

Experts caution against cholesterol testing procedures

By ROBERT BERRY
Staff Writer

Although North Carolina does not regulate cholesterol screenings, medical experts said consumers can protect themselves against unsafe procedures by using simple caution.

"Drawing blood from somebody should obviously be safe and effective," said Dr. David Weber, medical director of hospital epidemiology at the UNC School of Medicine.

Weber said there was no lack of safe

guidelines for such procedures, just uneven compliance with those guidelines. He said safe testing procedures should include washing hands, wearing rubber gloves and using either disposable equipment or equipment which is properly sterilized between uses.

AIDS and hepatitis are two of about 20 diseases which can be transmitted by contaminated equipment, Weber said. The chief danger is transmission from patient to patient, although infections can be passed from the patient to

the tester or, in rare cases, from tester to patient.

Weber said one should consider the supervisor of a cholesterol screening program before participating. Usually, national organizations like the American Red Cross or the American Heart Association can be trusted, in addition to public health departments and physicians.

Alan Clark, president of the Kappa Psi pharmaceutical fraternity, which sponsored a cholesterol screening at

UNC Wednesday and Thursday, agreed that consumers should be cautious about public screenings. Testing equipment is easily available and virtually anyone can set up a testing booth, he said.

"Basically, your starting costs are zilch compared to what you can make," Clark said. His advice was to find out what organization is behind the testing.

Kappa Psi's cholesterol screening program was sponsored by the School of Pharmacy and supervised by UNC's Center for Health Promotion and Dis-

ease Prevention. Testers were thoroughly trained, used all-disposable equipment and were advised to wear rubber gloves, Clark said.

Recent concerns about unsafe cholesterol testing were spurred by a report from the U.S. Department of Health and Human Services, which found in a multi-state survey that many cholesterol testers were not health care professionals and that procedures were frequently unsanitary or inaccurate.

Clark said Kappa Psi's program had

a good turnout despite the report, which he had feared might scare potential customers away.

Regulations of testing procedures and who may conduct such tests vary from state to state, said Susan Cohen, nursing consultant with the N.C. State Health Promotion program.

"In North Carolina, at this point in time, I don't know of anything we have that ironclad," she said in a telephone interview Thursday. Instead, she said the state has sets of guidelines.

Spotlight

Food, fellowship shared at Moravian Love Feast

By ANNE ISENHOWER
Staff Writer

Many North Carolinians associate the Moravians with the town of Old Salem and with the ginger cookies and sweetbread they traditionally make. It seems only fitting that a Moravian Christmas celebration shares good food along with fellowship.

A Love Feast in the Moravian tradition will be held Sunday at 7:30 p.m. in the chapel of the Wesley Foundation at 214 Pittsboro St. The annual service is open to all, and students are especially welcome.

Participants in the service sing Christmas hymns, share Moravian buns and coffee, pray, listen to the reading of the Christmas story and light beeswax candles.

Manuel Wortman is the campus minister of the United Methodist Church and director of the Wesley Foundation, which sponsors the Love Feast.

"We've been holding the Love Feast for about 15 years," he said. "The vast majority of the 275 to 300 people that come are students, though we also get

other members of the community. "It has an almost childlike quality — it's a real warm service. Children love it."

The Love Feast has its roots in the practice of the early Christian church when small groups of people ate, sang and prayed together. This practice disappeared around the fourth century, but it was revived by the Moravian church in North America in the early 1700s.

"John Wesley, the founder of the Methodist church, spent one summer with some Moravians, and they had an influence on him," Wortman said. "So there is an informal connection between the two faiths."

Winston-Salem has the biggest group of Moravians in this area, he said.

Pam Holcomb, a senior from Double Oak, Texas, is a member of the Wesley Singers, a group of about 15 Methodist students who sing once a month at University United Methodist Church and annually at the Love Feast. She sang at last year's Feast.

"The most obvious difference (between the Love Feast and other serv-

ices) is that there are two different faiths represented, Methodist and Moravian. But the service does not get into a lot of denominational specifics — it's more just a sharing of thanks," she said.

Ben Howell, a junior from New Bern, helped serve at last year's Feast. Servers come down the aisles at certain music cues and pass out food. "It's kind of an informal, laid-back service, with a lot of singing," he said. "It's casual, too — you don't have to wear a coat and tie to come. It's a time that a lot of people enjoy."

Cheryl Dixon, a junior from Roanoke Rapids, also helped serve at last year's Feast. "I went to Governor's School at Salem College, and the first Love Feast I went to was there. The Wesley Foundation's service reminds me of that one," she said.

"We try to make people feel welcome to the Wesley Foundation and share a little bit of Christmas with them."

For more information about the Love Feast, contact the Wesley Foundation at 942-2152.

Last-minute holiday shoppers short on cash but not ideas

By NOAH BARTOLUCCI
Staff Writer

Only 19 more shopping days left until Christmas, and while a few UNC students actually have finished this holiday rite, almost everyone has at least a few friends or relatives left to cross off their gift list.

Michael Lower, a junior history major from Raleigh and a transfer student from N.C. State University, said he was almost done.

"It's a good thing I transferred schools," Lower said. "I knew exactly what to get my family for Christmas — Carolina sweatshirts and baseball hats."

Once Lower looked off campus, his gift ideas became more imaginative. "I got 'Pass Out,' a drinking board game, and some *Truly Tasteless Jokes* books for a friend of mine."

Lower also bought a framed print of an Ansel Adams photograph for another friend and a photographic book of the world's mountain ranges for his mother. "She loves to travel," he said.

But holiday shopping can be an expensive endeavor. Lower added that once he finishes his holiday shopping, he will have spent close to \$300. "At one point, I was thinking about donating plasma, because I didn't know if I'd have all the cash I'd need."

Malinda Gibbons, a junior advertising major from Fairview, said she too would have spent near \$300 on holiday gifts. "That's only for about 10 people," she said. "But I'll be sending out a lot of cards to friends."

For her parents, Gibbons ordered a copy of "The Big Click," a book capturing last year's N.C. photo-day project. She also wants to get a leather jacket for her sister.

Unlike Gibbons and Lower, many find themselves waiting until the last minute to do their holiday shopping.

"Since I've been at college, I've waited (to do my shopping) until just a couple days before Christmas," said Krista Lutz, a sophomore psychology major from Lincolnton.

Lutz had done no holiday shopping, but she had a few ideas. "I'm going to

get my mom an automatic coffee maker and my boyfriend a compact disc. I have a little brother, and he'll probably get a video game cartridge."

Cindy Taylor, a freshman premed major, also proclaimed herself a procrastinator. "I pretty much wait until the last minute. I haven't started shopping yet, but I'm planning to go with my mom once I get home."

Taylor said she hadn't thought too much about gift ideas, except for her little brother. "He wants toys. But I'll probably get him clothes."

Clothing is the only item dentistry student Alan Sykes from Chapel Hill will be shopping for this holiday season. "My wife does just about all our Christmas shopping, so I have only her to get a gift. I've decided what I want to get her, so I'll be going to Victoria's Secret."

Lower's advice to those who don't have enough money for gifts: "Offer your personal services for a day. You can be a cook or a housekeeper — parents love that. Just let Mom relax, watch soaps and eat bonbons."

Wellness Resource Center promotes fitness, health awareness

By CHERYL ALLEN
Staff Writer

A poster in the Wellness Resource Center reads, "Eat like there's no tomorrow, and there may not be."

It sounds ominous, but according to Susan Chappell, coordinator of the Wellness Resource Center (WRC), the purpose of the center is not to make students panic but to make them more aware of their own healthiness.

"Wellness is all about helping people to make positive lifestyle changes."

The WRC offers consultation and referral to help students achieve wellness, she said. Trained peer consultants advise students about nutrition, weight control, eating disorders, stress management, relationships and other issues.

Richard Helgans, a graduate student in exercise physiology from Huntington, N.Y., is a peer consultant who helps students set up exercise programs. "Most of the students I see are interested in setting up an exercise program

either to lose weight, gain weight, increase strength or endurance," he said.

Jane Robinson, a junior psychology major from Asheville, is a peer consultant specializing in eating disorders.

"It's not so scary to go to the WRC as it is to go to Student Psychological Services," she said. "Sometimes I think you just need a friend to talk to, someone with a little more information about the topic."

Robinson said she thought the program helped but emphasized that she was not an expert.

Chappell agreed. "That's why we are the Wellness Resource Center," she said. "If we can't do it here, we know where to refer you."

The WRC tries to provide motivation, education and a supportive environment for students, Chappell said. "It [wellness] is about becoming aware and then having the motivation to make a change. We have the people here to not only motivate but to give you support."

Along with consultants who speak with students on an individual basis, the center has a browsing library to help educate students about wellness. In addition, peer health educators address groups of students in residence halls and campus organizations through various outreach programs. These educators are student volunteers who have completed training sessions in health related topics.

Aside from peer consultants, the WRC has different programs targeted at improving wellness.

The FIT Stop (Fun Information Testing) assesses students' fitness levels. Blood pressure, heart rate, lung volume, muscular strength, muscular endurance, flexibility, percentage of body fat and cardiovascular endurance are all tested.

There is also a Fit Friend File, where students can find exercise partners based on when they want to work out and the types of exercise they prefer.

TGIF (Thank Goodness I'm Fit) takes the FIT Stop and health promotion topics to Chase and Lenoir dining halls every Tuesday night. Other group programs include weight management groups, a program to help students stop smoking, and a support group for recovering anorexics and bulimics.

ANAD (Applying New Attitudes and

Directions) is the student-led support group for people with eating disorders or for students simply wanting more information about them. It is a chapter affiliated with a national support group, the National Association of Anorexia Nervosa and Associated Disorders.

"It's different from Student Psychological Services because it's not therapy, it's a support group," Chappell said. A recovering anorexic runs ANAD.

Student Health Service (SHS) and the Department of Physical Education fund the WRC. "We encourage students to use it [the WRC] because, in effect, they are paying for it through their student health fees," Chappell said.

She said many more students could benefit from the WRC than are using it. Helgans agreed. "Now is the best time to make lifestyle changes. It gets

harder once you get out of school to do that," he said. "Besides, now it's free."

The WRC only works with physical fitness and nutrition and leaves medical care and substance abuse to professionals at SHS. But wellness has other dimensions too, Chappell said.

Social, intellectual, occupational, spiritual, emotional and physical wellness are the six aspects of being healthy, she said.

Chappell said for students, "the physical dimension is a biggie." It includes physical fitness, nutrition, medi-

cal self-care and substance abuse control.

But students need to be conscious of the other aspects of being healthy as well, Chappell said. For instance, she said, spiritual wellness is important even without religious emphasis. "It's important for you to become aware of what you value most in life."

Being healthy includes emotional wellness, Chappell said. "It involves learning how to control stress, frustration, anger, disappointment and those things we all go through in college."

Frats

from page 1

Council member Joe Herzenberg is also in favor of the proposed historic district, but, like Andresen, believes the fraternity issue has confused the overall picture.

"It makes it look like the reason (for the historic district) is to save money for fraternity alumni," he said. "That's not the main issue at all."

Hire

from page 1

mes or a qualified Native American applicant pool," Lumsden said. "We're trying to dispel this myth by gathering resumes."

The committee plans to have the packet of information completed by the end of January.

"There is a small number of Native Americans nationally going on to higher

education," said Gillian Cell, dean of the College of Arts and Sciences. "An aggressive effort is needed to identify qualified Native American faculty."

The small number of Native Americans seeking graduate degrees may account for their lack of representation on college faculty, said Ben Tuchi, vice chancellor for business and finance. "I

think the only thing that can be done is to have an unusually aggressive recruitment program."

Banu Ogan, co-chairwoman of the NMI said, "We think that by supporting the acquisition of a Native American faculty member it shows that all the minority groups are supporting each other."

HAVE AN URGENT NEED FOR CASH?
Earn \$30 this week as a new plasma donor!
\$15 New Donors \$15
Use this coupon to receive \$15 on your first donation.
\$15 You must present coupon. \$15
SERA-TEC BIOLOGICALS
109 1/2 E. FRANKLIN ST. (above Rite-Aid) 942-0251

STUDY ABROAD
UNIVERSITY OF NORTH CAROLINA CHAPEL HILL
HONORS SEMESTER IN LONDON
FALL TERM 1990 UNC-CH
Program at London School of Economics
Information Meeting
Wednesday, December 6
100 Murphy Hall
4:30 p.m.
All interested Honors Program students and others with at least a 3.0 G.P.A. are invited to attend.

FAST Copies
24 Hours a day
kinko's the copy center
114 W. Franklin St. (next to Pizza Hut) 967-0790

DRAKE OFFICE OVERLOAD
LOW ON CASH? TIRED OF THE SAME OLD WEEKEND SCENE?
We can change all that.
We have an exciting employment opportunity available for an inventory project on the following Saturdays & Sundays:
January 20 & 21, 27 & 28
February 2nd & 3rd
You must be available for an 8 am - 5 pm workday on all of the above dates.
Available? Interested?
Call us at:
Drake Office Overload
1-800-672-9229 or 544-4531

Buy one of these HP Calculators by December 31st & get a \$20 rebate!

HP-17B	Business Calculator	\$78.95
HP-19B	Business Consultant II	\$124.95
HP-28S	Scientific Calculator	\$167.95

We carry a full line of HP Products \$20 rebate is a mail-in offer from HP

PHONE ORDERS: MasterCard/VISA accepted. Call 1-800-334-0095.
MAIL ORDERS: Send a money order, certified check or business/personal check (bus. per. checks take 10 days to clear). Enclose your street address for UPS shipping and if different, your P.O. Box for paid invoice. Mail to Surveyors Supply Co., P.O. Box 809, Apex, N.C. 27502.
SHIPPING: \$5.00 shipping charge per order. Please add 5% tax. Sales are final. Defects are replaced free for 30 days. Cash and charge orders are shipped on the same or the next working day.

SURVEYORS SUPPLY CO.
Hwy. 64 at Salem St. • Apex, N.C. 27502 • 1-800-334-0095

CLASS OF 1990
SENIORS
CAROLINA
All Seniors are cordially invited to attend the Groundbreaking Ceremony of the Class of 1990 Sitting Wall
On Tuesday, December 5th at 12:30 p.m.
Reception Immediately To Follow in North Dining Room (of Lenoir)