

# UNC students have options when shopping for textbooks

By ELLEN THORNTON  
Staff Writer

It's one of the many injustices of life. The sun is shining, the waves are breaking, and we're standing in line to buy textbooks. But even if your brain is still focusing on the savage tan, and you'd rather be spending that \$200 on suntan lotion, you need to think about your textbook-buying options.

The obvious place to buy books is the Student Stores. They carry virtually every text professors require you to purchase. Although there have been many complaints about high prices in the past, manager Rutledge Tufts said the store does not set prices on most of the texts. The prices for new books come from the publisher's list price, which all bookstores use.

Student Stores charges 75 percent of this list price for used books, according to Tufts. Some books, such as lab manuals, come in without this pre-pricing by the publisher. The store then sets a price that is in line with the other text prices.

If you're not up to standing in the lines at the Student Stores, you could trek over to Pop's Tar Heel Textbooks on Franklin Street. Pop's is set up in much the same way as the Student Stores. The major difference is that Pop's carries more used books, but it does have a few new

texts. Pop's also charges 75 percent of the list price for used books.

"The prices here are no more than those at the Student Stores, and sometimes less," said Pop's employee Kerry Collins, a junior economics major. "The big advantage in coming to Pop's is that there aren't as many people here and it's not such a hassle."

In general, the prices at both Student Stores and Pop's do not vary much. For example, the text for Sociology 30, "Diversity in American Families," costs \$34.65 (new) at both places. The used book price was also the same.

"I checked the prices on all my books at Pop's and Student Stores and they were all pretty much the same," said sophomore journalism major Jacki Greenberg. "Pop's wasn't as busy, but they also didn't have the books for every class."

Yet another alternative is to buy used textbooks at the Alpha Phi Omega book co-op. The APO service fraternity runs the co-op on the second floor of the Union, offering a selection of around 5,000 books each semester.

Students place these books in the co-op and set their own prices. The student receives 85 percent of this price, while APO gives the other 15 percent to the Bernard Grail Scholarship Fund.

"Texts for the more popular classes are often three or four dollars less than the same books in the Student Stores," said Karen Courtney, book co-op chairman. "Books for the more obscure classes are often sold at bargain basement prices — sometimes a \$26 book will be sold for \$5."

If you've shopped around, and you just can't bear to part with your money, there is still hope. The Undergraduate Library has a text reserve program, started by the student government. The library allocates money each semester to expand the list of available books. Reserve librarian Gillian Debrezney then chooses new books based on course popularity.

Texts for over 35 of the most popular courses can be checked out for a two-hour period at the reserve desk. Many of these books come from introductory courses with high enrollment, such as Astronomy 31, Psychology 10, and Economics 10. If you reserve a book at 10 p.m., you can keep it until 9 a.m.

"These books are well-used," Debrezney said. "This is an excellent alternative for students who simply cannot afford the high prices of textbooks or for those who left their textbook behind and want to study in the library."

# University programs offer advice for healthful diets

By LEIGH PRESSLEY  
Staff Writer

A hot juicy hamburger all the way, salty french fries and an ice cold beer . . . OR baked chicken, fresh steamed vegetables and a tall glass of ice water . . . the choice is yours.

Eating healthful foods may seem like a difficult task, but with the help of certain University programs, nutritious alternatives are available.

Students may gain valuable information in a variety of health-related topics, said Susan Chappell, coordinator of the Wellness Resource Center in Fetzer Gym. "Students come here and in the past their mom has cooked for them," she said. "They don't think about cooking food. They go to Franklin Street restaurants and order pizza at night."

The center has identified these habits as the biggest problem students face, and it offers nutrition consultants to help students find a solution. The consultants, usually graduate students, first ask for an account of the student's eating habits in the past few days. From this food recall, the consultant can gain a general idea of what may be lacking in the person's diet.

Discussions with consultants may include advice on fast food, fat diets, calorie counting or sports topics. "It's a really good opportunity to talk one on one, to answer questions and to get information," Chappell said.

Students also may visit the center's Fit Stop program and resource

library. At the Fit Stop, students can learn what their body fat percentage, heart rate and blood pressure should be. Books with specific health topics are available for students at the resource library.

Students who choose to eat at Lenoir or Chase dining halls also have healthful food alternatives. Instead of fried foods, a smarter choice could be baked or steamed meats and vegetables. Salad and potato bars are also good choices. Frozen yogurt and fresh fruit are better than ice cream and cake.

A new program, Thank Goodness I'm Fit (TGIF), will begin in a few weeks. Sponsored by the Carolina Dining Service, the Wellness Resource Center and IM-REC, the program offers healthy dining specials as well as exercise benefits to students.

IM-REC instructors will hold aerobics classes every Monday and Wednesday from 5 p.m. to 6 p.m. in the Carolina Court, formerly called the Commons, according to Charles Hackney, marketing manager at Carolina Dining Service.

"We wanted to bring this program into the public," Hackney said. "It's located in a central location of campus, and is a nice aerobic facility. It should be a lot of fun."

Beginning next Wednesday, Lenoir will host a TGIF program, "Stress and Time Management." Different topics, including "Sports Nutrition and Myths," "Fad Diets and Eating Sensibly" and "Fast Food Facts and Wise Choices," will alternate between Lenoir and Chase halls each Wednesday.

Programs at Lenoir will be held from 5 p.m. to 7 p.m. Programs at

Chase will be held from 6 p.m. to 8 p.m. Each Monday at Lenoir, the Fit Stop program will be available to students for blood pressure and body fat checks.

To encourage participation, a free three-month membership to Nautilus Health Club will be given away at the end of each month until December. Each time a student asks a question, gets information from a Wellness Resource Center representative or participates in aerobics classes, he or she is eligible for the contest.

"The idea is to participate, to get involved in some way," Hackney said. All of these programs are free of charge.

In weeks to come, TGIF dinner specials will be offered with calorie, sodium, and fat counts included.

Eating junk food and eating out are the biggest temptations to unhealthy eating, according to some students. Granette Trent, a senior English major from Hertford, said getting into a regular eating schedule is most helpful.

"When I moved on campus from Granville, I tended to eat more junk food, to grab something quick like a hamburger," Trent said.

Some students said it was difficult to eat healthful meals in general, but especially during stressful times. "The only stuff good tasting in Lenoir is food that is bad for you," said Alisa Carrigan, a sophomore pharmacy major from Mooresville.

Carrigan said she usually cooks in her room. "You buy food for your room, buy only food that is good for you. If bad food is not available, you won't eat it."

# Athlete educates asthma sufferers

By LEIGH ANN MCDONALD  
Features Editor

Three gold medals and one silver were not the only surprises for Nancy Hogshead during the 1984 Olympics. The then 22-year-old swimmer met a first-time diagnosis of asthma with complete disbelief.

A doctor made the discovery after Hogshead completed her last race, the 200-meter butterfly in which she was trying to tie the record of most medals won by a female swimmer in history. "I was coughing and wheezing like I usually did after exercising, and he asked me to get on a treadmill," she says. "I just didn't believe that I had asthma — I mean, I had just won three gold medals."

She talks about the realization of her condition as an eye-opening experience. Only after she tried albuterol, an inhaler medicine that can be taken about 15 minutes before exercising, did she believe the doctors.

"Taking the drug was like putting on glasses for the first time," she said. "I had had asthma symptoms since puberty — I would turn purple and pass out during workouts, and everybody thought I was just working hard. After using the inhaler I thought — you mean everyone else can breathe like this?"

Hogshead, now 26, wants other people, especially children and those involved in recreational sports, to become more aware of asthma and how to control it. When she is not doing commentary for swimming events on ABC, she works as a motivational speaker. As honorary chairman of the American Lung Association, she spoke about asthma in 30 cities last year.

"It is only natural to experience

problems breathing when exercising," she said. But people often attribute breathing problems as simply being out of shape, she says, and they need to be diagnosed.

"If I wasn't diagnosed until I was 22, imagine the other people who have not been diagnosed."

Dr. Jim Donahue, president of American Lung Association of North Carolina, says that asthma affects approximately seven to 10 percent of the population, ranging from the mild, exercise-induced asthma to a more severe, almost fatal, disease. The association wants people with the milder asthma to realize that it can be controlled, thus increasing their enjoyment of sports.

"Asthma does not limit you in sports if it is properly treated and controlled," Donahue says. "The symptoms are wheezing, shortness of breath and coughing. People often attribute this to poor conditioning. But if you run at your peak, then you will be short of breath. Asthma cheats you by narrowing your bronchial tubes — you don't reach your peak."

Donahue recommends that asthma patients warm up gradually for about 15 minutes before they exercise. They should also refrain from exercising if they have been sick recently. And working out in warm, humid air is much better for the lungs than cold, dry air.

The slow warm-up is usually enough to prevent patients from having an episode, Donahue says, but if that fails to control the asthma, the patient should use albuterol or cromolyn, another inhaler, or theophylline, a pill. These medicines are all sanctioned by the International Olympic Committee.

"A lot of people treat their

asthma with a shot of epinephrine at the emergency room," Hogshead says. "This is pure adrenalin, and it is like taking speed." The drug works on opening up the lungs in a one to one ratio with the heart. For every one unit that it opens the lungs, it stimulates the heart a unit.

"Inhalers are the safest method," Donahue says. "They don't affect the heart, and the dosages are safe."

People need to know that they can get their asthma under control with these safer drugs, Hogshead

says. And then they must take those precautions before exercising.

One way she is helping people to become more aware of asthma is by writing a book about world class athletes with asthma. The book, which will come out in the fall of 1989, is called "Exercising With Asthma."

"We want people to understand what they have and then put it on the back burner," Hogshead says. "Then they can carry on with their lives."

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