# Keep Tabs On Your Cans to benefit kidney foundation

By ELLEN THORNTON

onsuming large amounts of beer may not be good for the kidneys, but if the beer comes in aluminum cans, it can be helpful for the National Kidney Foundation.

Beer and soda drinkers can now recycle their cans and send the proceeds to the National Kidney Foundation of North Carolina (NKFNC) through a new program sponsored by the foundation and Reynolds

Aluminum Recycling Company.

"Keep Tabs On Your Cans" is a program that allows people to specify that the money earned from recycling their used aluminum cans, pie plates, foil and frozen food trays is to be donated directly to the foundation. Reynolds Aluminum donates 2 cents a can to the foundation, according to Marion Kalbacker, a

NKFNC Board of Trustees member. People just need to take their aluminum to a Reynolds recycling center.

"Look at how much good cans

just from campus could do," said Del Whittaker, executive director of the NKFNC.

Whittaker said Reynolds periodically totals the donations and sends a check to the NKFNC. The money goes to one of five major areas: research, professional education, public education, patient services or community services, she said. The money could also help fund programs such as summer camps for

The foundation started the successful program in June 1988. Rumors had been circulating that recycling the tabs from aluminum cans would buy a kidney patient time on a dialysis machine, Whit-

cling centers, but two centers are located in Durham, a Reynolds spokesman said. Reynolds and the NKFNC encourage campus services organizations to set up a recycling bin on campus or to collect aluminum and make mass deliveries. If you are interested in helping with the program, contact the NKFNC at 1-800-35NKFNC.

# children with kidney disease.

By MARY JO DUNNINGTON

It's several weeks after the start of the new year, and many people are trying to keep their resolution to lose that excess weight. With their new role model, talk-show hostess Oprah Winfrey, dieters have focused their attention on liquid diets.

People trying diets similar to Winfrey's medically supervised program are limited to the 400 to 800 calories a day. A liquid food supplement, which dieters drink five times a day for 12 to 25 weeks, provides the nutrients for dieters.

Winfrey owes her success to the Optifast Program, one of the more popular of the liquid diets. The HCA Raleigh Community Hospital administers one of four Optifast programs in the state. About 100 people are now participating in the . program, said Anne Wilbourne, the center's medical secretary.

"We've been really busy lately because of the Oprah Winfrey thing," she said. "We've had to put many people on the waiting list."

To be considered for the 26-week program, a person must be 18 years old and at least 50 pounds overweight. A doctor at the center also

must examine participants before placing them on the program. During the first 12 weeks, participants drink the diet liquid five times a day. Then they are slowly reintroduced to solid food. The program concludes with a period of stabilization and follow-up.

An important aspect of the program is the mandatory weekly visit to the center, Wilbourne said. These visits include medical examinations, behavior modification, consultations with an exercise physiologist and blood tests.

Even though the program is under strict medical supervision, the liquid diets have received criticism from nutrition experts. Cost can often be prohibitive, according to registered dietician Marcia Mills, president of Profile Associates. The Optifast Program in Raleigh costs \$2,700 for 26 weeks, which covers the expense of the product, medical visits and

counseling services. Mills also called liquid diets "unrealistic," pointing out that the dieter is not learning how to make decisions about what he or she eats. "It takes you out of your life situation," Mills said. "You may lose the weight, but once you're off the diet, you are likely to return to your old

eating habits because you have done

nothing to alter them.' The low-calorie diet liquids, such as those used by the Optifast Program, are sold only to doctors or hospitals, but diet products such as "Slim Fast" and "Diet Fast Liquid Meal Replacement Powder" are sold in grocery, drug and specialty stores. When mixed with skim milk, these powders produce drinks with 180 to 220 calories. These products cost about \$7 for a 16-ounce can.

Susan Chappell, the director of UNC's Wellness Center, advised people to use such products with care. "Most nutritionists do not recommend these diets," Chappell said. "You should remember that Oprah was on a medically supervised program. There have been several deaths where people were handling these diets themselves."

Mills agreed that these products are not particularly beneficial. "It's fine to have one of these drinks once in a while for a meal when you're in a hurry or something," she said. "It's just like a milkshake, though. It doesn't have any magical properties."

A regular milkshake made from yogurt and a banana is cheaper and tastes better, she added.

Mills emphasized that the best way to lose weight is still to examine and modify eating habits and include an exercise program with a

"The program serves a dual purpose," Kalbacker said. "It serves a direct patient benefit as well as recycling aluminum."

taker said. Because so many people were interested in helping the National Kidney Foundation, it joined with Reynolds to create a similar program. Recycling entire cans does not buy time on a dialysis machine, but it is much more beneficial than recycling only the tabs, he

Chapel Hill has no Reynolds recy-

### Campus Calendar

The DTH Campus Calendar is a daily listing of University-related activities sponsored by academic departments, student services and student organizations officially recognized by the Division of Student Affairs. To appear in Campus Calendar, announcements must be submitted on the Campus Calendar form by NOON one business day before the announcement is to run. Saturday and Sunday events are printed in Friday's calendar and must be submitted on the Wednesday before the announcement is to run. Forms and a drop box are located outside the DTH office, 104 Union. Items of Interest lists ongoing events from the same campus organizations and follows the same deadline schedule as Campus

#### Monday

Calendar. Please use the same form.

North Carolina **Fellows Program** will hold an informal open house in 224 Union. Freshmen are invited to find out about the program and meet current Fellows. Applications are due by Thursday, Jan. 26, at 5

3:30 p.m. University Career Planning and Placement Services will have an experiential learning work-

shop on internship basics and how to find one in 108 Hanes. Yackety Yack will have a meeting in 106 Union for anyone interested in working for the yearbook spring semester or next year. Black Pre-

Professional Health Society will meet in the BCC, Union. All members and anyone interested in becoming a member are asked to attend. 6:30 p.m. GAIA, the global issues committee of the

> first meeting this term in the Campus Y lounge to discuss upcoming projects. UCPPS will sponsor a presentation by First Wachovia in the N&C Ballroom at the Carolina Inn.

Campus Y, will hold its

Carolina Union **Performing Arts** Committee will hold auditions for UNC student actors until 10 p.m. in the Union Cabaret for the play "Sister Mary Ignatius

university 5

counseling \*\*\*

center

April 4, 3:30-5:00 (Fresh.)

Explains It All For You." Complete information can be found at the Union desk. UCPPS will sponsor presentation by Coca

Cola USA in 210 Hanes Hall. UCPPS will sponsor a presentation by Apple Computer in the Carolina Inn. Newman, Catholic

Student Center will have its first weekly one-hour Bible sharing session in 226 Union. All are welcome.

7:30 p.m. UNC Young Democrats will sponsor Rep. Beverly Perdue, to speak about the aging America, in 224 Union.

Alpha Kappa Psi, the professional business fraternity for business, economic, and industrial relations majors, will have an informal rush in Cobb Basement, open to all classes. Dress is casual

TALKING ABOUT SELECTING A MAJOR - Feb. 7, 3:30-5:00 (Soph.),

BLACK GRADUATE/PROFESSIONAL WOMEN'S SUPPORT GROUP

ALL-BUT-DISSERTATION (ABD) SUPPORT - Mon., 3-5, on-going

MANAGING YOUR EMOTIONS - 4 sessions, Thurs., 4-5. Feb. 9, 16, 23,

LEARNING STATEGIES TRAINING & SUPPORT GROUP - Tues.,

PERSONAL GROWTH GROUP - Tues., 4:45-6:15. Beg. Jan. 17

ASSERT YOURSELF - 6 sessions, starts Feburary, Thurs,

COPING WITH STRESS - Tues., Feb. 28, Mar. 7, 21, 28

STOP SMOKING - Tues., Jan. 31, Feb. 7, 14, 21

Mar. 2. Also Mon., Mar. 22, Apr. 3, 10, 17

4-5. Starts Feb. 7, for 8-10 sessions

**CAREER EXPLORATION - 4 sessions** 

8:30 p.m. Fellowship of **Christian Athletes** will meet in 208-209

Union. Everyone is welcome

Items of Interest

Order of the Golden Fleece. Order of the Old Well, and Order of the Grail-Valkyries. campus honorary societies, have nomination forms available at the Union Desk.

Government internship applications for the Institute of Government and N.C. State Government are due Friday, Jan. 27. Applications and information are available at UCPPS, 211 Hanes.

Phi Eta Sigma National Honors Society will be awarding \$35,000 in graduate and undergraduate scholarships this year. Phi Eta Sigma members may pick up information about the awards in 300

UNC Glee Clubs and The Carolina Choir are now having auditions. Sign up at 106 Person. North Carolina Memorial Hospital Volunteer Services will be holding volunteer registration

weekdays until Jan. 27 from 9 a.m. to noon and 1 p.m. to 5:30 p.m. Call 966-4793 for more information.

**GROUPS: SPRING'89** 

CALL NASH HALL 962-2175 FOR INFO. & SIGN-UP

# School raises funds to endow new Spearman professorship

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INFORMATIONAL

**MEETINGS** 

**FALL 1989** 

Jan. 24, Tues., 3:30

Jan. 24, Tues., 3:30

Jan. 25, Wed., 2:00

Jan. 25, Wed., 3:00

Jan. 26, Thurs., 5:00

Jan. 31, Tues., 3:30

STUDY ABROAD

Jan. 24, Tues., 4:00 Rm. 12, Caldwell Hall

Jan. 25, Wed., 4:00 Rm. 12, Caldwell Hall

Jan. 30, Mon., 3:00 Rm.12, Caldwell Hall

Jan. 30, Mon., 4:30 Rm. 12, Caldwell Hall

Jan. 31, Tues., 5:00 Rm. 12, Caldwell Hall

St. Union, Rm. 208

316 Hamilton Hall

Rm. 12, Caldwell Hall

Rm. 12, Caldwell Hall

407 Dey Hall

301 Dey Hall

STATION-TO-STATION COLLECT

From staff reports

UNC's School of Journalism reached its goal of \$333,000 in gifts and pledges to endow a professorship in honor of the late Walter Spearman.

The funds were raised in less than two years. Spearman, who died of cancer at age 79 in 1987, taught in the journalism school for 45 years.

State matching funds of \$167,000 will be put in escrow for the professorship while the remaining pledges are made.

#### Internship deadline nears

Sophomores, juniors and seniors enrolled in N.C. colleges or who are N.C. residents attend-

#### **University Briefs**

ing out-of-state schools have until Friday to apply for the Summer Intern Program sponsored by UNC-CH's Institute Government.

Twenty-eight students will be selected to participate in a livinglearning internship in N.C. state and local governments.

Students wishing to receive an information brochure, description of available internships and an application form should contact their college or university placement office or the Institute of Government at UNC.

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