

Campus Extras

Drink lots of milk for overall good health

Carol Evans
President, Dietetic Association

"Drink your Milk!" How often did your mother insist on this when you were growing up? Don't look now, but mom was right. Calcium is one of the most important minerals we should consume to stay healthy and prevent osteoporosis - especially for women. Adequate calcium intake throughout life helps to maintain healthy bones and teeth. Your bones are calcium "deposits" when you are young so you will have enough to draw on later in life. If you don't get enough calcium to support your body's critical functions, like controlling your blood pressure or maintaining your heart beat, your body will withdraw what it needs from the calcium stored in your bones. Frequent calcium withdrawals gradually make bones weak and fragile. Thus, it

is very important that you consume adequate amounts of calcium throughout life to avoid osteoporosis later in life.

Osteoporosis is a silent, debilitating disease causing a loss of bone density to the point that the skeleton is unable to sustain ordinary stresses and fractures. All bones become fragile, with the hip, spine, and wrists being the most common breaks or fractures. Osteoporosis is preventable, yet one in two women are at risk of developing fractures caused by osteoporosis. Don't let it happen to you! Be informed and act now before it's too late.

What can you do to help prevent osteoporosis? Consume adequate amounts of calcium throughout your lifetime. According to the National Institute of Health in 1994, adult women ages 11-24 need 1,200-1,500 mg of calcium per day. Adult women

who are pregnant or lactating under age 24 need the same, while women ages 25-49 (pre menopausal) need 1,000 mg/day. Women ages 50-64 (post menopausal or taking estrogen) need 1,000 mg/day. Women 50-64 years old not taking estrogen and women 65 and older need 1,500 mg/day. Adult men ages 25-64 need 1,000 mg/day and men over the age of 65 need 1,500 mg/day.

What do all these numbers mean and where can you get this much calcium in one day? Milk is among the best and most convenient sources of calcium. Just eight ounces supply about 300 milligrams of calcium toward your daily requirement. For variety, boost your calcium intake with other dairy foods, too.

For calcium, 8 ounces of milk is about equal to:
8 oz yogurt

- 1-1/2 oz natural cheese
- 2 oz processed cheese
- 1 cup pudding
- 1-1/2 cups frozen yogurt
- 2 cups cottage cheese
- 1-1/2 cups ice cream
- 1 cup macaroni and cheese

In the area of leafy green vegetables, 8 ounces of milk is also about equal to:

- 1-1/2 cups of okra
- 1 cup collard greens
- 3 cups broccoli

On the average, Meredith College women consume only 45% of the recommended amount of calcium each day. Because of the seriousness of this issue, calcium intake needs to be a high priority for women of all ages. Educate yourself on this issue and "Drink Your Milk!"

Meredith Briefs

Farrell comes to speak April 7th

From Staff Reports

On April 7, Meredith College will be hosting a not-so-typical convocation speaker at 10:00 am in Jones Auditorium. What is atypical about Warren Farrell? His accomplishments are certainly admirable. He is the author of three best-sellers and his books have been published in over 50 countries.

Known for being an outstanding educator, he has taught at prestigious universities and colleges. The media find him captivating. Appearing eight times on both *Donahue* and CNN's *Sonya Live*, he has also been a frequent guest on the shows of Oprah Winfrey, Barbara Walters, and Larry King. *Time*, *Newsweek*, and *Wall Street Journal* have all featured him. Using the words of the *Chicago Tribune*, Warren Farrell is "the Gloria Steinem of the Men's Liberation."

Farrell is known for his male chauvinist viewpoints. He asserts that "marriage fulfills a woman's primary fantasy, but requires a man to forfeit his." He has studied the flaws of the feminist movement and how society's stereotypical attitudes negatively affect men.

Farrell's program for the upcoming Meredith convocation is entitled "Why Men Are The Way They Are." Whether he will open eyes or raise eyebrows is unpredictable, but Warren Farrell is sure to be a memorable speaker.

Angels for the Environment

Danielle Mir

The red wolf, *Canis rufus*, is a non-aggressive, shy, and solitary species that used to roam the Southeastern United States. The red wolf has a slender body, long legs, and a grey coat with a cinnamon appearance. It feeds on a wide range of prey such as small rodents, raccoons, rabbits, deer, insects, ground-nesting birds, and plant material. The pups, two to eight in a litter, are usually born in April or May. The red wolf has a very important place as the leading predator in Appalachian ecosystems by controlling prey populations that are associated with disease and parasite outbreaks.

The wolf is one of nature's misunderstood creatures, e.g. it is not

aggressive towards humans. For generations we have considered wolves as villains. These ideas are supported by tales of roving wolf packs, werewolves, and children's stories such as *Little Red Riding Hood*. As colonization began in the new world, forests were cleared and the abundance of prey disappeared, forcing wolves to feed on livestock. This reinforced the idea that wolves are evil, and encouraged people to destroy the wolf population.

In 1970 the entire red wolf population had dwindled to only the coastal region of Texas and Louisiana. The U.S. Fish and Wildlife Service trapped 400 canids and, although 43 of these were wolves, only 17 of them were red wolves. Biologists then successfully bred them in captivity. They have been

roaming the Alligator River National Wildlife Refuge and adjacent lands in North Carolina since they were first released in 1987. In 1991, biologists decided to introduce the red wolf to the Smoky Mountains. They must still be considered extinct in the wild because the releases are only "experimental-non-essential," allowing property owners the right to protect their livestock.

On April 15, Angels for the Environment will be having their Earth Day celebration picnic. To help decrease litter, we are asking everyone to bring their own cups. There will also be music and information stands. AFE thanks those of its members for planting trees last month.

ATTENTION SOPHOMORES!!

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We need to know if you will be participating in Class Day. Please call Elizabeth (x7694) or Kim (x7522) immediately. We need everyone to participate.

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