

Stroke

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The next morning in the hospital, Danemann had no movement in his left hand, arm or leg, but he retained feeling in the skin. "It was like having a dead person on my left side," he says.

After several weeks in different hospitals, he returned to live at his parents' house. "It was very difficult for them because I was so touchy about things. Some things I wanted to do by myself and some things I needed help with.

"One of the problems with the stroke was that I couldn't control my emotions. I wouldn't cry, I would bawl."

Danemann began outpatient rehabilitation at another hospital, and with the

use of a muscle stimulator was able to learn to reroute messages that were sent to the right side of his body but not his left side. In doing so, he began to regain the use of some of his muscles.

But with the improvement came the realization that many of his friends from high school were uncomfortable being around him because of his disability. "I got very lonely," he said.

Another low point was being fired from a job with a local video store for "imprecise reports" — reports that were difficult to read because of his poor handwriting. Danemann had been left-handed before the stroke and had to learn to write with his right hand.

"That really woke me up to realize I wasn't going to be able to go out and work for a living and do well because of my dis-

ability," he says. "My father said I should go to school because if you get an education and you have a degree in your hot little hand, nobody can take that away from you."

Danemann enrolled at UNM last summer and once again has his own apartment. He walks with a slight limp and, while he may never be able to run again, is taking a swimming class that has rekindled his interest in exercise.

Danemann continues to improve physically, but, he says, the biggest change has been in his outlook on life. "The best is that I'm a much better person," he says.

"It's a rough way to do things," he admits. But he says, "I've always said that if everyone could suffer a stroke, we'd all be better people."

Condoms

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by the simultaneous use of condoms and vaginal spermicides.

"There is no such thing as truly safe sex," he said.

Buck said the AIDS virus probably had passed through tiny holes in the tested condoms.

Such holes could be small enough to prevent the passage of sperm, while admitting the smaller AIDS virus and other viruses, he said.

"I would buy another brand," Buck said.

"Anything that's manmade fails. Just accept the fact that condoms aren't perfect," he said.

Bill

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Both the House and Senate are considering bills that would require all college and universities that receive federal funding to report graduation rates to the NCAA, which would send them to the Department of Education as public records. Schools that fail to comply would lose federal funds.

Schools are already required to report graduations rates to the NCAA, but not to the general public.

A proposal similar to the congressional bills will be introduced at the NCAA convention in January.

Utah Football Coach Jim Fassel said he would not oppose the

congressional bill if the guidelines were modified.

He said every student who signs with a team must be entered in graduation rates, but if a student transfers, the rates reflect the student as never graduating.

Still, many coaches and athletic officials, including U. of Oklahoma Volleyball Coach Miles Pabst, see the benefits of Congress enacting such a bill. "If you force the universities to graduate them, everybody wins," Pabst said.

■ Erik Eek, *The Oklahoma Daily*, U. of Oklahoma; Barbara Steuart, *The Daily Californian*, U. of California, Berkeley; and David O. Williams, *The Metropolitan*, Metropolitan State College contributed to this report.

Coffee

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Rice said the caffeine gets him through the day, but he also believes it may be endangering his health. "I think excessive use of coffee will clot your arteries, which leads to deterioration of your heart, which leads to death," he said.

But some medical experts have said they do not believe coffee consumption causes any verifiable health problems, least of all death.

According to Health Service Nutritionist Trish Ratto, long-term effects of caffeine intake may lead to cancer or high levels of cholesterol, but she said, thus far, no research has confirmed this.

Ratto also emphasized that drinking excessive amounts of coffee can often have the opposite effect of what may be desired. "People are drinking more and more to stay awake, and it's counterproductive," she said, adding exhaustion often sets in after a caffeine high wears off.

Ratto recommended students decrease the amount of coffee they consume during the day so they can sleep at night and avoid going into a final on a caffeine low. But Ratto added caffeine affects people in different ways.

However, Carol Koehler, spokesperson for a local hospital, said a caffeine addict stands a greater chance of contracting heart disease. "If you have other heart problems and you drink coffee, it can irritate the heart," Koehler said.

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