

Alcohol may counter benefits from calcium

By Pattie Greene
Staff Reporter

Drinking more than two beers, glasses of wine or mixed drinks a day takes away the benefits of calcium in people's diet, according to a new study by a California professor.

Michael Criqui, professor of medicine and community and family medicine at the University of California-San Diego School of Medicine in La Jolla, said laboratory studies indicate that calcium is absorbed poorly when accompanied with heavy alcohol drinking.

Criqui and a colleague conducted the study, which was funded by the National Heart, Lung and Blood Institute.

It was based on data from 7,011 men of Japanese descent. When the study began, in 1965, the men were living on the Hawaiian island of Oahu.

Criqui said several large population studies have shown that persons who habitually take in more calcium through their diets may have lower blood pressure, although the correlation between the two remains controversial.

With more than two alcoholic drinks a day, a person's blood pressure goes up and lower benefits from calcium occur, Criqui said.

He said calcium is important for the growth of bones in the early years, the maintenance of bones in later life and other numerous, but small, bodily functions.

Self-help group assists alcoholics' adult children

By Michelle Cheney
Staff Reporter

Alcoholics' adult children who suffer from low self-esteem, are unable to trust others and have trouble making friends can enroll in a self-help group sponsored by the University Health Center.

Most adult children of alcoholics experience these problems, said Cynthia Senchuk, a graduate student in clinical psychology and facilitator of the group. The program helps the participants work through these and any other problems they may wish to discuss, she said.

Every Tuesday night, adult children of alcoholics can join together to discuss how they deal with their parents' disease, Senchuk said.

She said the participants deter-

mine the subject material for the night, and she and co-facilitator Dave Provorse help guide the discussion.

Senchuk said this is the fifth year the program has been at the University of Nebraska-Lincoln. She said alcoholism touches many lives and the children of alcoholics can have problems that last into adulthood.

The support group meets Tuesday nights in 225 Burnett Hall. She said the meetings will continue until dead week. The group is free to UNL students and costs \$3 for non-students.

Although the first meeting has been held, new members may join until Oct. 3 by attending a meeting.

Nobody can enroll after that date, she said, so that members can build a trusting environment without the intrusion of strangers.

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He said ASUN shouldn't protest the regents' actions because they aren't in the position to change the legality of the issue.

If the regents were unable to work with Roskens, McShane said, it was their duty to dismiss him.

According to media reports, McShane said, there have been several issues in the past that have caused conflicts between the regents and Roskens.

If regents had no confidence in

Roskens' leadership abilities, McShane said, "would you expect them to let him run the university?"

ASUN also passed a bill urging regents "to uphold the academic principles of open debate and public accountability whenever legally feasible in its meetings and policy decisions."

Thomlison said the resolution and the bill should send a "positive message" to the regents from the UNL student body.

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police

Beginning midnight, Tuesday Sept. 19

8:16 a.m. -- Checkbook reported stolen from Dental College.

10:36 a.m. -- Personal stereo reported stolen from Fairfield Hall, \$50.

1:12 p.m. -- Third-degree assault reported near Theta Xi Fraternity. Man said he was almost hit in the head by an empty beer bottle. Refused medical treatment since he blocked bottle with his hand. No arrests.

1:35 p.m. -- Two-vehicle, non-injury accident reported in Area 24 near 14th and W streets, \$1,000.

2:54 p.m. -- Bike reported stolen near Schramm Hall, \$423.



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