

Moms need to drink their milk too

United Press International
CHICAGO — Through the mothers have told their children to clean their plates, eat their vegetables and drink their milk.

But it makes sense to say Joseph Winick, a professor and director of the Institute of Human Nutrition at the Columbia University medical school in New York City.

Many women fail to meet their own nutritional needs, often because they lack correct information about women's changing food needs over a lifetime, Winick said in an interview.

Winick, author of "For Mothers & Daughters: A Guide to

Good Nutrition for Women (Morrow, \$12.95), said one-third of all women suffer from some nutritional deficiency, often because their desire to be fashionably thin leads them to unbalanced fad diets.

"More women than men are dieting at any given time," Winick said.

When they try to cut down on fats by cutting out milk and milk products, they risk brittle bones later on, he said.

"Dairy products are the main source of calcium in the human diet," he said.

People lose needed calcium when they cut down on dairy products as a whole instead of reducing their intake of dairy products with higher fat content.

Bones are made of calcium and the body feeds off calcium

stored in bones when the diet is short of that element. This leaves bones brittle and porous, a condition known as osteoporosis.

Winick said the condition is 12 times more frequent in women than men.

He said it occurs so gradually women may not know of the deficiency until it is too late.

The bones give gradually until they become dangerously brittle in the woman's old age.

He said the problem is worst for pregnant and nursing mothers. Their bodies will steal from their own calcium reserves to nourish the child, he said.

Doctors are unsure exactly what exaggerates the problem in women, Winick said. Calcium loss may be caused by a genetic or hormonal tendency.

"Obviously, the more calcium

in the bones you have to start with, the better off you'll be," he said. "Older women will absorb less calcium than young women."

Figure-conscious women also can end up anemic because replacing red meat with fish or chicken can mean a loss of iron in the diet, Winick said.

The risks incurred in cutting out needed nutrients to lose those last 5 pounds are far greater than the danger posed by the pounds themselves, the doctor said.

"Chubbiness is not a medical term," he said, adding that people who are overweight by just a few pounds are no more at risk than thin people.

"True obesity is different from being overweight. There is no question that people who are truly obese are at an in-

creased risk for certain diseases," such as high blood pressure, hardening of the arteries and diabetes.

Winick said the likelihood of conquering an obesity problem is quite slim.

"The most common cancers in this country all have a cure rate higher than true obesity. It's a very, very difficult problem, and one doesn't solve it with celery sticks."

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University and city work separate

Blatchley balances two careers

SUZY FISK
 When the whistle blows, work stops, offices empty, traffic jams, Ron Blatchley, director of student affairs at Texas A&M, moves from a world of student problems to a world of city problems.

Since being elected mayor of Bryan in 1983, Blatchley's days are "8 to 5 plus." Since he is school administrator during the day, but he normally devotes his evenings to weekends to city business.

He says never before has a mayor of Bryan been associated with the University, and only a few people who were on the Bryan City Council also worked for the University.

"Bryan's politics are separate from the University," Blatchley said.

For the brief time he is mayor, Blatchley says he will spend long hours, weekends,

morning time reading the newspaper.

"I'm very much into organizing my time and using it as efficiently and effectively as I can," Blatchley said.

Among the catalog of things he does, Blatchley advises, encourages and disciplines. Some of the services of the Office of Student Affairs are discipline, housing, withdrawals, off-campus housing and orientation.

Blatchley attends receptions, dorm activities, sporting events and other functions. He also is a member of the Brazos Animal Shelter Board, the Brazos Valley Development Council, an adviser for the Texas A&M Snow Ski Club and many others.

When Blatchley is not tending to student affairs or city affairs, he is either taking part in sports or spending time with his wife, Ruth. Blatchley, who likes to play racquetball and tennis,

also likes to snow ski, jog and lift weights.

Blatchley graduated from Sam Houston State University with a bachelor's degree in biology and physical education, and received his master's degree in education and guidance counseling.

In 1973, Blatchley came to College Station where he began his job as associate director of student affairs. In 1980, he was appointed to Bryan's City Parks and Recreation Board. Blatchley says he realized he wanted to make more vital decisions concerning the city and was asked to run for city councilman by friends. After serving two years on the Bryan City Council, Blatchley ran for mayor and won. After becoming director of student affairs in January 1979 and mayor of Bryan in April 1983, Blatchley says he believes more than ever in hard work, loyalty and integrity.

Blatchley says he doesn't want to "wear out his welcome." He believes that a person can serve too long as mayor. He says he just wants to accomplish some personal goals that will benefit the city as well and then "get his nose out of it."

Blatchley is an early morning riser. He spends that early

Leads possible on missing kids

United Press International
TALLAHASSEE, Fla. — Authorities said Tuesday they may have as many as eight good leads on missing children following a repeat of NBC's television movie "Adam," the story of a 6-year-old boy who was abducted from a south Florida shopping mall and murdered three years ago.

Some of the calls apparently came from the missing children themselves.

"We have what we think are very good leads on at least eight of the children shown following the show last night. Of course, we have to verify everything," Sharon McMorris, spokeswoman for the Adam Walsh Resource Center, said Tuesday.

The leads highlighted 1,296

calls made to a toll-free missing children hotline in Tallahassee. The phones were manned beginning at 11 p.m. Monday — when the show concluded — and will remain active until 5 p.m. Tuesday.

Fred Schneyer, a spokesman for the Florida Department of Law Enforcement, said the calls also included 723 possible sightings of missing children featured in the telecast and 37 new reports of missing children.

Schneyer would not reveal the names of the eight children authorities think they have the best chance of finding. "We feel as though we are close to getting with them and bringing them in. We just feel we're in a real tough situation," he said.

In some of the cases, Schneyer said, the children

called the hotline themselves. In others, he said, the leads were developed through a combination of phone calls and FDLE investigations.

The show included a closing segment in which the pictures

of 49 missing children were flashed on the screen. During the first half-hour after the telecast 325 people phoned in, 175 saying they had seen one of the missing children shown in the pictures.

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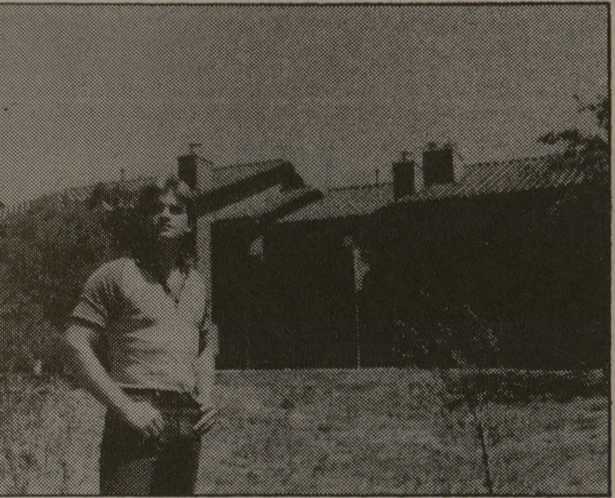
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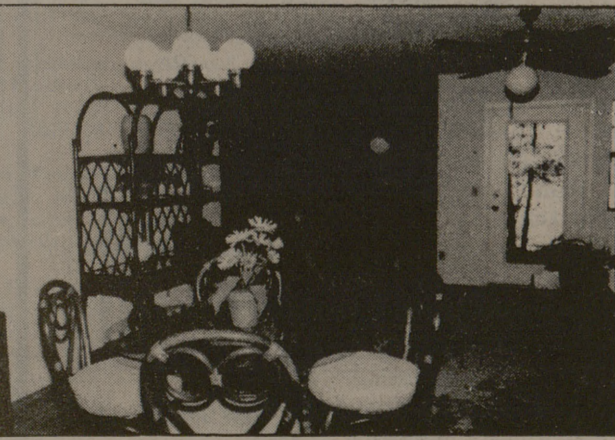


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