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NEWS BRIEFS

Early voting begins

Early voting for the Bryan and College Station city and school board elections began Monday and will continue until May 2.

Bryan residents may vote in the lobby of the Bryan Municipal building. College Station residents may vote at the College Station City Hall Council Chamber or the College Station Independent School District Administration building. All sites are open Monday through Friday from 8 a.m. until 5 p.m.

No excuse is needed to vote early.

Suburban schools report more crime

LONGVIEW (AP) — A new study that found suburban districts reported the largest percentage of crimes occurring on Texas school campuses was surprising to the authors and some education officials.

Researchers from Sam Houston State University and the two state agencies surveyed 50 school districts statewide, ranging from Houston with 200,445 students to Three Way with 128.

Researchers found a lower on-campus crime rate in the Houston, Dallas, Austin, Fort Worth and San Antonio systems than in smaller suburban districts.

The greatest percentage of incidents was reported by districts with 25,000 to 49,999 students each: Arlington, Klein, Lubbock, Northeast and Spring Branch.

Researchers study heart blockages

DALLAS (AP) — A device that reams out clogged heart arteries may result in more deaths than angioplasty, a more traditional method that uses a tiny balloon to open blockages, a study suggests.

Researchers found that 2.2 percent of patients who underwent the scraping procedure, known as atherectomy, died within one year, compared with 0.6 percent of patients who had the balloon procedure.

Atherectomy involves inserting a device attached to a catheter into a blocked artery to shave off fatty plaque from the vessel wall.

During angioplasty, a balloon is pushed into the area of the blockage and inflated, widening the pathway for blood flow by flattening plaque against the artery wall.

HEALTH TIPS

Women's health endangered by poor diet

By Amy Tramm
A.P. BEUTEL HEALTH CENTER

Women's health is a critical issue and political platform.

Although women live longer than men, women have more chronic conditions and a higher incidence of disabilities from health problems.

The leading causes of death in North American adult women are cardiovascular disease, weight, osteoporosis, cancer and diabetes.

Excess body weight, especially in the abdominal region, is the primary predictor of cardiovascular disease in women.

Consistent with men's health, elevated levels of low density lipoprotein cholesterol indicate heart disease risk. However, unlike men, low levels of high density lipoprotein cholesterol are a greater predictor of heart disease than LDL.

To reduce the LDL in your blood, buy lean meat and trim off fat. Eat less fatty meats such as ground beef, bacon, ribs, sausage and lunch meats.

Add more fruits and vegetables to your diet. The American Dietetic Association recommends two to four servings of fruit and three to five servings of vegetables every day.

Use less fat in cooking. Bake, boil, roast and stew foods.

Exercise more. Increasing your aerobic activity to three to five times per week, only if it is just for 15 or 20 minutes, will improve your cardiovascular system, decrease your LDL and reduce your risk of obesity.

Women are vulnerable to health risks associated with being overweight, losing weight and being underweight by choice.

Between one-quarter to one-third of North American women are overweight.

Obesity may cause coronary heart disease, high blood pressure, diabetes, gall stones and cancers of the reproductive organs. Excess body weight has also been linked to osteoarthritis of the knee, infertility and increased risk of in-

fection after surgery.

Women may also experience economic and emotional stigmas associated with being overweight. In a society that rewards thinness and often rejects people who are overweight, women may find it difficult to have a positive body image. This fear of being fat drives many women to be underweight, which also is associated with medical risks.

For many women, a constant struggle to control weight encourages disordered eating patterns such as compulsive eating, binge eating, purging, severe calorie restriction and fasting. According to the National Institute of Nutrition, approximately 95 percent of those suffering from bulimia and anorexia nervosa are women.

Women with unrealistically low body weight may increase their risk of mortality. Health risks include: absence of menstrual cycle, depression, irritability, stunted growth, hypoglycemia, hypothermia, bloating,

not obtain the Recommended Dietary Allowance for calcium.

Caffeine, alcohol, sodium and protein can increase the amount of calcium lost in the urine. Cigarette smoking adversely affects bone density. An optimal diet includes three or four daily servings of milk, yogurt, low-fat cheese, tofu or dark-green leafy vegetables.

Cancer is the second-leading cause of death in the United States and Canada. A healthy diet may help prevent 30 to 40 percent of certain cancers. Breast cancer will affect one in nine women in North America.

High levels of dietary fat may be a link to breast cancer. Diets of American women are to 45 percent fat. Japanese women, who have a much lower incidence of breast cancer, obtain less than 25 percent of the total energy from fat.

Eating more fruits, vegetables and whole grains lowers fat intake and may decrease cancer in women, including cancer of the breast, uterus and colon.

Diabetes is a major health problem for women as they age, especially African American women.

Women with diabetes have twice the risk of heart disease

than men with diabetes. Together, diabetes and obesity are major risk factors for cardiovascular disease. Diabetes can also increase a woman's risk for endometrial cancer and pregnancy complications.

Results of an ADA survey demonstrated a vast difference between women's knowledge and their behavior regarding health and nutrition. Although women say they are aware of the relationship between diet and health, fewer than one-third use dietary interventions to lower their risk of heart disease, cancer or osteoporosis. Although women recognize obesity as a major concern, their motivation to lose weight is still hindered by societal standards.

It is essential for women to achieve a healthy weight with a realistic body image.

constipation and increased risk of osteoporosis.

It is essential for women to achieve a healthy weight with a realistic body image through healthy eating and finding self-worth unrelated to body size.

Bone disease affects more than 25 million women in the United States and Canada over the age of 45. The best way to prevent bone disease is to build strong bones early in life with a calcium-rich diet and daily exercise.

The body stores calcium until age 30. Then, calcium remains relatively unchanged until menopause, when the body may lose five percent of total body calcium each year. According to the third National Health and Nutrition Survey, many women may

Loose Diamonds

Round Diamond

Carat	Color	Clarity	Price
.48	J	I1	\$700 ⁰⁰
.49	H	S11	1,215 ⁰⁰
.51	I	S11	1,265 ⁰⁰
.52	Purple	S11	2,500 ⁰⁰
.58	H	I1	775 ⁰⁰
.54	H	I1	725 ⁰⁰
.67	I	S11	1,660 ⁰⁰
.70	I	I2	850 ⁰⁰
.70	G	S11	1,975 ⁰⁰
.70	I	S11	2,100 ⁰⁰
.71	H	S11	2,200 ⁰⁰
.72	I	S11	2,160 ⁰⁰
.72	G	S11/S12	2,300 ⁰⁰
.95	I	I1	2,275 ⁰⁰
1.02	I/J	I1	2,450 ⁰⁰
1.06	K	I1	2,050 ⁰⁰
1.11	F	S12	3,950 ⁰⁰
1.16	J	I1	3,950 ⁰⁰
1.40	I	S11	3,950 ⁰⁰
1.64	J	S11	6,600 ⁰⁰
1.76	H	S11	6,900 ⁰⁰
1.77	J	I1	3,950 ⁰⁰
1.79	H	S13	6,900 ⁰⁰
1.89	K	S13	4,350 ⁰⁰
2.59	O	S12	5,500 ⁰⁰

Oval

Carat	Color	Clarity	Price
.40	J	VSI1	\$675 ⁰⁰
.50	I	S12	1,383 ⁰⁰
.53	G	S12	980 ⁰⁰
.65	F	S12	1,365 ⁰⁰
.93	G	S12	2,738 ⁰⁰
1.00	G	I1	2,700 ⁰⁰
1.53	I/J	S11	5,800 ⁰⁰
1.95	I	S13	4,450 ⁰⁰

Princess

Carat	Color	Clarity	Price
.49	K	S11	\$875 ⁰⁰
.53	K	VSI1	975 ⁰⁰
.72	I	S12	1,475 ⁰⁰
.72	H	I1	1,475 ⁰⁰
.70	H	S11/VVS2	1,980 ⁰⁰
.80	J	I1	1,375 ⁰⁰
.80	H	I1	1,475 ⁰⁰
1.00	H	S13	2,325 ⁰⁰

Marquise Cut

Carat	Color	Clarity	Price
.31	I	S11	\$475 ⁰⁰
.31	H	VS2	675 ⁰⁰
.49	J	S12	1,050 ⁰⁰
.49	J	VS2	1,176 ⁰⁰
.54	H	S11	1,550 ⁰⁰
.57	K	S11	1,150 ⁰⁰
.63	G	S11	2,050 ⁰⁰
.67	H	VS2	1,950 ⁰⁰
.68	J	VS2	1,900 ⁰⁰
.69	K	VVS2	1,750 ⁰⁰
.75	G	VSI1/VVS2	3,500 ⁰⁰
.76	F	S13	2,250 ⁰⁰
.83	H	S11	3,150 ⁰⁰
.84	K/L	S11	2,150 ⁰⁰
.92	H	S11	3,600 ⁰⁰
.94	K	S11	2,650 ⁰⁰
1.02	D	S11	5,450 ⁰⁰
1.04	F	S12	3,850 ⁰⁰
1.12	F	S11	3,250 ⁰⁰
1.21	K	S13	3,750 ⁰⁰
1.86	J/K	S13	4,350 ⁰⁰

Pear Shape

Carat	Color	Clarity	Price
.47	F	S11	\$1,300 ⁰⁰
.49	F	S12	1,253 ⁰⁰
.50	F	S12	1,100 ⁰⁰
.61	I	VSI1	1,220 ⁰⁰
.79	K	S11	1,675 ⁰⁰
.92	K	VS2	2,300 ⁰⁰
1.02	J	S11	3,250 ⁰⁰
1.05	J/K	I1	2,300 ⁰⁰
2.01	K	S13	4,675 ⁰⁰

Emerald Cut

Carat	Color	Clarity	Price
.43	L	VVS2	\$750 ⁰⁰
.71	H	S12	1,675 ⁰⁰
.74	H	S13	1,575 ⁰⁰
.75	H	S13	1,275 ⁰⁰
.83	H	S13	1,575 ⁰⁰
.88	G	S12	1,750 ⁰⁰
.93	G	S13	1,950 ⁰⁰
1.28	I	VSI1	4,650 ⁰⁰



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