

Features



Stocking up for winter

Staff photo by Becky Swanson

This squirrel took advantage of the sunshine after the rain Wednesday afternoon to bury some acorns on the lawn in front of the Academic Building. The 1.2 inches of rain that

fell on the Texas A&M University campus made digging easier for the bushy-tailed rodent.

Nutritional study best available

United Press International
Milk is the source of more than 10 percent of American children's average daily sugar consumption compared with 13.8 percent from sweetened drinks such as soft drinks and 11.2 percent from cookies and pies.

These surprising figures are from a nutrition study made by Karen J. Morgan of the University of Missouri and Prof. Mary E. Zaborik of Michigan State University.

Morgan, who directed the 5-year study, is an assistant professor of a nutrition who has made many studies of food behavior of school-age children.

food diaries kept by families of 657 randomly selected youngsters in 1977.

Asked how up-to-date and truthful the researchers thought the recordkeeping was, Morgan said: "The scientific community considers this to be good information for about 10 years."

"We don't know that it's completely reliable, completely valid, but it's the best we have available," she added.

The children were selected from a group of 2,000 families in the 48 contiguous states and are thought to be representative of the U.S. population as a whole, she said.

The pair found the average daily sugar consumption of 5- to 12-year-olds in the study was the equivalent of two-thirds of a cup of granulated sugar. Equivalent is the key word. Most people don't realize sugar occurs in differing forms in a lot of food and beverages we don't think of as sweet.

Lactose, for example, is a component of milk and maltose, of corn. The human body doesn't distinguish among the sugars for energy—it simply converts them to glucose, or blood sugar, Morgan said.

The Morgan-Zaborik findings are based on analyses of seven-day

"There are two types of nutritional research," Morgan said. One is done in a laboratory setting, using rats or guinea pigs in a controlled environment. The other looks at what people really are doing in their daily lives.

Morgan said about 75 percent of scientists blame childhood obesity on reduced activity rather than eating more than lighter weight youngsters.

Still, she said, the children's overall diets were much better than they expected to find. "They don't really consume gross amounts of food," she said, of the obese youngsters.

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Small businesses need legal help, lawyer says

United Press International
NEW YORK — Legal worries can absorb an inordinate amount of a small businessman's time if he does not have access to proper help, says Washington lawyer Mary Helen Sears.

After listing the everyday legal problems with which a small business must contend, she concluded the company which tried to manage with only the help of an ordinary lawyer, would find its executives pressed for time to run the business.

What a small business needs, she said, is the services of a law firm with wide and specialized expertise.

Sears listed among areas of real-ly serious legal pitfalls:
— research, trademark and patent infringement.

This is a really complex area involving the possibility of deliberate or subconscious plagiarism of competitors' advertising either in wording or substance.

Research also involves a bewildering variety of other required federal, state and local clearances. For example, many food and drink products, drugs and pesticides re-

quire more than one set of clearances.

— consumer safety laws.
There is now a bewildering array of federal, state and local laws covering safety and requirements for adequate and appropriate insurance to cover the risks.

— over-exuberant promotional advertising and instructional materials.

It's important to understate rather than overstate the capability or safety of products. There must be plenty of warnings to the buyer.

— obscure government regulations or those simply not anticipated.

If the Army or Navy is a big user of a product, for example, "that may be the bottom line on what can be done or not done commercially with the product and may be the practical standard on what you may be sued for," Sears said.

— trade association standards.

Electrical goods are subject to the standards of fire underwriters. Many other sets of standards set up by recognized trade associa-

tions have practically the effect of law.

— discretion. Businessmen can get in much legal trouble by talking too freely. Don't tell a corporation that is your financial angel everything about your business. That could cause some enemy of your angel to embroil you in an antitrust or unfair competition.

— concurrence.

Failure to get in writing the concurrence of everybody involved in a transaction whether it involves money or merely policy can invite serious litigation, especially in the form of liability suits against management by stockholders.

— investigation.

Failure to investigate the backgrounds of employees as to their education or prior experience can boomerang and hurt a business badly.

— naivete.

It's as bad as being paranoid about people. If the business executive doesn't show a healthy skepticism about people, he or she may blunder into many legal pitfalls.

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