

Eating healthy, exercise easier than students realize

By Cheryl Allen
 ■ The Daily Tar Heel
 U. of North Carolina, Chapel Hill

It's much easier than students think to eat right and exercise regularly, according to U. of North Carolina health experts.

The first step is to make exercise and eating healthy a priority, UNC Wellness Research Coordinator Susan Chappell said. "If you have the attitude that making healthy choices is going to make you physically and psychologically healthier, then you are more likely to do that. Whether you make it hard for yourself or not is all in your attitude."

UNC Employee Wellness Program Coordinator Toni Branner agreed. "It's usually a matter of motivation rather than having enough time," she said.

Diet

But most experts agree that for most students eating nutritionally is difficult.



DAVID ESTOYE, THE DAILY TAR HEEL, U. OF NORTH CAROLINA

"It's hard to eat right while living in a dorm and being on campus all day," Branner said.

According to Ellen Molotsky, intramural aerobics coordinator, eating healthy begins with paying attention to food

intake. "Be aware of foods that you want to gradually eliminate," she said. Foods high in saturated fats should be replaced with carbohydrates for energy to help sustain a person through the day.

Quantity, not just quality, is a factor in

maintaining good eating habits, Chappell said. "No food is unhealthy if you eat it in moderation. But when you have a diet based on that food, it becomes unhealthy."

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Sociology major trains professional fighters

By Mike Austin
 ■ State Press
 Arizona State U.

Arizona State U. student and former boxer Rob Sale, who was born with glaucoma and told by doctors never to box, has returned to the ring — as a trainer.

"I'm really excited with the concept of being able to mold fighters, to take them from scratch and make them want to be the best," Sale said.

The 22-year-old sociology major, who retired from professional boxing in May after 14 years in the sport, began working as head trainer at a Tempe boxing gym in September.

"I approached Rob because I respect his boxing knowledge and talent as a fighter," said Scott Maling, a boxing manager and co-owner of the gym. "I know a lot of people older than Rob who don't know the business as well."

Sale currently manages one established professional, light-heavyweight Steve Damon, and two others who recently made their professional debuts. Other professionals also have shown interest in the gym.

"We're in the process of negotiating



JAMIE SCOTT LYTTLE, STATE PRESS, ARIZONA STATE U.

Rob Sale teaches a fighter how to throw a correct punch.

with the World Heavyweight Kickboxing Champion Dennis Alexio," Sale said. "Alexio would be our No. 1 man."

Sale, a New Jersey native, began boxing when he was 8 years old. At 18, he was favored to win the New Jersey Golden Gloves welterweight title. Although he knew he was risking blind-

ness and even the loss of his eye, he continued to fight.

In November 1985, after his third eye surgery, Sale's eye began to heal too quickly. Over the next four months, six days a week, an anti-healing agent was injected into Sale's eye to slow the healing process. "I've had my nose broken, my collarbone broken and nothing has come close to the level of pain I had with those treatments," he said.

Although doctors told Sale he would never fight again, he was determined to return to the ring. In January 1986, Sale fought in the Arizona Golden Gloves competition as an amateur.

Sale went pro and after three professional bouts, he was undefeated with one knockout. In May 1989, Sale went to Maling for financial support for a comeback, but Maling convinced him to retire.

"The bottom line was my health was at risk and I was in fear of walking around blind for the rest of my life," Sale said.

The transition from boxer to trainer has come easy, despite initial fears. "I'm 99 percent right now, but there's still 1 percent of me that shoots punches into the air when no one's around."

Racism

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faster. He also said it all started with selective breeding during the days of slavery.

After a flood of complaints about The Greek's remarks, he was fired. Once again, Snyder is not the architect of these theories. Those same white men who control CBS and fired Snyder are members of elitist white clubs such as The Knickerbocker Club and The University Club. Neither of these clubs had even a single black member at the time of the firing.

A careful analysis of Snyder's remarks shows that although they were clearly insensitive, there is some truth in what he said. His claims that some blacks jump higher and run faster than some whites is supported by the fact that National Basketball Association teams

are 80 percent black, and blacks dominate track and field in this country.

Bill Russell, a black basketball coach and former sportscaster, has commented more than once on black dominance in basketball. Russell even proposed having more white players to increase attendance. Can you imagine a white coach today getting by with such a suggestion?

While Snyder's remark, "There won't be anything left for whites," is an exaggeration; if blacks dominated the executive as well as the athletic side of sports, they would indeed control virtually all of sports. Snyder didn't indicate whether this was a good thing or not; he simply made an honest observation.

Firing these two men did not eliminate racism within the Dodger and CBS organizations. Their dismissals only provided the media and the public with a false sense of justice.

Although their comments were unquestionably insensitive, they were

still very mild in comparison with Jesse Jackson's hateful remarks about New York City being "Hymietown." Or the Philadelphia disc jockey, George Woods, who complained about Korean businessmen in black neighborhoods: "They don't look like we do; they don't live like us; and they don't act like us." Woods is still employed and Jackson is still considered a political leader.

According to Walter Williams, a black economist at George Mason U., these double standards exist because the media and the public have lower expectations for blacks. Williams also says that tolerating these racist and bigoted remarks by blacks profanely violates the civil rights movement.

Racism is not a black and white issue. And superficial remedies, like firing 70-plus-year-old men for misspeaking on television, will only serve to cover up the real problems while the wounds of true hatred continue to fester.

Coffee keeps students alert during finals

By Ralph Jennings
 ■ The Daily Californian
 U. of California, Berkeley

If you're like a lot of people, you quaff a magic elixir called coffee to get you through the frenzied moments of last-minute studying.

But, although medical experts disagree, people who drink coffee or consume caffeine in any form may be risking both immediate and long-term side effects.

People all over the U. of California, Berkeley, drink coffee and, while some just enjoy the taste, most drink it to keep awake and stay alert. Some UC Berkeley students use coffee and other caffeine products to stay awake for up to 36 hours in order to study for finals.

"I take coffee partly for the caffeine and partly as a distraction for a break," said UC Berkeley student Lenore Lustig. Student Lawrence Waiters said he drinks cappuccino "basically to stay awake at night."

Berkeley abounds with coffee shops to serve people studying for finals and tempt those who are trying to break the caffeine habit. Sandy Boyd, who owns four Berkeley coffee shops, said any one of his operations might serve customers more than 300 pounds of coffee a day. "There's probably 7,000 cups that we serve combined."

UC Berkeley student Mike Rice, a self-described "hyper-sensitive male," drinks an average of two cups of coffee each day.

"There was a time when I drank two giant cappuccinos and a pot of coffee a day, but that got a bit out of hand," he said.

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