

Chicken, beef both important part of every nutritious, well-balanced diet

□ Chicken and beef may have their differences, but both are important.

By Brad Dressler
THE BATTALION

Many people debate the nutritional, economical and environmental benefits of chicken over beef, but experts say it is not an easy comparison.

Many people assume chicken is more healthy than beef.

Dr. Dana Smith, lecturer in the department of Animal Science, human nutrition, said the question is much more complex than most people think.

She said many factors are involved, including the particular cut of meat or poultry, the preparation of the food and the method of cooking.

"Beef and chicken are comparable in many ways," she said. "Each is high in protein and iron. Beef is known to be a high source of B-vitamin complex and zinc, while chicken is a good source of niacin and polyunsaturated fats."

It is important that people compare sim-

ilar types of beef to chicken, she said.

"While both can be relatively low in fat and cholesterol, preparation and the kind of meat are extremely relevant," Smith said. "Comparing a fried, fattier cut of beef to a roasted, skinless chicken breast is not an adequate comparison."

Sarah Birkhold, assistant professor and Texas A&M Extension poultry specialist, said choosing between meat and poultry is an extremely important factor.

"A relatively equivalent comparison would be a boneless, skinless chicken breast to a popular beef product, such as a strip steak," she said. "Something people may not consider is the fact that with beef, you must pick a low fat cut in the store, while with chicken, consumers can remove the skin and much of the fat in their homes."

Dr. Dan Hale, Texas A&M Extension meat specialist, said that economically both chicken and cattle have individual strengths and weaknesses.

"Chickens have a much shorter turnover rate from birth to market, yet they have a higher cost for feed and other care," he said. "Cattle have a long turnover of fifteen months. But cattle can be raised mainly on an otherwise un-

used resource — grass."

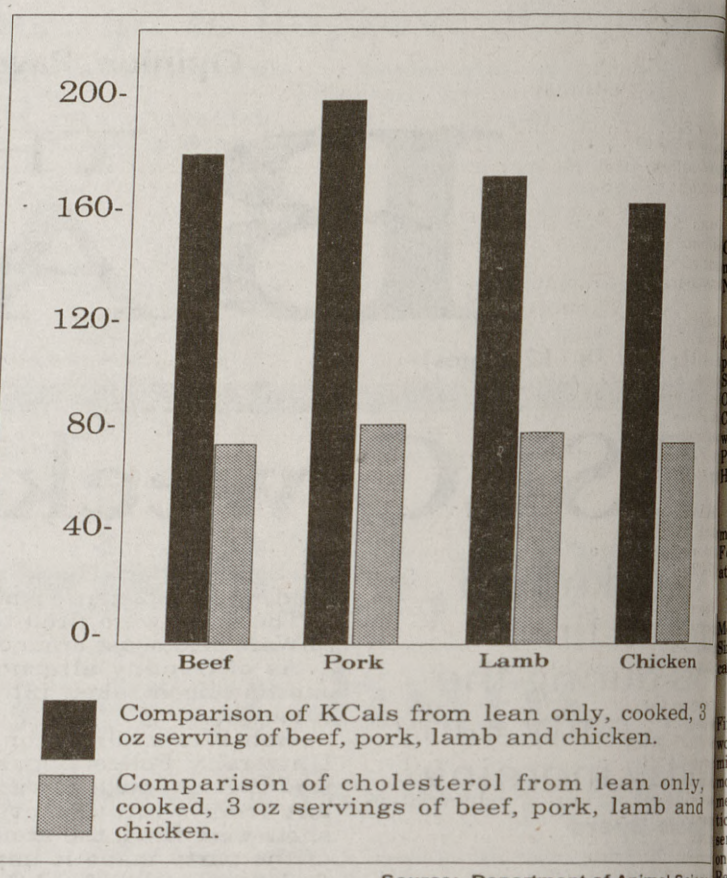
Hale said the consumer, on average, is going to pay less for chicken in the current marketplace.

Environmentally, many people have the misconception that cattle grazing can ruin the surrounding environment, although recent developments in the agriculture industry have led to a program which balances cattle development with the environment, he said.

"Integrated resource management balances the needs of the cattle industry with respect to the environment and surrounding wildlife," Hale said. "The cattle are prevented from grazing to the point that it desecrates the land. Cattle grazing can actually allow the grass to grow back fuller and healthier — much like weeding a garden."

Smith, Birkhold and Hale all said chicken and beef have individual strengths and weaknesses in all areas. Essentially, they said that the specific choices of cut, preparation and method of cooking are the key elements.

"Everyone should understand that a well-rounded diet is the most important thing," Smith said. "One cannot live on one single food alone."



Pesticides, methods of bug removal still improving for earth, people

□ Experts say using beneficial insects to combat pests is an environmental alternative to pesticides.

By Brad Dressler
THE BATTALION

Pests have plagued people, particularly farmers, since the dawn of time. Pesticides seem to be the answer, but many people wonder exactly how safe the most current pesticides on the market are.

The Environmental Protection Agency deals with pesticides by level of toxicity. Teddi Brown, EPA Project Officer for the Texas Department of Agriculture, said that pesticides and their uses have improved over the past five years.

"The overall picture has improved," she said. "Communication has played a key role in directing attention to the effects on the groundwater and on the workers that handle pesticides, which in turn has brought about improvements in safety."

Dr. Rodney Holloway, Texas A&M Pesticide Assessment Extension Specialist, said the agriculture industry and others involved with pesticides are well aware of the misuse of pesticides in the past.

"There is a high awareness of how pesticides have been misused and therefore where to focus attention for current and future research," he said.

Besides awareness, many of the more recent pesticides are much less toxic, Holloway explained.

"Across the board, the most recent pesticides are much less toxic to humans," he said. "In particular the synthetic pyrethroid group, a man-made derivative from chrysanthemums, is a good example. Many of the recent pesticides also have a much shorter residual life, which helps to reduce some danger and misuse."

Bill Plapp, a retired professor in the Department of Entomology, said the recent development and use of integrated pest management gives the agriculture industry an alternative to the usual pesticides.

"Integrated pest management is essentially the use of beneficial insects, such as ladybugs, to dispose of undesirable insects," he said.

Integrated pest management is an area that shows much promise, yet has some crucial factors to make the program effective, Plapp said.

"There are factors to be considered, including the determination of when would be the best time frame to initiate the management program and knowing that other pesticides cannot be used that would harm the beneficial insects," he said.

Ailing dog wants one more chance

More donations are needed to keep goodhearted pooch alive

SAN ANTONIO (AP)— A four-legged volunteer whose 196-pound body belies his gentle nature, Duke the Great Dane is devoted to brightening the lives of the sick and elderly at nursing homes.

ment is too steep for his owners, Bill Ralls — a recently laid-off auto parts salesman — and wife Rita.

For the childless couple, who consider Duke one of their children, the loss

to nursing homes and children's hospitals.

Alicia Gonzales, Morningside Manor activity coordinator, said "Dogs and children, they're the best therapy."

On his visit Jan. 12, Duke was good-natured as usual, but the pain from his hip ailment was evident. Often, he would walk away from the circle of admirers and lie down.

His pain medication is up to three pills twice a day. When Duke eats dinner, Ralls has to hold his pet's legs up.

In hopes of saving their pet, the Rallses have started a not-for-profit "Save Duke the Dog Foundation." But in the past month that donation jars have been out, less than \$200 has been collected.

Duke's cause has been taken up by Jeanne Caudle, a dog owner who learned of Duke's plight from one of the pet stores.

"The joy that this dog brings, we just can't let him be put to sleep."

"It's just like having another member of the family when they're that large."

—Bill Ralls,
Duke's owner

But now a painful, degenerative hip disease threatens to rob Duke of his own life and the joy he gives others.

Medical technology offers an operation that would make Duke as good as new, say veterinary experts at Texas A&M University.

Without it, the 2-year-old harlequin eventually will have to be put to sleep.

But the estimated \$4,000 for surgery for a total hip replace-

would be heartbreaking.

"It's just like having another member of the family when they're that large," said Ralls, 44.

Since the day he was born, Duke has been special.

He was born dead due to birthing complications but Ralls brought the pup to life by clearing its fluid-filled lungs and performing cardiopulmonary resuscitation.

About six months ago, the Rallses began taking Duke

Curfew effectiveness questioned as juvenile crime increases

Ordinances continue despite lack of results

HOUSTON (AP) — Juvenile crime continues to escalate in Houston, despite a teen curfew.

Nevertheless, Harris County wants state permission to extend the curfew to all unincorporated areas around Houston.

Many law enforcement officers and elected officials say a youth curfew helps curb overall crime and protects innocent youth, but they acknowledge that, at best, it only reduces crime's growth rate.

"As unfortunate as it sounds, juvenile crime would be even worse if there was no curfew," said Houston Police Chief Sam Nuchia.

But one researcher is skeptical about the value of teen curfews as a weapon against juvenile crime.

James Pilant, a doctoral student in criminal justice at Sam Houston State University in Huntsville, has studied curfews for a year.

"It's an urban myth," he said of the deterrent value of curfews. "I have yet to find a curfew that made a significant difference."

"I don't like to disagree with police, but when you do something this sweeping, there ought to be some evidence that crime is declining," he said.

The Houston City Council adopted a night-and-day curfew in October 1991, followed by suburban Pasadena, Baytown, La Porte, Jacinto City and Brookshire. Dallas, Fort Worth and Austin have also adopted curfews.

Ordinances vary, but they typically ban teens from the streets and most public places during late-night and early-morning hours. Exceptions include going to and from work or school activities. Some ordinances, such as Houston's, also cover school hours.

Harris County officials want legislation to allow them to impose a curfew in unincorporated areas. Counties, unlike cities, cannot approve ordinances and must get legislative permission on

an issue-by-issue basis.

Nevertheless, juvenile arrests for aggravated assault increased in Houston by about 50 percent between 1991 and 1994. Juvenile robbery, increased by about 40 percent, burglary by about 20 percent, and theft by about 10 percent.

Law officers in several Texas cities say curfews have led to sharp drops in burglaries, gang graffiti and overall property crime. In Houston, the burglary rate plummeted almost 25 percent between 1991 and 1992.

"Curfew has helped, but it's certainly not the only factor," Nuchia said.

"There's no question that we need a curfew," Klevenhagen said.

AGGIE RING ORDERS
THE ASSOCIATION OF FORMER STUDENTS
CLAYTON W. WILLIAMS, JR. ALUMNI CENTER
DEADLINE: FEBRUARY 7, 1995

Undergraduate Student Requirements:

- You must be a degree seeking student and have a total of 95 credit hours reflected on the Texas A&M University Student Information Management System. (A passed course, which is repeated and passed, cannot count as additional credit hours.)
- 30 credit hours must have been completed in residence at Texas A&M University. However, if you did not successfully complete one semester at Texas A&M University prior to January 1, 1994, you must complete a minimum of 60 credit hours in residence. Should your degree be conferred with less than 60 Texas A&M University resident credits, this requirement will be waived after your degree is posted on the Student Information Management System.
- You must have a 2.0 cumulative GPR at Texas A&M University.
- You must be in good standing with the University, including no registration or transcript blocks for past due fees, loans, parking tickets, returned checks, etc.

Graduate Student Requirements:

If you are a May 1995 degree candidate and you do not have an Aggie ring from a prior degree year, you may place an order for a '95 ring after you meet the following requirements:

- Your degree is conferred and posted on the Texas A&M University Student Information Management System; and
- You are in good standing with the University, including no registration or transcript blocks for past due fees, loans, parking tickets, returned checks, etc.

If you will complete all of your degree requirements prior to February 3, 1995, you may request a "Letter of Completion" from the Office of Graduate Studies. The original letter of completion may be presented to the Ring Office in lieu of your degree being posted.

Procedure To Order A Ring:

- If you meet all of the above requirements, you must visit the Ring Office to complete the application for eligibility verification. Although February 7, 1995 is the deadline to apply for this ring order, it is highly recommended that you complete this process by January 31, 1995.
- If your application is approved and you wish to receive your ring on April 18, 1995, you must return and pay in full by cash, check, money order, or your personal Visa or MasterCard (with your name imprinted) no later than February 10, 1995.

Men's 10KY - \$308.00	14KY - \$420.00
Women's 10KY - \$174.00	14KY - \$203.00

Add \$8.00 for Class of '94 or before.
The approximate date of the ring delivery is April 18, 1995.

For Help When the Flu Gets You!

CarePlus
MEDICAL CENTER

MetLife Provider

No Appointment Necessary
10% Discount with A&M Student I.D.
696-0683
Texas Ave. at S.W. Pkwy.
College Station
Open until 8 p.m. - 7 days a week

THE BATTALION
MARK SMITH, Editor in chief

JAY ROBBINS, Senior managing editor
HEATHER WINCH, Managing editor
JODY HOLLEY, Night News editor
TIFFANY MOORE, Night News editor
AMANDA FOWLE, City editor

STERLING HAYMAN, Opinion editor
ROB CLARK, Aggiefife editor
NICK GEORGANDIS, Sports editor
DAVE WINDER, Sports editor
STEWART MILNE, Photo editor

Staff Members
City desk—Stephanie Dube, Kasie Byers, Lynn Cook, Brad Dressler, Dana Jones, Lisa Messer, Gretchen Perrenot, Tracy Smith, and Wes Swift
News desk—Kristi Baldwin, Michele Chancellor, Kristin De Luca, Kristen De Rocha, Libe Goad, Robin Greathouse, Zachary Toups and James Vineyard
Photographers—Tim Moog, Amy Browning, Robyn Calloway, Blake Griggs, Nick Rodnicki and Eddie Wylie
Aggiefife—Michael Landauer, Amber Clark, Margaret Claughton, Amy Collier and Jay Knoum
Sports writers—James Anderson, Kristina Buffin, Tom Day, Shelly Hall, Robert Hanson and Robert Rodriguez
Opinion—Erin Hill, Drew Diener, Laura Fmk, Zachary Hall, David Hill, Kyle Littlefield, Jenny Magee, Jim Pawlikowski, Elizabeth Preston, Gerardo Quezada, David Taylor and Amy Uptmor
Cartoonists—Greg Argo, Brad Graeber, Alvaro Gutierrez and Quatro Oakley
Office Assistants—Wendy Crockett, Heather Fitch, Adam Hill and Julie Thomas
Writing Coach—Mark Evans

The Battalion (USPS 045-360) is published daily, Monday through Friday during the fall and spring semesters and Monday through Thursday during the summer sessions (except University holidays and exam periods), at Texas A&M University. Second class postage paid at College Station, TX 77840.
POSTMASTER: Send address changes to The Battalion, 230 Reed McDonald Building, Texas A&M University, College Station, TX 77843.
News: The Battalion news department is managed by students at Texas A&M University in the Division of Student Publication, a unit of the Department of Journalism. Editorial offices are in 013 Reed McDonald Building. E-mail: BATT@TAMU.EDU. Newsroom phone number is 845-3313. Fax: 845-2647.
Advertising: Publication of advertising does not imply sponsorship or endorsement by The Battalion. For campus, local and national advertising, call 845-2696. For classified advertising, call 845-0569. Advertising offices are in 015 Reed McDonald and office hours are 8 a.m. to 5 p.m. Monday through Friday. Fax: 845-2678.
Subscriptions: A part of the Student Services Fee entitles each Texas A&M student to pick up a single copy of The Battalion. Mail subscriptions are \$20 per semester, \$40 per school year and \$50 per full year. To charge by VISA, MasterCard, Discover or American Express, call 845-2611.