

# Battalion Classifieds

# State

## Fast foods offer abundance of fat with few nutrients

United Press International  
SAN ANTONIO (UPI) — Fast foods may be pleasing to the taste buds and easy on the pocketbook, but they probably offer few nutrients, a San Antonio nutritionist says.

Foods from franchised restaurants such as McDonald's, Kentucky Fried Chicken and Long John Silver's tend to be heavy in protein, fat, sugar and salt, but light on certain nutrients, including vitamins A and C, said Dr. Eleanor Young, a co-director of the division of human nutrition at the University of Texas Health Science Center.

Young and her colleagues have surveyed the nutritional content of several fast foods and the analyses of 11 menus and popular beverages were published in "Dietetic Currents."

The study revealed, for example, that an average order of french fries contains almost 300 calories, 47.7 percent of which come from the fat content.

The same fries give the consumer from 112 to 230 milligrams of sodium in the form of sodium chloride, or plain table salt, Young said. But one average fast food meal of fries, sandwich and a drink can provide an adult with the entire daily estimated safe dietary intake of sodium. The same kind of meal for a child can exceed the estimated safe dietary intake of these ingredients, she said.

From a nutritional standpoint, Young said, the new trend of placing salad bars in fast food restaurants is a welcome change.

"Salad bars provide a wider food choice and better opportunity to select foods from all the basic food groups," Young said. "They also may add to the valuable crude fiber content of meals, which is low in some fast food restaurants because of the lack of vegetables, fruits and whole grains."

Cost and taste are the primary considerations for most fast-food customers, Young said. But she added that even a sketchy knowledge of nutrition can help a customer select a more nutritionally balanced meal and avoid empty-calories from too much fat and sugar.

"The next time you have a Big Mac attack," she said, "keep in mind that you will be craving calories, 26 grams of protein, carbohydrate grams, 33 grams fat, 86 milligrams of cholesterol, 530 international units of vitamin A, .39 milligrams of vitamin C, .37 milligrams of B2, 6.5 grams of niacin, 27 milligrams of B6, 1.8 micrograms of B12 and milligrams of vitamin C."

Despite an increasing consumer demand for nutritional information about fast foods, the industry continues to outgrow the amount of actual data available on the shelves, Young also said.

"The average American spends more than \$400 a year on fast foods," she said. "But testimony a recent hearing by the U.S. Senate Subcommittee on Nutrition revealed the level of public knowledge about nutrition has not kept pace with consumer interest."

Modification of recipes and entrees, such as the rash of chicken sandwiches, Chicken McNuggets, Super Burritos and Hardee's and Cheese Supremes, are needed for constant updating of nutritional information, Dr. Young said.

## Baylor University doctors refine influenza drug

United Press International  
HOSTON — Doctors at the Baylor College of Medicine say they have refined the use of the antiviral drug ribavirin in aerosol treatments to reduce the effects of influenza and at least 19 other communicable diseases.

The treatment of influenza when given this way," Knight said.

He said using aerosol treatments is not necessarily new, but using tiny particles of the drug is what makes this method different.

In earlier tests, larger particles of drugs never filtered through the body into the lungs but were caught in the nasal canal, where influenza cannot be treated, Knight said.

He said the new aerosol method allows the drug to be deposited on the lungs to treat the exact site where it is needed.

Although ribavirin has not yet been approved by the Food and Drug Administration for the general public, a test last winter at Texas A&M University proved its effectiveness. Knight said he hopes the drug will be approved for marketing by next year.

Knight said 14 randomly selected students with flu were treated with aerosol ribavirin, a control group of 17 students received an aerosol saline.

The students receiving the drug recovered faster and some had normal temperatures within hours. There were no significant side effects, Knight said.

The control group showed improvement.

Ribavirin, he said, can be used to treat at least 20 other diseases effectively, including chickenpox, measles and mumps.

Knight said he plans to test drug in Houston, with simultaneous tests being done at universities in the United States and Canada, as well as at the Common Cold Clinic in Salisbury, England.

## Condemned man receives stay of execution from court

United Press International  
NEW ORLEANS — Condemned killer Colin Clark pleaded with a series of judges to let him die on schedule Thursday in the electric chair, but when his execution was blocked by a federal panel he tearfully called it a "miracle."

The announcement Clark, who would have died Thursday between midnight and 1 a.m., was moved back to Death Row from his cell just 60 feet from the electric chair. The warden said Clark took the news well and no suicide watch was planned.

"He took it fairly calmly," Maggio said. "I gave him some telephone messages but he said he didn't want to talk to anyone. About the best I could say is he was not depressed over this. I didn't want to get into how he was taking it."

Maggio said Clark learned of the stay while visiting with Shirley Hunter, mother of his 3 1/2-year-old son Dylan. Clark has received permission to marry Ms. Hunter, but the ceremony has been delayed pending proof of Clark's divorce from an earlier marriage.

Clark has said it was his accomplice — Michael Glover, now

serving a life sentence — who stabbed Baton Rouge restaurant manager Fred Schmidt more than 30 times and shot him in the back. But when he was convicted, Clark stood and shouted at the judge, "Give me death!"

In a telephone interview, Clark said he never sought death but preferred it to a life behind bars.

"I never wanted to die," he said. "It was just the situation was in, choosing the lesser of evils — especially after the judge got a hold to me."

Martha Kagel, executive director of the ACLU in New Orleans said she was "ecstatic" at the reprieve.

"Because his guilt is severely doubtful and because he was given a psychiatric evaluation, the stay comes as a real beacon of hope," she said.

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Male dancers needed for interview, call 693-2818 or 696-0004. 46fn

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Interviewing now for WAITPERSONS, FOUNTAINERS, CASHIERS, COOKS, DISHWASHERS, AND ICE CREAM MAKER. Pick up an application at Culpepper Plaza College Station. 34fn

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Responsible person to care for 9 year old in my home Saturdays. Call John 845-9883 days, evenings 846-2515. Prefer own transportation. 4615

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Experienced Dental receptionist wanted, 779-2314. 4613

**REPAIR TECHNICIAN**  
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needs honest, dependable, part-time help. Interview Thursday, November 5 2-4, Culpepper Plaza. 4613

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**REPAIR TECHNICIAN**  
needed, background in electrician and stringed instruments preferable, equipment provided, salary negotiable, full or part-time, come by or talk to Craig, LANGE MUSIC COMPANY, 1410 Texas Ave., Bryan. 4366

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Part-time position available at Farmer's Market Bakery & Deli. Restaurant experience desired. Hours 5p.m.-10p.m. 3 days a week no Sundays. Start \$3.65/hour, 2700 Texas Avenue, Bryan, 779-6428. 41fn

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VW Scirocco, 1975, standard, A/C, AM/FM/Cassette, stereo, excellent condition, 696-1415. 4613

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If you plan to preregister, you are required to schedule a conference with your Academic Advisor and obtain an approved Course Request Form for use at preregistration. You can avoid long waiting periods by making an appointment with your advisor and having your Course Request Form approved prior to the week of preregistration. Deliver the approved Course Request Form to the Biomedical Science Office, Room 332, Veterinary Medical Administration Building During preregistration week, you should return to the Biomedical Science Office to pick up your registration packet and complete your preregistration.  
**SEE YOUR FACULTY ADVISOR SOON.** 4516

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For employment information at Texas A&M University dial 845-4444 24 hours a day. Equal Employment Opportunity through Affirmative Action.  
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Invites interested Registered nurses to dinner and open house Thursday, November 12 at 6:30 PM in the cafeteria. Staff will describe current programs and facilities. A question and answer period will follow. Come and learn about the mental health facility in your area. RSVP by Monday, noon, November 9. Call 822-7326 between 8 AM and NOON and ask for Donna Cole. 4418

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