

INTERNATIONAL HOUSE OF PANCAKES RESTAURANT

## All You Can Eat - Daily Specials 4-10 p.m.

Offer expires Feb. 28, 1985	<b>Sunday Pancakes</b>	Mon. Tues. Wed. Spaghetti	Thurs. Fri. Shrimp	Saturday Special Steak Dinner
	<b>\$1.99</b>	<b>\$1.99</b>	<b>\$4.99</b>	<b>\$4.99</b>
	All You Can Eat	All You Can Eat	All You Can Eat	Complete

At  
INTERNATIONAL HOUSE OF PANCAKES® RESTAURANT  
103 N. College Skaggs Center

# TOMMY'S

call in:  
846-4234

Where You Can Always See The Beef

**Fajita Special \$3.95 \$2.95**  
**Pitcher of Beer \$3.95 \$2.95**

Skaggs Shopping Center Call in Order 846-4234

The first time  
seems like the worst time,  
but it's the one time  
you'll never forget!

# Mischief

A JERE HENSHAW-MICHAEL NOLIN PRODUCTION  
A MEL DAMSKI FILM "MISCHIEF" DOUG McKEON  
CATHERINE MARY STEWART KELLY PRESTON CHRIS NASH  
Director of Photography DONALD E. THORIN Executive Producer NOEL BLACK  
Produced by SAM MANNERS and MICHAEL NOLIN Written by NOEL BLACK  
Directed by MEL DAMSKI



**R** RESTRICTED  
UNDER 17 REQUIRES ACCOMPANYING  
PARENT OR ADULT GUARDIAN

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CENTURY FOX



STARTS FRIDAY, FEBRUARY 8 AT A THEATRE NEAR YOU.



DAILY NEWS  
NEW YORK'S PICTURE NEWSPAPER

## TURK 182 STRIKES AGAIN!



Mystery rebel  
has millions cheering

TIMOTHY HUTTON  
IS  
**TURK  
182**

TWENTIETH CENTURY FOX Presents  
AN INTERSCOPE COMMUNICATIONS PRODUCTION A BOB CLARK FILM

TIMOTHY HUTTON  
TURK 182  
ROBERT URICH KIM CATTRALL  
ROBERT CULP DARREN MCGAVIN and PETER BOYLE

Director of Photography REGINALD H. MORRIS, C.S.C.,  
Executive Producers PETER SAMUELSON and ROBERT CORT

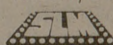
Produced by TED FIELD and RENE DUPONT

Screenplay by JAMES GREGORY KINGSTON and DENIS HAMILL  
& JOHN HAMILL Story by JAMES GREGORY KINGSTON

Directed by BOB CLARK

PANAVISION®

DOLBY STEREO®  
IN SELECTED THEATRES



PG-13 Parents Are Strongly Cautioned to Give Special  
Guidance to Attendance of Children Under 13  
Some Material May Be Inappropriate for Young Children

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CHECK LOCAL NEWSPAPERS FOR SPECIAL PREVIEWS. REGULAR ENGAGEMENT STARTS FRIDAY, FEBRUARY 15.

## Exercise may ease PMS pains

University News Service  
Regular aerobic exercise may  
relieve some of the physical  
emotional symptoms of premen-  
strual syndrome (PMS), a  
A&M University study indicates.

Anne Canty, a doctoral student  
health and physical education  
area of research is the mens-  
trual cycle and its influence on the  
review of existing research on  
psychological and physiological  
facts of exercise and non-exer-  
cise surveys of female students

"I am suggesting that when  
exercise can relieve the symptoms  
PMS—mainly mood change, de-  
pression and tension," Canty said.

In addition, several studies  
shown exercise causes a release  
opioid-like substances called en-  
kephalins which scientists believe  
count for mood elevation in  
depressed patients who exercise  
regularly, she said.

The literature is out there  
has not been applied with  
who experience PMS," she said.

The women who do experience  
symptoms following ovulation  
prior to the beginning of their  
menstrual cycle are not a minority,  
said. It has been estimated that  
90 percent of women are affected  
PMS with 2 to 4 percent believe  
be severely affected.

Canty said physical symptoms  
PMS include headaches, back-  
aches, abdominal bloating, breast  
constriction, a craving sweets  
and salty foods and fatigue. The  
emotional symptoms include tear-  
fulness, anger, irritability and  
overwhelming depression the  
treme manifestation.

"Most women have to learn  
cope with this every month and  
I believe exercise and proper  
nutrition could be one of the best  
ways of coping," she said.

Canty said for exercise to be  
effective in relieving PMS sym-  
ptoms would have to be a regular  
activity 20 to 30 minutes three or  
four times a week.

The elimination of sugar and  
from the diet during the two-  
week period would also reduce  
symptoms of bloating and those  
caused by hypoglycemia which  
occurs in women prior to their  
cycle, she said.

Canty's desire to conduct re-  
search in the area of exercise and  
its effect on PMS is bolstered by  
informal non-scientific surveys  
for women her classes which  
showed those who exercised  
regularly experienced less  
depression, irritation and  
fatigue prior to their menstrual  
cycle than those who did not  
exercise.

## Priest to stand trial in case of smuggling

Associated Press

BROWNSVILLE — A Roman  
Catholic priest and three others  
stand trial in April after pleading  
not guilty in their arraignment  
in a weapons smuggling case, a  
federal magistrate has ruled.

The Rev. Salomon Sandoval,  
Fredo Cumpian and Luis Davala  
appeared before U.S. Magistrate  
William Mallet Wednesday, a day  
later than scheduled. Salvador  
Vela, former city commissioner in  
Brownsville, was arraigned Thursday.

A pretrial hearing is set for  
April 8 before U.S. District Judge  
Richard Hinojosa. Jury selection  
is scheduled for April 9.

Federal prosecutors allege  
Sandoval acted as a middleman for  
Davala and Jorge Wong, both  
Mexican citizens. Wong still is at  
large.

Sandoval is pastor of San  
Mateo de Porras Catholic Church  
in a community northwest of  
Brownsville in Hidalgo County.

Assistant U.S. Attorney Robert  
Guerra said the priest, Cumpian,  
Vela and Davala, who bought  
four Uzi semiautomatic weapons  
last July.

Guerra said the weapons were  
headed for Mexico labeled as  
"copter parts" when federal  
authorities, acting on a tip, stopped  
the shipment.

The priest, Wong and Davala  
each are charged with one count  
of conspiracy to give a false  
statement and four counts of  
making a false statement.  
Cumpian, a student at  
Pan American University in  
Brownsville, is charged with one  
count of conspiracy and three  
counts of making a false  
statement. Vela faces one count  
of conspiracy and one of making  
a false statement.

The five were indicted by a  
federal grand jury last week and  
answered a summons before their  
initial arraignment this week.

Guerra said the defendants face  
five years imprisonment on each  
count plus fines ranging from  
\$10,000 to \$30,000 if convicted.