

The Battalion

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The Battalion is a non-profit, self-supporting newspaper operated as a community service to Texas A&M University and Bryan-College Station.

Opinions expressed in *The Battalion* are those of the editorial board or the author, and do not necessarily represent the opinions of Texas A&M students, administrators, faculty or the A&M Board of Regents.

The Battalion is an entirely student-managed branch of Student Publications, an independent entity that operates closely with the Department of Journalism.

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BATTIPS

The Battalion encourages its readers to contribute story ideas and suggestions by calling BATTIPS, *The Battalion's* phone line designed to improve communication between the newspaper and its readers.

The BATTIPS number is 845-3315.

Ideas can include news stories, feature ideas and personality profiles of interesting people. Readers also are encouraged to offer any other suggestions that could improve the newspaper.

Drinking water necessary for summer activities

Editor's note: The Battalion will run weekly column on better health habits provided by the education department of the A.P. Beutel Health Center.

By Dr. Jane Cohen
Special to *The Battalion*

Water is the ultimate thirst quencher, the wet refresher you can't live without. Water has a role in almost every major function of the body.

Drink plenty of water during these hot days of summer. For healthy people, water can help keep you cool. More than half our body is water, so the average adult should drink at least eight 8-ounce glasses of water a day.

Drinking water is the best way to increase your fluid intake. Cool water is more quickly absorbed than cold water.

Beverages such as soft drinks, milkshakes, beer, wine and spirits provide liquid but in excess they may contain too many calories.

Many fruits and vegetables also are high in fluid content. Juices, milk and soups also provide necessary liquid. Some water is even a by-product of metabolism.

You might lose 2 to 3 quarts of water a day through perspiration, urine and breath. This water loss needs to be replaced daily.

A reduction of as little as 3 percent of your body weight can affect your strength and endurance. A 15 to 20 percent loss can be fatal.

You cannot always rely on your thirst to tell you when your water level is low.

To make sure you get enough water, drink fluids before and af-

ter you exercise or when you are perspiring heavily. One guideline to use is a cup of water every 15 minutes.

air conditioning.

It also is advisable to stay out of the sun during the hottest part of the day.

When the relative humidity gets around 75 percent, you might not sweat causing your body to not be able to lose the body heat you would normally lose through perspiration.

Heat problems can be very serious. The terms include heat cramps, heat exhaustion and heat stroke. Symptoms to watch out for include muscle aches and pains, elevated body temperature, extreme fatigue, clammy skin, dizziness or fainting.

Drink extra water before you feel symptoms if you are hot and perspiring.

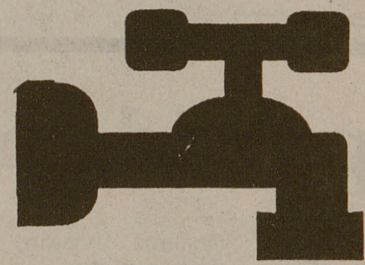
If you plan on traveling this summer, reduce the risk of trav-

eller's diarrhea by avoiding water and ice cubes in areas where sanitation is poor. Pump the water that you plan to drink use in cooking or to brush your teeth.

Bring the water to a rolling boil and let it cool to room temperature. At high altitudes, boil the water for a few minutes longer for an extra margin of safety. Bottled water that has undergone carbonation has halted the growth of harmful substances.

Water is an essential nutrient. Enjoy cool water to stay cool and healthy this summer.

Plan to attend the Summer Health Day from 11 a.m. to 4 p.m. June 26 at the A.P. Beutel Health Center where exhibits and suggestions to stay healthy during the summer will be featured.



Another precaution is to check the temperature before you exercise, work or go outside. If you plan to be outside, start when it is cooler and stay indoors with

State income taxes

Think tank: Proposed tax could harm economy

AUSTIN (AP) — Creation of personal and corporate state income taxes could have a negative impact on Texas equivalent to another recession, a Dallas-based think tank reported Wednesday.

The National Center for Policy Analysis said an income tax such as that proposed by former Lt. Gov. Bill Hobby would lower the state's output by 2.7 percent, or about \$10.6 billion a year.

John Goodman, the center's president, said Hobby's proposal of a 6.5 percent corporate income tax would "raise a tiny bit of revenue but cause enormous harm."

On the other hand, Goodman said, a tax proposal advanced by former Gov. John Connally, to replace the current corporate franchise tax with a new "business activity tax," would be a boost for the state's economy.

Goodman said his group's analysis of that

proposal indicates it could boost production of goods and services in Texas by 4.3 percent, or about \$16.9 billion.

Connally heads the Governor's Task Force on Revenue, which will be making recommendations to Gov. Ann Richards and legislators who convene in special session July 8 to write and fund a 1992-93 state budget.

The state faces a projected \$4.7 billion deficit if all current services are maintained at their present levels, according to legislative budget analysts.

Hobby is a member of the task force, which may vote Saturday on its recommendations.

Last week, the committee heard a tax proposal from Connally and one from Hobby and Dallas financier Jess Hay.

Connally proposed boosting the motor fuels tax from 15 cents to 35 cents per gal-

lon, doubling state college tuition, increasing the motor vehicle sales and hotel-motel taxes from 6 cent to 6 1/2 cents, charging a 5-cent per gallon aviation fuels tax and replacing the corporate franchise tax with a business levy suggested by Comptroller John Sharp. That tax would be 2.35 percent on gross receipts, minus raw material costs.

Hobby-Hay proposed establishing a 6 percent income tax on earnings over \$16,000 per year for a family of four, and a 6.5 percent business income tax to replace the franchise tax.

Their proposal also calls for a 25 percent reduction in property taxes, broadening the sales tax base to include most services but lowering the sales tax rate from 6.25 percent to 5.25 percent.

Jail crowding solution deadline approaches

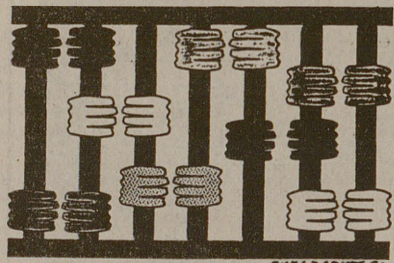
AUSTIN (AP) — Although Harris County balked at the state's offer to end jail crowding lawsuits, Gov. Ann Richards remains hopeful that a deal might be struck before Saturday's deadline, an aide said Wednesday.

"It certainly doesn't help," Bill Cryer, the governor's press secretary, said of the Harris County rejection. "But we're still working on it, and we still have hopes we can work something out."

The Harris County Commissioners Court voted Tuesday to reject a plan to solve crowded conditions at county jails, a move state officials said could scuttle the Legislature's \$500 million prison reform plan.

Last month, the Legislature approved a bill to end lawsuits against the state over inmates backlogged in county jails await-

ing transfer to already overcrowded state prisons.



Twelve counties won a lawsuit in state court to force the state to pay them for holding thousands of state prison-bound felons. Harris County was involved in a separate suit in federal court.

But a provision in the bill holds that if all of the counties involved do not agree to the settlement by Saturday, the plan dies.

What's Up

Thursday

ADULT CHILDREN OF ALCOHOLICS: General discussion at 6 p.m. Call CDPE at 845-0280 for more information.

CAMPUS CRUSADE FOR CHRIST: Weekly meeting will be held in 308 Rudder at 7:30 p.m. Everyone Welcome! Call John Ferguson at 696-1091 for more information.

ALCOHOLICS ANONYMOUS: General discussion at noon. Call CDPE at 845-0280 for more information.

A&M CYCLING: To discuss summer racing and training. New members welcome at 7 p.m. in 231 MSC. Call Stephen Haydel at 696-3945 for more information.

Friday

ALCOHOLICS ANONYMOUS: General discussion at noon. Call the CDPE at 845-0280 for more information.

Items for *What's Up* should be submitted to *The Battalion*, 216 Reed McDonald, no later than three business days before the desired run date. We publish the name and phone number of the contact only if you ask us to do so. *What's Up* is a *Battalion* service that lists non-profit events and activities. Submissions are run on a first-come, first-served basis. There is no guarantee an entry will run. If you have questions, call the newsroom at 845-3316.

Unlicensed doctors able to practice

AUSTIN (AP) — Despite unanimous opposition from the Texas medical board, a bill allowing doctors to work for two years in rural state mental hospitals without an official Texas medical license has become law.

Gov. Ann Richards allowed the bill to become law without her signature, spokesman Chris McDonald said.

The State Board of Medical Examiners had been planning to ask the governor to veto the bill because board members believe the measure could jeopardize mentally ill patients.

The new law applies to three of the eight hospitals run by the Texas Department of Mental Health and Mental Retardation in Terrell, Big Spring and Vernon. It was written by Rep. Tom Frasier, R-Big Spring, to help the MHMR overcome a doctor shortage.

"I think it's a disaster," said Cindy Jenkins of Stowell, a medical board member. "It's immoral. I live out in the boondocks and I don't think those of us who live in rural areas deserve second-best medical care."

The new law, which takes effect Sept. 1, allows physicians from other states and Canada to work in rural state mental hospitals for two years without taking exams on Texas medical law and medical competency. The exemption applies only to physicians who have not been disciplined elsewhere.

Richards signs official MLK holiday law

AUSTIN (AP) — Martin Luther King Jr.'s birthday will be a full state holiday, celebrated the third Monday in January, under a bill signed into law by Gov. Ann Richards.



M.L. King Jr.

The slain civil rights leader's birthday has been an optional holiday for state workers. That meant employees could take the day off in lieu of another holiday from a group of five, including Confederate Heroes Day.

Richards announced signing the measure Wednesday.

The new law also deletes Columbus Day, the second Monday in October, from the list of state holidays. Rep. Ron Wilson, D-Houston, who sponsored the King holiday bill, said Columbus Day had not been funded as an official holiday for several years by state budget writers.

The bill provides that Columbus Day still should be observed with appropriate ceremonies throughout the state. But state workers may not take the day off with pay and state offices will remain open.

1600 S. Texas Ave. College Station

This Week's Specials

 Coors Light 24 pack 12oz cans \$10.99	 Keystone/Keystone Light 24 pack 12oz cans \$7.99
 Busch 24 pack 12oz cans \$9.99	 Bud Light 24 pack 12oz cans \$11.39

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