

Jobless lack esteem: prof

United Press International
HOUSTON — A University of Houston psychologist believes that, even if President Reagan is correct in saying unemployment will soon be reduced, joblessness will affect re-tooled workers for a long time.

Joseph Madonia, an assistant professor in the UH Graduate School of Social Work, has researched the non-economic impacts of unemployment and said for the biggest long-range effect is lowered self-esteem.

Madonia said interviews with unemployed men and five women who had been employed for years in Los Angeles revealed lowered self-esteem, marital and

health problems as well as depletion of financial resources.

"Professional and white-collar workers suffer the most mental anguish upon losing their jobs," Madonia said.

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

"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

study participants reported having felt discouraged about their capabilities.

"Respondents used terms like 'not contributing,' 'useless,' 'a failure' and 'worthless' to describe how they felt," he said.

Marriages already in trouble suffer "grave danger of resolution."

"Reduced income also causes people to withdraw from social activities, clubs, recreation groups and other stress-reducing activities which can affect their health," Madonia said.

"Twenty percent of those interviewed reported more frequent headaches, felt that being

without work was harder on their health than working, had trouble falling asleep, worried and cried more often."

He said health problems can be complicated by financial incapacity to maintain health insurance.

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

"Since many of today's unemployed have never needed social agency services in the past; they're not familiar with programs that can help them," he said. "Agencies need to devise a system for locating and advising them about available services."

The psychologist said one service needed is self-help groups.

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 bid.

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 the papers for 12 years.

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

Stravinsky's widow and his protegee, Robert Craft, favored turning the papers over to UCLA but the composer's children from his first marriage preferred UT and appealed the judge's ruling.

An official with UCLA said the death of Stravinsky's widow and the appeal of the court ruling created uncertainty about the future of the papers and hampered fund-raising efforts.

The papers, which include the original score to Stravinsky's "The Rite of Spring," would be considered the single greatest acquisition in the history of the center, UT officials have said.



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Mechanisms still unknown

Obesity hazard to heart

United Press International
DALLAS — Obesity leads to clogged arteries and heart disease through mechanisms scientists are only beginning to discover, researchers say.

Speaking at the American Heart Association's annual scientific session Wednesday, Dr. Virgil Brown, professor at Mt. Sinai School of Medicine in New York, said in general there is an increase in cardiovascular disease as body weight increases.

Although obesity is considered a secondary cause of heart disease, Dr. Scott M. Grundy, director of the Center for Human Nutrition at the University of Texas Health Science Center at Dallas, said it contributes to several conditions which are considered primary causes, including high blood pressure, high cholesterol levels and diabetes.

"Obesity should probably take its place with other big factors," 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 pressure, 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 disease in ways not understood, he said. In one study, his research

group discovered a metabolic abnormality in obese people.

"We found that obese people produced too much of a dangerous lipoprotein called (low density lipoprotein) LDL," he said.

Low density lipoprotein carries cholesterol in the bloodstream 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

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 researchers said.

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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