



MARKETING RELATIONS—Nool Hankin has been named marketing relations for Miller Brewing Company. He is responsible for directing Miller's marketing public relations activities, maintaining the company's relationships with black, Hispanic and other ethnic groups.

Wonsley Tries Comeback At Buc's Camp

TAMPA, Fla.—A heartwarming story is developing in the Tampa Bay Buccaneers training camp and Nathan Wonsley is determined to give it a happy ending. The tale is one of a running back who beat the odds of making the team three years ago and is trying to whip them again by coming back from a serious neck injury that sidelined him 2½ seasons. Wonsley, 25, donned football pads Friday for the first time since dislocating his neck in November 1986 on a special teams tackle against the Chicago Bears. He underwent surgery to fuse vertebrae in his neck and after two years of therapy and rehabilitation received medical clearance to resume his NFL career. "Nathan Wonsley is not a coward," he said last week, explaining his decision to re-sign with the Bucs and risk further injury. "God helps those who help themselves," he added. "He's given me an opportunity to play again for the Tampa Bay Buccaneers and I'm going to do it."

Lawmaker Raps Sex Education In Public School

WASHINGTON, D.C.—A prominent public official charges that the lives of American children may be gravely harmed by "a new and irresponsible sexuality" that is being promoted in the nation's public schools. Writing in the September issue of The World and I, a conservative magazine, Rep. William Dannemeyer, R-Calif., declares that although that sex education courses have clearly failed to reduce teenage pregnancies and abortions, Planned Parenthood and similar groups continue to "push for more and more education about pills and condoms and IUDs."

According to Dannemeyer, the homosexual movement has added its voice to the growing cry for "more extensive and explicit sex education in our schools." Yet, he says, what is most disturbing about some of the courses is that they are not produced by the National Gay and Lesbian Task Force but, in two cases, by church organizations.

By contrast, Douglas Kirby, research director of ETR Associates, maintains that sex educators are being judged by unreasonable standards. Most relevant studies, he says, suggest that the teaching of sex education has not resulted in changing the moral attitudes of teenagers. "Sex education classes, like other courses in school, should be considered successful and effective if they simply increase teenagers' knowledge and information about sexuality."

In another article in this series, Linus Wright, former under secretary of the U.S. Department of Education, offers questions that parents might ask in evaluating sex education programs:

- Does the program encourage young people to engage in sexual intercourse or does it send a clear message of abstinence and self-restraint?
 - Does the program violate community standards of taste and decency?
 - Does the program present traditional viewpoints toward sexuality as well as those of more permissive individuals and organizations?
 - What selection process was used in choosing this particular program?
 - What is the purpose of the program now in place?
- Wright also explains what parents can do if they are concerned about the curricular content of their children's schools. Other contributors to the magazine's series complain of "discrepancies" between the claims being made for sex education and what it has actually accomplished.

Need For Chromium In The Body Keeps Insulin Levels In Check

WASHINGTON—Drinking a sugary soda after eating a starchy meal and then ice cream smothered with chocolate fudge can drain your body of chromium. And few of us get enough of this essential element as it is. Chromium keeps insulin levels in check by making the hormone more efficient at regulating blood sugar levels. According to a recent U.S. Department of Agriculture study, the more insulin we secrete to process sugars from a meal, the more chromium we use and lose. Because once used, chromium is discarded like a wet paper towel. "And when there's not enough chromium around, the body pumps out more insulin," said Richard A.

Anderson who specializes in chromium research with USDA's Agricultural Research Service. He said that chronically high insulin levels—an early warning sign for adult-onset diabetes—are probably due to low body stores of chromium. The study showed that the biggest rise in insulin levels, and consequently the greatest loss of chromium, result from eating glucose followed shortly by fructose. They are the two most common sugars in our diets. "We seldom eat just one sugar," Anderson noted. "For instance, the high-fructose corn sweeteners found in many prepared foods and soft drinks are nearly half fructose. And table sugar is composed of both

sugars. He said it's more important to conserve body chromium by avoiding foods high in simple sugars than to try to replace it. "It's hard enough to get the minimum suggested intake—50 micrograms (millionths of a gram) per day—through a fairly well-balanced diet," he said. "Most people don't. He recommends eating a variety of fresh fruits, vegetables, dairy and whole wheat products and meat. Some foods and beverages, such as beer, pick up chromium during processing from the stainless steel equipment. But other foods lose natural chromium in the refining process, he said.

Cleaning Your Teeth & Gums

An important part of good oral health care is knowing how to brush and floss properly. Careful daily brushing removes plaque (containing disease-causing bacteria) which routinely forms on the teeth. Gently brush the teeth on all sides with a soft-bristled brush and fluoride toothpaste. Use circular and short back-and-forth strokes, taking special care to brush carefully along the gum line. Lightly brushing your tongue also helps to remove plaque and food debris and makes your mouth feel fresh. In addition to toothbrushing, the use of dental floss is necessary to keep the gums healthy. Proper flossing is especially important because it removes plaque and leftover food that a toothbrush cannot reach. Your dentist or dental hygienist can show you the best way to brush and floss

your teeth. If toothbrushing or flossing results in bleeding, pain, or irritation, see your dentist at once. A new antibacterial or antiplaque mouthrinse is now available. This mouthrinse is an addition but not a substitute for a trip to the dentist's office and careful daily brushing and flossing. Your dentist may prescribe this rinse for you. Some people with arthritis or other conditions that limit motion may find it hard to hold a toothbrush. To overcome this, the brush handle can be attached to the hand with a wide elastic band or may be enlarged by attaching it to a sponge, styrofoam ball, or similar object. Those with limited shoulder movement might find brushing easier if the handle of the brush is lengthened by attaching a long piece of wood or plastic. Electric toothbrushes are of benefit to many.

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