

HEALTH TIPS

World AIDS Day theme emphasizes importance of family, relationships

By Sharon Drumheller
A.P. BEUTEL HEALTH CENTER

Since its inception in 1988, World AIDS Day is the only international day devoted to coordinating the worldwide efforts to stop the spread of HIV/AIDS. According to a report from the American Association for World Health, World AIDS Day is observed annually, on Dec. 1, and serves to strengthen the global effort to face the challenges of the AIDS pandemic, which continues to spread in all regions of the world.

The 1994 World AIDS Day theme is "AIDS and Families: Protect and Care for the Ones We Love" and promotes the role of families in the prevention efforts designed to stop HIV/AIDS. The concept of family is a broad one. It is not limited to relationships born of blood, marriage, sexual partnership and adoption. The term family includes all relationships built on trust, respect, love and mutual bonds.

Earlier this year, the World Health Organization estimated 13 million men, women

and children worldwide were living with HIV and AIDS. While the burden is tremendous for those infected with HIV/AIDS, their families suffer their own unique consequences. It is for this reason 1994 has been devoted to AIDS and families.

Here at Texas A&M University and in the Bryan-College Station community, several events are planned to observe World AIDS Day.

The Division of Student Affairs HIV/AIDS Committee is sponsoring a poster contest. The posters may follow the 1994 theme, AIDS and Families, the TAMU theme, P.A.C.E. Yourself: Protect and Care through Education, or the artists may create their own education theme. All posters will be on display in the Forsyth Gallery in the MSC from Thursday, Dec. 1 until Tuesday, Dec. 6. The winning poster will become the official HIV/AIDS poster for the year.

Students, faculty, staff and members of the community are invited to an education fair which will provide participants with information on several different aspects of

HIV/AIDS. The topics include HIV testing and counseling, AIDS and women, babies, and minorities, treatment of AIDS, living with HIV, safer sex, abstinence, and HIV/AIDS and drug use. The fair will be in the MSC walkway from 10 a.m. until 2 p.m. Wednesday, Nov. 30.

The Health Promotion Program will be offering a workshop for faculty and staff Thursday, Dec. 1 from 10 a.m. to 12 p.m. in Rudder 501. The topic of discussion will focus on the impact of HIV/AIDS.

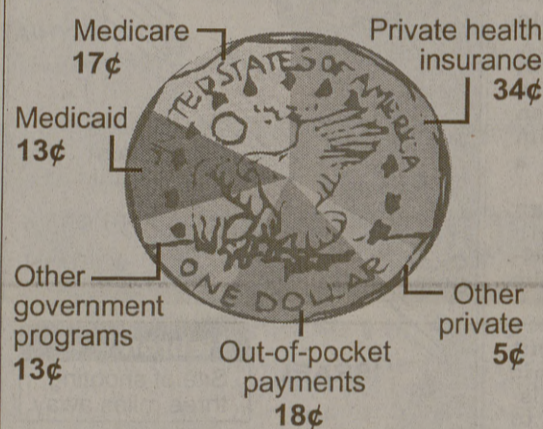
AIDS Services of Brazos Valley is sponsoring a candlelight vigil beginning at 6 p.m. Thursday, Dec. 1 followed by an interfaith service at 7 p.m. The climax of the evening will be the unveiling of a local AIDS quilt created by 10 families affected by this disease. The quilt will be on display in the MSC Forsyth Gallery.

World AIDS Day is for those who have died of AIDS, those who have HIV disease and for those who must prevent the spread of this plague — everyone, everywhere. Get educated.

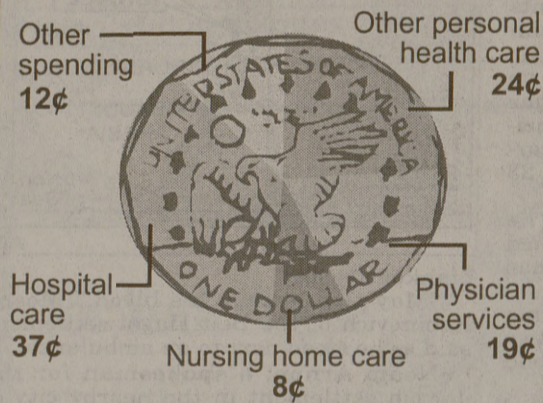
The Nation's health dollar: 1993

Americans spent \$844 billion on health care in 1993, an average of \$3,229 per person. Where the money came from, and how it was spent:

Where it came from:



Where it went:



Source: Health Care Financing Administration
A.P.C. Sanderson

Kevorkian aids Michigan woman in suicide by carbon monoxide

DETROIT (AP) — The possible expiration of Michigan's temporary ban on assisted suicide had no effect on the timing of the death of an ailing woman who inhaled a fatal dose of carbon monoxide, Dr. Jack Kevorkian's lawyer said Sunday.

"Our position is that the whole thing has been unconstitutional since Day 1," attorney Michael Schwartz said. "He wasn't waiting for the law to expire. He doesn't time these things. It's up to the patients to decide."

Kevorkian was present Saturday at the death of Margaret Garrish, 72, who suffered from rheumatoid arthritis, colonic diverticulitis, osteoporosis and other ailments. Both legs had been amputated and she had lost an eye.

It was the 21st death at which Kevorkian was present since 1990 but the first since Nov. 22, 1993.

Oakland County Medical Examiner Ljubisa Dragovic ruled Garrish's death a homicide, saying she couldn't have killed herself without someone's help.

Royal Oak police continued investigating the death Sunday but declined to comment. Oakland County Prosecutor Richard Thompson, who has charged Kevorkian with murder in some previous deaths, declined to comment until after police complete their investigation.

Kevorkian left a "certification of medicine" form at Garrish's home, listing her diseases, her diagnosis, her prognosis and her family physician, Schwartz said. Kevorkian wasn't at the house when police arrived.

Kevorkian didn't talk to police Sunday, Schwartz said. He refused to reveal Kevorkian's location but said he was in the Detroit area.

Premature baby born on jetliner taken off critical list, said to be doing well

WASHINGTON (AP) — A baby born more than two months premature on a speeding jetliner was removed from a ventilator and taken off the critical list Sunday, his happy and relieved mother said.

"He's doing quite well," Theresa de Bara said in a telephone interview. "He's responding quite well to the medication, basically his biggest problem is his lungs."

The de Bara family boarded TWA flight 265 in New York on Wednesday as a family of three en route to a holiday trip to Disney World. Ninety minutes later the de Bara's left the plane in suburban Virginia an excited and anxious family of four — now counting Matthew Dulles, weighing in at 4 pounds, 6 ounces and was 17 inches long.

On the way, Mrs. de Bara, nearly seven months pregnant, went into labor and, with the help of a Long Island internist and two paramedics from Newburyport, Mass., Matthew Dulles de Bara was born 90 miles outside of Dulles International Airport in Chantilly, Va.

His parents decided Dulles should be a part of his name, given the role the airport played in his safe landing.

"It was just unadulterated terror giving birth in an airplane where you know they can't possibly be fully prepared for this type of thing," Mrs. de Bara said Sunday. "With the help of God and the doctor and all those paramedics we just got through it. If I didn't believe in God at that time, which is not the case, I certainly would have called on him then."

Holiday season, final exams challenge healthy eating habits

By Katherine Arnold
THE BATTALION

After spending the weekend with relatives and stuffing our faces with some home cooking, eating right is the last thing on our minds.

But the holiday season affects everyone, and so does the crunch for fall finals. These two events present unique problems for students trying to watch their weight.

The holiday season is famous for a huge spread of meats, starches and desserts. Amy Tramm, a graduate student in nutrition, said people have to find activities to keep themselves busy in order to eat right during the holidays.

"Keep your focus on family and friends rather than eating," Tramm said. "Maybe even incorporate some activity into the day instead of sitting and eating or watching football."

It is also important to limit the intake of fats, sweets and alcohols, Tramm said.

"You also have to watch for 'hidden fats,'" Tramm said. "You don't often think about the fats you find in salad dressings, butter, margarine and mayonnaise."

Before the holiday season strikes, most students will be

pulling all-nighters, down caffeine and dragging out last of the Aggie Bucks.

It is still important to maintain good eating habits at this time, Karen Kubena, associate professor of animal science, said.

"Deficiency of certain nutrients can be related to fatigues," Kubena said.

She said the popular notion that sugar will keep a person awake and maintain alertness is not true.

"The idea of a sugar high is something candy companies would love," Kubena said. "Sugar will actually make you tired."

Instead, Kubena recommends eating foods that are high in protein to stay alert and alert. High protein foods are yogurt, skim milk, meat, fish and vegetables.

Staying away from foods that are high in fat and sugar will also help students stay healthy, Tramm said. But when fast food is there, there are ways to eat healthy.

"Consumers are demanding nutrition labels for more of their foods," Tramm said. "Ask for the nutritional information and look for foods that are low in sodium and fats."

NASA bans toxic chemical tests after April accident

HOUSTON (AP) — NASA's Johnson Space Center has banned toxic chemical tests in the wake of a poisonous release in April that sent dozens of workers to the hospital, The Houston Post reported Sunday.

An internal JSC investigation shows poor training and planning were seen as major contributors to the accident. The report, obtained by The Post, detailed a parade of mishaps, including a failure to call the JSC emergency line, installed ambulance and no information at the JSC first-aid center on the deadly chemical.

Additionally, a space center guard saw a red cloud wafting toward him, but his radio batteries were dead and the guard had no working phone.

Of 81 people interviewed for the internal report, 52 were treated at the JSC clinic for headaches, nausea, chest tightness, burns, skin and coughs. Two went to private doctors and 27 went to hospitals, but none suffered permanent injuries.

"This was something we were vulnerable to," said JSC's Greene, JSC associate director of engineering and the report's principal author.

"It heightened our awareness that we have a lot of people here to take care of," he said. The release occurred April 21 when technicians in a remote facility were evaluating a small rocket engine first developed for Strategic Defense Initiative.

One NASA manager and 10 contract workers prepared to fire engine by pressuring a line with one of the two fuels — a combustible, deadly poison called nitrogen tetroxide.

The report said technicians failed to notice low-pressure readings that indicated a chemical leak and the facility control operator on personal business in the middle of the test.

When a small cloud of gas was noticed outside, the test control operator went outside to take a look, missing a data display showing that more toxic gas had reached an external vent.

Technicians then adjusted a knob and continued to pressure the nitrogen tetroxide line. They inadvertently forced 20 gallons of gas out of the vent, forming a lunchtime toxic cloud that was 300 feet high and 150 feet in diameter when it drifted west of space center grounds.

The test facility is operated by Lockheed Engineering and Sciences Corp. and a subcontractor, GB Tech Inc., with NASA oversight. Once the emergency was clear, the response was "disorganized and inefficient," the report said.

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MSC 224

Facilitated by Student Body President
Brooke Leslie

With: IFC President - Donald Eknoyan
Pan-Hellenic President - Carrie Beyer
Pan-Hellenic President - Niche' Jennings
RHA President - Owen Ross
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