

Breakfast needs vary for students

By CAROLE FERGUSON
Staff Writer

Rise and shine! You may require that little boost of caffeine to get you going, but according to some local nutritionists and UNC students, a big morning meal is probably not necessary.

"I might pick up a doughnut and orange juice between classes," said Kim Jernigan, a freshman Cobb resident. "I never really eat breakfast."

Students who do count on a morning meal often keep it light. "Something like Rice Krispies and a vitamin" holds sophomore Joe DiLello over until lunch. He said coffee is absolutely necessary to keep him alert.

Class scheduling makes a difference to many students. Freshman Amie Yandle said she eats a substantial breakfast on Tuesdays and Thursdays when she has late classes, but other weekdays she eats little or nothing before her 8 a.m. class.

Eat parallel to your activity, said Gail Levey, nutrition spokesman for the American Dietetic Association. She said since many college students have irregular schedules, meals may also be irregular. Requirements for those who are early to bed and to rise will be quite different from requirements for those who are late sleepers.

Studies have shown that eating breakfast improves the performance of school children. But Levey said that idea doesn't necessarily hold true for adults. "There is really not a lot of scientific proof on the benefits of breakfast for adults."

"I can't eat that early," Jernigan said.

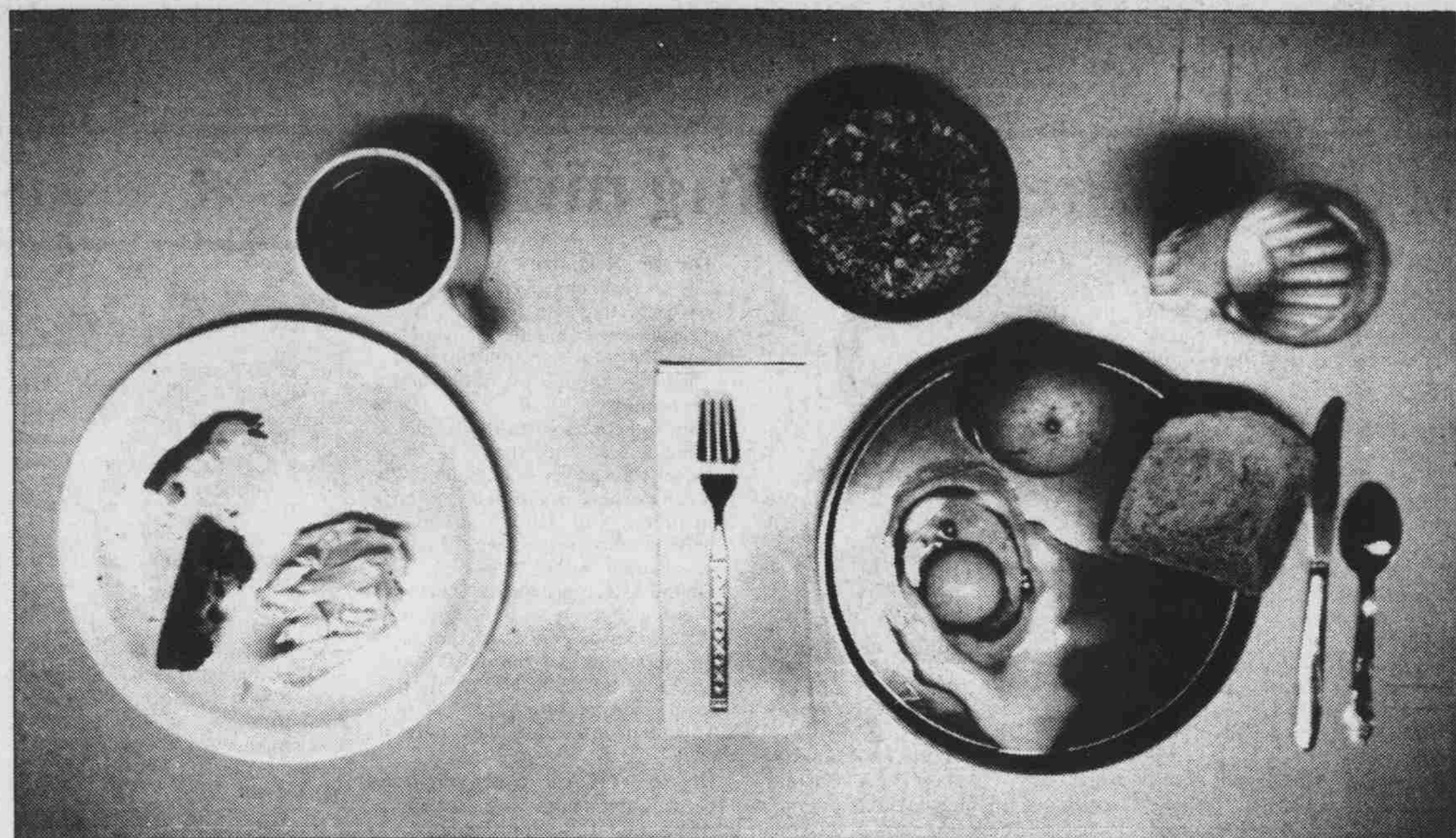
This is a common complaint, according to Levey. "Some people say eating early in the morning makes them nauseous. You can't tell them they have to eat," she said.

Calorie-conscious students often skip breakfast simply to avoid eating. This is a common pitfall of dieters, according to Wendy Gasch of the International Life Sciences Institute-Nutrition Foundation.

"They skip breakfast, skimp on lunch, and then they're starved at dinner," she said. A good breakfast can help avoid that ravenous hunger later on, Gasch said.

The purpose of breakfast is to gradually increase blood sugar levels, Gail Levey said. "Unless you've been up partying all night, your blood sugar is low when you wake up. If it stays low you tend to get sluggish and then overeat."

Raising blood sugar levels doesn't mean eating sugary foods. Powerful, sugary foods such as doughnuts and Pop Tarts won't give you sustained



DTH/Julie Stovall

What will it be this morning - a cup of caffeine and a pizza crust or a well-balanced breakfast with fruit, an egg, toast, cereal and juice?

energy, Levey said. These may cause blood sugar levels to shoot up and come crashing down. This could leave you with a headache and a cranky feeling, she said.

To really get you going, the best breakfast bets are complex carbohy-

drates. Whole-grain cereals and bread help regulate blood sugar levels and take longer to digest than simple sugars. They help ward off hunger until you can eat again.

It is also good to get in some protein from eggs, yogurt, lean meat

and other dairy products for sustained energy.

Foods low in fat give you more than twice as much nutrition per calorie, according to Gasch. One gram of fat contains 9 calories while the same portion of carbohydrate or

protein contains 4 calories.

"The important thing is that your first meal doesn't have to be a traditional breakfast," Levey said. "If you feel like eating pizza or peanut butter and jelly, that's fine, they are both nutritious."

Operation Raleigh provides opportunity for adventure

By KATHY WILSON
Staff Writer

On a cold winter's night in Raleigh last February, a group of weary young hikers bedded down for what they thought would be a good night's rest. Instead, they were rudely awakened and taken away from their campsite by people who wanted to test their mental and physical courage.

If the campers passed the grueling weekend of intellectual, emotional and physical testing, each was entitled to be a Venturer for Operation Raleigh, an international scientific and humanitarian project named after the famous explorer Sir Walter Raleigh.

The selection weekend described above is held in Raleigh for North Carolina young adults ages 17 to 24. During the course of the weekend, campers are observed to see how well they hold up after hiking miles through the woods, living on a sparse diet and solving problems with others.

The rigorous program has not daunted many individuals, because the program has received applications from all the United States except nine. Operation Raleigh's lure is the chance for a person to spend three months in a foreign country of his choice.

Operation Raleigh was begun by Prince Charles of England and Colonel John Blashford-Snell, a renowned world explorer. Prince

Charles started the project when he realized that today's youth had no more undiscovered frontiers to explore and not many adventure-some journeys left in the world. The project began in 1984 and will run through 1988, in three month phases.

The program has three requirements. A Venturer must be 17 to 24 years old, be able to speak English and be able to swim 500 yards. In order to participate, the Venturer must also raise \$5500 from his community. This fund-raising reinforces the project's strong commitment to community because the Venturer is encouraged to present a program to his community after returning.

Several UNC students and graduates have gone on Operation Raleigh. Francois Desoutter, a first semester freshman, returned in December from her phase in New Zealand. She had wanted to enlist in the Peace Corps, but she isn't a U.S. citizen. Operation Raleigh was her alternative to the Peace Corps.

"(The) adventure attracted me," Desoutter said. "I was looking for something different."

Desoutter worked on a farm for five days as part of her contribution to the New Zealand community. She helped the farmer in "dagging," which is shearing the back end of a sheep in preparation for the shearing season. She also helped

maintain the farm and move the sheep from pasture to pasture.

"New Zealand is a country of five million people and 650 million sheep," Desoutter said.

One of Desoutter's scientific projects was to help rid a lake of a weed that caused "duck itch" to swimmers. The weed supposedly first began to grow when someone threw his goldfish into the lake.

Desoutter had no hiking or camping experience when she began Operation Raleigh, but said that such experience isn't necessarily

needed. Experts in outdoor living accompanied the 120 Venturers to assist with any problems.

"If you have knowledge or a skill, it's a plus. If not, it's not against you. Some people have knowledge or a skill in some other area," she said. "We all learn from each other."

Duane Whitcomb is a UNC senior who is putting his academics aside for a semester to go on a phase to Australia in March. He is helping to conduct an animal count and ecological study on rock wallabies in Victoria.

Buffett to hit Smith Center

Jimmy Buffett is scheduled to perform April 3 at 8 p.m. in the Smith Center. Tickets will go on sale at 10 a.m. March 2 at the Smith Center and area Ticketron outlets for \$15.

Smith Center officials do not expect to set rules on camping or maximum purchases, but no more than eight front-row seats may be purchased by one person.

The number for credit card purchases is 800-233-4050.

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