

New weight loss program offers relief from fad diets

By LEIGH PRESSLEY
Staff Writer

As Spring Fever strikes in Chapel Hill, many UNC students focus on slim figures for the upcoming warm weather. Instead of flimsy fad diets, a new program started in January in the dietary department of the North Carolina Memorial Hospital makes it easier to lose weight moderately and keep the pounds off.

The "Right Weigh," a 12-week program taught by registered hospital dietitians, teaches participants to distinguish fad diets from healthy ones. According to instructor Debbie Jongkind, participants must "learn about moderate weight loss, proper nutrition and behavioral changes to lose weight and keep it off."

Unlike many popular diets, the "Right Weigh" stresses independence in a variety of food choices. At the first session participants are instructed to keep a food diary for the week. The journals are then analyzed by a computer and discussed individually to determine the diet's missing nutrients. Caloric intake — usually 1200 for women and 1500 for men — is set up with the participant targeting "patterns for different calorie limits and the number of possible servings in a day," Jongkind said.

Potential weight loss for the participants is pinpointed at one and a half to two pounds a week. By eating healthy foods, dieters avoid health risks involved with losing too much weight too quickly. "There's no magic involved in the program. We try to avoid the 'yo-yo' metabolism associated with fad diets. The participant gains a much better understanding of a healthy diet," Jongkind said.

Participants are free to choose their foods and make up their own diet plans using the program's exchange system. By substituting foods within six food groups the dieter may enjoy a wide variety and flexibility in meals. NCMH Clinical Dietetics Coordinator Christine Bazzarre explained that this notion of not forbidding food eliminates cheating. "It's not the end of the world if you cheat as long as you get back to the plan as soon as possible," she said.

The course highlights several additional nutrition topics, such as exercise, eating out in restaurants and tips to stay with the program. Jongkind said it is unrealistic for the dieter to continue the same eating habits with special occasions and eating out being a common occurrence. "Instead, we instruct the participant on how to ask questions about how things are prepared in restaurants,

what certain foods to look for on menus and how to prepare appetizing foods that aren't super-caloric," she said.

Although the group does not exercise as a class, the "Right Weigh" program encourages exercise. One of the weekly programs consists of a guest lecturer speaking on exercise, cardiovascular health, fitness, aerobic benefits and flexibility.

The "Right Weigh" is not only for the extremely overweight but also for those who are within five or ten pounds of their goal. "The program is for the person who recognizes a weight problem and needs to improve nutrition," Bazzarre said.

Participants are required to complete homework assignments between weekly meetings. The assignments investigate the dieter's eating habits and attempt to identify the problem. A fee of \$96 is also charged for the 12-week program.

"At the end of 12 weeks participants are qualified to get their weight under control," Bazzarre said. There are no continued sessions or payments as with several other diets on the market.

The next "Right Weigh" is scheduled to begin in the fall. To be placed on the program's mailing list, students should call NCMH at 966-1294.

Trackin' the NASCAR season with one of auto racing's insiders

Keith Parsons
Opinion

I am told this is the first auto racing article ever to appear in the DTH. What a shame that UNC students have been deprived for so long.

Well, no more. Some of you may have recognized my last name from the little stock car racing knowledge you have. For those of you who wondered, yes, my dad (Benny Parsons) and my uncle (Phil Parsons) both race in the National Association of Stock Car Auto Racing's (NASCAR) Winston Cup division. Pretty heady stuff, isn't it?

I will bring all of you who have not been following the Winston Cup season up to date on what has transpired.

Number one on the list has to be the Tim Richmond saga. Richmond, as I am sure you remember, was the premier driver on the circuit in 1986. During the winter months of that year, he developed pneumonia and was not able to race for the first four months of the 1987 season. He was expertly substituted for by my father until he returned in mid-June.

Richmond returned at the track where he won his first ever Winston Cup race, the Pocono International Raceway. He won the race in dramatic fashion, coming from a lap down to win.

Richmond traveled west to race at Riverside, and his streak continued. He won this race going away, seemingly ending all of the questions around his illness.

Throughout his recovery, many speculated Richmond had AIDS, or that he had a drug/alcohol problem. Richmond denied all the rumors, saying the attention he was receiving was flattering. But rumors still persisted.

When the Winston Cup tour arrived at Michigan International Speedway in August and qualifying began, Richmond again sparked controversy. He was supposedly sound asleep in his parents' mobile home at the track and had to be

quickly awakened and driven by golf cart to his car when his turn to qualify came. He hastily got in his car and drove on the track, barely beating NASCAR's time limit. Richmond did not qualify in the top 20.

Then the final, startling conclusion came. As the rest of the tour prepared for the historic Southern 500 in Darlington, S.C., Richmond announced he was resigning as driver for Hendrick Motorsports because of persistent health problems. He raced no more in 1987.

During the offseason, NASCAR instituted a drug policy and mandated that anyone could be tested if there was "reasonable cause" for concern. Everyone called this the Tim Richmond Rule.

When February of this year rolled around, and all of the teams began heading for Daytona Beach, Fla., and the Daytona 500, Richmond said he was again healthy and wanted to race. He even told NASCAR he would be the first one to be tested under the new drug policy. NASCAR obliged, and found the test to be negative. Richmond then took another test, and subsequently passed.

However, NASCAR has said that unless Richmond comes up with some medical records from his illness back in 1986, he will not be allowed to compete. The whole thing will probably be settled in court.

Enough of the bad things about this Winston Cup season. On with the good points.

Neil Bonnett has to be the comeback athlete of the year. Not just in auto racing, but everywhere.

Last year, in the Oakwood Homes 500 at the Charlotte Motor Speedway, Bonnett was in what appeared to be a routine one-car accident. It turned out to be anything but routine.

In the accident, Bonnett's right femur was crushed. Not broken, crushed. Doctors had to completely reconstruct the bone and said Bonnett might never walk again.

Well, as happens so many times, Bonnett did not listen to the experts. He worked hard during the off-season, doing triple the amount of work the doctors had prescribed. All of his work paid off, as he was able to go to Daytona and compete, not spectate. As Bonnett would later confess, this was a victory all in itself.

He finished fourth in the Daytona 500, and was praised for his effort. Bonnett really shocked the racing world when he not only won the next race in Richmond, Va., but also his third race back in Rockingham. Add to this his victory in Australia in a non-sanctioned NASCAR event and Bonnett had won three races in a row.

He came back to earth this past weekend in Atlanta, suffering engine problems and finishing back in the pack.

The final huge story of this year is the tire war between the Goodyear and Hoosier Companies. Since the early 1970s, when Firestone dropped out, Goodyear has had more or less a monopoly in stock car racing. Last year, Hoosier started providing tires for the Grand National division of NASCAR, the top level in stock car racing after the Winston Cup.

This year, Hoosier has turned it sights on Winston Cup and has come up with surprising success. Bonnett used Hoosiers in his wins at Richmond and Rockingham, giving Hoosier a split with Goodyear in the first four races.

Both companies see this competition as being good for racing, and most insiders agree. It has caused Goodyear to go back to the drawing board, and a better tire is being created.

Well, that is that. I hope each of you enjoyed being a part of DTH history. I know I sure did.

Vocalist brings his special blend of blues, pop and soul to Durham

By DAVID HESTER
Staff Writer

Joe Louis Walker of Oakland, Calif., is one of the brightest young blues stars today, and he brings his band, the Boss Talkers, to Under the Street in Durham tonight to play his distinctive mix of blues, pop and Memphis soul.

Walker, a guitarist and a vocalist, said that his principal influences have included guitar legends such as Elmore James and Earl Hooker, but he said that the late Otis Redding has been his greatest influence. "I try to get the same sort of feel (Redding) had to his music," Walker said.

"There's an honesty, a sincerity, in every note he sang, and I want people to recognize the same thing in my music."

In the recent past Walker has labored somewhat in the shadow of labelmate Robert Cray, but with his new album *The Gift*, Walker is now breaking through to a wider audience of his own. *The Gift* displays Walker's love of traditional blues, but it also shows his attempts to blend other styles into his own interpretation of the blues. For example, one of the cuts on the album features a sax solo by Los Lobos' Steve Berlin, and other songs feature the world-renowned Memphis Horns. Walker said that his use of the Memphis Horns was a conscious attempt to put a particular type of soul flavor into his work, a type of music he said people don't hear enough of today.

"There's not much real soul music being made these days," he said. "It's more pop than soul and that's a shame. The music that came out of Memphis in the past, particularly all those wonderful Stax records, was real soul music. It was something that spoke from the soul."

Walker has played the blues since he was a teenager, but he left the blues

scene for ten years to play gospel music. Williams said that he stopped playing the blues "because of the lifestyle and the casualties among my friends. I loved the music," Williams added, "but there were times I wasn't sure I was going to survive to play it. I needed a more stable environment to live in and work in, and the gospel scene served me well in that regard."

Walker said that he recently returned to playing the blues because of his love for the music and because he knew that now he "could handle the lifestyle as well as the music." Now that he's a bluesman again, Walker said, "I'm here to stay."

Walker plays acoustic, electric and slide guitar, and his band includes bassist Henry Oden, drummer Kelvin Dixon and keyboardist Jimi Stewart. Walker and his band have received critical praise for their live performances, and they will bring one of the most acclaimed pieces of the current blues revival to the area when they play in Durham tonight.

Joe Louis Walker and the Boss Talkers will be at Under the Street, 1104 Broad St., Durham tonight. Call 286-1019 for information.

Protest from page 1

missiles before they reach their target. During the protest, Segal and Matthew Tiedemann, former president of STAND and co-organizer of the event, told the crowd that SDI is draining American taxpayers.

"All SDI is really is a way to make people rich," said Tiedemann.

Nuts, bolts and screws sold to the military cost taxpayers thousands of dollars each, Tiedemann said. Segal later said, "It's very logical to conclude that the same thing is going on with Star Wars. Even Reagan's experts have said that it won't work. It's a natural conclusion that they're doing it for reasons other than the safety of the American people."

Dietrich Schroer, professor of physics, said Wednesday morning: "A full-scale total defense is impossible. But money will continue to be put into the research. Strategic defense was going on long before Reagan, and some research on strategic defense will continue. I don't think it will be eliminated altogether."

The NSM is a new organization dedicated to educating students and instigating social activism, Segal said.

Tiedemann said students should show their opposition to SDI by writing their congressmen and participating in Student Lobby Day on April 14. STAND is organizing a trip to Washington to meet with members of Congress to discuss defense issues on National Lobby Day. Students interested in participating should leave a note in the STAND mailbox in the Campus Y.

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Baseball wins eighth straight

By CHRIS CHAPMAN
Staff Writer

Strong pitching and timely hitting, led by Chris Lauria's 3 for 4 performance, propelled the Tar Heel baseball squad to a 5-3 victory Wednesday over the visiting Towson State (Maryland) Tigers. The win was the eighth in a row for the streaking Tar Heels, who raised their season record to 13-8 in front of another enthusiastic sellout crowd.

It was Lauria, fittingly enough, who began the Tar Heel scoring. His second inning leadoff double ignited the initial UNC offensive, and was followed by a Jesse Levis grounder, which advanced Lauria to third. Dave Arendas followed with a thrower to second to bring Lauria home.

Lauria increased the margin to 2-0 with his leadoff fourth-inning home run. The blast was the senior first baseman's sixth dinger of the year, and gave him the early-season team lead in round-trippers.

Starting pitcher Scott (Pretzel) Lodgek was impressive on the mound through the first four innings, allowing only two baserunners on a single and a walk, while striking out four. In the top of the fifth, the Tiger

batsmen began to decipher Lodgek's attack. Tim Cherizillo started the rally off with a single, followed by a Dave Cassada double, and then a two-run Mike Wlaerck single made things interesting. With the score knotted at two apiece, Lodgek settled down after the assault and managed to retire the next three batters.

"Scott pitched really well overall except for that series when he gave them fastballs down the middle. After that, he pitched his way back into the game," Tar Heel coach Mike Roberts said.

The Tar Heels regained the lead in the seventh. Dave Arendas began the rally with a one-out single. Craig (Great) Scott then singled, and Brad Woodall doubled to score Arendas. Tom Nevin hit a sacrifice fly to drive in Scott.

The Heels got an insurance run in the eighth, when Lauria got his third score by stealing home on a botched Tiger squeeze play.

Lodgek continued strong through eight and one third innings, when a Cherizillo double brought on Ryan (Action) Jackson. The skyscraping (6-7) righthander gave up a two-out single to score a third Towson State

run, but when the next Tiger batter flew out to Tom Nevin, Jackson had his first save. Lodgek evened his mark at 2-2, and the Heels had their eighth straight win.

Coach Roberts then began to look ahead to tomorrow's ACC opener against Wake Forest in Winston-Salem, and to the quickly approaching conference race.

"The ACC is the most even it has ever been. At least four, maybe five or six teams could be in the first and second slot. For example, Virginia has already beaten Georgia Tech, a team that didn't have that great a season last year beating the defending conference champion. The main thing for us is to play with consistency."

Scoreboard

Women's Tennis

UNC 7, N.C. State 2
In Raleigh

1. Ann Stephenson (UNC) d. Katie Fleming 7-5, 7-5
2. Anne-Marie Voorhis d. Gina Gobirach (UNC) 6-0, 4-6, 6-1
3. Spencer Barnes (UNC) d. Meg Fleming 6-3, 6-2
4. Valerie Farmer (UNC) d. Sandra Meiser 6-0, 6-3
5. Landis Cox (UNC) d. Arlene Peters 6-4, 6-0
6. Dana Kanel (UNC) d. Alejandra del Valle Prieto 6-2, 6-2

Campus Calendar

The DTH Campus Calendar is a daily listing of University-related activities sponsored by academic departments, student services and student organizations officially recognized by the Division of Student Affairs. To appear in Campus Calendar, announcements must be submitted on the Campus Calendar form by NOON one business day before the announcement is to run. Saturday and Sunday events are printed in Friday's calendar and must be submitted on the Wednesday before the announcement is to run. Forms and a drop box are located outside the DTH office, Union 104. Items of interest lists on-going events from the same campus organizations and follows the same deadline schedule as Campus Calendar. Please use the same form.

Thursday

12:15 p.m. **The Greek Week Committee** is sponsoring a stepshow by Alpha Kappa Psi and Delta Delta Delta in the Phi Kappa Theta.

12:30 p.m. **Career Planning and Placement Services** is holding Job Hunt 101 for seniors/graduate students in 306 Hanes Hall. A basic information meeting on how to use the UCPPS Office.

3:30 p.m. **The Lawyers Guild and Federalist Society** presents Lawrence Walsh, former chief of domestic correspondents at The Washington Post, will speak on "Our Guerrillas, Their Guerrillas," a talk about a 30-month journey through Afghanistan, Cambodia, The Philippines, Nicaragua, Angola and Ethiopia in Classroom 01 in the

Law School. **The Carolina Symposium** presents Clarence Teeters of the American Dance Festival in the Student Union Film Auditorium.

5 p.m. **The Association of International Students** will meet in Union 211. Tonight's program will be on India.

5:30 p.m. **Career Planning and Placement Services** is holding a presentation by University Directories in 210 Hanes Hall.

6 p.m. **The Psychology Club** will have a potluck dinner in Carmichael Dorm's Ballroom with dog tricks as special feature.

Presbyterian Campus Ministry will hold its undergraduate dinner at the Student Center, 110 Henderson St.

7 p.m. **The Inter-Varsity Christian Fellowship** is sponsoring "The Pep and Prayer Concert for Cliffe" in Rm. 224 Student Union.

The UNC Outing Club will meet in the Union. **Students for Bob Jordan** will meet in Room 224 of the Union. All interested students invited.

7:30 p.m. **Pai Chi** will hold a volunteer information program in Rm 208 Student Union.

Representatives from Helpline, Orange County Literacy Council, Orange County Rape Crisis Center and Murdoch Center will present information on opportunities to help others while exploring career interests and gaining experience.

Chimera UNC's Science Fiction and Fantasy Club will meet in Rm. 226 Union.

Parasychology will be discussed. People from Duke's Parasychology Program may be present.

The Carolina Comic Book Club will meet in the Union. Check the Union desk for room number.

Career Planning and Placement Services will hold a presentation by the U.S. Department of Energy in 209 Hanes Hall.

8 p.m. **The Carolina Symposium** presents Nobel laureate Kenneth Arrow, who will speak on "Information and Communication in the Economy" in the Hanes Art Center Auditorium.

The Carolina Population

Center Library will be closed the week of March 28th because they are moving to the third floor.

Student Part-Time Employment Service will host the Employment Securities Commission every Wednesday from 1-3 p.m. to help students locate part-time and summer jobs. Or go by 217E (Suite C) Union or call 962-0545.

Carolina Indian Circle is exhibiting Native American crafts and artwork in the Student Union in celebration of Native American Culture Week.

Industrial Relations appointment sign-up sheets for summer and fall pre-registration are posted in 230 Hamilton Hall and 3rd floor Steele Building.

Career Planning and Placement Services needs all proposals for academic credit by March 31 from SPCL 91 Internship to experiential learning coordinator in 221 Hanes Hall.

The English Department has posted appointment sheets for pre-registering for summer/fall with your advisor on the bulletin board opposite 212 Greenlaw.

The Health Professions Advising Office is now offering 90-minute workshops to help you improve your interviewing skills. See bulletin board outside of 201 D Steele Bldg for details and sign-up.

The Carolina Indian Circle will hold its American Indian Cultural festival on Saturday March 26 from 12-5 p.m. on Ehringhaus field, featuring dancers, craftspeople and traditional food. Free admission (train site — Women's Gym).

The Health Professions Advising Office is now taking applications for office peer adviser for next year. Applications are available in 201 D Steele Building for those seniors who are premed, predent or prevet.

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