

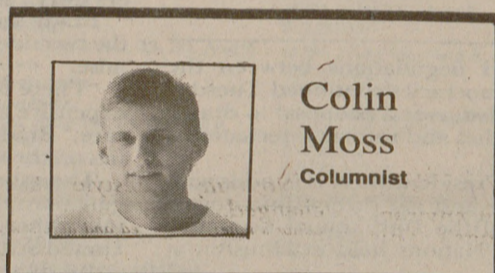
Left-handed minority deserves respect from 'righty' majority

Columnist describes pitfalls of being left-handed in world full of right-handed people, facilities

Even though I'm not much of a baseball fan, I always feel like I'm way out in left field. I find myself having to cope with the hazards of everyday life because I was born in a discriminating world.

You see, I am of a minority in this great place. I am left-handed.

Of all the billions of people in the world, only 10 percent of us are left-handed. We have to deal with all of you righties every day. You have left us an awkward world to deal with in our lifetime. You have forced us to live with all of your righty ways for just too darn long. We don't deserve to be subjected to this anymore. We have been discriminated against long enough. It's time we fight for our rights (and lefts).



Colin Moss
Columnist

more creative, though. Some of the righteous, creative lefties include Leonardo da Vinci, Picasso, Queen Victoria, Charlie Chaplin, Marilyn Monroe and yours truly, just to name a few.

This creativity forms a balance between we lefties and you righties because we have to find creative ways to cope with your righty world. But, as fate would have it, we end up suffering instead of coping.

We lefties are five times more likely to die in an accident, all because of you righties. We are 85 percent more likely to be injured in an automobile accident and are 54 percent more likely to suffer injuries in accidents involving righty-made tools or implements.

Even right here on campus (no pun intended), we suffer from the control of you righties. Have you ever noticed how all the pencil sharpeners are made for you righties? How about all the vending machines? We have to put our money in on your righty side as well as push your righty buttons.

Also, how about scissors and paper cutters? These things have always been made for you righties. And notebooks are made for you righties too. We have to look long and hard to find a lefty notebook, one where we won't get spiral indentation on our hands after taking notes.

And that brings me to another point: You righties should stop making fun of the way we write. Yeah, so we write

upside down, but do you know how hard it is to push your pen or pencil across the page instead of pulling it like you righties get to do.

It's bad enough that we smear our work and get ink or lead on our hands. So we would rather not hear about it from you.

But my biggest complaint of all is the seating arrangement on campus. I seem to find only right-handed desks in my classes. My class in 101 Blocker has 280 desks and not one of them is left-handed. My class in the Chemistry Building has 333 desks and none of them are fit for us lefties. And I couldn't find any lefty desks in Heldenfels Hall or in the Harrington Classroom Building.

And even if there are left-handed desks in a classroom, such as in room 102 of the Zachary Engineering Center, where there are 344 desks, the number is so few that it barely represents the lefty population. I counted 17 (or about five percent) left-handed desks in 102 Zachary. This hardly represents the 10 percent of the world that are lefties.

And even though there are lefty seats in a room, they always seem to be on one side so all the lefties will have to sit in a "discriminating" row or column, as if we were lepers. These seats are usually seats you wouldn't want to sit in anyway.

But what usually ends up happening if we want to sit in a "good spot" is that we have to deal with sitting in a right-handed desk. Whoever is in charge of seats or desks in the classrooms should make sure that at least 10 percent of the desks are "lefties," and should make sure they're scattered throughout the room.

We need to put an end to all of this discrimination and we should start in the classroom. So come on all you lefties. We have to fight for our right to write!

Colin Moss is a senior journalism and speech communication major.

Prevention is key to summer heat stress

Exercise and hot temperatures may each cause increased body temperatures.

When combined there is a great demand on the body's ability to cool itself.

Complications from exercising in heat may include dehydration, heat cramps, heat exhaustion and heatstroke.

The best defense against heat emergencies is prevention. Preventive measures to avoid the consequences of overheating include:

(1) Avoid overexertion: Workouts in the heat should be moderate in intensity and short in duration. Exercise sessions should be light and 15-20 minutes long.

(2) Adequate hydration: One of the best defenses against heat stress is to keep your body from losing too much fluid from continuous sweating. Since about 70 percent of the human body is made of water, you should drink plenty of water even if you do not feel thirsty. Drink one cup of water for every 15 minutes of exercise.

Carry a liquid container along with you (filled with cold water, soda or Gatorade) or plan water breaks during your exercise routine. If humidity is low (not common in this area) moisten your head, neck and the exposed areas of your body to enhance cooling. Sweating causes you to lose salt as well. You may need to increase your salt intake. Consult with your physician if you are on a salt-restricted diet.

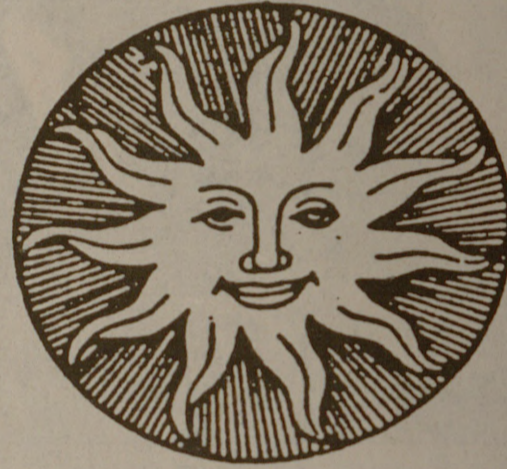
(3) Appropriate clothing: Wear loose-fitting, lightweight, light-colored and

Erika Gonzalez-Lima
Health Columnist

cotton or cotton-blend clothes that let air circulate. Avoid synthetics (nylon, lycra, polyester) that prevent body heat from evaporating. Wear a wide-brimmed hat and sunglasses that block ultraviolet rays.

Also, protect your exposed skin (neck, arms and legs) with a water-resistant sunscreen of at least 15 SPF (sun protection factor) 30 minutes before sun exposure.

(4) Shading sense: Stay in the shade or indoors as much as possible. Avoid being outside for more than 30 minutes, especially between 10 a.m. and 2 p.m. Allow 30 minutes of cooling off before exposing yourself to the sun again. Reschedule your outside activities and exercise in



early morning or evening hours. Heat stroke can be serious if untreated. Stop exercising and seek medical attention immediately if you develop or someone you know develops the following warning signs: dizziness, nausea, headache, fatigue, chills, faintness, muscle cramping, rapid pulse, lack of sweat and body temperature over 104 degrees Fahrenheit.

Following sensible hot weather protective tips will help you to beat the heat, prevent heat-related illnesses and enjoy a safe summer.

Erika Gonzalez-Lima is a staff member in the A.P. Beutel Health Center.

Mail Call

Mandela urges violence as last resort

EDITOR:

This is in reference to the column "Better ways to end apartheid than Mandela's" by Jon Beeler in the June 29 Battalion. The author has questioned the credibility of Mandela and trivialized the problems that exist in South Africa.

He gave the impression that Mandela wants a violent confrontation and blacks are partly responsible for state they are in.

No mention is made of the oppressive policies of the minority white government and the violent methods they use to crush peaceful movements.

While most of the people in the world are breathing the air of freedom, the black people in South Africa do not even have basic human rights. It is easy to be an armchair critic and talk about non-violence.

What do you expect from Mandela and the black people who have been oppressed all of their lives on their own land? How do you expect them to negotiate with a government which until now was not ready to make any concessions? It is only after F.W. de Klerk came into power that these changes we see have come about.

In his speeches, Mandela has reiterated that violence would only be the last resort if reforms are not made.

Lastly, ask yourself, if you would be willing to negotiate with a government which discriminates against you in every sphere of life because of the color of your skin and clubs down peaceful demonstrators.

Digant P. Davé
Graduate student

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Letters to the editor should not exceed 300 words in length. The editorial staff reserves the right to edit letters for style and length, but will make every effort to maintain the author's intent. There is no guarantee that letters submitted will be printed. Each letter must be signed and must include the classification, address and telephone number of the writer. All letters may be brought to 216 Reed McDonald, or sent to Campus Mail Stop 1111.

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(USPS 045 360)

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The Battalion is published Tuesday through Friday during Texas A&M summer semesters, except for holiday and examination periods.

Mail subscriptions are \$20 per semester, \$40 per school year and \$50 per full year: 845-2611. Advertising rates furnished on request: 845-2696.

Our address: The Battalion, 230 Reed McDonald, Texas A&M University, College Station, TX 77843-1111. Newsroom: 845-3313.

Second class postage paid at College Station, TX 77843.

POSTMASTER: Send address changes to The Battalion, 216 Reed McDonald, Texas A&M University, College Station TX 77843-4111.

FAX

