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Registration underway in spite of controversy

By Marc Barnes

Monday was the first day of draft registration for approximately 4 million young men, despite controversy over the registration's constitutionality.

During the weekend, a special three judge panel in Pennsylvania called current registration laws unconstitutional because they discriminated against women by excluding them from registration. Supreme Court Justice William Brennan overruled the judges' decision, pending review by the Supreme Court.

Minor vandalism was reported Monday morning at the post offices on Franklin Street and Estes Drive. In both instances, postal employees said that Communist Workers Party posters had been pasted on inside walls.

At the Franklin Street station, slogans were painted on inside walls, and red paint was spilled on the sidewalk and front steps.

The registration itself proceeded on schedule, with few problems. "It's been steady, but not heavy," said Robert M. Cassell, officer in charge of the Chapel Hill post office.

Representatives of the War Resisters League were outside the Franklin Street Station for most of the day, handing out anti-draft literature.

Selective Service officials expect from 95 to 99 percent of the 19- and 20-year-olds to register. The maximum penalty for not registering is a five-year prison sentence and a \$10,000 fine.

Because college is not in session, there will be fewer registrations in Chapel Hill than there would be normally. "Most

young men will register in their hometowns," Cassell said.

Cassell said that registration would be held at all U.S. post offices, except the contract stations at Glen Lennox and Eastgate shopping centers.

"We are hoping to handle the registration with our current window clerks. If necessary, we will have one window specifically for that," Cassell said.

"We really don't know how it will go. We will seek the cooperation of everyone," Cassell said.

Registration began Monday, and will continue through Aug. 2. Men born in 1960 must register this week, and those born in 1961 must register next week.

The Selective Service intends to use a three-month breakdown of birthdays that will correspond to different days of the week, to simplify the process and to help prevent long lines.

Men born in January, February or March will register on Monday; April, May or June, on Tuesday; July, August or September, on Wednesday; and October, November or December, on Thursday. Men unable to register on their assigned dates may register all day Friday and Saturday morning.

"Those times aren't mandatory," Cassell said. "We aren't going to turn anybody away."

The registration form asks for a person's name, birthdate, Social Security number and current mailing address, Cassell said.

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Staff photo by Sharon Clarke

Anti-draft protest Monday
... at Franklin Street Post Office

Protests show opposition

By Gelareh Asayesh

Registration for the draft began Monday and with it came protests.

A group of about 50 people gathered at noon Monday to keep a vigil in front of Chapel Hill's Franklin Street post office.

"I'm against registration because it leads to the draft and I'm against the draft because it leads to war," one protester said. "It (the draft) is supposed to be protested against. Everyone has the right to be free."

The group of people who assembled to protest ranged from 17-year-old Fred Young to Charlotte Adams, who has seen three generations pass. But a large percentage of the people keeping vigil were people who had experienced another draft.

"My dear, I have been here forever," said Adams, "a member of the Women's International League for Peace and Freedom. "I protested against the Vietnam War."

Picketers displayed signs opposing the draft. Many had come during their lunch hour, hoping that their presence would spark a response in others.

"I want to stop the war before it starts," said Kathie Young, standing in line beside her son who will turn 18 in November.

"We cannot perpetuate this cycle of destruction, said another woman, a 28-year-old who protested against the Vietnam War. "We have to turn things

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Heat wave: Common sense planning helps against weather-related health problems

By Kimberly Barnette-Horton

"Mexicans, Arabs and other people who live in the heat have long since given up standing in the noonday sun," said Dr. James McCutchan, acting director of Student Health Services.

Or, as some people say, "Only mad dogs and Englishmen go out in the noonday sun."

Students should follow their example if they want to escape the heat wave the South is experiencing.

"When the temperature rises above body temperature, and the humidity is above 85 percent, you don't lose heat," McCutchan said. "Instead, you pick up heat. The body's cooling system doesn't work."

This is the time to listen to your bodies and slow down if the heat is making you uncomfortable, he said.

That includes using common sense.

"What no one can give anyone is a substitute for judgment," McCutchan said. "The point is to believe what is happening. It is hot."

A defense against the heat is proper eating and drinking.

"Generally, after a meal your temperature rises. That happens all year round. Your metabolism speeds up," said Marcia Mills, a registered dietitian at the Community Diet Counseling Center.

As the metabolism speeds up, so does the body's

heat production and water loss.

"Therefore it is best not to overeat," Mills said. "Eat lighter foods." But water is what your body is asking for. The temperature of the food or drink is a contributing factor. In their book, *Heat Stress and Heat Disorders*, C.S. Leithhead and A.R. Lind found that eating or drinking hot foods or liquids adds heat to the body. However, if cool water is drunk, the body loses heat by warming the water to body temperature. "If you eat hot soup you get hotter," he said. "Ice tea makes you feel good."

Drinking a cold beer, though, is not a remedy for getting in the shade, McCutchan said. Drinks with alcohol dehydrate and add heat to the body.

"Alcohol does make you feel warm," Mills said. "It dilates the blood vessels."

Mills added that drinks with caffeine and sugar such as Coca-Cola can make some people feel warmer.

How acclimatized a person is to the heat influences his ability to withstand extreme temperatures without adverse effects.

For instance, many Indian seamen and tropical residents eat curried rice, regardless of the temperature. Even Mexicans eat hot foods.

"Mexicans like spicy foods. They also live in a tropical country," McCutchan said. "They are

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Staff photo by Sharon Clarke

93 degrees
... at 5 p.m.