

The Battalion

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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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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.

Health center gives tips on enduring PMS

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 Elizabeth Logan
Special to The Battalion

Ask just about any woman on the Texas A&M campus if she has experienced premenstrual syndrome (PMS), and she'll probably say "yes."

Ask any man and he'll agree. He might also say that it's just an excuse for a foul mood.

PMS is characterized by up to 150 different symptoms, several of which are quite common. Some of the physical conditions are discomfort in the abdomen, muscles and breasts; sleepiness; headaches; and increased appetite and food cravings.

Psychological symptoms might include mood swings, irritability, sadness or loneliness and reclusive tendencies.

No one is quite sure how many women experience PMS. Depending on the researcher's definition of PMS, estimates range from 16 to 80 percent of all women. Further, some 5 to 10 percent of these women have very severe symptoms, which some doctors are now calling PMD, premenstrual disorder.

The symptoms of PMS generally begin seven to 10 days before the onset of a woman's menstrual period and disappear by the first day. Several theories have been proposed about the cause of PMS, such as fluctuating levels of the ovarian hormones estrogen and progesterone.

Women with PMS, however, have not been proven to have

abnormally high or low levels of either hormone. In addition, recent research indicates that some PMS patients produce too much or too little thyroid-stimulating hormone. Thirdly, an association between PMS and depression has been made.

How can a woman deal with PMS symptoms? First you should check with your physician before you self-diagnose PMS.

It is important to note that no single solution works for everyone, and what helps one symptom might do nothing to relieve another. The following is a list of possible antidotes for various physical and emotional problems:

Relaxation techniques can cause physiological and psychological changes such as decreased metabolism and breathing rate and increased calmness.

Exercise might stimulate the release of pain-relieving hormones and help fight mild depression. It is also an excellent source of stress relief.

Ibuprofen or other pain relievers taken in over-the-counter form helps relieve cramping. A stronger prescription might be necessary if over-the-counter varieties are not effective.

In addition, certain dietary changes might help relieve symptoms:

Avoid salt to help reduce water retention.

Reduce caffeine intake. Most people will be more comfortable if they do without the "jitters" associated with caffeine.

Beware of sweets. Many women crave simple carbohydrates and chocolate during PMS. Eating too much sugar might pick you up, but you will come down and you'll probably

feel worse than before.

Avoid alcohol. Although drink might be relaxing, too much alcohol can lead to a hangover which might intensify PMS.

What can men do to help a woman experiencing PMS?

Keep in mind that PMS is not "all in her head," and usually not just an excuse for irritability.

Be empathetic and understanding but not patronizing.

Do not take stress-related actions personally. If a friend acts out of character or is unusually moody, just let it pass.

Just leave her to herself and allow her the space she needs.

A final note to women: Discuss any questions or concerns you might have about PMS with your physician. Other medical problems not related to PMS might cause similar symptoms.

Thieves take statue from Rudder lobby

Sometime during the night of May 15, thieves apparently hid in Texas A&M's Rudder Theater Complex until it was closed and then stole a unique bronze statue from the lobby.

Reports indicate that the thieves dragged the 300 pound statue through the lobby to a remote part of the complex, removed it from its base and carried it out the front door. The statue has been assessed at about \$3,000.

University officials report that the seven-foot solid bronze statue, titled "Nude girl with a shell," was one of four statues cast in 1963. University detectives believe the statue still is in the local area and is readily recognizable.

This week, the University Police Department and Crime Stop-

pers need your help in identifying the people responsible for this theft. 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 for information on any felony crime or the location of any wanted fugitive.

Senate, House differ on budget

AUSTIN (AP) — Senate leaders Monday were adding up the total cost of their proposed state budget, a tally that likely will run about \$2.2 billion higher than a controversial spending plan passed by the House.

Lawmakers are struggling in a special session that ends Aug. 13 to write a 1992-93 state budget in the face of a projected \$4.8 billion deficit. The

current budget year ends Aug. 31.

After more than 14 hours of debate, the House voted at 3:33 a.m. Monday to adopt an approximately \$56.1 billion spending plan.

That budget would spend \$32.5 billion in general, tax-supported revenues. That is about \$1.8 billion more than the state comptroller says will be available, but \$2.9 billion

less than the cost to continue current services, according to budget staff members.

The remaining \$23.5 billion includes federal funds and specific-purpose state monies.

In contrast, the Senate Finance Committee's plan would require about \$34.8 billion in general revenue, according to committee Chairman John Montford.

Senate unveils plan to modify business tax

AUSTIN (AP) — Senate leaders on Monday proposed a plan to overhaul the state's major business tax, saying it would raise an additional \$800 million for the state while protecting small businesses.

The measure is similar to a House proposal in one key aspect: it would require corporations to pay a tax on either capital assets or corporate profits, whichever is higher.

However, the Senate plan would exempt partnerships and independently owned small businesses. The House proposal would tax the income of both.

"Unlike the House version, these reforms do not impose an income tax on Texans who own their business outright or in a partnership," said Lt. Gov. Bob Bullock.

Group tries to get voting lines redrawn

EDINBURG (AP) — A group that says legislators discriminated against minorities by using faulty census data to draw up new voting boundaries took the state to court Monday in an attempt to get those lines redrawn.

Attorneys for several South Texas residents who say they were not counted in last year's census petitioned 332nd District

Judge Mario E. Ramirez to issue an injunction that would force legislators to accept adjusted census data.

They also asked that the court order a new set of plans be drawn up using the data, which would take into account a large portion of the state's population that was not counted.

The '90 census missed 500,000 to 600,000 Texans, especially mi-

norities, in its final tally, said Jim Harrington, the lead attorney for the plaintiffs.

"The Legislature failed in its duty to create an opportunity for minorities" to vote equally, Harrington told the judge. "This court has the right to make the determination under Texas laws as to what voting rights are."

The state's lead attorney, Renea Hicks of the Texas Attorney

General's office, countered by saying that since neither of the reapportionment plans devised by the Legislature has been approved on the federal level, no one was being harmed by the new lines.

In addition, Hicks said the state was currently fighting its own battle in federal court to get the government to release adjusted census figures.

Hair spray company agrees to change misleading labels

AUSTIN (AP) — The Alberto-Culver Co. has agreed to change how it advertises its hair spray products, removing what Attorney General Dan Morales called misleading and unsubstantiated environmental claims.

Morales said Monday the company agreed after negotiations with 10 states to modify its "green" claims and pay some legal costs for the states.

Alberto-Culver claimed that the absence of chlorofluorocarbons in several of its hair

sprays made the products neutral to the earth's upper ozone level, and therefore environmentally safe, Morales said.

However, the company did not acknowledge in advertising or packaging that the presence of pollutants such as butane and propane in the hair sprays contributes to the concentration of hazardous ground level ozone or smog, Morales said.

"One of the truly encouraging signs of environmental concern is the willingness of

people to invest their household expenses in products which are environmentally friendly," Morales said in a statement Monday.

"But those businesses who seek to profit from this selective 'green' shopping by promoting certain goods as clean and safe to the climate without proof will be pursued by my office as violators of Texas' consumer protection laws," he said.

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Those interested in more information about the H&R Block Income Tax Course may contact the H&R Block Income Tax School at 10700 Stancliff Road., Houston, Texas 77099 or call H&R Block's toll free line at 1-800-527-7346.