

## What's up

Thursday

TAMU NATIONAL ORGANIZATION FOR WOMEN: will meet at 7 p.m. in 305 A-B Rudder.

Items for What's Up should be submitted to The Battalion, 216 Reed McDonald, no less than three working days before desired publication date.

## A&M researcher says follow-up drug report to study use by youths

By Susan Singer  
Reporter

A two-year follow-up study of Mexican-American youths who underwent treatment for inhalant use will examine how they are doing four years later, a psychology professor at Texas A&M says.

Dr. Dwayne Simpson, director of the Behavioral Research Program at A&M, says interviews will be conducted with the 150 adolescents admitted to the Youth Advocacy Program in Austin from 1981 to 1984 to determine if any long-term patterns of drug use or any physiological effects of inhalant use have been experienced by the youths. Separate interviews also will be conducted with the parents.

Little research has been done on why inhalant use is so popular among Hispanic youths, Simpson says. But the purpose of this study is to discover why they prefer it and exactly what the long-term effects have on their health as well as their lives.

"It is important to understand the reliance the youths have on the extended family and the difficulty they may face with cultural orientation," he says. "Their peer network and

reference groups will also be examined."

The biochemical status of each subject will be examined through blood and urine analyses, but Simpson stresses that the program isn't a medical study. It will examine ideology and look for contributing factors to the problem. And the information will be used to add to existing suspicions and confirm the role of known factors, he says.

The study, funded by a \$430,000 grant from the National Institute on Drug Abuse, will be used in drug-abuse prevention programs and treatment programs, he says.

"There is no standard in determining what is drug abuse," Simpson says. "Any use is abuse because of the threat to one's health."

According to Simpson's original study, a large variety of substances are inhaled for the purpose of intoxication and most have hydrocarbons as an active ingredient. Some of the more common inhalants are gasoline, airplane glue, spray paint, shoe polish, lighter fluid, fingernail polish remover and hair spray.

Another class of inhalants of recent popularity consists of amyl and butyl nitrates, sometimes referred to as snappers, poppers, Rush and Locker Room.

## Senate approves budget proposal for \$39.56 billion

AUSTIN (AP) — The Senate approved a two-year state budget Tuesday that totals \$39.56 billion and would require new revenue of over \$6.6 billion.

Even though the measure is approximately \$1.3 billion higher than a House proposal, Lt. Gov. Bill Hobby described it a "very bare-bones budget" and "a good bill."

The Senate bill was sent to the House, 26-3, after a debate that focused on spending enough money to stop the brain-drain of college faculty members in recent years.

The Senate bill is higher than the House version because "we don't want to cut AFDC (state child welfare) or turn people out of nursing homes or cripple higher education — that's where the differences are," Hobby said.

But there are some human-services reductions in child protective services, he said.

"There is a reduction to the level where not even all life-threatening cases can be investigated," Hobby said. "That's tragic, but that's the situation we're in."

Republican Gov. Bill Clements has said he would veto any budget that requires more than \$2.9 billion in new or increased taxes. Extending sales and motor vehicle taxes scheduled to expire Sept. 1 would raise the \$2.9 billion.

The House has scheduled its budget debate for next Tuesday, following debate over what kind of tax plan to adopt. House Speaker Gib Lewis said he has told Clements the House might pass a tax bill the governor will not like.

The final legislative version of the appropriations bill almost certainly will be written by a House-Senate conference committee. A two-thirds vote of each house would be needed to override a gubernatorial veto.

Sen. Grant Jones, chairman of the Senate Finance Committee, said the Senate proposal would restore higher education spending to 1985 levels, plus a 2 percent-per-year increase for four years to account for inflation.

"Texas had built up some wonderful momentum in the area of higher education," Jones, D-Temple, said. "Professors from across the country were interested in coming to Texas because there appeared to be a major dedication to higher education."

"Unfortunately, in the cuts that we've made in previous years, particularly in the late-lamented special session . . . Texas has a perception problem of having lost its dedication (to higher education)."

Senate Education Committee chairman Carl Parker said a faculty turnover rate of 450 per year jumped to over 1,100, half of whom have not been replaced, after 1986 higher education funding reductions.

Sen. Bob Glasgow, D-Stephenville, said that if there are further drastic cuts in higher education, it could take Texas 10 years to recover.

Jones said, "It's so easy to tear down a system, and yet it's so difficult and takes so many years to rebuild. We have maybe 10, perhaps 15 years, in which to build a new economy and that economy has got to be built on research . . . so Texas is at a major turning point in its history."

Although the Senate bill would appropriate \$5.11 billion for higher education, Leedom said the total figure spent on colleges, universities and professional schools actually totals \$15 billion when federal grants, endowments and the like are included.

## 12-week course developed by TAES to help people with weight problems

By Alan Sember  
Reporter

Fifty percent of adult males and 35 percent of adult females in Texas are overweight. And 20 percent of Texans are considered clinically obese.

These facts led the Texas Agricultural Extension Service to develop a 12-week weight control lesson series to help Texans improve their diet and exercise habits and maintain permanent weight loss, said Alice E. Hunt, nutrition specialist at the extension service.

The program is administered by county extension agents in 50 counties and was developed at Texas A&M by health and nutrition specialists, Hunt said. Over 3,000 Texans have taken the lessons since 1985, she said.

A survey of participants in the series showed an average weight loss of 7.6 pounds one year after

completion of the lessons. There also were significant improvements in blood pressure, flexibility and cardiovascular fitness, she said.

The program's success is due to its emphasis on long-term fitness habits, she said, which incorporate small changes into people's eating and exercise habits that help them lose weight.

Some of the changes include eating more nutritiously balanced, low-calorie food, measuring food serving sizes, modifying recipes to reduce sugar and fat and starting exercise programs, she said.

"I think the whole principle of the program is not to do it fast and quick," she said. "It has to make small changes in both diet and exercise that can be maintained throughout a person's lifetime."

Quick weight-loss diets may be successful in the short run, but over 90 percent of the people

who lose weight with these diets gain it back within a year, Hunt said, which often creates a cycle of quick weight loss and then weight gain when normal eating habits are resumed.

Being overweight by any amount is harmful because it triples the risks of heart disease and high blood pressure and doubles the risks of certain types of cancer, Hunt said.

The chance of an obese person dying from any cause is three times that of a person of normal weight, Hunt said.

Obesity is defined as being overweight by 20 percent or more of standard body weight.

Hunt said the program developed here is not designed for people with serious physiological problems but added that 90 percent of the people who are overweight can lose weight with just a moderate reduction in calories, increased physical activity and some behavioral modification.

## Associate dean explains diseases of dogs

By Craig Eichhorn  
Reporter

Veterinarians from United States military bases throughout Europe met in West Germany for the Seventh Medical Command Army Veterinary Medical Conference, which was addressed by Dr. E. Dean Gage, associate dean of the College of Veterinary Medicine at Texas A&M.

At the conference May 20-22, Gage discussed new surgical conditions, procedures and techniques in the treatment of spinal diseases in dogs. Gage also explained to the 70 veterinarians meeting in Kaiserslautern ways of diagnosing and treating

specific conditions and diseases.

The research for the presentation was done from clinical cases in the late 1960s and early 1970s, Gage said. The research showed the participants how to diagnose and treat such diseases as slipped discs in dachshunds and paralysis in German shepherds. The information pertaining to the German shepherds is extremely valuable because German shepherds are used as guard dogs on military bases, Gage said.

Gage also told the group about the progress made in veterinary medicine in the United States. The military personnel who in-

spect the food supply for the 550,000 personnel in Europe were helped by the presentation because improvements were also made in this area, Gage said.

Gage described the military personnel attending the conference as "an interesting group, intensely interested and attentive."

Military personnel are isolated and have one meeting per year, so they gain as much as possible from that meeting, he said.

Gage was invited to the conference by the University of Maryland, which has a contract with the U.S. government for continuing education overseas.

Dr. Norman Heidelbaugh, a professor and the head of veterinary public health, joined Gage at the conference. Heidelbaugh has attended the annual meeting for several years.

Gage said many of the people who attended the conference have an interest in returning to the United States and starting a veterinary practice here.

"It was a wonderful trip," Gage said.

He says he will probably return to Germany next year for the conference.

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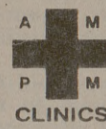
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