

MARKETING RELATIONS-Noel 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

21/2 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 las 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 tot he 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

ducation programs:

Does the program encourage young people to engage in sexual in-tercourse or does it send a clear essage of abstinence and self-straint?

Does the program violate community standards of taste and decen-

Does the program present traditional viewpoints toward sexuality as well as those of more permissive individuals and organizations?
 What selection process was used

choosing this particular

• What is the purpose of the pro-am now in place?

hools. Other contributors to the agazine's series complain of iscrepancies" between the claimsing made for sex education and lat 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

Chromium keeps insulin levels in check by making the hormone more levels.

According to a recent U.S. Department of Agriculture study, the more insulin we secrete to process sugars from a meal, the more surgars in our diets. chromium we use and lose. Because "We seldom eat just one sugar," once used, chromium is discarded Anderson noted. For instance, the like a wet paper towel.

"And when there's not enough 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 efficient at regulating blood sugar 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

high-fructose corn sweeteners found in many prepared foods and soft chromium around, the body pumps drinks are nearly half flucose. And table sugar is composed of both

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

He recommends eating a variety of fresh fruits, vegetables, diary 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 food lose natural chromium in the ratining process he said process, he said.

your teeth. If toothbrushing or flossing results in bleeding, pain, or irrita-An important part of good oral health care is knowing how to brush and floss properly. Careful daily

tion, 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 of-fice 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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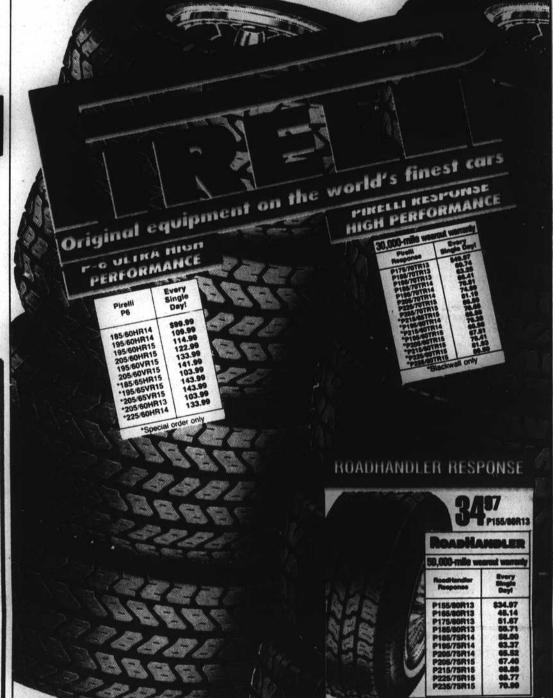




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brushing removes plaque (containing

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

In addition to toothbrushing, the

use of dental floss is necessary to

keep the gums healthy. Proper floss-

ing 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

mouth feel fresh.

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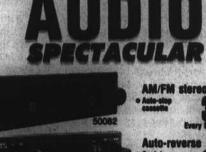














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