

Local / State



Is it over yet?

Staff photo by Dave Einsel

Jennifer Smith, a freshman agricultural economics major from the Panhandle, prepares to give blood to the Wadley Blood Bank in front of the Commons Monday. The Aggie Blood Drive runs through Thursday.

Milk's not just kid's stuff

Grown-ups who think that milk is kid's stuff may be in for big trouble — the Texas Medical Association reports that people of all ages need calcium in their daily diets, either in the form of milk or in other sources of the element.

Most of the body's calcium is stored in the teeth and bones, where it combines with phosphorus to form crystals that give strength and hardness. While calcium strengthens bones, it also plays a role in the clotting of blood and in the contraction and relaxation of the heart. The chemical element also serves a vital link in nerve transmission and is an essential element in enzyme regulation.

Children and especially adolescents, in a high growth period,

have a greater need for calcium. Pregnant women and nursing mothers also have a high need for

the nutrient. Certain conditions, such as a healing broken bone, will require more calcium in order to replenish the body's storehouse of it.

The need for calcium does not decrease with age. Only the speed with which calcium is absorbed by the body decreases. In fact, the

Columbia University Institute of Human Nutrition reported that calcium may be needed in higher doses during midlife to prevent the occurrence of brittle bones. Fortifying the bones with extra calcium at this time of life may make them less subject to fracture

in old age.

Just how much calcium does a person normally need? The recommended daily allowances set by the Federal Drug Administration call for 1,000 milligrams — the equivalent of four cups of milk for adults and children over four. Pregnant women need more calcium — 1,300 mg (about five cups of milk).

Milk and milk products such as cheese, yogurt and ice cream are excellent sources of calcium. Persons allergic to milk can substitute calcium tablets for part of the requirement. Other non-milk sources of calcium include canned fish and edible bones, such as sardines and salmon, and most green leafy vegetables.

Dallas testing for toxic lead

United Press International DALLAS — More than 9,000 people who lived or worked near three lead smelters have been tested for high levels of the toxic metal in their blood, city officials say.

About 1,225 Dallas residents had lead screen tests Saturday, city health official Bill Collins said. He said tests should be completed within two weeks.

Federal and city studies have shown a dangerously high lead level of more than 1,000 parts per million in the soil near the west Dallas and Oak Cliff smelters. Environmental Protection Agency. From 100 to 150 baby teeth will be analyzed.

Physicians said analysis of teeth is an accurate way of measuring lead contamination because the

body filters toxic substances from blood and tissues, and lead collects in bones and teeth.

Dr. Martin J. Wagner, Chairman of the Baylor Department of Biochemistry, said: "This is the way the body deals with potentially toxic material, like lead. It tucks it away in the skeleton."

Meanwhile, about 50 members of the Association of Community Organization for Reform Now

picketed the Dixie Metals Co., demanding that the smelter company remove lead-contaminated soil within a two-mile radius of its operation.

Virginia Harwell, spokeswoman for the Northeast Oak Cliff branch of ACORN, said: "We decided to march to Dixie because it's in our neighborhood, and the air is hurting our residents and our children."

Scientists also announced that they are starting a tooth testing program, funded by the U.S. En-



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Birds of prey focus of talk by eagle eye

Bryan-College Station residents can learn about problems facing birds of prey in a professional falconer's program to be presented tonight.

Birds of prey are carnivorous birds such as eagles, falcons, owls and hawks. Many of these birds are on the endangered species list.

John Karger's presentation, entitled "Last Chance Forever," is to focus on the rescue, rehabilitation and release of injured birds of prey. Methods of educating the public on birds also are to be discussed.

Karger, a licensed falconer from San Antonio, has appeared for several years at the Texas Renaissance Festival in Magnolia, speaking on the need to save endangered birds of prey.

The program is scheduled to begin at 7:30 p.m. at the Brazos Center, 2232 Briarcrest Drive. Admission is \$2.

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