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What's up

Monday

ALPHA KAPPA PSI BUSINESS FRATERNITY: will hold general meeting at 8 p.m. in 302 Rudder.
AMNESTY INTERNATIONAL: will hold a general meeting at 8:30 p.m. in 502 Rudder.
TAMU FIELD HOCKEY CLUB: practice is at 5:30 p.m. Monday through Friday. Everyone is invited to learn the game.

Tuesday

WELLNESS NETWORK: a general meeting for all students interested in Wellness will be held in 164 E. Kyle. Call 863-1133 for more information.

Wednesday

TAMU SAILING CLUB: will meet at 7 p.m. in 137 MSC to discuss upcoming activities. A windsurfing video will be shown. Everyone is invited to attend.

Thursday

AG ECONOMICS CLUB: is sponsoring a "Burger Burn" at 6:30 p.m. at the Q-Huts. The cost is \$3. All students are invited.
GRADUATE STUDENT COUNCIL: will meet at 5 p.m. in 402 Rudder.

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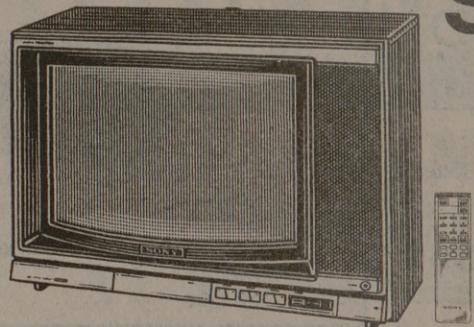
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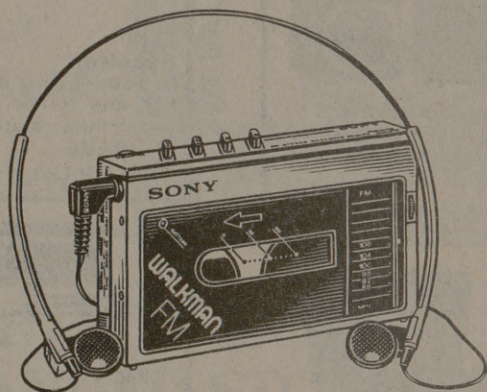
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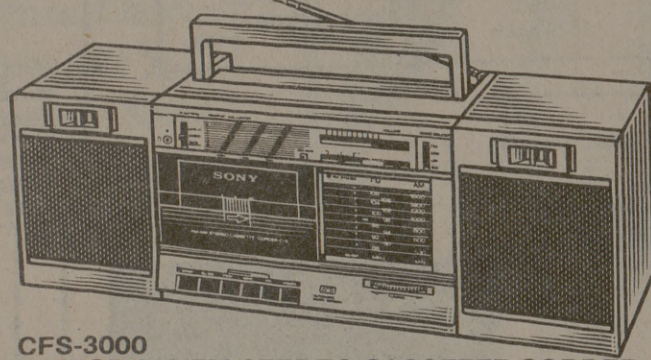


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A&M researchers: O.K. to eat eggs

University News Service
Most Americans can add as many as three eggs to their daily diet and not worry about higher cholesterol content or increased chances of getting a heart attack, say two Texas A&M University medical researchers.

Dr. Barbara O'Brien of the Texas A&M Department of Biochemistry and Biophysics isn't suggesting that people eat more eggs; she says she simply thinks that the American Heart Association's diet recommendations on the subject are misleading for most people.

"We've confirmed what previous studies have indicated," O'Brien said. "That is, changes in cholesterol in the diet don't mean that blood cholesterol level will significantly increase or decrease for most people. And that's remarkable when you consider the recommendations. It may give people a false sense of security if they believe that by reducing cholesterol in their diet they will reduce their chances of heart attack."

O'Brien collaborated on the study with medical researcher Dr. David McMurray, who is studying how various levels of cholesterol may affect the body's natural defenses.

The heart association's recommendations advise against consuming more than three-tenths grams of cholesterol a day, only slightly more than the cholesterol in

one egg, and suggest Americans should cut down on the amount of fat they eat, particularly saturated fats. They also suggest people cut down on the amount of eggs, which are high in cholesterol, but also in protein, vitamins, and minerals.

The diets of 20 men were monitored by the Texas A&M researchers for 12 weeks and the subjects then were put on three experimental 12-week diets to determine if differences in cholesterol and Vitamin intake would result in changes in their high-density lipoprotein (HDL) cholesterol, which is believed to protect against heart disease. One diet, the men each ate three eggs a day in addition to what they normally ate. The Texas A&M researchers found insignificant correlations.

"We found those people who ate a lot of fiber with their diets had higher HDL cholesterol concentrations which might be a factor to consider," O'Brien said. But overall, there was no significant change in blood cholesterol levels.

"There are other risk factors, such as high blood pressure, smoking, stressful jobs, and people can minimize these to reduce their chances of heart attacks but there's really no guarantee," O'Brien said. "Here is probably the most important factor."

Olympic heroes welcomed with World's Fair ceremony

United Press International

NEW ORLEANS — With a Marine band, the space shuttle Enterprise and a bevy of American flags providing the patriotic setting, Louisiana welcomed home past and present Olympic heroes Sunday at the World's Fair.

Kim Mulkey, a point guard on this summer's gold medal winning U.S. women's basketball team, said receiving the medal was "the greatest feeling in the world," but quickly added, "I'm just grateful to be back home in the state of Louisiana."

Baseball team member Will Clark of New Orleans, weightlifter Tommy Calandro of Baton Rouge and Johnny Moyal — an LSU student who performed on Israel's gymnastics team — joined Mulkey in representing the 1984 Olympians.

Former state Olympic stars included hurdler Willie Davenport who won gold, silver and bronze medals, and Barton Jahnicke of G.S. "Buddy" Friedrichs, who captured yachting gold medals in 1980.

The Olympians were praised for their "courage, hard work and sacrifice" and a solitary voice in the crowd chanted "U.S.A." the letters that echoed throughout the Angeles during the Olympic games.

Hundreds of people crowded around the U.S. Pavilion to cheer the athletes and the medals they exhibited, while an American flag longed to Paul Tucker of Georgia fluttered overhead.

Clark, a Mississippi State student who batted .429 to lead the U.S. team to a silver medal, said the crowds that filled Dodger Stadium for the exhibition baseball games ensure a permanent spot for the sport.

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