

Cancer:

Vitamins A and E may not lower risk, but keep eating your veggies

By DANIEL Q. HANEY
AP Science Writer

BOSTON — A new study casts doubt on theories that people can lower their cancer risk by consuming vitamins A and E, nutrients often found in vegetables.

The study found no link between cancer and people's blood levels of these vitamins or of another highly touted nutrient called carotene, which is a source of vitamin A.

"This certainly does not cast doubt on what your grandmother told you to do about eating your vegetables," said Dr. Walter C. Willette of the Harvard School of Public Health, who directed the study. But it may be that something else in fruits and vegetables helps prevent cancer, as some other studies have suggested, he said.

Last week, the American Cancer Society urged people to eat foods high in fiber and vitamins A and C, such as fruits, whole grains, cabbage, broccoli, Brussels sprouts and cauliflower.

The society's nutritional guidelines also suggested low alcohol intake, a fat-free diet and moderation in smoked or pickled meat or meat cured with salt or nitrite.

The society said its recommendations were based on the best available information, but added that no diet can guarantee prevention of cancer. The National Cancer Institute and the National Academy of Sciences have issued similar guidelines.

Vitamin C, one of the nutrients recommended by the Cancer Society, was not covered in the new study.

Vitamin E, obtained from whole-grain cereals and lettuce, was not on the cancer society's recommended list. The society said some animal research indicates Vitamin E protects against cancer, but there is no solid evidence that it will prevent cancers in humans.

Even though the latest study found no overall impact of vitamins on cancer, the researchers said they could not rule out the possibility that they may protect people against some types of cancer. They said larger studies would be needed to spot small effects of the nutrients.

"It does raise doubts about the basis of some of the specific studies relating to vitamin A and carotene that were utilized in these recommendations," Willette said in an interview. "And I think it should give some cause to question whether there really will be a reduction in cancer by increasing your vitamin A and carotene intake."

Earlier research suggested that people who eat

lots of green or yellow vegetables have lower cancer rates.

"It may well be that there are things in those vegetables other than the things that we've been measuring that are good for you," Willette said. Much speculation recently has focused on anti-carcinogens — substances that prevent cancer rather than cause it.

According to the theory, vitamins A and E act in the body as antioxidants. They trap damaging forms of oxygen called free radicals. So people should eat fruits and green and yellow vegetables that are rich in these substances.

The new study analyzed frozen blood samples that were collected 10 years ago in a blood pressure study. There were no significant differences in the vitamin levels between those who later got cancer and those who remained healthy.

"The weight of the evidence thus suggests that there is little, if any, overall association between the level of serum (blood) vitamin A and the incidence of cancer in human beings," the researchers wrote in today's New England Journal of Medicine.

Likewise, they wrote, the findings "do not support the hypothesis relating intakes of carotene and vitamin E to the overall incidence of cancer."

Zookeepers go bananas over orangutan's secret

By THE ASSOCIATED PRESS

CHICAGO — Just when the Lincoln Park Zoo was getting ready to ship Eric the orangutan off to China as a stud, Eric came up with a little surprise: "he" gave birth to a baby ape.

Eric — now known as Erica — was unmasked on Saturday after a visitor to the zoo noticed the 88-pound, red-haired ape nursing a newborn orangutan.

The visitor told head apekeeper Jim Higgins, who ran off to the orangutan cage to examine the only female he believed to be a likely candidate for motherhood. Higgins didn't find anything until he checked on Eric.

"When I came in and they told me about Eric, I couldn't stop laughing," said Karen Buckley, another apekeeper. "One man told me the zoo didn't know what it was doing, and I said, 'Whaddya mean we don't know what we're doing? We're so good we're breeding the males.'"

Zoo officials said the gender goof could have been more embarrassing had it not been discovered over the weekend. Zoo officials recently made arrangements to send 10-year-old Eric to China, to be mated to female orangutans.

"We have pleasant egg on our faces," Marc Rosenthal, the zoo's curator of mammals, said yesterday. "We're really happy with the birth. Of course, if we'd sent (Eric) to China, we would have been a little bit more embarrassed."

Zoo officials said the mixup was understandable. Orangutans, an endangered species native to the South Pacific islands of Borneo and Sumatra, frequently have small genitals covered by long hair, making it difficult to distinguish male from female.

The pregnancy wasn't noticed by zookeepers because orangutans generally have ample bellies, Buckley said.

As far as zoo officials can tell, Eric was identified as a male in 1977, when the animal had cataract surgery. The operation was performed by the late Dr. Eric Maschgan, who was the zoo's veterinarian and the animal's erstwhile namesake.

sports

Lions' Lynch may return tonight

By RON LEONARDI
Collegian Sports Writer

The wrestling team's captain Carl DeStefanis may be shooting to tie the all-time career wrestling victory mark, but the big news coming from Penn State on Saturday afternoon concerns the possible return of two-time All-American Scott Lynch.

Finally, after undergoing exploratory knee surgery which has claimed his services for nearly two months and forced a revamped lineup, the sense of enjoyment has returned for Lynch.

Lynch's chance could come at 8 tonight in Rec Hall, when the No. 4 Lions (14-2) put their 29 straight Eastern Wrestling League dual-meet victory streak on the line against No. 12 Bloomsburg (12-3). Tonight's matchup is "Senior Appreciation Night" and marks the Lions' home finale.

"There is a good chance that Lynch, complete with a brace he says has "basically, just held my knee together," will step back into center circle for the first time since Penn State's tri-meet split with Northwestern and Oklahoma on Dec. 31.

"I just wasn't having fun wrestling early in the season," Lynch said, who reeled off a 35-1 record at 126 last year en route to a fourth-place finish at nationals. "The injury has helped me and now, I have a sense of enjoyment that wasn't there in the beginning of the year."

Whether Lynch competes tonight is dependent upon his visit this morning with team doctor James Whiteside. Should Whiteside give Lynch the green light to perform, the senior from Milliflinburg most likely will step into the 136-pound weight bracket, according to Penn State Wrestling Coach Rich Lorenzo.

Lorenzo said he will decide if and where he will have Lynch sometime today, pending a favorable verdict from Whiteside.

"It's a good bet he (Lynch) will be back in there at 134," Lorenzo said. "Scott will wrestle-off (Scott) Webster Monday and Tuesday for a spot at 126 to see who goes to EWL's next week."

The loser at 126 will wrestle off Lion 134-pound Marty Bolling-

er for an EWL berth, Lorenzo said. Lynch, who suffered a slightly sprained knee injury during the Lions' victory over Syracuse Dec. 17, watched his knee swell after the match and it prevented him from practicing up to the Lions' tri-meet.

In the meet with Northwestern and Oklahoma, Lynch decisioned Wildcat Rich Decatur 10-3 at 126, but later dropped a 4-3 bout to Sooner Mark Zimmer, currently ranked fourth nationally in his weight class.

Following his performances, the knee continued to give him problems, and on Jan. 13, Lynch underwent exploratory-knee surgery at the Hershey Medical Center.

If, however, Lynch cannot make a go of it, the spotlight undoubtedly is expected to shine on Penn State's 116-pound star, DeStefanis, who could etch his name into the annals of Penn State wrestling lore tonight with a victory.

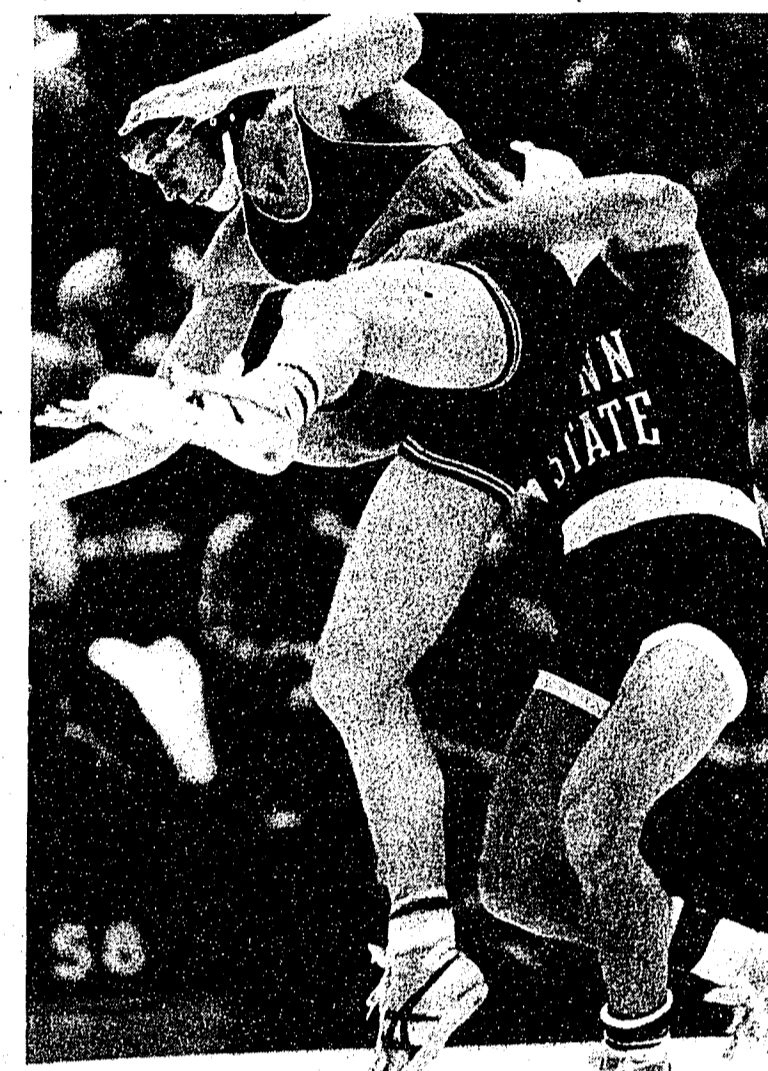
DeStefanis, holder of a 29-1-1 seasonal chart, will shoot for his second consecutive 30-win season and a win over Bloomsburg, the 16th of his sterling career, would vault the senior from Bayville, N.Y. into a first-place tie on the all-time career victory list. Former Lion 167-pound stand-out John Hanchan (1979-82) currently sits atop the chart.

But DeStefanis, who doesn't place great importance on statistics, is downplaying the scope of his match and says he will treat it like any other.

His opponent tonight will be Huskie Rick Bonomo (21-1-1), who along with his brother Rocky (22-2 at 126), give the Huskies as strong a one-two punch as Penn State has encountered this year.

Lorenzo describes the Bonomo duo as "two very tough customers. The Bonomos are having outstanding years and they are very powerful kids who have a good sense and feel for pinning people," Lorenzo said. "They always get a lot of falls."

The Bonomo tandem, however, makes up just two of Bloomsburg's seven wrestlers who have recorded 20 or more wins. In addition, Husky 142-pounder Dan Comfort checks in at 22-10, as do Tom Fioravanti (24-8 at 150), Dan Klingerman (23-9 at



Lion Gary Kaschak (right) brings his Pittsburgh opponent down to the mat during their 142-pound bout last weekend at Rec Hall. The No. 4 wrestling team will host No. 12 Bloomsburg at 8 tonight at Rec Hall.

158), Darrin Evans (23-9 at 177) and John McFadden (23-7 at 190).

"Bloomsburg has two very distinct types of wrestlers," Lorenzo said. "They are a little bit more of the mat wrestlers who turn your offense into their offense. We're going to need a 100 percent effort like all our other dual meets."

"The first two bouts are pretty evenly matched and the next is a case in which the guys must really go for the gusto."

Penn State Assistant Coach John Fritz said the Huskies match will be very well with the Lions throughout their lineup, but neither team is guaranteed of any sure wins.

Power forwards slug their way to sidelines

NEW YORK (AP) — Lonnie Shelton of the Cleveland Cavaliers was suspended for two games and Buck Williams of the New Jersey Nets was ordered sidelined for one by the NBA yesterday as the result of their second altercation of the season.

Neither player will be paid for the games missed, and each was also fined \$2,500.

The two power forwards clashed twice in Tuesday night's game in Richfield, Ohio, once in the first period and again in the third. Shelton and Williams each were ejected after the second altercation.

"I'm a little bit . . . very surprised that it wasn't at least an equal fine," Shelton said. "I'm also looking like the bad guy when this happens. I thought he was the instigator, the aggressor. He hit a teammate of mine in the head."

"I was fined more the last time because I threw the first punch. I guess I'm the bad guy," Shelton said.

The 6-8 Shelton, who is the same as Shelton and Williams but at 255 pounds outweighs him by about 40 pounds, said he "probably" would file an appeal "if one can be filed."

Shelton's penalty was stiffer because during the second incident, after the two players separated, he charged after Williams and chased him in order to pursue the altercation," said Stirling.

Shelton chased Williams to the sidelines and to the opposite end of the court, breaking free of the grasp of the Nets' Darryl Dawkins and landing several blows before the two were separated.

The suspensions, which took effect immediately, kept Shelton from playing against the Phoenix Suns and Williams from playing against the San Antonio Spurs last night.

David Stern, who took over as NBA commissioner Feb. 1, said Sterling had a mandate from him to "continue to take every necessary action to assure that violence does not become a part of NBA basketball."

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Summers, Johnson brighten American hopes

By D. BYRON YAKE
AP Sports Editor

SARAJEVO, Yugoslavia — America was not watching. The seats were not filled. The goalies were not draped in red, white and blue. The U.S. hockey team played Finland yesterday at the Winter Olympics. But unlike 1980 there was no gold medal at stake, and

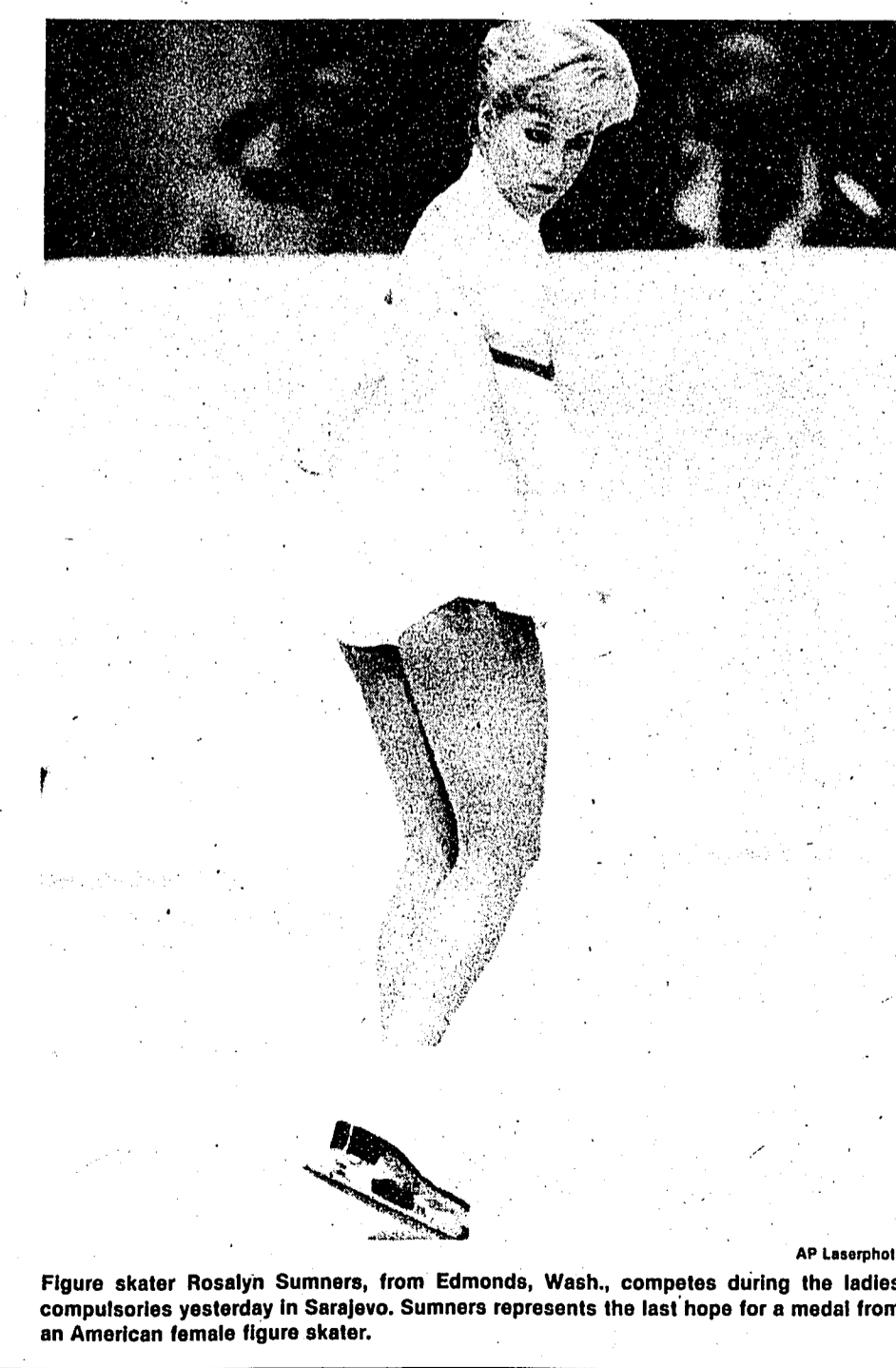


Figure skater Rosalynn Summers, from Edmonds, Wash., competes during the ladies compulsories yesterday in Sarajevo. Summers represents the last hope for a medal from an American female figure skater.

this time there wasn't even a winner. They tied 3-3, ensuring the worst Olympic hockey showing ever for the United States.

The hockey team's disappointment has set the tone for the Americans in these Games, brightened yesterday only by pace-setting performances by figure skater Rosalynn Summers and downhill skier Bill Johnson.

Instead of equaling or bettering the record-tying 12 U.S. medals won in Lake Placid, the U.S. team now faces its worst performance since it won only six at the 1984 Games at Innsbruck, Austria.

So far, it has only three, and longest chances for two more were lost yesterday when figure skaters Elaine Zayak and Tiffany Chin fell back in compulsory competition.

The difference between Lake Placid and Sarajevo was never more apparent than it was in the U.S.-Finland hockey game.

Four years ago, the two teams met and it meant something. Enraptured Americans were riveted to their television sets on a Sunday morning, watching a miracle on ice develop before their eyes. A 4-2 victory gave the U.S. team a gold medal. Goalie Jim Craig, flag over his shoulder, peered into the crowd of thousands, looking for his father. America had won.

The only drama yesterday lasted all of 37 seconds, when the U.S. team took the lead on a late short-handed goal, then lost it with 15 seconds left when Finland tied the game. The United States now can finish no better than seventh in the 12-team field. The worst previous finish for an American hockey team was sixth in 1968 at Grenoble, France.

"It has not been our year," Coach Lou Varso said.

"It's been difficult to put aside what everyone expected of us," defenseman Bob Brooke said. "We were intent to do it but it proved to be really, really difficult. There was the buildup for six months of exhibition games and what the 1980 team did. It all added up."

There was drama in men's downhill, and of a brighter shade for Americans. Johnson, of Van Nuys, Calif., clocked the fastest time in the fifth training run on Mount Bjelasnica and remains a favorite in the men's downhill event, scheduled for today.

Rescheduled for today was the women's downhill, which was wiped out after 10 skiers had zipped down Mount Bjelasnica. Officials said visibility and course conditions were too poor to race.

Zayak and Chin took the drama out of U.S. women's figure skating competition, virtually eliminating themselves from a medal with poor performances in compulsories. Chin finished 12th, and Zayak, once the world champion, was in 13th.



Igor Liba of the Czechoslovakian ice hockey team celebrates after scoring a goal in an earlier game during the Olympics. Czechoslovakia is one of four teams competing in the medal round starting tomorrow night.

Summers have for a medal.

When a rinkside computer flashed the results of Summers scores, the 19-year-old skater from Edmonds, Wash., shrieked and hugged her mother.

"Oh, it went great. I couldn't have asked for more," she said. "It was the most relaxed and most comfortable and confident I have ever felt in the compulsories."

"I woke up this morning and knew things would go well."

In speed skating, the East Germans continued to dominate, wrapping up all three medals in the women's 3,000-meter event.

The East Germans continued their drive for overall medals domination, too, moving again into first place with 19 points, including seven gold medals. The Soviet Union was in second place with 17 points, including three gold, while the United States was in a tie for fifth place with West Germany and Sweden.

The U.S. had only one gold medal, while West Germany and Sweden had two each.

PHILADELPHIA (AP) — Patrick Ewing scored 18 points as No. 2 Georgetown avenged one of only two defeats this season with a 59-46 triumph over Villanova yesterday night in a Big East Conference college basketball game.

The victory was the 22nd for Georgetown, which has now won nine straight. Villanova, which beat the Hoyas by two points in double overtime the first time they met, lost for the 10th time in 22 games.

It was the 10th victory against one loss for Georgetown in the conference, while Villanova dropped to 8-4.

Villanova, trailing 26-12, scored 11 straight points to reduce a first-half deficit to 26-23.

Villanova then went ahead for the first time since the opening basket of the game as Ed Pinkney hit two free throws at the start of the second half.

With Chuck Everson, a 1.6 average scorer collecting four baskets, Villanova led by three points three times, the last at 37-34.

But Georgetown got field goals from Ewing and David Wingate to regain the lead, 38-37. The Hoyas' never trailed after that.

Finland was in third with nine points, while Norway, in fourth, had seven.

In hockey, the final medals round participants were determined.

In Group A, it will be the Soviet Union and Sweden, in Group B, Czechoslovakia and Canada have the berths.

Poland beat Yugoslavia 8-1, Austria held off Norway 6-1 at one point, and the Soviet Union crushed Sweden 10-1.

Czechoslovakia defeated Canada 4-0 in a battle of unbeaten. West Germany had the prospect of grabbing a medals-round berth, but it had to beat Italy by at least 13 goals to do it, and failed to do so, winning 9-4.

Canada meets the Soviet Union and Czechoslovakia plays Sweden tomorrow night.

In the women's cross country 4x5 kilometer, the Norwegian relay team of Inger Helene Nybratzen, Anne Jahren, Brit Pettersen and Berit Annun won the gold, with Czechoslovakia taking the silver and Finland the bronze.