

Narcolepsy: When sleeping on the job is uncontrollable

By LAURA FRANCIS
Staff Writer

Most students struggle at least once with their eyelids during a long class period, trying to tame impending exhaustion until a more appropriate nap time arises. But others have no control — they fall asleep at random moments.

Those with no control over their sleeping habits may suffer from narcolepsy, a specific genetic sleeping disorder characterized by uncontrollable bouts of deep sleep.

In the past, narcoleptics were not diagnosed as such. Teachers mistook narcoleptic students to be lazy, and many parents wondered if their children were taking drugs, said Bill Baird, executive director of the American Narcoleptic Association.

Since the late 1950s doctors and researchers have recognized narcolepsy as a distinct syndrome within the broad category of sleeping disorders.

Narcoleptics suffer from a "tetrad of symptoms," according to Dr. Rod Radtke, clinical director of the Sleep Disorder Center at Duke Uni-

versity. All narcoleptics experience abnormal sleepiness.

Two-thirds to 90 percent of narcoleptics also suffer from cataplexy, an episodic muscle weakness precipitated by strong emotions.

"A narcoleptic might tell a joke, laugh, then fall to the ground uncontrollably," Radtke said. "He or she would then remain on the ground in a state of temporary paralysis for 30 seconds to two minutes. Narcoleptics often find that they must withdraw from certain social situations."

Some narcoleptics (less than 25 percent) suffer from "hypnagogic hallucinations," which is vivid dream imagery at sleep onset. These hallucinations are "fearful, terrifying and difficult to distinguish from reality," Radtke said.

Another less common symptom, found in non-narcoleptics too, is called sleep paralysis. "It occurs just as the individual awakes or falls asleep," Radtke said. "One finds him or herself unable to move any body part."

Baird said the symptoms appear gradually. "Narcolepsy has been dis-

covered in children as young as three years of age, but it usually develops during adolescence," he said.

"It is a genetic disease inherited from parents in an autosomal dominant fashion," said Dr. Albert Ehle, associate professor of neurology at the UNC School of Medicine. This means an offspring can inherit the disorder from one parent who carries the trait.

"The exact nature of the problem isn't completely defined. Apparently there is an imbalance of the normal function in the area of the brain that controls sleeping and waking," Ehle said.

Just as the exact location of the syndrome is unknown, the treatment that would eliminate the disorder is also unknown. Doctors may prescribe stimulants such as amphetamines or ritalin to keep the individual awake. Or they may prescribe antidepressants such as imipramine to suppress other symptoms, Radtke said.

Doctors also are treating narcoleptics through educational

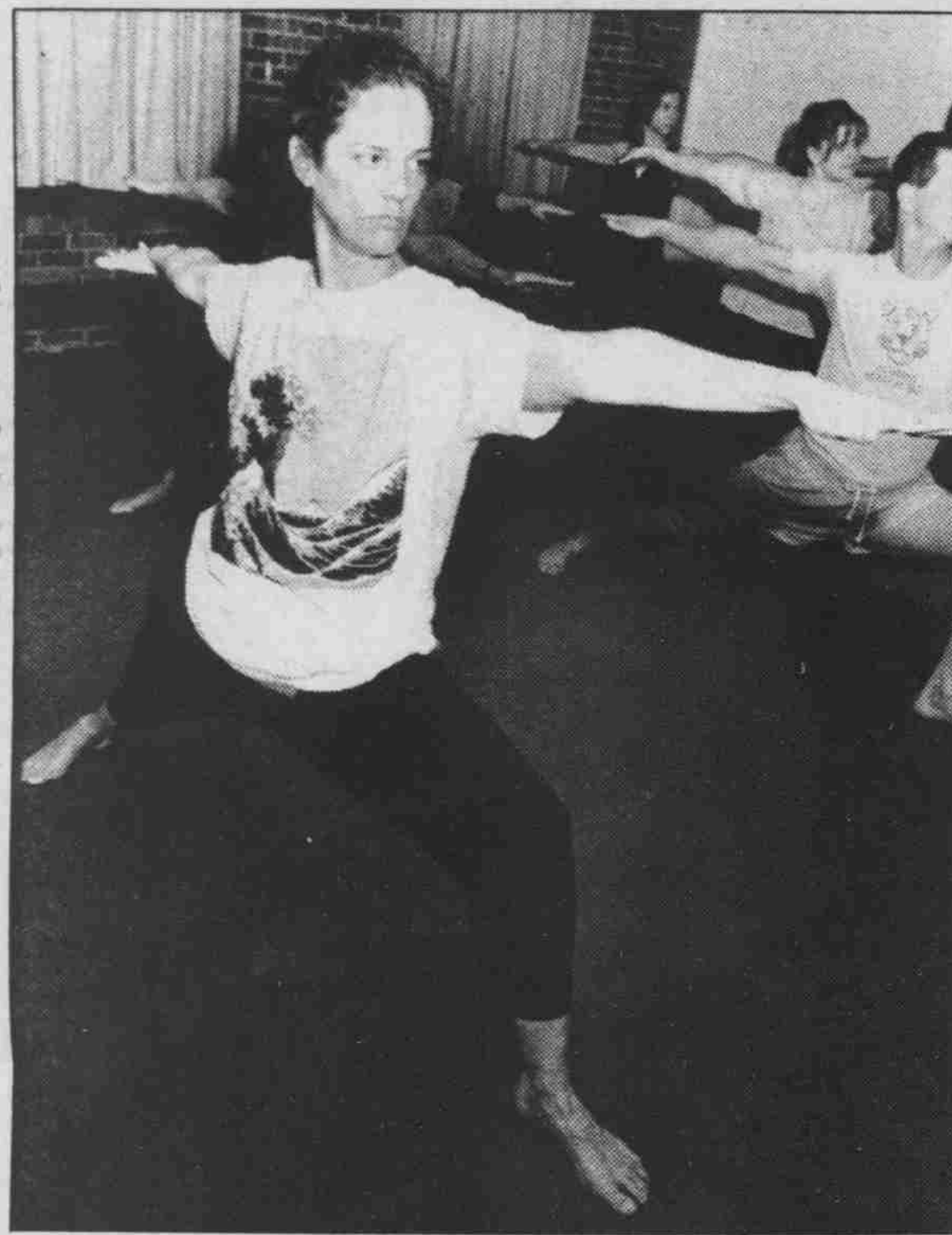


methods. Patient education helps the narcoleptic explain his or her disorder to family members and friends who may perceive the problem as merely motivational, Radtke said. "The problem is not behav-

ioral," Ehle said.

In the United States today 200,000 people have been diagnosed as narcoleptic. Since no known cure exists, over 200 narcolepsy research

centers have been developed in this country, Baird said. He invited anyone interested in learning more about narcolepsy to write him at ANA, 335 Quarry Road, Belmont, Calif., 94002, or call (415) 591-7979.



Diane Chapin performs yoga at the health center in Carr Mill Mall

A wholesome health care alternative

By JACKI GREENBERG
Staff Writer

If you're feeling tired, depressed or basically unhealthy, and you would rather not make a visit to the doctor, the Community Wholistic Health Center (CWHC) in Carrboro may be what you need.

The CWHC offers a wholistic approach to health care, according to director Cindy Alvarez. "The term 'wholistic' refers to the relationship between the mind, body and spirit, and the treatment of the person as a whole," she said.

"You can't find the root of a problem if you only consider one point of view," Alvarez said. "For instance, there is more to a headache than just the physical pain."

Dr. Susan DeLaney, naturopathic physician and graduate of UNC's nursing school, does not use drugs to heal patients. Instead, she prescribes nutritional supplements, herbal medicines and homeopathic remedies made from minerals.

"I meet with patients for one and a half hours on the first visit," she said. "This helps me find the root of the problem, and then I can treat it accordingly."

DeLaney said she has treated numerous cases of depression, as well as asthma, migraine headaches, arthritis, common colds, backaches and many other physical ailments. "Unfortunately, most people in this country don't realize that there

are alternatives to traditional health care," DeLaney said. "At certain times, drugs are important, but they are not a cure-all."

Dr. Richard Baker provides primary medical care at CWHC. Baker, also a physician and professor at the UNC department of family practice, performs physical exams and check-ups and will prescribe drugs when necessary.

The center has 10 practitioners, including DeLaney and Baker, nurses, psychotherapists and massage therapists. CWHC also offers about 30 different classes designed to improve mental and physical health.

Joan Worth, a Chapel Hill resident, has used the CWHC since 1984. "I have learned yoga, massage and meditation techniques to reduce

stress and get rid of headaches and cramps," she said. "I don't take drugs unless there is no alternative."

Worth said she believes students would be interested in many of the CWHC's classes and services. "Students, in general, are under a lot of pressure and are not taking very good care of themselves," she said. "They have the opportunity to learn healthy methods of stress reduction and set patterns at a young age."

Alvarez said students may be particularly interested in CWHC's classes in yoga and T'ai Chi Ch'uan, both forms of slow, controlled exercise which help people look inward. Other offerings include courses in massage therapy, fitness and building healthy relationships.

Psychiatric counseling is also

available at CWHC. Sex counseling, hypnosis, AIDS and women's issues are some specialties of CWHC's psychotherapists.

"We are the only health center in the area which offers educational services and health care under the same roof," Alvarez said. "The center will appeal to students who want an alternative to Student Health and traditional health care."

DeLaney said the CWHC helps people make diet and lifestyle changes. "I teach patients how to care for themselves before they get sick," she said. "It is the individual's responsibility to keep healthy and make the necessary changes."

For more information on the Community Wholistic Health Center call 929-1132.

Union Cabaret season to offer hours of diverse entertainment

By JESSICA YATES
Staff Writer

A variety of entertainment will be featured at the Union Cabaret this spring, including a cappella singing, psychedelic rock, blues, jazz, poetry, dances, drama and, of course, talent night.

A dance will be held every Friday night at 9:30 p.m. starting Jan. 27 and running through Feb. 17. This event, as well as many of the others, are free of charge, with the most expensive of the exceptions costing \$3. The line-up for the next two months is:

- Jan. 26 — Liquid Sound, psychedelic rock, 9 p.m., \$2 for admission;
- Jan. 28 — The Good Neighbors, jazz, 9 p.m., \$1 admission;
- Feb. 1 — Alpha Kappa Alpha Musical Tribute to Black History, 8 p.m., free;
- Feb. 2 — The UNC Clef Hangers

with the St. Mary's Cold Cuts, a cappella singing, 8 p.m., \$1 admission;

■ Feb. 4 — Rolly Gray & Sunfire, reggae, 9 p.m., \$2 admission;

■ Feb. 8 — Singing the Blues with Sleepy Tom and Alex Weiss, 8 p.m., free;

■ Feb. 9 — The UNC Jazz Ensemble, 8 p.m., free;

■ Feb. 11 — Dillon Fence, rock, 9 p.m., \$2 admission;

■ Feb. 15 — Sarah Levin & Jamie Block, acoustic guitar and vocals, 8 p.m., free;

■ Feb. 16 — Poetry reading with All' Arte & Cellar Door, 8 p.m., free;

■ Feb. 18 — Talent Night at the Cabaret, 8 p.m., free;

■ Feb. 22-26 — "Sister Mary Ignatius Explains It All For You," with Martha Nell Hardy, \$3 admission for students, \$5 admission for general public;

■ Mar. 1 — Tristan Bishop & Friends, rock and musical variety, 7 p.m., free;

■ Mar. 2 — Nikki Meets the Hibachi, acoustic guitar and vocals, 8 p.m., free;

■ Mar. 3 — 1970s Dance, 9 p.m., free; and

■ Mar. 4 — Jim Ketch Quartet, jazz, 9 p.m., \$1 admission.

N.C. earthquakes not unusual

From Associated Press reports

Earthquakes are an infrequent but not unusual occurrence in the North Carolina mountains, but the quakes

in recent years have done little more than startle unsuspecting residents.

"There've been some minor ones where the earth shakes and you think it's a plane going over," said Jenny Buchenberg of Hendersonville. "There have been some of those every year or two."

The biggest quake she remembers was one in the late 1970s that caused lights to flicker in her office and knocked three pictures onto the floor of her home.

The North Carolina mountains, where nearly all of the state's earthquakes occur, are part of the Southern Appalachian Seismic Zone, a northeast to southwest strip that includes parts of western North Carolina, South Carolina, Virginia, Georgia, northern Alabama, eastern Tennessee and Kentucky and southern West Virginia.

Seismologists, scientists who study quakes, tie them to events that occurred 350 million years ago when Africa and North America bumped into each other.

That created the Blue Ridge Mountains and left a horizontal fault, or fracture, under the mountains that seismologists believe is responsible for minor tremors that occur several times a year in parts of the eight states, said Christine Powell, a seismologist at UNC.

Between September 1981 and March 1987, the Center for Earthquake Research and Information in Memphis, Tenn., recorded 21 quakes in western North Carolina. Only three of those were strong enough to be felt.

"Because the build-up of strain must be relieved, it's always relieved along the weakest points of the crust, and those are the fault zones," Powell said in an interview published Monday in the Greensboro News & Record.

Seismologists debate how far east the horizontal fault extends. Some, including Powell, believe it stops before it gets as far east as Greensboro. Others believe it continues on to the Atlantic Ocean.

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We are seeking people to help conduct our semi-annual inventory on Tuesday, February 28th.

Inventory will begin at 3:00 and end approximately at 11:00. Each person will be paid \$3.85 per hour and dinner will be provided. Extra hours for stockroom inventory will be available beginning February 21st. A one hour paid training class must be attended prior to inventory night.

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- Worsted-wool suits by Sussex, College Hill, Milton's, reg. to \$425—\$169.90
- Shetland-wool-blend crew-neck sweaters by McGregor, reg. \$30—\$9.90
- Tropical worsted-wool suits by Bret Lawrence, reg. \$295—\$99.90
- Group sweaters in cottons and wool blends, reg. to \$95—\$29.90
- Winthrop Wales Irish-tweed sport coats, reg. \$175—\$69.90
- Our own imported wool sport coats, reg. \$195—\$89.90
- Worsted-wool slacks by Jordache, reg. \$80—\$39.90
- Group extra-long suits to \$400—at house cleaning \$99.90

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