

Nutritionist encourages students to eat breakfast

By Juliette Rizzo
STAFF WRITER

Students who regularly eat a well-balanced breakfast may perform more efficiently, concentrate better and feel less tired at the end of the day, a nutrition expert at Texas A&M says.

Dr. Dymple Cooksey, nutrition specialist with the Texas Agricultural Extension Service, says that nutrients found in traditional breakfast foods are "essential to supply the body with the energy needed to make it through the day."

She recommends a well-rounded breakfast, which includes choices from the four basic food groups.

Choices from these four groups should provide an individual with one-fourth of the recommended daily amounts of protein, calories, vitamins and minerals, she says. Nutrients found in foods from these groups are essential for energy, maintenance and body repair.

Cooksey says that special emphasis should be placed on breakfast, because it is the first meal of the day.

"It is the meal that keeps you from running out of steam for the rest of the day," she says. "It is difficult to get the nutrients the body needs if breakfast is skipped. You almost have to double the amount of nutrients in the other two meals just to make up for the shortage."

She suggests starting breakfast with a source of vitamin C, which can be found in citrus fruits and juices, and a protein source, such as meat or eggs. Cooksey says there is room for variety in food choices.

"As long as the food choice has nutritional value, it is all right to take an adventure away from the traditional breakfast foods," she says.

She also recommends that breakfast be planned the night before and eaten in the company of others.

"Pre-preparation is advantageous when a person has a time shortage in the morning," she says. "If you wait until the next morning to figure out what to eat, breakfast may not happen."

She says eating in the company of others keeps the meal interesting and helps people look forward to eating breakfast.

Cooksey says those who skip breakfast miss the benefits of the meal.

"A breakfast skipper is like a car running on empty," she says. "A well-nourished person, like a well-lubricated engine, works more efficiently."

She says other benefits of breakfast are:

- Breakfast eaters have higher intakes of calcium, which is essential for strong bones and teeth.

- Breakfast eaters are energetic and can concentrate better on school-related tasks, while those who skip may be irritable, restless and listless.

- Breakfast eaters have a better late-morning problem-solving ability and have more energy at midday.

- Eating breakfast on a regular basis is associated with a vigorous older age.

"People who eat breakfast throughout their lives tend to stay involved in life longer and have the energy to do it," she said.

Moody retains lawyer for second fraud trial

HOUSTON (AP) — Jailed financier Shearn Moody Jr. said Monday he will retain a lawyer to represent him in his second trial on bankruptcy fraud charges, abandoning an effort to serve as his own counsel.

Moody, who was arraigned Monday on two counts stemming from the alleged concealment and transfer of assets under the control of a federal bankruptcy trustee, faces a possible 10-year sentence if convicted.

The former millionaire heir of a prominent Galveston family already is serving a five-year jail sentence at a federal prison near Fort Worth for a previous fraud conviction.

Asked by U.S. District Judge Kenneth Hoyt how he pleaded to the charges, Moody at once responded, "Certainly not guilty, your honor. This was not part of that property."

Moody, 55, and his longtime aide, Norman Revie, are accused of withholding \$201,000 in proceeds from the sale of Seaside Lanes from creditors in his bankruptcy case and converting it to their own use.

Revie's attorney, Michael Maness of Houston, said Monday he plans to show in the trial that the Galveston bowling alley was not part of the property affected by the bankruptcy filing.

The bowling operation was owned by Seaside Lanes Partnership, a Moody family real estate venture. Funds from its sale allegedly were converted to cashiers checks and funneled through a Canadian bank in an attempt to launder them.

Hoyt on Monday approved a motion by Maness for a continuance in the case and reset a trial date for May 29.

Kittens' sharp claws can infect children with cat scratch disease

By Holly Becka
REPORTER

Cat scratches are usually harmless for adults, but children who are scratched by kittens may suffer from cat scratch disease, which can mimic more serious illnesses including mononucleosis, syphilis, tuberculosis and some forms of cancer.

Dr. John August, head of A&M's small animal medicine and surgery department, said CSD is the most common cause of localized inflammation of the lymph nodes in children.

"Probably about 50 percent of the American population has had it, but it's usually mild," August said. "It's serious in only a fraction of that number."

"It's more frequent in children because they are more likely to handle kittens and get scratched, but 20 percent of all vets have had the disease also. Adults' immune systems usually are better, so they'll resist it."

He said kittens are more likely to transmit the bacteria that causes CSD.

"As cats get older, they may become immune to the bacteria," he said. "It is not known where the cats get

the bacteria. They somehow get it from the environment and transfer it to their claws during grooming.

"Research is being done to determine if it's normal for cats to carry it in their mouths, but there is no test to screen cats for the disease. They may carry it only for a few weeks."

August said humans also may develop the disease when a cat licks an area of abraded skin.

Although the symptoms of CSD usually are mild, some cases have been reported that are more extreme. The disease may spread beyond the lymph nodes, affecting the nervous system and causing convulsions, or it may develop into a bone infection. Parinaud's oculoglandular syndrome, which occurs when eye membrane becomes infected, may occur when a person rubs his eyes after handling a cat.

August said a sore at the site of a cat scratch on a child is an indicator of CSD.

"Lymph nodes become enlarged, the child will experience fever, headaches and malaise," he said. "There is no specific treatment. By the time the clinical signs develop, most of the bacteria is dead and won't respond to antibiotic treatment."

State lobbyists spend more than \$550,000 in first part of session

AUSTIN (AP) — Lobbyists spent more than \$550,000 trying to entertain and influence state officials during the first two months of the legislative session.

According to records filed with the secretary of state's office, lobbyists spent approximately \$306,000 to entertain lawmakers and influence legislation during February.

That compares to about \$245,000 in January — a month when the Legislature was in session for three weeks.

If divided equally among the 181 members of the House and Senate, lobbyists would have spent \$3,044 per lawmaker for the two months.

The 811 registered lobbyists speak for more than 2,100 clients plugging a range of causes.

In addition to entertainment expenses, lobbyists must report gifts they give state officials.

Mario Martinez, of the Texas State Troopers Association, reported spending \$2,012 on gifts in February, including garment bags for legislators.

The biggest spenders are organizations or industries that hire a stable of lobbyists to sway the course of special interest legislation.

Because many of these lobbyists work for a number of groups, and lobbyists are not required to itemize their expenses, it is difficult to determine how much is spent on any given issue.

Bill Messer, for example, is a lobbyist for the Texas Chemical Council

and has spent about \$11,500 over the first two months of the session. But he also lobbies on behalf of more than a dozen other interests.

Other top spenders, such as Don Adams, Jack Gullahorn, Richard Hardy, Dick Ingram, Robert E. Johnson, A.R. "Babe" Schwartz, Jack Wheeler and Angelo Zottarelli, each work for a number of groups and associations.

In February, the top-spending lobbyists for single interests were Martinez with the Texas State Troopers Association, who reported spending \$13,421 on entertainment, and Ernest Stromberger, a lobbyist for the Independent Insurance Agents of Texas, who spent \$10,436.

Chemical companies and electric utilities appear to be some of the biggest players among the lobby, along with insurance and oil and gas interests.

Pesticide regulation and state oversight of electric utility rates and proposed changes to the workers' compensation system have become major issues during the session.

Tom "Smitty" Smith, of Public Citizen of Texas, a consumer watchdog group, said he has never seen the lobbyist amass in such force.

"Every morning when I get up to go to the Capitol, I know I have to pack up four or five issues in my briefcase," he said. Recently, he said, "I've had to pack two briefcases to handle the nightmares."

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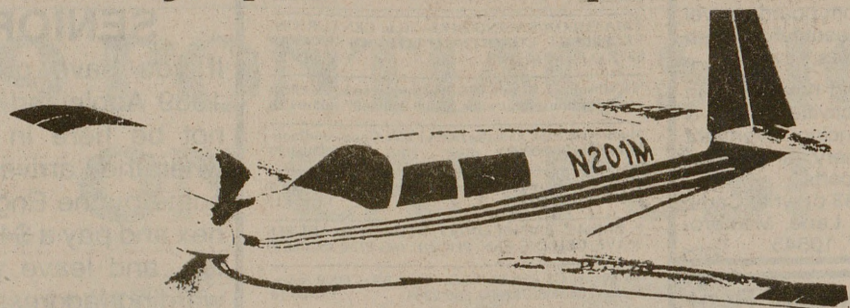
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