranging from minimum wage to around \$5 an hour. Some of the listings are for one day jobs.

Approximately 450 students have used the service since it began this summer and more than 200 students have found part-time jobs. During the first days of class, about 60 students checked in with the service each day, Parker said.

CGC representative spots open

Elections to fill two vacant Campus Governing Council seats will be held on Tuesday, Oct. 5. The seats to be filled are for District 6, a graduate district including the UNC School of Medicine and the UNC School of Nursing, and District 22, an off-campus undergraduate district

including Royal Park, Kingswood and The Village apartments.

Any interested candidates should pick up applications at the Elections Board office in Suite C of the Carolina Union. The deadline for applications to be turned in is Friday, Sept. 10.

Whether you're a freshman, sophomore, junior or senior, *The Daily Tar Heel* wants you as a copyeditor or artist.

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Friday, September 10—Join us for a creative Shabbat service at 6:30 p.m., followed by Shabbat dinner at 7:30 p.m. Chicken will be served veggie alternative available. Reservations requested by 12 noon Thursday. Cost: \$2.50—affiliates, \$3.50—non-affiliates.

Saturday, September 11—Time for the High Holy Days frame of mind—join us for selichot services at 11:30 p.m., preceded by coffee and cake at 10:30 p.m.

Sunday, September 12—How about a relaxing study break? Enjoy a day of good company and new friends at Camp New Hope, from 10 a.m.-5 p.m. Lunch will be served. Cost: Hillel affiliates—FREE, non-affiliates—\$2.00. Reservations requested by 3 p.m. Friday. Transportation available.

HILLEL FOUNDATION

210 W. Cameron Ave.
Carpools from Chapel Hill 942-4057

NORTH CAROLINA HILLEL HIGH HOLY DAYS

All Services Held in Baldwin Auditorium
East Campus, Duke University

ROSH HASHANAH
Friday, Sept. 17, 7 pm
Sat. & Sun. 9:30 am (preliminary) 10:00 (regular)

YOM KIPPUR
Sunday, Sept. 26
Monday, 9:30 (preliminary) 10:00 (regular),
Sept. 27 7:45 pm (breakfast)

Tickets are required for entrance. Tickets are free to students. Pick up tickets at Hillel Office.

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