

## Hundreds oppose bullet train at rally

THE ASSOCIATED PRESS

AUSTIN— Hundreds of people protesting the Texas bullet-train project rallied at the Capitol Monday to petition Gov. Ann Richards and applaud lawmakers who support their aims.

"Before it's too late, stop the Texas High Speed Rail," said a sign at the rally by DERAILED, which stands for Demanding Ethics, Responsibility and Accountability in Legislation.

The group presented petitions to Richards' staff that they said were signed by 17,665 people against the project by Texas TGV Corp., a private consortium of French and American investors.

"It's a boondoggle," Westphalia resident Jerry Thornton said. And he said farmers and ranchers aren't the only ones concerned about the proposal and its possible impact.

"This is not a group of pitchforks and hoes trying to keep everyone off of their property. What we're asking for is justice," Thornton, an administrator for a Waco medical practice, told the crowd estimated at about 400 by Capitol police. Thornton said he believed it was closer to 650.

Those at the rally were described as mostly from rural communities along the bullet train's route, but DERAILED members said people from various backgrounds oppose the project.

"This is not a rural versus urban issue. It's a right versus wrong issue," said Gail Randle, who owns a Geronimo feed store. She said protesters don't oppose

the idea of high-speed rail but are against the current project.

Among other items, protesters said they were concerned about the way the franchise was awarded by the state High-Speed Rail Authority, which is an appointed rather than elected body; and the project's potential impact on property values and access to land.

They also said Texas TGV should be required to meet a Dec. 31 deadline to come up with \$170 million of financing for the \$6.8 billion project, which is proposed to connect Dallas, Houston and San Antonio with trains that could run 200 mph.

The corporation earlier this month said it wouldn't meet the deadline because of holdups that were not its fault. Texas TGV President David Rece defended the project, saying the franchise was awarded after an extensive and careful process.

The corporation has said it will work with landowners to minimize harm. The project is meant to meet Texas' transportation needs and would create jobs, Rece added. He said of the protesters, "Just because they don't agree with the decision, they want to discredit the people who made the decision."

DERAILED gave its petitions to Clint Winters, Richards' transportation adviser.

There were boos at his name from people apparently displeased that Richards herself was not present. Richards had prior commitments, said Joe Holley, a spokesman for the governor.

## HEALTH TIPS

### Health Center warns against effects of iron deficiency

By KRISTY GAMBRELL

A.P. BEUTEL HEALTH CENTER

Feeling tired and run-down lately? Well at Texas A&M, logical explanations for that might be the test you spent all night studying for, the party you attended or Midnight Yell Practice.

Another factor you might consider, though less likely, is your daily intake of iron.

Of all the essential vitamins and minerals, iron is the one nutrient people have the most difficulty absorbing.

The Recommended Daily Allowance is 10 milligrams for men and 15 milligrams for women.

In the body this mineral plays an important part in oxygen transport, tissue building, lipid homeostasis and healthy immune system maintenance. If intake is too low, however, your body may respond, and you could feel the effects of iron deficiency anemia.

One or more common symptoms include feeling tired, weakness, difficulty concentrating, sensitivity to cold, and decreased resistance to infection (colds and flu).

The incidence of iron deficiency anemia ranges from 10 percent to 20 percent in devel-

oped countries and is even higher in developing countries. In our society, several factors contribute to this problem. High consumption of snack foods which are often low in iron is one. For women, low-calorie dieting and monthly iron losses through menstruation play a role. Vegetarians are at risk because of the lack of meat in their diet.

Special care must be taken for them to get the right combination of plant sources of iron. Athletes should also be aware that research has found iron losses to be higher in athletes than in nonathletes; heavy training increases the excretion of iron through sweat. If you feel your condition needs attention, a visit with your doctor is recommended. In general, most Americans should try to eat well-balanced meals adequate in iron-rich foods.

The best sources of iron are lean meats, dried beans and seeds and fortified cereals. Some fruits and vegetables such as raisins, strawberries, watermelon, spinach and broccoli also supply the mineral.

For example, a meal consisting of three ounces of lean beef, one cup of cooked spinach, three-fourths cup of carrot-raisin salad, and strawberry shortcake for dessert will supply 11 milligrams of iron.

Another meal of three ounces of baked cod, hushpuppies, and tossed salad, unfortunately contains very little iron, only about milligrams. To increase your body's absorption of iron, watch out for iron promoters and inhibitors.

Foods rich in vitamin C enhance the body's use of iron, including them with meals can be beneficial. Animal sources of iron are more easily used by the body. Tea and coffee, on the other hand, get in the way of iron absorption and should be consumed between meals if you have iron-poor blood.

The Health Education Center at the A.P. Beutel Health Center offers a variety of programs on health topics and maintains a source file of health information in many areas of health.

Tours of the health center are also available. Aggie R.E.A.C.H. (Representatives Educating About College Health) is a volunteer student organization which helps present health programs to other college students.

Visit or call the Health Education Center, room 016, A.P. Beutel Health Center, 845-1341, if you have general questions about your health or need information for a class, paper, speech or report.

## Texas A&M receives computerized rehabilitation system

By JACQUELINE MASON

Contributing writer to THE BATTALION

With a new muscle testing and training system Texas A&M physical therapists can more easily and accurately administer physical therapy to students, said an A&M physical therapist.

The \$43,000 system, KIN-COM 125E Plus, is a fully computerized rehabilitation device used to test muscle strength. KIN-COM is good for any kind of injury in which a patient needs to strengthen a muscle, said Kelly Roberts, A&M's only full-time physical therapist. It helps determine when a muscle be-

comes strong enough so that therapy is no longer needed, she said.

KIN-COM consists of a computer terminal and a large, padded chair where the patient receives treatment. The Dynamometer Head, connecting the terminal and the chair, monitors the patient's movement. When a patient applies force to KIN-COM, the device signals a range of motion, muscle tension and speed.

"With the system you can exercise at specific speeds, and it tells you how much force you are exerting throughout a predetermined range of motion," Roberts said.

The device can determine how much strength a person has from the hip to the an-


kle, for example, but it does not operate on the neck or back, she said. It is a very safe machine because patients cannot overexert themselves.

The system also aids in comparing the strengths of muscles, Roberts said. If a patient shows the right leg is weaker than the left, for instance, then the therapist can determine how much therapy the right leg needs. KIN-COM can also compare a patient's strength to normal values, Roberts said.

Any A&M student, paying the health services fee, is entitled to free physical therapy assistance at the A.P. Beutel Health Center. However, permission from the student's advisor is required.

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