

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.

The Battalion news department is managed by students at Texas A&M University and is a division of Student Publications, a unit of the Department of Journalism.

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

Comments, questions or complaints about any of the editorial content of the newspaper should be directed to the managing editor at 845-3313.

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Advertising

Advertising information can be obtained from the advertising department at 845-2696 Monday through Friday 8 a.m. to 5 p.m., or by visiting the office at the English Annex.

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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.

Enjoy popcorn as healthy snack alternative

Editor's note: The Battalion will run a 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

Popcorn can be a healthy snack, low in calories, yet filling. Plain popcorn might have fewer than 20 calories a cup, just a trace of fat and even some fiber.

Popcorn is more American than apple pie. Cultivated by

American Indians for at least 5,000 years, popcorn was brought to the pilgrims by their Indian guests at the first Thanksgiving in 1621.

Popcorn became a sign of peace, often shared as a token of goodwill. Microwave popcorn was introduced in 1982 by Pillsbury. Today, Americans eat more than 48 quarts each year.

Low in calories and a fiber source, popcorn is truly a treat. For under 100 calories, you can eat five cup's worth. Popcorn's calories come from corn starch, a complex carbohydrate, whatever

oil it's cooked in, and any ingredients.

Read labels to compare the calories, fat and sodium. Even the



"light" varieties can vary from brand to brand. Note the servings per bag of microwave popcorn ranged from one to five servings.

The label gives information per one serving size, usually three cups popped. If you do eat the whole bag, which is easy to do, consider total calories, fat and sodium.

Much popcorn has added oil, butter and salt to turn the otherwise healthful "munchie" into a calorie-, fat- and sodium-laden extravaganza. Popcorn can be filling without being fattening.

Consider that every tablespoon of oil used for popping

adds about 120 calories, and 13 to 14 grams of fat.

Every teaspoon of salt sprinkled on it adds almost 2,400 milligrams of sodium. Consuming large amounts of sodium has no known advantages.

For the lowest calorie popcorn, pop your own in an air popper. If you have a favorite popcorn, bring the empty bag by the A.P. Beutel Health Education Center, so our staff can use the label in some of the programs offered by the health center.

Thieves use truck to crash through store

During the night of July 6, thieves smashed through the front of the Exxon Easy Shop at 3329 Woodville Road in northeast Bryan.

This was the latest of four smash-and-grab burglaries that have been reported to the Bryan Police Department during the past month.

In each case, thieves stole a vehicle from the surrounding area, then used the vehicle to smash through the door of the businesses. The suspects then grabbed the safe or valuables before fleeing in the stolen vehicle.

In this case, a brown and tan Chevrolet pickup truck was stolen from the Bryan Industrial Park and was used to smash through the doors of the store.



Witnesses report seeing three men load the store's safe into the bed of the truck.

The men were described as being between 17 and 23 years old, medium height and of medium build. Bryan police believe that one or all of these suspects has been involved in each of the burglaries.

This week the Bryan Police Department and Crime Stoppers need your help to identify the people responsible for these burglaries. If you have information that could be helpful, call Crime Stoppers at 775-TIPS.

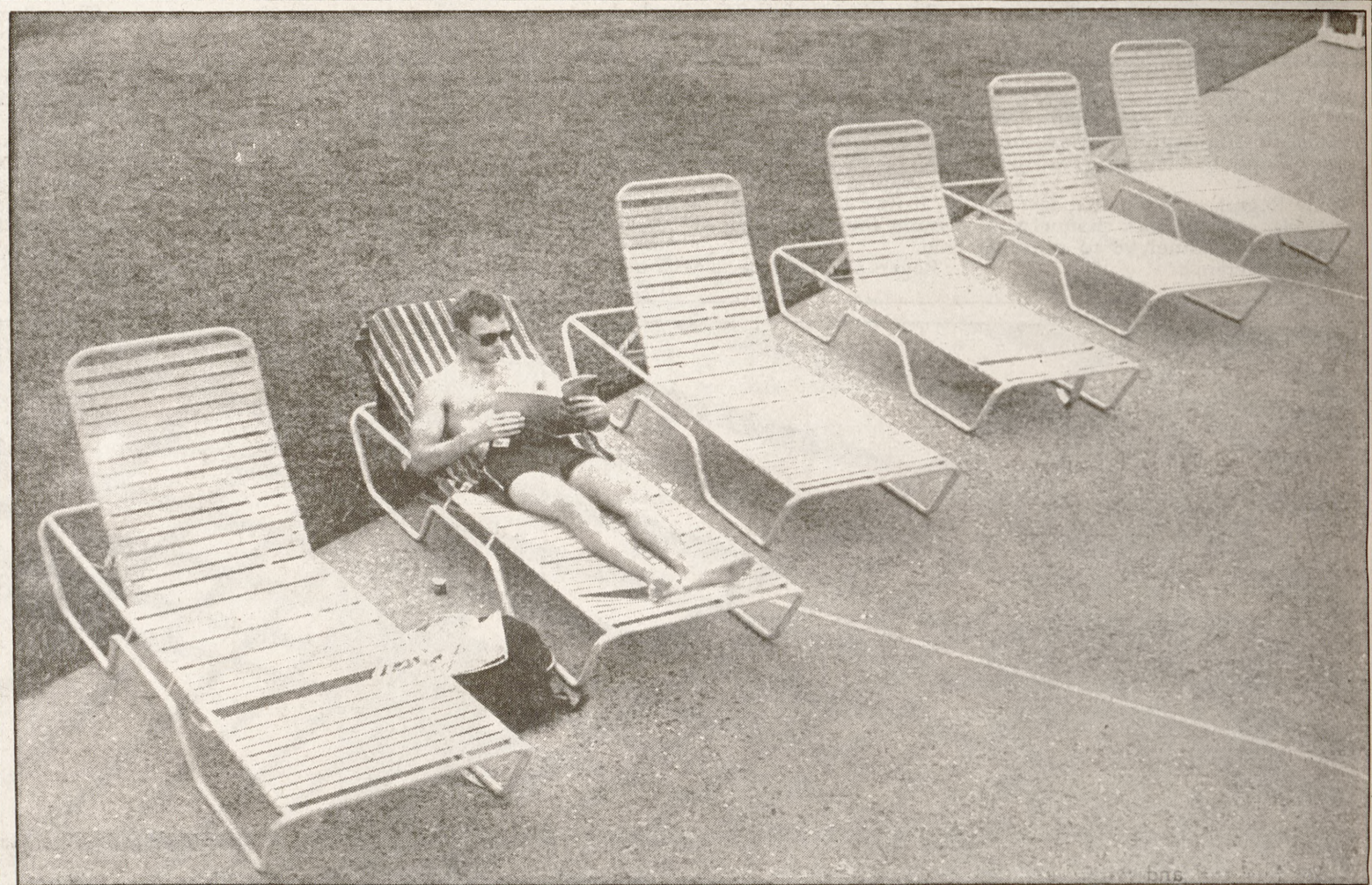
When you call, Crime Stoppers will assign you a special coded number that will protect your identity.

If your call leads to an arrest and grand jury indictment, Crime Stoppers will pay you up to \$1,000 in cash. Crime Stoppers also pays cash for information on any felony crime or the location of any wanted fugitive.

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Only the lonely

Mark Varvil, a junior business analysis major from Colleyville, finds time and plenty of room to study his Economics 203 textbook. Overcast skies

and a chance of thunderstorms kept most people away from Wofford Cain Pool early Monday afternoon.

Texans protest tax proposal

Demonstrators throw Austin Tea Party on steps of Capitol

AUSTIN (AP) — Tax protesters chanted, jeered and hurled tea bags onto the Capitol steps Monday to demand that the Legislature not raise taxes during its budget-writing special session.

"No more taxes, no more taxes," demonstrators shouted as several lawmakers pledged to fight further tax increases.

When rally speakers would mention Lt. Gov. Bob Bullock, who called for creation of a state income tax, one protester repeatedly boomed: "Get a rope."

Organizers said the tea bags would be given to the governor, lieutenant governor and House speaker to show Texans' dissatisfaction with talk of higher taxes.

"I hope they'll understand that the citizens of Texas mean business. They do not want to pay any more — they cannot pay any more," said Public Utility Commissioner Marta Greytok, a Republican and rally organizer.

While most of those speaking to the crowd of 300 to 400 were Republicans, Ms. Greytok said, "This is not a partisan matter. It affects all Texans, and Texans are madder than hell about it."

The demonstrators brandished dozens of anti-tax signs, including ones which said: "Lottery — Yes, Yes, Yes; Taxes — No, No, No" and "This is Texas not Texas."

The tea bag rally, which organizers likened to the anti-tax

Boston Tea Party of Revolutionary War times, first was suggested by Rep. John Culberson, R-Houston.

"You are the first volunteers in an Army of outraged Texans," Culberson told the crowd. "Texans are sick and tired of higher and higher taxes year after year."

Lawmakers are grappling to close what the Legislative Budget Board projects will be a \$4.8 billion deficit if all state services are continued at present levels. But some legislators put the deficit as high as \$7 billion when all new programs are included.

About an hour before the demonstration, Bullock told

news reporters he doesn't believe a state income tax is dead, even though he has dropped his push for passage of one now.

Bullock, who proposed using some income tax funds for property tax relief, said more Texans may agree with him by January. That's when property tax bills go out to pay for the new school finance reform law that was designed to equalize spending in property-rich and poor school districts.

"I'm afraid when it comes to an income tax, people do not want to debate the issues, and there is definitely a debate there," Bullock said.

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