obless lack esteem: prof

United Press International OUSTON — A University Houston psychologist bees that, even if President in a meeting ves that, even if President broken eggs agan is correct in saying unodoo prau uced, joblessness will affect re-red workers for a long time.

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told The Joseph Madonia, an assistant d that the solessor in the UH Graduate t, who carry thool of Social Work, has reir, wanted to barched the non-economic imoners from acts of unemployment and said for her the biggest long-range effect is wered self-esteem.

tedly order. Madonia said interviews with the depart unemployed men and five uez, to be omen who had been employed years in Los Angeles revealed wered self-esteem, marital and

Robert Mechanisms still unknown

tion of financial resources.

'Professional and whitecollar workers suffer the most mental anguish upon losing their jobs," Madonia said.

"Once professionals have experienced a period of unem-ployment, their self-esteem is reduced regardless of how successful they are in obtaining

"Re-tooling comes easier for blue-collar workers, but layoff from a company they've been with most of their lives is a sense of loss, as their identity is tied to their jobs and their routine schedule is upset.'

Madonia said almost all of the

capabilities.

'not contributing,' 'useless,' 'a fa-ilure' and 'worthless' to describe how they felt," he said.

Marriages already in trouble suffer "grave danger of resolu-

"Reduced income also causes people to withdraw from social

"Twenty percent of those in- them about available services." terviewed reported more frequent headaches, felt that being vice needed is self-help groups.

health problems as well as depletion of financial resources. study participants reported having felt discouraged about their their health than working, had abilities. trouble falling asleep, worried 'Respondents used terms like and cried more often."

He said health problems can be complicated by financial incapacity to maintain health in-

Madonia argues social service agencies should take the initiative in helping the new jobless.

'Since many of today's unemployed have never needed social activities, clubs, recreation agency services in the past; groups and other stress-reducing activities which can rams that can help them," he affect their health," Madonia said. "Agencies need to devise a said." system for locating and advising

The psychologist said one ser-

UT could still obtain Igor Stravinsky's papers

United Press International AUSTIN — The University

of Texas once again may be in the running to obtain the celebrated papers of composer Igor Stravinsky because the University of California at Los Angeles has withdrawn its \$1.5 million

The papers, considered to be the greatest record of a 20th century composer, have been the object of a protracted battle between UT and UCLA.

A court decision last spring turned the papers over to UCLA, despite a bid from UT's Humanities Research Center that was \$500,000 more than the California institution's offer.

The Humanities Research Center had been negotiating for

Decherd Turner, director of the center, said UCLA's withdrawal doesn't mean the papers automatically will go to UT but it does income the school's school's does improve the school's

chances.
"By all rights of strength and preparation and devotion to the

Stravinsky cause, UT deserved them years ago," Turner said. Before final possession of the papers can be settled, Stravinsky's heirs must first settle the estate of his widow, Vera, who died after the Manhattan judge awarded the composer's manuscript and other documents to

Stravinsky's widow and his ing created uncertainty about protege, Robert Craft, favored the future of the papers and turning the papers over to UCLA but the composer's chil-

and the appeal of the court rul- center, UT officials have sal.

hampered fund-raising efforts.

dren from his first marriage preferred UT and appealed the judge's ruling.

An official with UCLA said

The papers, which include the original score to Stravinsky "The Rite of Spring," would be considered the single greatst the death of Stravinsky's widow acquisition in the history of he



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Obesity hazard to heart

d Irby's page at United Press International into it. Sea DALLAS — Obesity leads to into it. Sea DALLAS — Obesity leads to or director tedogged arteries and heart red instead sease through mechanisms scinot communists are only beginning to disparance researchers say.

tre you the Speaking at the American annel policis eart Association's annual sciarried out thiffic session Wednesday, Dr. are any to Aingil Brown, professor at rtain," Markette School of Medicine New York, said in general confirmed bereis an increase in cardiovas-he "unwikular disease as body weight agic dust"

pper in the Although obesity is consi-ambers. etda secondary cause of heart ource was sease, Dr. Scott M. Grundy, di-iguez was metor of the Center for Human trition at the University of xas Health Science Center at as, said it contributes to sevg behind is seed primary causes, including she was to be blood pressure, high plained that olesterol levels and diabetes. unity emplor and appears to appear to the pressure of the plained that of the plaine Garry A. Ward conditions which are consi-

lenn, a Unic January 9-14, 1983

"Obesity should probably take its place with other big fac-tors," Grundy said. "I think it works in ways that are beyond the major risk factors. It also makes them worse. We pretty well know how high blood pressure, cholesterol and smoking contribute to heart disease, whereas obesity works through

ways we have not discovered "We have heard a lot about the relation of salt to high blood pressure, but if you look at the real causes of high blood press-ure, obesity almost tops them all, and studies show that losing weight reduces high blood pressure.

"Obesity brings out a tendency for diabetes. That's another risk factor," he said.

Recent studies indicate obesity may contribute to heart diseases in ways not understood, he said. In one study, his research

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group discovered a metabolic

abnormality in obese people.
"We found that obese people produced too much of a danger-

ous lipoprotein called (low de-nsity lipoprotein) LDL," he said. Low density lipoprotein car-ries cholesterol in the blood-stream and researchers believe it is dangerous because it seems to deposit some of its cholesterol load in the arterial wall, producing hardening and narrowing of the inner walls of the arteries called atherosclerosis.

Other studies have shown that high density lipoprotein seems to offer some protection from heart disease, perhaps by clearing cholesterol off the arterial wall.

Dr. William P. Castelli, director of the Framingham (Mass.) Heart Study, said his work in the longest running epidemiologic investigation in history supports

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the relationship between weight and heart disease.

What we can see in Framingham is that you do better, the lighter group you are in on the weight scale and there is a linear rise in heart disease as weight goes up," he said.

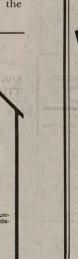
"If you follow these (obese) people long enough, 14 years or 16 years, you find they have an increased risk of heart disease, even if they did not show an increase in risk factors, such as high blood pressure.'

Exercise seems to increase the level of the good kind of lipoprotein and could offer protection against heart disease, the re-

They agreed the solution to obesity is diet and exercise. That four-letter word called 'diet' and exercise are the answers," Castelli said.

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