



## Ask Louanne

Dear Louanne,

I'm a freshman, and I'm beginning to think I'm the only male virgin left on campus. There's nothing wrong me. I just never found the right girl at the right time. Besides, with all the publicity about AIDS and herpes, I'm beginning to wonder who is the "right" girl. What should I do, run an ad in "Rendezvous"? Signed, the Last Man

Dear "Last Man",

Don't believe everything you hear in the locker room. In 1984, Segal did a study entitled *The Sex Lives of College Students*. (I have a copy of it in my office if you'd like to borrow it.) A total of 2,436 students across the country were polled, and 39% of the entering college freshmen males admitted they were still virgins, so you're not alone. You are right! It's got to feel "right". Why don't you consult Patty Pasky, the nurse practitioner at our Health Center, about protecting yourself from AIDS and other STD's. While you're there pick up a package of condoms so you'll be prepared when the right time comes along.

Dear Louanne,

I'm really worried about my roommate. She rarely goes to dinner with us and when she does she leaves as soon as she's finished eating - says she has studying to do. She thinks she's fat (she's not) and is constantly dieting. She keeps tons of junk food in her bolster, but I never see her eating any of it. Aren't these symptoms of bulimia? What should I do? Signed, Worried Roommate

Dear "Worried",

It sounds like you've done some reading. Yes, these could be symptoms of an eating disorder, but everyone who leaves the dining hall immediately after eating is not going to vomit. Your roommate really may have an exam to study for. A person with bulimia goes on periodic food binges, then feels out of control and purges by vomiting or using laxatives. This is usually accompanied by depression. The purging behavior is extremely dangerous depleting vital nutrients in the body such as potassium which can result in heart failure.

How can you help? Remember, bulimia is not "craziness" but an attempt to cope with stress. You are right to continue including her in your activities. Be kind, concerned, and confront gently, but firmly. Say what you see, hear, and feel; but don't take personal responsibility for your roommate. Offer her assistance in getting professional help. You could suggest she accompany you to our Thursday night Eating Concerns Support Group at 8:00 p.m. in the Health Center. The group is not just for bulimics, but anyone who feels they spend too much time thinking about food or feel their eating is out of control. (Sorry I got so long-winded, but I was so glad you asked. This is a special interest of mine)

Dear Dr. Cereal,  
What can I do? No matter how hard an effort I make, I just can't seem to keep up this semester. As if school weren't enough, I'm having personal problems as well, and I really don't know where to turn. I figured someone who wrote brilliant, insightful, and humanistic columns could help me out. Do you know such a person?  
Signed, A Fan

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Dear A Fan,  
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## Poetry Anyone?

Is anyone out there feeling poetic? If so, two organizations are presenting the opportunity to release these urges.

The American Collegiate Poets Anthology will be sponsoring a national college poetry contest, designed to anthologize the talent of students throughout the nation. This contest will enable students to have their work published in the 27th edition of the American Collegiate Poets anthology. The top five poets

will be awarded a total of \$250 in cash and book prizes, including a first prize of \$100.

All students are eligible for this contest, and there are no restrictions on form or theme. Each poem must be titled and no more than fourteen lines in length. Submitted work must be typed and double-spaced, and can not be returned. An entrance fee of \$2 covers the first entry, and each additional poem must be accompanied by a fee of \$1.

Interested students should send their work to International Publications, P.O. Box 44044-L, Los Angeles, CA, 90044. All work must be received by October 31.

A contest has also been scheduled by the American Poetry Association, which has awarded \$101,000 over the past six years. A trip for two to Hawaii is the grand prize for this contest, and there is also a first prize of \$1,000. Poems are judged on sincerity and originality, and each is considered for publication. Poets may submit up to five pieces, each no more than twenty lines in length. Work should be sent to the American Poetry Association, Dept. CN-74, 250 A Potrero Street, P.O. Box 1803, Santa Cruz, CA, 95061.

## Seroka

Continued from Page 1

Vojvodina from vetoing its actions against Kosovo."

But rather than pursuing control of Kosovo directly, Serbia has targeted the more neutral.

"It's a very Balkan case of Serbia wanting to influence one province by attacking another," he explained.

"The events in Yugoslavia are very worrisome. As a nation, they are facing the need to clamp down or face a long period of extreme civil unrest. I believe they'll choose the former."

Despite the current conflict, Seroka sees the positive benefits of the clash between the party and the government of Yugoslavia.

## FEATURES

### Nutrition: High blood pressure

by Tammy Stecko  
Collegian Staff Writer

Very few of us can truthfully say that we don't know someone with hypertension (also called high blood pressure) a disease characterized by elevated blood pressure in the arteries. With such an emphasis on this disease, many people are beginning to watch their diets and are cutting down on the amount of salt they consume.

The mineral sodium is essential for the functioning of many of the body processes and plays a major role in water retention. Although the average american consumes 1000-2000 milligrams of sodium daily, the recommended amount is 220 milligrams per day. This amount can be adequately supplied with the naturally occurring sodium in such foods as fresh fruits and vegetables, meats, poultry, fresh fish, milk, and water.

Some foods have salt added to enhance the flavor or as a preservative. Salted and smoked meats contain a very high amount of sodium. Salt content in these meats, such as bacon, ham, sausage, luncheon meats, and corned beef, are very high in sodium.

Preservatives in foods can be found by reading the labels of the products. Some very popular preservatives that are used are Monosodium glutamate (MSG), Sodium benzoate, Brine, Sodium propionate, Sodium sulfite, baking soda, and baking powder.

Processed foods are also a major contributor to high sodium levels. These foods include canned soups and vegetables, baked goods, catsup, relish, pickles, mustard, horseradish, and soy sauce. One reason that these foods are high in sodium is that they contain many of the preservatives that were mentioned above.

Now that I've told you everything that you should watch out for when you are lowering your sodium level, you're probably wondering just what

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you can eat. Many people are hesitant when it comes to cutting sodium out of their diets, because they feel that the meals have to be bland to be low in sodium. There are a variety of herbs and spices that can be used to flavor meats and vegetables that contain little or no sodium. Flavorings can also add taste to meats that you would otherwise consider bland.

Kicking the salt habit isn't really that hard. All it takes is a little willpower and a creative imagination. One thing that helps considerably is removing the salt shaker from the stove and the table. If it's not there, you won't use it.

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