

Limber up to prevent brittle bones

By DONNA LEINWAND
Staff Writer

Exercise and calcium intake may mean the difference between healthy bones and osteoporosis, a degenerative bone disease, according to a bone health study in progress at UNC.

"You don't have to take huge amounts of calcium," said John Anderson, a UNC professor of nutrition. "You don't have to be a pill-taker. But it seems that gals that have an intermediate or high calcium intake and participate regularly in some type of (exercise) have healthier bones."

Anderson said he is studying the bone parameters or measurements of females, ages 18 to 22, in hopes of finding what happens during adolescence that contributes to healthy bones in adults. He has measured and studied about 500 women, which he categorizes into six groups according to calcium intake and amount of physical exercise.

Osteoporosis, which occurs most often in females, is a gradual loss of bone mass which often occurs after menopause.

"If women do not get enough calcium as they get older, their bone parameters get smaller by the time

they are 20," Anderson said.

Two types of osteoporosis are common: post-menopausal osteoporosis and senile osteoporosis. Post-menopausal osteoporosis usually occurs when women reach their 60s, Anderson said. It affects the vertebral column resulting in a humped appearance, he added. Senile osteoporosis occurs in both men and women later in life, Anderson said.

"It probably affects 50 percent of the population by the time they reach 80 years old," Anderson said. "Past that, the numbers near 100 percent. Many older people end up fracturing a hip. We'd love to be able to prevent that because it's so serious."

Measuring bones gives an index of health, Anderson said. Normally, the female skeleton stops growing in length a few years after the woman begins menstruating but the bones continue to add minerals, he said. By the time most females are 18, their bone size is fixed, he added.

The women who participate in the study are asked to answer detailed questions on their usual calcium intake and activities, Anderson said he then classifies them into high, medium or low categories.

"Women who have a low calcium intake and are also inactive are much

more likely to have small bones," Anderson said.

Those who have a low calcium intake can take calcium supplements but Anderson stresses changing dietary habits first.

"There is a better distribution of nutrients in a meal," he said. "Risk is limited for calcium deposits unless they have a history of kidney stone formation, so taking a supplement is okay if they can't get calcium from their diet."

Pregnancy also changes the need for calcium as lactation, or breast feeding, drains the calcium supply, Anderson said.

"Most women can replenish the calcium," he said. "Lactation is

always a stress on the skeleton ... even if the woman has a good calcium intake."

Daily food intake should include about 800 milligrams of calcium, Anderson said. Sufficient calcium intake and exercise is not insurance against osteoporosis, he added.

"Even with good calcium intake, bone mass may decline some but without calcium, bone mass may decline more," he said. "Women who are good calcium consumers and active don't lose as much."

Calcium supplements have little effect on those people who consume 500 to 600 milligrams a day, considered a moderate amount, Anderson said.

WXYC receives raves from Rolling Stone

From staff reports

Those who follow the music industry closely have always at least acknowledged, and sometimes regarded highly, the views of Rolling Stone, the glitzy, photo-filled bimonthly magazine geared to the young adult set.

This month, Rolling Stone has brought some notoriety to UNC by featuring the University's own radio station, WYXC, in a story about the best college radio stations in the country. The article, called "The Taste Makers," features an interview with and photo of WYXC station manager Bill Burton.

Burton, a third-year law student who has been at WYXC for eight years, said he was pleased that the station was noted in a national publication for the first time. However, he said WYXC's main purpose was not to break in new bands, as the article claimed about college stations in general.

"She (the Rolling Stone interviewer) tried to put words in my mouth 'are you here to play new acts?' I said, 'no, we're here to entertain, to educate and to be a great radio station for Chapel Hill.'"

AIDS education to begin

By FRED PATTERSON
Staff Writer

Under a federal grant, the Communicable Diseases branch of the N.C. Division of Health has hired David Jolly as its first full-time AIDS educator.

Jolly, formerly of the Center for Disease Control in Atlanta, will educate doctors, nurses and other medical personnel on the dangers and transmission of AIDS. He will also be offering one-day workshops across the state which will cover the symptoms of the virus as well as how to educate high-risk groups on how to avoid contracting it.

AIDS first appeared in the United States in 1978. It affects mostly gay men and intravenous drug users. However, there have been cases involving heterosexual men and women who do not inject drugs.

The AIDS virus does not survive in the open and must therefore be transmitted directly. It cannot be contracted through casual contacts

such as sitting on toilet seats or eating food prepared by someone carrying the virus.

Jolly, who holds two master's degrees and is close to gaining a doctorate in public health, is expected to remove some of the misconceptions about the disease and increase public awareness to avoid further cases in North Carolina, said Dr. Rebecca Meriweather, head of the division's communicable diseases branch.

Meriweather said she is concerned about the number of unreported AIDS cases in the state. Although North Carolina ranks 10th in the United States in population, it ranks 20th in the number of reported AIDS cases, she said, with the number of cases doubling about every 12 months.

The disease has claimed 95 lives in North Carolina out of the 13,000 nationwide. Over one hundred new cases have been detected in the state in the past two years.

Most fetal heart monitoring unneeded, research indicates

From Associated Press reports

BOSTON — The common habit of continuously monitoring fetal heartbeat during childbirth leads to slightly more Caesarean deliveries but doesn't produce healthier babies, a new study concludes.

Although continuous electronic monitoring is considered prudent during high-risk pregnancies, the researchers found that it carries no advantage for routine deliveries, even though most doctors use it for all births.

Researchers have suggested that fear of malpractice suits is one factor promoting physicians to monitor fetal hearts and deliver infants by Caesarean section. Since their introduction almost two decades ago, fetal monitors have become a standard tool in delivery rooms.

Rehnquist nomination under fire

WASHINGTON — The nation's major civil rights coalition concluded Wednesday that the Senate should defeat the nomination of Chief Justice-designate William H. Rehnquist, because of his "35-year record of opposition" to equal justice.

The Leadership Conference on Civil Rights, which represents 185 organizations, reached its conclusions in a new report that reviews Rehnquist's private and public career over more than three decades.

Much of the study covers

State & National

Rehnquist's record on issues such as school desegregation, voting rights, public accommodations and the racial makeup of juries.

Divorcees eat for free

CHICAGO — Restaurateur Billy Siegal wants to know who's free for dinner.

If patrons can prove it by producing their divorce papers on the day they untie the knot, dinner, too, is free.

Siegel, 38, owner of That Steak Joynt, a posh Victorian-style eatery on Chicago's North Side, says he has been divorced once and is going through a second.

"Somebody told me, 'When are you gonna get over that divorce?'" Siegel said. "I said, 'When I do, I'm gonna eat, have a little wine.' And then I thought, 'Why not promote this?'"

Since he came up with the idea about a month ago, Siegal has been running an advertisement in the personals section of the local newspaper.

"Dinner is on the house if you come in with your divorce papers on the day you untie the knot," the ad promises.

Siegel says about 15 people have claimed divorce dinners, including Glen and Carol Hugo, exes who came with separate dates on the same night.

New book gives advice for dodging terrorism

By DAVID PEARSON
Staff Writer

If you plan on traveling abroad soon, leave your UNC T-shirts at home, don't wear a business suit and avoid restaurants with a lot of windows.

These admonitions come from "Terrorism and Personal Security Abroad," a book put out by the International Orientation Service, an organization that prepares businessmen, government officials and private individuals for travel abroad.

Adell Landsman, who runs the service with her husband, Robert Gurevich, said they decided to write a guide after recent terrorist attacks prompted an influx of calls about how travelers could better take care of themselves.

"(People would) ... talk to tourist agencies, and the agencies would say 'everything's fine,' but it wasn't," Landsman said.

The first section of the book deals with terrorism and its ramifications. One of the things it explains to the reader is that with terrorism "the victim is not the target." The terrorist is trying to get back at someone or some group, and an American can easily get involved in something that

has nothing to do with America if he is in the wrong place at the wrong time, it says.

The second section contains a security checklist that gives the reader numerous suggestions on things that he can do to avoid trouble. A few examples are:

- First and foremost, remain as inconspicuous as possible. Avoid groups easily identifiable as Americans, such as tour groups. Don't wear college T-shirts, baseball caps, etc. Businessmen should dress casually, not in business suits.
- Don't hang around airports. Buy any foreign currency needed and decide where to stay before starting the trip so that the time spent at the airport is minimal.
- When staying in a hotel, get a room on the lower floors in case of fire.
- Have a telephone credit card, so that in an emergency it won't be necessary to search for coins.
- When eating in a restaurant, stay away from glass windows. A bomb can turn glass into shrapnel.

The third section of the book deals with various scenarios. The reader is not told what he should do in each situation, but instead is given information so that he may decide for himself.

Landsman and Gurevich don't claim that their book will make a traveler terrorist-proof.

Economic outlook good for seaboard

By ROBERT KEEFE
Business Editor

North Carolina's economy is expected to expand 4.6 percent on the average by the end of 1986, despite the drought that has hurt the state's agricultural industry virtually all year.

This year will mark the fourth consecutive year that the state's economy has grown since the 1982 recession, according to the UNC-Charlotte/First Union North Carolina Economic Forecast released last Wednesday.

In addition, the forecast predicted a 3.3 percent growth in the state's economy for 1987.

"Economic activity should peak late in 1986 and early 1987," said Dr. John E. Connaughton, Associate Professor of Economics at UNC-Charlotte and director of the forecast program.

Although farmers around the state are expected to lose about \$330 million in receipts this year due to the statewide drought, Connaughton said it won't affect the entire economy because agriculture makes up only 2.2 percent of the Gross State Product (GSP).

"There will be a second impact, though," said Frank Bordeaux, chief economist with the N.C. Department of Agriculture, "... due to losses in the farm supply industry and in farm implementation."

"But overall there will not be a tremendous impact on the state's economy because ... (farm losses) are so spread out geographically," said Bordeaux. "The primary impact will be on the farmers."

Bordeaux said corn farmers were hurt worst by the drought, losing a total of about \$79 million this year. Other hard hit crops include soybeans and hay.

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