

Friday, December 8, 1989

Cholesterol affects all age groups

Doctor says college students should consume fewer fatty foods

By **SUZANNE CALDERON**
Of The Battalion Staff

Most college students aren't worried about high cholesterol, but they should be because heart disease can strike anyone at any age, Dr. Francis Cherian, the medical director of AM/PM Clinics, said.

The typical menu of college students includes junk food and fast food, which are high in fat, Cherian said. This is why college students need to watch their cholesterol levels.

A normal cholesterol level is below 200 mg/dL, and anything higher is considered unhealthy, Cherian said.

The level of cholesterol is directly related to heart disease, Cherian said. Cholesterol is deposited in heart arteries, which increases the chance of a heart attack. Arteries in the brain can become clogged with cholesterol, which could cause a stroke.

Foods like red meat, eggs, milk and other dairy products should be eaten in moderation, he said.

Texas A&M students will have a chance to check their cholesterol levels this weekend at Kroger stores in Bryan and College Station. The cholesterol screenings will be conducted by Medi-

cal Awareness Systems, an independent screening company from Tyler. Registered nurses and trained technicians will be administering the tests.

The screenings will be today and tomorrow from 9 a.m. to 6 p.m. The cost is \$6 per test. A&M students can receive \$1 off the price by presenting a current student ID.

The cholesterol test involves pricking the finger to get a blood sample. The results are available immediately. No fasting is required for the cholesterol screening. With a 12-hour fast, triglyceride (blood fat) and glucose (blood sugar) tests can be done.

Environmentalists, foresters air views

By **PAM MOOMAN**
Of The Battalion Staff

PART 3 OF A 3-PART SERIES

Editor's Note: This is the third in a three-part series on environmental groups. Today's story focuses on specific environmental issues.

Environmental groups occasionally clash with state and federal regulatory agencies because of varied opinions on preservation and conservation.

Bruce R. Miles, Texas Forest Service director and president-elect of the Forest Farmers Association, has come under fire from environmentalists for his views.

Michael Worsham, Sierra Club vice chair, said the forestry director should concentrate on preserving the environment and protecting endangered animals, such as certain woodpecker and owl species.

Instead, Miles advocates clear cutting, which is cutting down all trees in an area, Worsham said.

Worsham said Miles opposed a clear cutting restraint act endorsed by the Audubon Society. Worsham said environmentalists would like

the forest service to use selection management, the cutting down of only a certain number of trees in an area. "Clear cutting may be required, but the Forest Service does it as often as possible," he said.

But Miles said careful clear cutting benefits the environment.

"When properly done, clear cutting provides open areas for deer habitat," Miles said. He said clear cutting also increases the regenerative ability of trees.

"We're able to keep the piney woods in East Texas through these measures," he said.

Miles said the Texas Forest Service has grown 25 million trees in its nursery and plants 200,000 acres annually. The Texas Forest Service is fighting the Southern Pine Beetle that destroyed 4,000 acres in 1985.

"The environmental groups, many of them, prefer to let the Southern Pine Beetle go unchecked," he said. "Global warming is the big buzzword now."

The Texas Forest Service is fighting this problem also, Miles said. Trees produce oxygen, and young trees are better producers than old trees, he said.

"The more trees we plant, the better it is for alleviating global warming," Miles said.

Miles said he is concerned about locking up land for preservation and preventing the public from benefiting from the land's use.

"We have one of the most productive forest systems here in Texas as

we do anywhere in the country," Miles said.

He said Texas has 460,000 acres of national forest, and that is enough protected land.

One incident this summer split See forester/Page 6

Greek Week efforts raise money for United Way

Texas A&M Greek Week proved to be more than just fun and games.

Jason Peterson, director of Greek Week, which was Nov. 5-11, said the greek organizations' efforts resulted in an unprecedented \$3,300, which is three times last year's amount.

"The money will be given to the student body to donate to the United Way," Peterson said. Last year, the money was donated directly to the United Way.

"Greeks are part of the student body so we decided to donate it in the students' name," Peterson said.

He said that United Way student representative Jennifer Duffy set a \$3,000 goal to be raised by the student body.

"We (Greeks) surpassed that goal . . . now, the goal has been reset at \$5,000," Peterson said.

Peterson attributed Greek Week's success to increased participation by 35 chapters, including representatives from all fraternities and sororities in the Greek system.

More T-shirts were sold, more advertisements were placed, and the can drive fundraiser grossed more money this year compared to last, he said.

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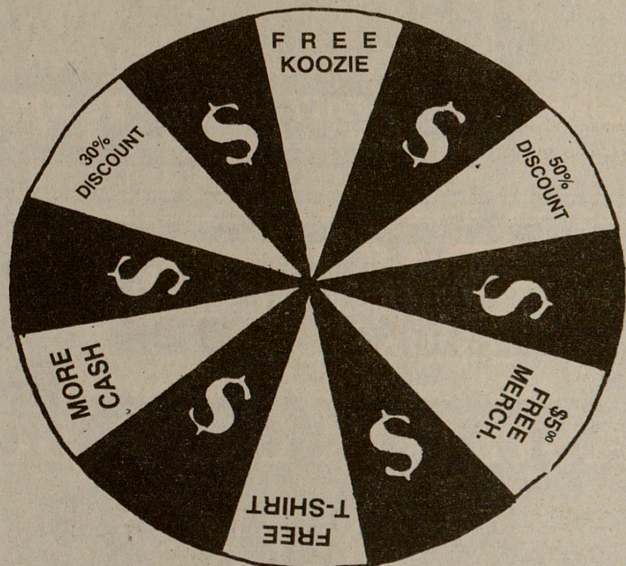
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