

Warped

by Scott McCullar



New study calls for changes in daily dietary allowances

Associated Press

WASHINGTON — A National Academy of Sciences committee is completing a study that calls for changing the daily recommended dietary allowances of certain vitamins and minerals, a move that critics say could have important effects on the nutritional habits of the nation.

The draft report, which has not been concluded or released, also will make a subtle change in the definition of recommended dietary allowances, or RDAs, that the authors say is more realistic.

Dr. Henry Kamin of Duke University, chairman of the academy's committee on dietary allowances, said Monday that the proposed new RDAs are not designed to establish minimum standards, but to assure what is healthy for all Americans.

"We make dietary nutrient recommendations within the context of the American diet as it is, not as it should be or not as interpreted by food fadists," Kamin said in a telephone interview.

Gail Porter, a spokeswoman for the academy, a private, congressionally chartered organization that does studies for the government, said the report still is in the review process and may not be ready for release until the end of the year.

However, The New York Times said a draft of the report it obtained called for decreasing recommended allowances of vitamin A, vitamin C, vitamin B-6 and iron, while increasing the suggested intake of calcium for women.

Michael R. Lemov, executive director of the Food Research and Action Center, said his group learned of the proposals and opposes them.

"We fear that decreased RDAs will be used to 'prove' that fewer people are hungry in the United States," Lemov said in a statement. "It would be very convenient at this time to be able to wipe out hunger with a simple change in the numbers."

RDAs are used in planning the food intake of people of all ages in

food programs at hospitals, schools and other institutions. They also are used in developing dietary supplements, new food products, diets, and for nutritional labeling on packages.

Since 1943, a committee of the academy's Food and Nutrition Board has revised the RDAs every five years to keep pace with the nation's changing needs.

The latest official nutrient report, issued in 1980, defined RDAs as the intake of essential nutrients considered "adequate to meet the known nutritional needs of practically all healthy persons."

The new definition, Kamin confirmed, would define RDAs as the levels of essential nutrients needed "to protect practically all healthy persons against nutritional deficiencies."

Kamin said the subtle difference reflects the fact that the committee does not know what the "nutritional needs of practically all (healthy) persons" are because of the diversity of dietary patterns in the country.

Marilyn Monroe police files made public

Associated Press

LOS ANGELES — Marilyn Monroe sounded despondent about losing her contract with 20th Century-Fox when actor Peter Lawford spoke with her the day she committed suicide more than 23 years ago, according to a police file released Monday.

The actress, who died of a drug overdose, bade President John F. Kennedy and Lawford goodbye in a slurred voice the night of her death Aug. 4, 1962, according to the inch-thick investigative file into her death.

Police Chief Daryl Gates said the file was released because of numerous public requests for access to the reports.

It included telephone records, autopsy results and police interviews with those who talked to Monroe in her final days. Many of the pages were stamped "Confidential," and some information was blacked out.

Gates predicted release of the information would fuel speculation into Monroe's death.

"There were 45 nembutals, I believe, barbiturates," that Monroe had consumed, Gates said. "There was nothing unusual about it. She was under a doctor's care and had been distressed. The evidence showed she was stressed, and she took her own life."

According to the file, Lawford, who died earlier this year, had told detectives that most of what was written about her final days was "pure fantasy."

"Lawford tried to convince her to forget about her problems and join him and his wife, Pat, for dinner that evening," detectives said in the report. "She replied that she would consider joining them."

"At approximately 7:30 or 8 p.m., Lawford telephoned her a second time to ascertain why she hadn't as yet arrived at his home."

"She stated she was tired and would not be coming. Her voice became less and less audible and Lawford began to yell at her in an attempt to revive her."

Mexico

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"The amateur radio operators in Mexico are tired and very busy," Torre said. "About 20 percent of the phone calls they made couldn't go through. We have to be very patient."

Armando Turrent, a freshman finance major, said he was relieved to hear from his family in Polanco, 10 miles from the most seriously damaged area in Mexico City.

"They're fine; I heard from them through Ham radio on Friday evening," he said. "Then I heard again on Saturday after the second earthquake."

Martha Spencer, a senior psychology major, was worried about her father who works in Mexico City. She called the operator of the MSC Amateur Radio Club and found out her father had been on an airplane leaving Mexico City when the first earthquake struck. He escaped the disaster.

Meanwhile, Mexican students are sending aid to their country.

The Mexican Students' Association has set up a table in the MSC to collect donations for the earthquake victims.

Gonzalez-Mendez said about \$300 had been collected at the MSC table through Wednesday.

Pier said the money would be sent to the International Red Cross in San Antonio.

"We will make sure whoever donates will know where the money is sent," he said.

Clothes donations can be sent to St. Mary's Church. The church is one block north of University Drive behind Alfredo's Restaurant.

Superintendent of Ohio hatchery says raising fish 'kind of like an art'

Associated Press

PUT-IN-BAY, Ohio — Every time tourists look into a swarm of fish at the state hatchery here, the fish stop growing.

But the sacrifice in size, about a quarter inch each time sightseers peer into the display tank, is worth the public relations value, superintendent Steve Riddle said.

"The fish are so upset by the people that I'm going to lose one-half of their growth every month."

— Steve Riddle, superintendent of the Ohio state hatchery.

The closing was intended to save some \$100,000 in operating costs, but it brought more than a dozen letters to the office of Senate president Paul Gillmor, along with a flood of calls to other state officials.

"I had no idea until this last year how popular it was," Riddle said. "We closed the doors on Saturday — that was the first of June — and on the third we were back open."

Now that Riddle, a stocky, friendly man who seems to enjoy tourist visits, believes the 92-year-old hatchery is free from threat of closure, he's gone back to the round-

the-clock task of nurturing 150,000 trout to be stocked in Ohio streams.

"It's like taking care of a bunch of little babies, because they're very delicate and you can hurt them very easily," Riddle said. "And there's a

lot of mess to clean up day after day after day.

"Basically it's kind of like an art. You learn by mistakes and hopefully not to the point of hurting any fish. The most important part of it is being very conscientious and caring about the fish."

The hatchery has raised salmon, walleye and trout, all by similar methods.

Each December, the state delivers fish eggs to the hatchery, where they are put in large jars. Water flows through the jars at about the rate it flows in streams where the fish will

eventually live.

After they hatch, the fish are put in concrete tanks that run the length of the hatchery. They are weighed and counted frequently to monitor growth, and are fed a mixture of fish meal and soybeans.

In September or October the fish reach a length of 4 to 5 inches and are transferred in buckets to larger fiberglass tanks where they stay until they are transferred to streams in the spring.

The setup is monitored electronically, and alarms sound if oxygen or water flow is disrupted. All the fish would die in about 45 minutes without a constant supply of both oxygen and water, Riddle said. Up to 1,700 gallons of water per minute flow through the tanks.

Each batch of fish is worth about \$200,000 and costs about \$65,000 to raise.

The fish are also threatened by light and by disease, as well as over-exposure to human curiosity.

Whitewash on windows of the hatchery prevents sunburn. Late summer is the critical time to prevent disease, said Riddle, who mixes antibiotics with fish food in a cement mixer.

FarmAid

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and a campaign to increase awareness of farm problems.

"You can spend it quick or spend it right," Nelson told reporters. "So we're not going to rush into anything."

He said he was not disappointed with the pledges because raising money was only one FarmAid goal. The other objective was reminding city dwellers of their links to the nation's food producers.

Jim Skilbeck, special events coordinator for Gov. James Thompson, who helped line up University of Illinois Memorial Stadium football field for Sunday's concert, said he was confident the show will have lasting impact.

Twelve hours of the concert were broadcast live by The Nashville Network cable system to a potential audience of 25 million subscribing households, and were carried by more than 300 radio stations.

More people watched a three-hour, prime-time syndicated segment of the program carried by 156 television stations, but results of a ratings survey conducted Sunday night would not be available for several days.

TNN's coverage ended at midnight, but the concert continued nearly an hour longer, ending with a spectacular fireworks display that had the live audience cheering before heading home.

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