

# The Daily Tar Heel

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### Dining out

■ On Tuesday, remember to eat at one of 100 area restaurants that are participating in the RSVVP program to help feed the area's needy.

Everyone needs to eat. Food is necessary for the body and mind to function in a coherent manner. We are very lucky that many of us do not have to worry where our next meal is coming from. Although many of us are broke, we scrape money for the necessities, such as a taco or cheeseburger, and Mom and Dad can usually help out in a pinch. However, there are some of us around the community that do not know where our next meal is coming from and do not have the money to purchase one, and Mom and Dad are no help. There is something we can do to help others have a happy Thanksgiving and a more pleasant winter season.

Students, faculty and staff have the opportunity to give back to their community. Tomorrow, everyone is encouraged to drop what they are doing and go out to breakfast, lunch or dinner. There are about 100 area eating establishments around the Triangle that are participating in RSVVP, Restaurants Sharing 10 Percent.

The Interfaith Council hunger-relief program will benefit from 10 percent of gross receipts of all food sales at participating restaura-

rants tomorrow. This money will be used around the community to fight hunger. By spending your time and money, you can help others that desperately need it.

The money will go to restock food banks and homeless shelters around the community. With the simple act of going out for a meal tomorrow, we can ensure that these facilities are adequately stocked for the upcoming months.

With finals just around the bend and winter break fast approaching, take this opportunity to spend some quality time with some friends or colleagues. Take a couple hours out of a Tuesday evening and enjoy some great conversation and company over a good meal.

Please go out to eat tomorrow at participating local restaurants. You can help others while feeding your stomach. Call up a friend and go enjoy some laughs and a meal that you will not have to clean up yourself. Remember to go out to eat on Tuesday, Nov. 18.

RSVVP is sponsored by The Chapel Hill News, Carolina Central Bank, The Chapel Hill Herald, News Channel 11 ABC, The Light FM 103.9 and The Herald Sun.

### 'Just say no' to swill

Fifteen years ago, buying a beer was routine. You had your Budweiser, your Coors or your Miller. Occasionally you had an import, but they were mighty expensive.

Nowadays, however, you can choose from dozens of different beers at all kinds of prices, and you should. Students should make it a point to learn the difference between a dry stout and a pale ale, a microbrewery and a brewpub.

Today, America's 95 million beer drinkers are served by 1,200 breweries. Forty-eight states have legalized brewpubs since 1983. In that time, almost 500 brewpubs have opened in the United States. Brewpubs are taverns or restaurants that make their own beer to sell on the premises. Moreover, in 1978, Congress passed a law allowing brewing beer at home, a right winemakers had enjoyed since 1933.

Homebrewers are now liberated and brewpubs are free to serve the public. Not only that, but imports have been flooding the country in the past decade. Heck, President Bill Clinton has been known to throw back a Molson before hitting the links and Newt Gingrich was photographed in Time magazine throwing back a big can of Fosters.

Unfortunately, students are simply ignorant of the many different beers they can imbibe. They stick to the standard swill churned out by giant corporations that are combatting the microbreweries with such ridiculous ploys as born-on dating and bullfrogs. Do not remain in the dark about good beer.

Instead, get some friends together at a house or an apartment. Line up cabs for the rides home or make room for everyone to crash. Have one of your friends bring a sweet stout, one bring a bitter, one a doppelbock, one a Czech pilsner, and so on. All these types of beers can be found at the supermarket. Chill out and make merry. Drink in moderation as you savor the fruits of someone else's hard work. Remember, you must meet the age requirement to do this.

Go to a local bar — Chapel Hill has some of the best in the Southeast. Order an unusual beer, and, if you are not driving, order a variety of brews. Sure, it may cost a few more bucks, but why not? You are only in college once.

You will probably never be so frivolous in your personal excesses, and college might be this time. Do not waste time with mass-produced swill. In fact, why not try brewing at home? There are dozens of books, magazines and web pages dedicated to homebrewing.

Moreover, if you take the pursuit of fine beer to heart, you will appreciate it in moderation. After all, you do not chug a Newcastle nor bong a Pete's Winter Brew. You will drink to enjoy the beer, rather than drinking to get smashed.

Instead of cracking a can of domestic swill, pour yourself and your friends — and maybe Mom and Pop — a better brew. Remember, you can indeed get enough of that wonderful Duff. Develop a love for good beer, because college may be your last chance to be so frivolous.

## Visual aids useful tools for inadequate language

Perhaps one of the most terrifying things a woman can discover is a lump in one of her breasts. Not only do breasts serve to feed offspring, they represent womanhood to the world. So, imagine finding a small lump in your breast. Now, add to your confusion, and imagine finding a lot of lumps, virtually from the time your breasts developed. Imagine massaging them in the bathtub and wondering if everyone's breasts felt like yours. I did that, and it wasn't until two years ago, long after I started wondering, that a doctor solved the mystery.

I have fibrocystic change, a lumpy and painful change in the fibrous tissue of the breast. It's not anything you can see from the outside, and that's part of the problem. Fibrocystic change clots the breasts with little lumps throughout, making it more difficult to check for breast cancer. If they were visible things, if the breasts could be looked into without a needle or an x-ray, cancer might be easier to spot.

Surprisingly, I am probably not the only one I know of to have these changes (what a terrible, touchy-feel name!). At least one-third of all women between ages 30 and 54 have the "changes." For most women, the changes can come and go. For all these statistics, though, I know of only one other woman with the disease. No other women in my immediate family have the problem. None of my friends have mentioned it or been concerned with it.

But I am. Fibrocystic change used to be termed a disease because it is an abnormality in tissue. But it isn't fatal. It isn't necessarily related to cancer (the three medical texts, two doctors and two medical students I consulted conflict on the subject), and its symptoms are rarely severe.

What are the symptoms? The female breast

is arranged like an orange, with the middle of the orange falling where the nipple is. Fibrous tissue separates from 12 to 20 sections. It is this fibrous tissue which hardens, and causes lumps where smoothness should be. The lumps may swell and fade according to a woman's menstrual cycle. They may remain permanently. They may also disappear. The lumps may increase as the menstrual period approaches, and soreness of the breast is usually associated with the menstrual cycle. They may also interfere with diagnosing cancer of the breast. For that reason, women with fibrocystic change remain ever on the alert. My doctor advises me to make a breast map with all the known lumps. It's not a bad idea, and I will do it.

The big question there is, how to graph? This calls for the invention of some new toys. I'm thinking that a breast map deserves a bigger screen than a graphing calculator, and a breast map also needs to be in 3-D. Maybe Mattel could come up with a product to help women map their breasts. Thoughtful moms could hand them out when their daughters come of age. They'd be like tinkertoy kits with womanly curves. Women could insert or remove lumps as needed, and maybe photograph the models of their breasts to keep a lifelong breast history. The kit would come with milk-producing glands, veins, nipples and all the other breast components. Knowing your breasts is important, especially considering that approximately one in nine women



SARAH CORBITT  
MINOR THREAT

will develop breast cancer in her lifetime. Breast pain may be lessened by not consuming caffeine. This is both good and bad. On the one hand, it's nice to know that there are things you can do to stop your own suffering.

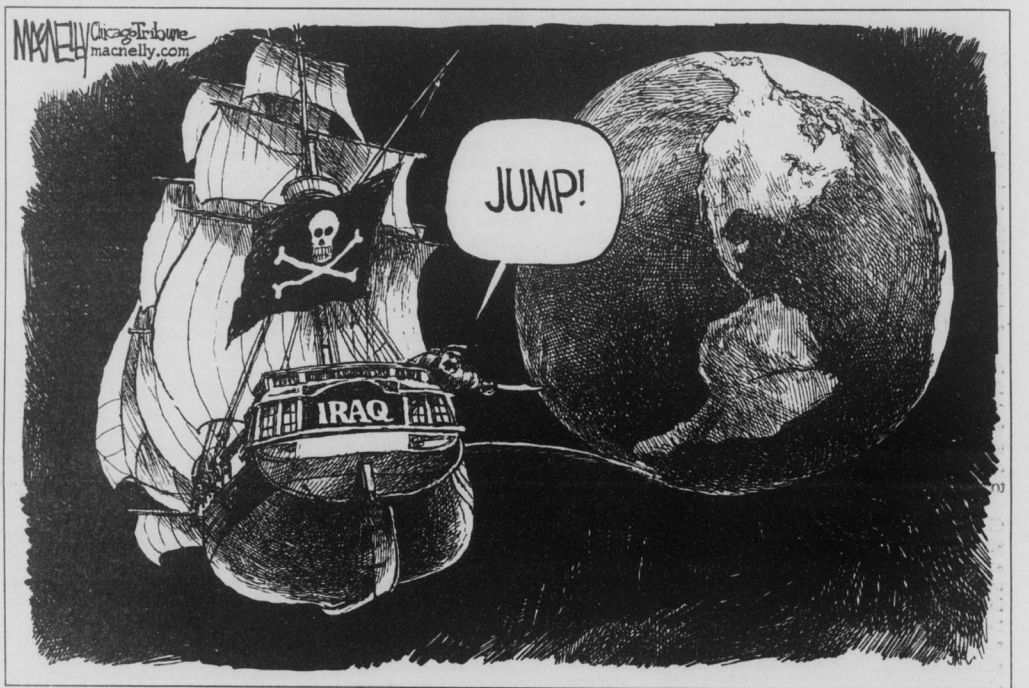
On the other hand, staring at a bag of chocolate-coated peanuts in the eye and turning down its offer of creamy smoothness and a mild caffeine high is never easy. But I'll do it for my breasts. Most people may find it hard to give up coffee or sodas — both fantastically useful stimulants. But heck, do it anyway; caffeine is bad for you in general.

What is the cause of fibrocystic change? No one is precisely sure. It may be slightly genetic, but it isn't always. If your mother has breast cancer, there's a good chance you will get it, but this is not the case with fibrocystic change. It may also be associated with the body's response to estrogen and other hormone levels. Whatever causes it, a lot of us out there apparently have it. We're fighting the good fight, avoiding things we like for the sake of less pain and greater health.

To paraphrase countless Miss America contestants, if I had one wish, I'd make the world a better place. At the least, women need more words for what happens to their bodies. If we don't have a verbal language, we can start with a visual language, even something as simple as a breast-mapping kit (Yes, I was serious about that).

Whatever keeps us from talking about our bodies, disgust, shame, etiquette, it is always good to know there are others out there like you. Solidarity.

Sarah Corbett is a senior American Studies major from Charlotte who wishes to thank Elizabeth and Dave for the books, and all her other sponsors.



### Open-discussion forum wants input on freshman seminars

TO THE EDITOR:  
All interested faculty and students are invited to participate in an open-discussion forum on a proposal for a freshman seminars program, to be held Tuesday, Nov. 18, from 3:00 p.m. to 4:30 p.m. in the assembly room of Wilson Library. The forum is co-sponsored by Provost Richard Richardson and Dean Risa Palm of the College of Arts and Sciences.

Dean Palm and Senior Associate Dean Darryl Glass will open the forum by presenting a proposal for introducing freshman seminars for all freshmen, and Student Body President Mohan Nathan, Student Body Vice President Chris Yates and a member of the Chancellor's Student Advisory Committee will present an initial student response. Professor Richard Andrews, chair of the faculty, will moderate discussion.

This forum is intended as a primary opportunity for faculty and students to discuss the issues that need to be considered in the design of such a seminar program, and to contribute to shaping it.

Currently there are several proposals concerning the focus of this freshman seminar, ranging in scope from primarily academic to a more comprehensive extension of C-TOPS and orientation. Student and faculty input is valued and desired. Come to learn more about this exciting new program and to share any ideas.

Scott Bernstein  
FIRST YEAR INITIATIVE CO-COORDINATOR  
ACADEMIC AFFAIRS  
FRESHMAN  
UNDECEMBER

Lindse McPhail  
FIRST YEAR INITIATIVE CO-COORDINATOR  
ACADEMIC AFFAIRS  
JUNIOR  
ECONOMICS

### Last legislative session busy; bills passed, more in works

TO THE EDITOR:  
I want to thank all of you for the great privilege and honor of serving you and to report on the legislative session just ended.

Many important measures came out of this session with far-ranging benefits for our citizens. The Excellent Schools Act raised teachers' salaries to attract and keep the brightest and most creative teachers in the school room and to avoid losing them to high-



## READERS' FORUM

The Daily Tar Heel welcomes reader comments and criticism. Letters to the editor should be no longer than 400 words and must be typed, double-spaced, dated and signed by no more than two people. Students should include their year, major and phone number. Faculty and staff should include their title, department and phone number. The DTH reserves the right to edit letters for space, clarity and vulgarity. Bring letters to the DTH office at Suite 104, Carolina Union, mail them to P.O. Box 3257, Chapel Hill, NC 27515 or e-mail forum to: [dth@unc.edu](mailto:dth@unc.edu).

er-paying professions and industries.

The Clean Water Act, a far-reaching environmental measure, will help clean up our rivers and streams. I introduced a bill to regulate the hog industry which was met with a great deal of resistance. But support from the public encouraged the Senate to pass a House version of my measure which set in place reasonable regulations. The Senate strengthened the bill by adding stricter controls on municipal waste and chemical fertilizers. We will continue to work to strike a balance between helping our farm economy stay productive and protecting our rivers and drinking waters.

Welfare Reform is well on its way to being a reality after a long battle. The bill will be fine-tuned as the Welfare Study Commission, of which I am a member, works on it between sessions.

A bill I was pleased to introduce and work hard for increased the tax credit for donations to our nature conservancies and land trusts. Large gifts of land will now be preserved forever through donations from private citizens and businesses. This is the most effective way to protect our rivers and streams and provide those necessary green spaces for a better quality of life for everyone.

When Blue Cross/Blue Shield attempted to convert to a private company without compensating the public for years of generous tax breaks, I worked with like-minded senators calling for the creation of a public trust from the sale.

I sponsored a bill to cut 2 cents off the food tax. A compromise of 1 cent off the tax which will take effect July 1998.

Many improvements to make HMOs more responsive passed this year. And measures for

breast cancer victims and other health matters were enacted, including monitoring of Adult Care Homes which I introduced.

Finally, only minor campaign finance reform passed, but I am pleased that the truly meaningful measures which survived were from my amendment to require listing contributors' employers. This is a start. I encourage everyone to support the Clean Elections Bill to allow public financing so legislators are beholden to all the people of North Carolina and not just to the special interests.

I welcome hearing from all of you about issues you are concerned about. I appreciated hearing from you this session and count on information from you in making decisions. If there is anything I can help you with, please let me know. I can be reached at home at: 207 W. Poplar Ave., Carrboro, NC, 27510; phone 919-929-1607 and at the legislature at: LB 2115 Raleigh, NC, 27602; phone 919-733-5805; fax 919-715-7586; e-mail [elliek@ms.ncga.state.nc.us](mailto:elliek@ms.ncga.state.nc.us).

Ellie Kinnaird  
N.C. SENATOR  
ORANGE COUNTY

### Parking task force soliciting students' recommendations

TO THE EDITOR:  
Are you tired of being shafted by parking on this campus?

The University has formed a task force dedicated to finding long term solutions to the many parking and transit problems on our campus. This task force is working with a consulting firm to gather data for the interests of all individuals affiliated with the University. We are nearing the end of the research phase and will soon make recommendations to the Board of Trustees.

To ensure that the needs of all students are considered, attend the Transit and Parking Student Forum today at 7:00 p.m. in 100 Hamilton Hall. Representatives from the task force and the consulting firm will be present to record the concerns presented by students.

The student input received at this forum will directly influence the proposal made to the Board of Trustees. If you have any complaint, now is the time to speak out!

Emily Williamson  
TASK FORCE MEMBER  
JUNIOR  
POLITICAL SCIENCE

Kristina Morris  
TASK FORCE MEMBER  
JUNIOR  
HISTORY

## THE DAILY TAR HEEL

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