

Diet soda can be good and bad Foundation funding has done well

by Carl Cook

guest writer

In the desert heat, temperatures sometimes reach 120 degrees. When this happens body's perspire. (or sweat, or glow, depending on your social status) The liquids your body losses need to be replaced. Be careful what you choose to replace those lost fluids.

There are ingredients in beverages that people should be aware of;

Diet drinks, for example, contain an abundance of sodium (salt). This large quantity of sodium can replace some of the body sweats, moreover excessive sodium results in abnormally high blood pressure and headaches. The sodium contained in diet drinks can also cause excessive water retention. This water retention

creates celulete (or cottage cheese thighs). Extra water retention also results in extra pounds. Water does weigh a lot and it shows on your scale. Be aware that the combination of sodium and caffeine is a nightmare for the heart. The salt increases blood pressure extensively and caffeine adds to this life threatening effect.

Check all diet drinks for an amino acid called phynelalanine. This powerful amino severely curbs hunger and appetite. Phynelalanine is becoming a standard in all diet soft drinks.

Beer has some good quality's after a workout, however too much can on-ly make the drinker forget that she or he is fat. One beer after a workout can be momentarily refreshing. One beer can

also replace carbohydrates lost during exercise and relax the body. The low fat content beer has is a definite plus. Keep in mind that any alcoholic beverage dehydrates the body. This means you will have to replace lost fluids again.

Regular soft drinks such as Pepsi and Coke have virtually no fat in them. The caffeine that is contained in some soft drinks helps to increase the body's metabolism therefore burning the calories that are taken in. The sugar however does indeed rot your teeth.

The best bet for refreshment in the summer heat is cool, crisp water. Water has zero calories and no side effects.

Be sure to drink lots when you perspire, but remember you only have one body, make it last.

More than \$6.5 million has come to the university since November 1986, UNLV chairwoman Elaine Wynn told the University of Nevada Board of Regents recently.

The UNLV Foundation is the official fund-raising arm of the university.

In her State of the Foundation report to the regents, Wynn reviewed the Foundation's progress on a number of important goals that were set in her last report to the board:

--The on-going goal of scholarship supporty resulted in gifts of more than 1.1 million. "The good news is that UNLV's academic reputation con-

tinues to grow," Wynn said. "The bad news is that, with the increased demand, the need for scholarship money for those students who need financial help also grows."

--The President's Margin of Excellence Fund, which provides funds for use at the president's discretion to help support those projects and purchases not covered in the regular budget, received gifts totaling \$634,963.

--The Architecture Program hired a new director (Dr. Hugh Burgess), and new faculty are being hired. The program moved into the Houssels House. Continued strong

enrollment reflects the high level of student interest in the program. Donations to the program have been substantial.

--The Campus Beautification Project brought donations totaling more than \$700,000 in cash and in-kind gifts. Work began with an overall project design, and construction of a foundation and landscaping at the entrance to the Thomas and Mack Center.

The UNLV Foundation Presidential Chair, an annuity to attract and hold top executive talent in the position of UNLV president, received \$430,000.

Orgasm week coming again

It's time for some good news about sex. For a second year, sexologist Dr. Roger Libby has proclaimed the first week of Spring (March 20-27) to be National Orgasm Week--a Sexual Rite of Spring.

The first day of Spring is traditionally when a youthful person's fancy turns to love. Libby advises adding a few dashes of lust and laughter.

Assisted by Roxanne Ribbit, his five-foot soft sculpture frog (a "horny toad") Libby's college lectures balance sexual problems with caring, pleasure and humor. "Ribbit symbolizes the


good things about sex," Libby said. "She is relaxed, fun, assertive and independent." Hailing the return of the mini skirt, Roxanne dresses in a jeans or black leather mini and the t-shirt of each college visited.

In addition to lectures and discussion groups, Libby suggests that college students and other libidinous enthusiasts hold a Sexual Fantasy Ball where everyone would dress up as their favorite fantasy--and a Queen and King of Eros would be selected for the uniqueness of their costumes.

He argues that sexual

desire and caring in spite of the news-medium fueled, heterosexual paranoia about AIDS, herpes and other diseases. He stresses that orgasms are healthy, and he supports "safe sex"--the use of condoms and nonoxynol 9 in a lubricant, foam or jelly--for fewer diseases and unwanted pregnancies. Libby recently appeared on "Oprah Winfrey," "Geraldo," "Sally Jessy Raphael," and CNN T.V.'s "News Night" for a fifth time. He is a frequent columnist for USA Today, and Roxanne Ribbit appears in Playboy's Year in Sex publication.

That's right Sherlock!
The Yellin' Rebel's
Coverage of UNLV news,
entertainment,
and sports
is the best in town
That's elementary, of
course



**"GREAT SONGS,
GREAT DANCING,
GREAT FUN!"**
Joel Siegel, GOOD MORNING AMERICA

"TWO THUMBS UP!"
SISKEL & EBERT & THE MOVIES


"HILARIOUS AND HEARTFELT!"
David Ansen, NEWSWEEK

★ ★ ★ ★ ★ 1/2
**A FINE SPRITZ
OF 60s FUN!"**
Mike Clark, USA TODAY

"HAIRSPRAY' IS A TRIUMPH!"
Kevin Thomas, LOS ANGELES TIMES

"HAIR-RAISING FUN!"
Janet Maslin, NEW YORK TIMES

**"AN AMAZINGLY RICH,
AUDACIOUS COMEDY!"**
It's a family movie both the Bradys and the Mansons could adore: affectionate, liberal and deeply subversive.
—David Edelstein, ROLLING STONE



A new comedy by John Waters

HAIRSPRAY

Get Back to Your Roots!

NEW LINE CINEMA PRESENTS A COMEDY BY STANLEY F. BECHTOLD & ROBERT SHAYE PRODUCTIONS "HAIRSPRAY" STARRING SALLY DUNDAS, BOBBIE HARRIS, RICKI LANE, AND JERRY STOLLER WITH SPECIAL APPEARANCES BY RAY BRASSER AND PEE ZAMBRA. COSTUME DESIGNER EDWARD LOVE. EXECUTIVE PRODUCERS ROBERT SHAYE AND SARA RASHER. PRODUCERS STANLEY F. BECHTOLD AND JOHN WATERS. WRITTEN BY RICHIE TULLY. DIRECTED BY JOHN WATERS.

RECORDED IN ULTRA-STEREO

NOW PLAYING AT THEATERS NATIONWIDE!