

ENJOY SPRING BREAK THE HILLTOP

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Mars Hill, North Carolina

Friday, March 9, 1990

College Community Receives Free Cholesterol Screenings

by Tammy Condrey
Editor

"Starr" fell upon Mars Hill campus
week, bringing mostly bills of good

Stephens, a RN for the Madison
Health Department, was on
several days doing cholesterol
screenings free of charge to both facul-
tity and students.

In the fall, Mrs. Stephens read a
column in the *Hilltop* that asked why the
college students don't get free cholesterol
screenings. She spoke with
Dr. Coomer, Director of Nursing,
about coming and offering the screens
to students.

The editorial was only one reason
Mrs. Stephens has children

machine for the screening cost \$5000,
the blood applicator \$500, and each
plastic strip the blood is put on and
placed in the machine cost \$3.00, not to
mention the pricking needles, the cotton
balls, the gauze and the alcohol.

Out of over 250 students screened,
not many had readings over 200, the
AMA (American Medical Association)
cut-off. Mrs. Stephens suggested to
those wanting or needing to lower their
cholesterol level to choose salads over
more fattening foods and to read labels.

On one label, the ingredients might
include sugar under three or more
names that most people wouldn't recog-



own and know what they eat. She
helpful for students to find out their
cholesterol levels because of the diets
young people have today.

Students come to college and most
come home from their protective moms.
"I can come here and eat good or go
home," she said.

Mrs. Stephens knows that high
cholesterol can be hereditary, but some-
thing can be done to control this. She
said if one finds out that he or she has
high cholesterol, or that he or she is
coming up to it, then that person can
easily mend his or her eating
habits now than twenty years down the
road when his or her life is at risk.

The Health Department felt a need to
offer the students but Mrs. Stephens
said that a great number of students
probably would not have the screening
if a charge was applied. The

nize. Also, although the package claims
it contains no cholesterol, the fat con-
tent is also important.

If a label claims the product contains
6 grams of fat and only 104 calories, this
is not a very nutritious product. Take the
6 grams and multiply by 9. This equals
54, the number of calories of the 104 that
are fat calories. This only leaves 50
calories to contain nutrients such as
vitamins and minerals needed for a
balanced diet. Remember, "grams of
fat" is a way of making the product look
nutritious when in actuality it is not.

If a cholesterol screening is high, it
may be a wise thing to visit a doctor and
have the cholesterol broken down into
HDL (High Density Lipoprotein) and
LDL (Low Density Lipoprotein). The HDL
is "good" cholesterol, while the LDL
clogs up the arteries.

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Syndicated Columnist to Speak to Students

Tammy Condrey
Machelle Cathey

On Tuesday, March 27, at the annual
Symposium in Broyhill Chapel, Colman
McCarthy from the *Washington Post*
will speak on "Social Justice in the
1990s: Why Bother?"

Capitol Voices says, "Few journalists
have written as much or as passionately
about victims of war, poverty, injustice
and greed as Colman McCarthy. He
speaks to college students about the
joys of service to others and the rewards
of commitment to ideals. He cares, and
in this lecture he stirs the young to care."

Dr. George Peery of the Symposium
Committee said the students who went
to Washington met with him and
responded very well to this provocative
speaker.

According to The *Washington Post*
Writers Group, McCarthy was born in
1938 in Old Brookville, New York, and is
a graduate of Spring Hill College in
Mobile, Alabama.

The Writers Group were the ones
who "began national syndication of the
McCarthy column in 1978," and it now
appears in 50 newspapers around the
country.

He has been a member of the
Washington Post's editorial staff for ten
years, writing columns that "regularly
drew more letters-to-the-editor than
other op-ed pieces."

His focus is usually on national is-
sues that "engage the reader's emo-
tions as well as his mind." For instance,
writing on capital punishment, Mc-
Carthy "went to a South Carolina prison
to interview a death row inmate on the

eve of his execution."

According to the *Washington Jour-
nalism* review, "McCarthy is an unre-
constructed, unrepentant, unyielding
liberal.... One of the trademarks of his
column is that it is grounded in the sort
of real life that big-shot *Washington*
columnists tend to ignore.... It is good—
nay, it is important—to have someone
out there writing regularly about all of
life's possibilities rather than next
week's possible amendment to the tax
bill."

McCarthy is the founder of the
Center for Teaching Peace in
Washington D.C. that teaches mostly
high school and college students who
are hungry to learn "techniques, history
and practice of nonviolence" and "how
to put nonviolence to work in their daily
lives, where high rates of teenage
suicide, spouse abuse, television/film
violence, handgun deaths, environmen-
tal and corporate violence are rampant."

Other events on the agenda for Mc-
Carthy include talking to a Latin
American problems class, a open forum
luncheon meeting with Minority Affairs
Council members and student partici-
pants in minority groups, a meeting
with a Social Work class on "Advocacy
Strategies for Changing Policies," and
meeting with communication classes on
newspaper work, writing and the
journalist's task.

The Tuesday, March 27 meeting at
10:00 a.m. is a community meeting.
Please plan to attend this speech—a
special opportunity for all.

Iota Alpha Omega to Host Gospel Sing for Children's Home

Stan Toney
Staff Writer

On Sunday, March 25 from two to five in the afternoon, Iota Alpha Omega, the
Eternity Fraternity, will host *Spring Sing '90* in Moore Auditorium. This afternoon of
gospel singing and fellowship features The Shuffler Family of Vadesse, NC. The other
groups appearing are The Reapers, from Marshall, NC, Boundless Love from Ennice,
NC, and The Thomas Family.

Admission is free, and the entire community is invited to come and share in this
time of music and fun. Ed Ball is scheduled to be the Master of Ceremonies for this
family and friends event.

The expenses to support the groups singing have been donated by area busi-
nesses. A love offering will be accepted with the ingathering being donated to the
North Carolina Baptist Children's Home. Iota Alpha Omega would like to invite
everyone to come and enjoy this traditional gospel sing on March 25.