

America needs a diet

About 55% of American adults are overweight and many American children suffer from obesity as well. "The message is we're too fat and it's killing us. We need to come up with ways as a society to eat less and exercise more," explained Dr. Eugenia Calle, epidemiologist at the American Cancer Society and head researcher for a study on obesity and mortality in America. The study found that more people are at risk of an early death due to the fact that they are overweight. According to the findings published in the New England Journal of Medicine, "The risk was there even among people who didn't smoke and were otherwise healthy during their middle years, according to the study of more than 1 million Americans." Dr. JoAnn Manson, a Harvard University endocrinologist, preventive health specialist, and member of the research group believes, "It settles once and for all any lingering questions about whether weight alone increases the risk of death and disease." She further believes, "The evidence is now compelling and irrefutable: obesity is probably the second leading preventable cause of death in the United States after cigarette smoking, so it is a very serious problem."

The American lifestyle, however, does not allow opportunities to plan a healthy diet and time to exercise. America is a very competitive nation, where people sacrifice their health in order to get ahead. Most college students are so busy trying to obtain degrees, that they often neglect healthy lifestyle choices.

McDonalds, Wendys or Burger King (of course, it's the Big Mac, Whopper and Bacon Double Cheeseburgers, never the salads that they buy) is their first choice for a meal rather than something healthy. Instead of exercise, most students prefer to sleep, veg out in front of the television, surf the net, or drink beer. Upon graduation, most students leave college with their degree in hand and 20-30 pounds on their gut or their butts. In the working world, you won't find much difference. The 9-5er gets their paycheck and the all too lovely spare tire. America is too fat. The problem with the study is statistics is not going to make America skinny. We know America is too fat. The gym is full of fat people. Colleges are full of fat people. Corporate offices are full of fat people. Hospitals are full of fat people. Kindergarten and nursery schools are full of fat children. Does anyone else see the message? We need solutions!

The study should have focused on how to help Americans eat right and exercise. The studies focus should have been on things like fat burners, do they really work? It should have addressed things like which exercise machines at the gym really work? The study could have offered Americans ways to plan a healthy diet. A free seminar on diet and exercise in each community would have been a good start. Americans have been living on the fat of the land for too long. It is time to shape up America.

Cheryl Marie Moore
Editorial Editor

Observer will remain a student-run organization

The Observer editor captured the spirit of my comments when I was asked what I thought about administrative control of school publications.

I said school publications like the yearbook should be edited and written by students. There should be minimal faculty or administrative input to avoid censorship problems. I don't know enough about the Encore Yearbook controversy to comment on it.

I am able, however, to discuss The Observer situation. It is a student run Newspaper. It must stay that way. It

must be free to practice journalism without fear of administrative or faculty interference. It must be able to exercise its First Amendment rights for all of us.

I have told the Observer editors that the journalism program and its growing group of alumni will do everything in their power to make certain that the paper's constitutional rights are not compromised.

Allan Wolper
Journalism Professor

Library should finish third floor

Recently Rutgers-Newark celebrated the inauguration of the new Law School. As we all know, it is located right across the street from our main entrance, off University Avenue. This great and unique event was attended by many important people in the field, including United States Supreme Court Justice Ruth Bader Ginsburg (a former Rutgers-Newark professor of civil procedure, from 1963-1972) lawyers, as well as journalists, professors and students. By all means this was a great and celebration. After all, how many times can a school embark in a project costing \$49 million.

I am very happy for all you law advocates out there. In this sense, centralization of resources and services work very well. I have to admit that, I do not know all the details and functioning of this new facility. All I know is that, it will bring a lot of benefits to an important portion of Rutgers-Newark students and faculty.

However, I just cannot stop thinking of another structure in our campus. A structure that represents, yet a greater and more massive benefit for each and every single Rutgers-Newark students. Can you guess to what building I am referring to? If you said Dana Library, you are right on target. Our good and old beloved library. Our good and unfurnished library.

The building that Dana occupies has four large floors. I can begin to imagine how convenient it must be, to know (geographically) right from the start, where you will spend the next three to four years of your academic life. Indeed having your own piece of heaven must be a great comfort in these stressful times.

I do not blame any of them. And I am very happy for all of you law advocates out

there. In this sense, centralization of resources and services work very well. I have to admit that, it will bring a lot of benefits to an important portion of Rutgers-Newark students and faculty as well.

The building that Dana occupies has four large floors. A pretty decent number for a library don't you think? Well, that is not totally accurate. It is true, the library building is conformed of a four-story building. However, only the first, second and fourth floors

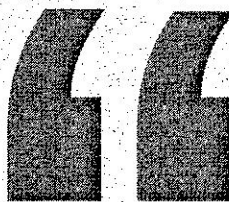
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are available and functional. By now, I believe everyone can anticipate my question. What is the matter with this unfinished floor? Why no one seems to care or even know about it? And finally, when if ever, will the construction of this third floor will resume?

A library is a central and intrinsic part of any educational institution. It would be impossible to have a university without a library. I imagine there is no need to enumerate the indispensable role our Dana Library plays in everyone's academic life. Therefore, it is hard for me to understand what, or where the problem resides. No matter how we define it, our library's vital importance should not be diminished, or take second place when it comes to development priorities. We can all use another floor. And since it is almost done, why not have it?

Miguel Riera

Quote of the Week



"He who stands for nothing will fall for anything."

— Larry Eisenberg

The Observer would like to solicit "Letters to the Editor" from R-N students, faculty, and staff. The Observer is a public forum, and its editorial section is a running dialogue of ideas. All letters on all subjects will be considered for publication. Add your thoughts to the R-N campus' dialogue.

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