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... And while you're at it, let this be a reminder to have your picture taken for the 1979 books at

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Here is the schedule — cut it out — and be sure YOU get there during your assigned time period.

SENIORS

A-E Oct. 2-Oct. 6
A-J Oct. 9-Oct. 13
A-O Oct. 16-Oct. 20
A-T Oct. 23-Oct. 27
A-Z Oct. 30-Nov. 3
Makeup Nov. 6-Nov. 8

FRESHMEN AND SOPHOMORES


A-E Nov. 13-Nov. 17
A-J Nov. 20-Nov. 24
A-O Nov. 27-Dec. 1
A-T Dec. 4-Dec. 15
A-Z Jan. 15-Jan. 20
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CINEMA IV

ANIMAL HOUSE

Texas, Villa Maria risky

B-CS hear traffic plan

By DANNA RICHEY
Battalion Reporter

A joint Bryan-College Station-Brazos County traffic engineering study emphasizing the need for improved area traffic engineering was the subject of a special meeting of local governments Wednesday night.

The study conducted by Traffic Engineers Inc. was presented by John Hudson to a joint meeting of the Bryan-College Station city councils.

The study includes recommendations for updating traffic signs to current highway department standards through a sign replacement fund, improved traffic volume regulation, and a bridge inventory with improvement recommendations.

The plans were conducted on a study of major traffic accident areas in Bryan-College Station. Hudson said the intersection at Texas Avenue and Villa Maria is a high accident area. Specific improvements include a recommendation for widening the street with deceleration lanes.

Another portion of the study pointed out that the projected traffic volume on Texas Avenue will necessitate a plan to increase traffic capacity.

The traffic flow from Texas Avenue to the Texas A&M University

campus is a major consideration. School traffic problems are also another point of major concern. They include school zone speed limits, necessity of school crossing guards, and school safety zones.

Other recommendations for traffic engineering improvements are a proposed computer signal and communications system. This would allow traffic signals to operate in response to traffic flow, minimizing long periods of waiting at traffic lights. This proposal would require

additional technical work. Hudson said this is an important consideration.

Removal of some signals in downtown Bryan due to low volume also was discussed. Hudson said this would be less expensive than updating the present system.

Additional workshops will be conducted by both Bryan and College Station city councils to evaluate the study and consider the recommendations.

Unsaturated fats may harm body

Polyunsaturated fats, the cure-all of diet enthusiasts, may not deserve its current appeal.

Dr. Barbara O'Brien, a biochemist at Texas A&M University, is among several scientists taking a different view of the benefits of polyunsaturated fats, which proponents claim help prevent heart disease.

"It has its good points and it has its bad points, too," O'Brien said. "There are a lot of unknowns."

All fat is not created equally, but the body needs them just the same. If it does not get the required amount of fats from the diet, the liver will "start grinding them out," O'Brien said.

Health-conscious Americans have long been encouraged to increase their intake of polyunsaturated fats in their diet. Plying the body with corn and peanut oils instead of animal fats is supposed to knock off fat folds and increase human lifespans. O'Brien and her research technician, Cynthia Behlmer, have begun a two-year project funded through the National Institutes of Health to examine how polyunsaturated fats affect the liver's production of fats.

Actually, all fats are essential to the body, she said. The heart, basically a muscle, gets all its energy from fats. Also, fat aids in maintaining the body's temperature.

It is the basic source of energy in the body, says Mrs. O'Brien. Researchers learned from ex-

perimental test with rats and laboratory animals at what is unsaturated and saturated fats synthesized, the process of converting fat to energy by the body.

"The answer we are searching for is what the polyunsaturated fats do that other fats do not do," O'Brien said. "In humans, we are not sure about its effect on the liver. The liver has the job of producing fat, but it does not produce it."

When an average person consumes fat is 20 to 25 percent of the diet, the liver will not produce fat. However, if the person is on a free diet, for one reason or another then the liver will generate fat. She said.

In other words, the body produces more fat than it needs. When polyunsaturated fats are introduced into the diet, the body will not make the additional fat. Normally, the liver will produce 15 percent fat when the diet contains 15 percent or more of any fat.

"We've had some preliminary tests indicating that when a polyunsaturated fat is present in levels as low as one-tenth of one percent there will be a suppression of fat synthesis," the Texas A&M researcher said.

"I am not saying polyunsaturated fat is bad for the body," O'Brien said. "We just need more information on how it affects the metabolism."

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