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# China, Britain sign airport agreement, dispute human rights issues

By CHARLENE L. FU  
Associated Press Writer

BEIJING (AP) — China's premier today rebuffed harsh human rights criticism by the British prime minister, but the friction didn't interfere with the signing of an agreement giving the Chinese sway over Hong Kong development.

The agreement ended a long dispute over a new airport in Hong Kong and symbolized China's clout in the colony long before Britain turns it over to Beijing in 1997.

Critics say the pact gives China too much influence over Hong Kong affairs before 1997 and throws doubt on whether China will keep its pledge to give the enclave substantial autonomy after the turnover.

British Prime Minister John Major and Premier Li Peng toasted each other with champagne after signing the document in the Great Hall of the People at a ceremony that was the centerpiece of a three-day visit by Major.

Major is the first Western leader to visit China since the 1989 army crackdown drew international condemnation. Japanese Premier Toshiki Kaifu's visit last month was the first by a leader of the industrialized democracies.

In talks today before signing the agreement, Major made a "strong and detailed presentation" on concerns over human rights violations, said a British official who spoke on condition of anonymity.

Major raised the cases of jailed dissidents including Chen Ziming and Wang Juntao, who began hunger strikes last month to protest poor prison conditions.

They are serving 13-year terms for taking part in the 1989 democracy movement. The government told Britain they have received humanitarian treatment.

Major gave Li a letter from the human rights group Amnesty International expressing concern over the treatment of jailed dissidents.

International human rights groups have criticized Major's trip, saying it bolsters the image of China's authoritarian government. But Major has defended his

visit, saying contacts with China are more valuable than isolation.

Li rejected the British leader's remonstrations over rights violations. Instead, he rebuked Britain and other foreign countries for encroaching on Chinese territory in the 19th and early 20th centuries.

Li said a Chinese historian had asked him in a letter "not to forget the history of China being bullied and humiliated in the past," when "foreign powers totally disregarded the human rights of the Chinese people."

Li's comments were quoted by Foreign Ministry spokesman Wu Jianmin at a news conference.

The agreement gives China the right to be consulted extensively on each construction stage of the \$16.2 billion airport and port project, and on any other major undertaking by the British colonial government.

Britain agreed in 1984 to return the enclave on China's southeastern coast to Chinese control in 1997 after governing it for more than a century.

When the colonial government announced plans two years ago to build a much-needed new airport, China

claimed the project would deplete the colony's treasury. Its protests caused private investors to back away, forcing Britain to invite China to join in the planning.

Major rejected fears that the agreement gave China too much say in Hong Kong's pre-1997 affairs.

"As we are agreed, there is no question of the Chinese government seeking any veto, condominium or joint administration" of Hong Kong.

He said the agreement signaled "the intensification of our cooperation" during Hong Kong's transition to Chinese rule.

Since arriving Monday from Moscow, Major has stressed to China's hard-line Communist leadership that the rest of the world is moving away from communism, leaving China behind.

Li replied that China's situation is not comparable to the Soviet Union's, where the once all-powerful Communist Party has been suspended.

China has resisted Western pressure to relax its tight political controls and release jailed democracy activists.

## America's oldest living person to celebrate 114th birthday Sept. 8

By TOBI ELKIN  
Associated Press Writer

LINDSIDE, W. Va. (AP) — At 113, Ettie Mae Greene, America's oldest person, has earned the right to do things her own way.

Like sleeping. Greene usually sleeps for about three days and is awake for three.

Marianne Blakeslee, director of nursing at the Springfield Comprehensive Care Center, said Greene talks steadily before she tires herself out. Nurses feed her three meals a day as she dozes, Blakeslee said.

A former farmer and seamstress, Greene said a daily milkshake, a vitamin and "good, clean living" are the keys to her long life.

"It's been a pretty good life I guess," she said. "I'm so tired I can hardly stand it."

She has outlived five of her nine children and has been a widow for 72 years. She has 21 grandchildren, 47 great-grandchildren and 37 great-great-grandchildren.

The Guinness Book of Records lists her as the world's third-oldest person, behind a 117-year-old in France and a woman in England who is a month older than Greene.

Family and nurses, who call her "Grandmother," will celebrate her 114th birthday Sept. 8 at the nursing home where she's lived for three years.

It's an age she thinks is "quite much."

She recently greeted visitors to her room with outstretched arms and a spritely "Howdy."

Her snowy hair was twisted back with purple combs and a silky ribbon. She weighs about 95 pounds.

She loves having her photograph taken. At the click of a camera, she says, "C-H-double-E-S-E."

"Grandmother always says 'living a clean life' is what made her live so long," said granddaughter Rita Dillon Barker, 50, of Wayside. "She never smoked or drank and she worked hard on the farm."

"When you ask her something, it's not just 'yes' or 'no.' She always makes a complete sentence," Blakeslee said.

"Every response is unique. When you ask her if she's hungry, she says, 'I'm hungry as a bear,'" Blakeslee said. "She's like a cocoon, but she eats every bite."

"She has a real sweet disposition and an ability to remember every-

thing," said Elizabeth French, Greene's day nurse. "I would not be here if she wasn't here. I really feel better after I have come here to work with her. It's a privilege."

Greene occasionally sings the hymns "Amazing Grace" and "At the Cross" and recites the 23rd Psalm. "The Bible is her favorite book," Barker said.

Greene grew up as Ettie Mae Thomas and lived in the towns of Wayside, Greenville and Peterstown. Her uncles fought in the Civil War.

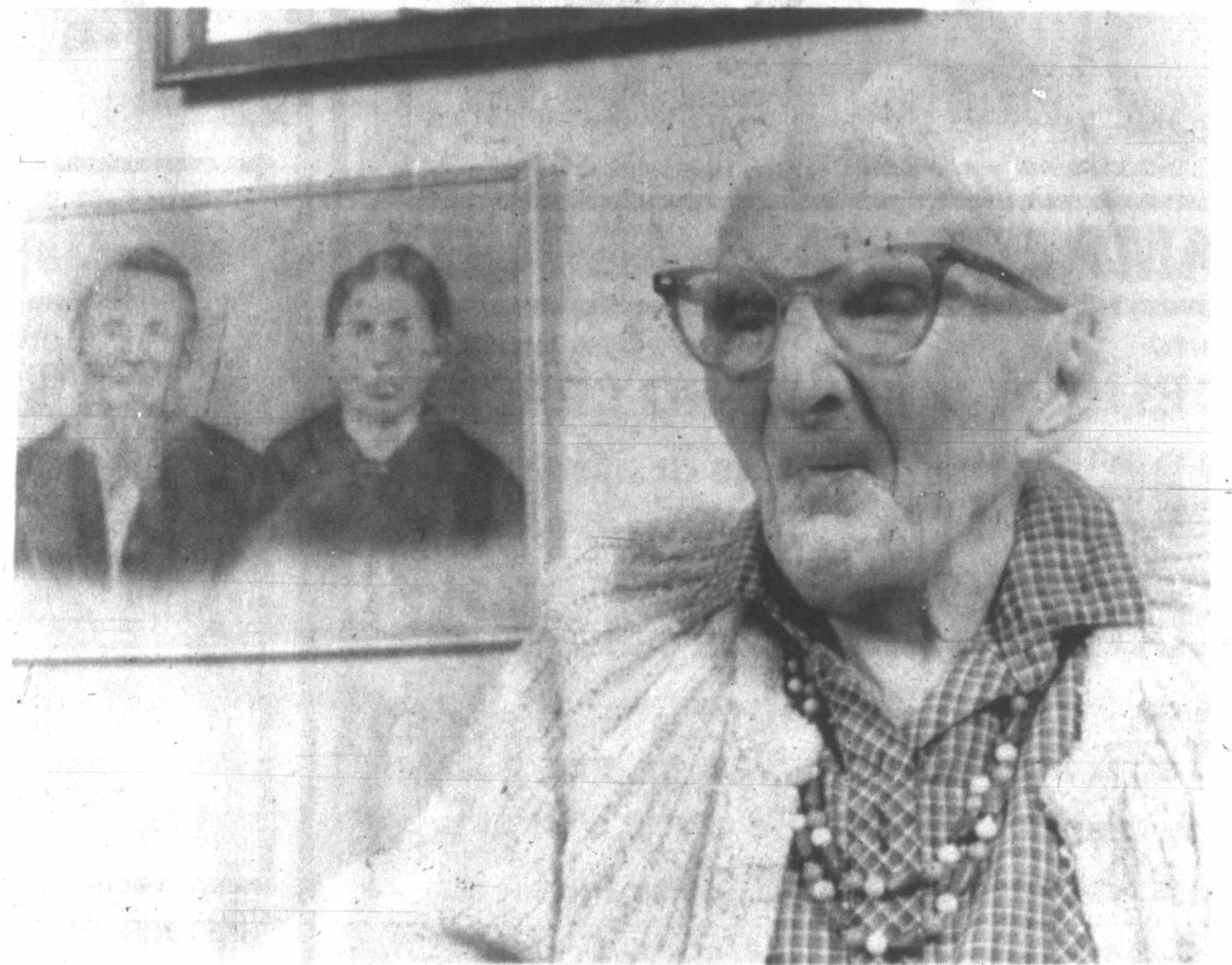
She was raised amid wild turkeys and chickens, home-canned raspberries and homemade apple butter. Her mother taught her to quilt and use a spinning wheel.

Greene thinks the telephone is the greatest invention. Barker said voting was important to her grandmother.

"She was near 100 when she last voted," Barker said.

Greene's daughter Ada Dillon, 81, recalled her mother climbing trees to pick cherries and peaches while in her 80s and 90s.

"Mother said, 'What do you think I'd get done if I rested?'" Dillon said.



(AP Laserphoto)

Ettie Mae Greene is the oldest teenager in the United States at 113. Greene, who turns 114 on Sept. 8, is the third oldest person in the world according to the Guinness Book of World Records. A portrait of her parents hangs on the wall of her room at the Springfield Comprehensive Care Center in Lindsie, W. Va., where her family and friends plan to celebrate her birthday.

## Surgery fails to repair singer's liver; chance for survival dims, doctor says

By RANDALL DICKERSON  
Associated Press Writer

NASHVILLE, Tenn. (AP) — Country singer Dottie West was reported near death today after surgery failed to stop internal bleeding.

West, 58, was in critical but stable condition at Vanderbilt University Medical Center. She has continued to lose blood since an auto accident Friday, and two operations also took a toll, Dr. Richard S. Miller said Monday.

"Due to her age, her chances of survival are not as good as I thought they were before," Miller said. "I can't give you an exact percentage, but they're not very good."

West suffered a ruptured liver and spleen when the car she was riding in crashed on the way to a Grand Ole Opry performance.

Doctors operated on Friday and Monday but were unable to stop the bleeding. Another operation was scheduled for Wednesday.

"We do now get survivors with this type of injury, but most of them



Dottie West

are in their 20s, not in their 60s," said Dr. John Morris Jr., who participated in the surgery.

Doctors also thought West had suffered a neck injury but determined Monday that she hadn't, Miller said.

George Thackston, an 81-year-old neighbor who was driving West, was in critical but stable condition with unspecified injuries. Police said he lost control of the car while driving 55 mph in a 25 mph zone.

West was the first woman to win a country music Grammy Award, with the 1964 hit, "Here Comes My Baby." Also among her more than 40 hits is "I Was Raised on Country Sunshine."

In the late 1970s she recorded several duets with Kenny Rogers, including "Every Time Two Fools Collide."

Recent misfortunes include another car crash July 19 in which she was slightly injured. West's belongings were auctioned in June to satisfy an Internal Revenue Service debt. She filed for bankruptcy in 1990, listing more than \$1 million in debts.

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### NOTICE OF COMPARABLE TAX RATES AND REVENUES

The legislature has enacted a statute on school funding to comply with a court mandate enforcing the state constitution. Under prior statutes (SB 1) the tax rate for last year provides \$ 11,411. per student in state and local revenues. Under this statute (SB 351) that same rate now provides \$ 7,634. per student in state and local revenues.

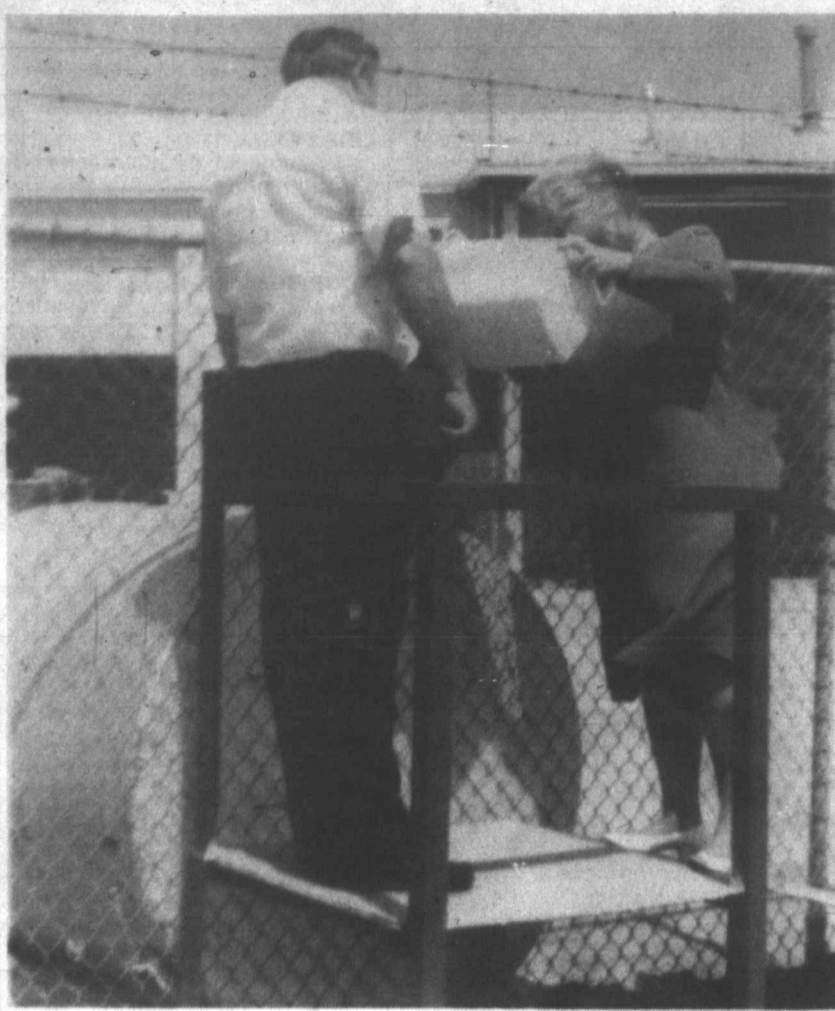
State law only requires a minimum tax rate of \$ .755 for county education districts. State law does not require a school district to adopt additional taxes. Neither does state law require a school district to adopt a tax rate that maximizes the receipt of state funds.

The board of trustees of the Alanreed Independent School District hereby gives notice that it is considering the adoption of a tax rate of .33 that will provide \$ 4,008. per student in state and local revenues.



# Lifestyles

## Down the hatch



Left, Nathan Hopson, City of Pampa, with Pam Locke, Clean Pampa, Inc., at the used motor oil repository located at the city's service center at the back of Hobart Street Park. The repository was opened at Clean Pampa's request by the City of Pampa. Used motor oil may be deposited at any time of day. Charles Butcher, shop superintendent for the City of Pampa, said Approved Oil, of Lubbock, is responsible for pick up and removal of oil deposited.

(Staff photo by Cheryl Berzanskis)



## Dear Abby

Abigail Van Buren

### Dog is stung by next-door neighbor's carelessness

DEAR ABBY: I recently found my 6-month-old puppy prostrate, limp and glassy-eyed. She was barely able to lift her head and had difficulty breathing.

I rushed her to the vet, who treated her for shock due to multiple bee stings. She was so toxic, she developed severe hepatitis. Had it not been for the expert care of the veterinarian, my puppy would have died.

She had been stung by a bee a month before, which sensitized her to bee stings. I later discovered that my next-door neighbor had been keeping beehives in her back yard! I had no idea how long, since she has a high fence.

This came as a surprise to her other neighbors, too, since according to our city's code, one must have the written permission of one's neighbors to keep bees in a residential area, and none of us had ever been asked. I informed the regulatory agency of my city government, and they promised to conduct an investigation.

Abby, I have no animosity against beekeepers, but they should respect the ordinances relating to keeping bees in a residential area.

I just spent \$800 for dog care as the result of my neighbor's thoughtlessness. Abby, please remind your readers that animals can be just as allergic to insect stings as people — with just as dire consequences.

STUNG IN PHOENIX

DEAR STUNG: If it's any consolation, the honeybee stings only once and then it dies. I'm no lawyer, but I think you have a honey of a case against your bee-keeping neighbor.

\*\*\*

DEAR ABBY: I would like to air a pet peeve, not only my own but for many friends who are also divorced single mothers.

"Daddy" just called to talk to Junior again. His calls are infrequent, and since he lives out of town, always long-distance. Rather than say, "Hi, Betty, this is Jim; may I talk with Junior?" He says, "Is Junior home?"

## For Horticulture



Joe Van Zandt

### Fall is great time for seeding bluegrass and fescue lawns

Our weather is beginning to take on a fall-like feel. September is the best time to seed cool season grass lawns such as Bluegrass or Fescue. It certainly helps if you have your seedbed prepared ahead of time.

Seedbed preparation includes having the lawn area leveled, soil firmed, free of weeds and junk grass, and fertilized. It is best if you can anticipate when a damp, cool spell of weather is coming and sow your seed just prior to its arrival. A light incorporation of seed is all that is needed. Probably the most important thing is to be able to keep the seedbed area fairly damp for at least two to three weeks. This means being able to apply water two to three times per day with light applications until the grass becomes fairly well rooted.

The amount of seed needed for establishment of tall fescue lawns is approximately 8 to 10 pounds of pure live seed per 1,000 square feet. Bluegrass needs about 1 to 3 pounds of PLS per 1,000 square feet of area.

Most tall fescue lawns eventually become thin or bare in spots. This condition may be caused by diseases, insects or hot, dry summer conditions. A thinned tall fescue lawn forms clumps and becomes unsightly. To prevent this from occurring, it's usually necessary to overseed fescue lawns in the fall. This must be done every 2 to 4 years, depending on lawn condition.

Mow the lawn at a 1 to 1 1/2 inch height before applying seeds. Rake the lawn to remove grass clippings and plant debris. Apply the starter fertilizer before seeding. Usually 2 to 3 pounds of seeds per 1,000 square feet are ample to rejuvenate the lawn. After the seeds are planted, keep the soil moist the first 2 to 3 weeks.

Cool season junk grasses and weeds can be controlled by an early fall application of herbicides such as Balan, Betasan, Dacthal, or Enide. Some of these junk grasses, little barley, brome, cheat and several others that cause unsightly appearance during the winter or spring time especially on bermuda grass lawns. However, if you are seeding your lawn, do not apply herbicides pre-emergence as your lawn grasses will also be "controlled". Follow label directions for use.

If your lawn has not been fertilized recently, then an early Fall application is in order to promote a stronger grass plant going into the wintertime but don't overfertilize. Usually about 1 pound of actual nitrogen or about 3 pounds of a fertilizer-material per 1,000 square feet, is very adequate.

#### VEGETABLE QUESTIONS/ANSWERS

### 'Race for the Cure' supports cancer prevention, research

The Harrington Cancer Center, with The Circle of Friends, is sponsoring The Komen Foundation's "Race for the Cure" as part of Harrington's 10 year celebration.

The 5K and one-mile fun run races, planned for Sept. 28, have as objectives to raise public awareness of the value of early breast cancer detection through mammography

The following are several questions and answers about gardening:

Q. What is the best way to determine when a cantaloupe is ready for harvest?

A. The cantaloupe is ready to harvest when the stem easily separates from the fruit. To avoid over-ripening, harvest cantaloupes before they naturally separate from the vine. The best way to check maturity of cantaloupe is to place your thumb beside the stem and gently apply pressure to the side. If the stem separates easily, the cantaloupe is ripe.

Q. Some years my cantaloupes are sweet and tasty and other years they have no flavor at all. What is wrong?

A. Cantaloupe flavor depends upon environmental conditions. High rainfall or excessive irrigation as the cantaloupes near maturity will adversely affect fruit flavor. Maintaining the plants in a healthy growing condition and avoiding excessive watering near maturity will improve cantaloupe flavor. Lack of flavor is not caused by cantaloupes crossing with other vine crops, such as cucumbers.

Q. What is the difference between a honeydew and cantaloupe?

A. Honeydew melons are closely related to cantaloupes but ripen later. Most honeydew melons have white or green flesh and mature within 100 to 120 days after planting. Honeydew melons do not slip from the vine as cantaloupes do and are mature when they become creamy to golden yellow in color and the blossom-end softens a bit.

Q. After harvesting, how should I handle my potatoes to result in the longest storage time possible?

A. Dig potatoes when the soil is dry, being careful not to skin or bruise the tubers. Do not wash the potatoes. Place them in crates or some suitable container and store them in a dark area for about 10 days at a temperature of 60 degrees to 65 degrees F. with a relatively high humidity. After this curing period, keep the potatoes at 40 degrees to 45 degrees F. with the humidity near 85 percent and provide good circulation.

Q. Will it help to remove the tips of my pumpkin vines late in the season to encourage fruit size?

A. The tips of vining pumpkins may be removed about 45 days prior to the anticipated first fall frost to discourage plants from further spreading. This practice will generally encourage larger fruit and will not harm production as any additional fruit which might set after that time will not ripen before the first killing frost of the fall.

## Pass it on



Left, David Swires, representing Gray County Association for Retarded Citizens, with Darrell Whiteside, assistant manager of Wal-Mart. The gift to the association is part of the community involvement program sponsored by Wal-Mart stores' associates.

(Staff photo by Stan Pollard)

### Fall dates for college exams announced

The Scholastic Aptitude Test will be given on Dec. 7 at Pampa High School. The deadline for registration is Nov. 1. The American College Test is planned for Pampa on Feb. 8, 1992. The registration deadline is Jan. 10, 1992.

Other testing dates for the SAT are Oct. 12, deadline Sept. 13; Nov. 2, deadline Sept. 27; Jan. 25, 1992, deadline Dec. 20, 1991; April 4, 1992, deadline Feb. 26; May 2, 1992, deadline March 27; and June 6, 1992, deadline May 1, 1992.

The ACT dates for area tests are Oct. 26, deadline Sept. 27; Dec. 14, deadline Nov. 15; April 11, 1992, deadline March 13, 1992; and June 13, 1992, deadline May 15, 1992.

Except for the Dec. 7 SAT test date, and the Feb. 8 ACT test date, tests will be administered in Borger or Amarillo.

The registration form gives complete information about times and locations. Students must register with their high school counselor for the tests.

### How do satellites send information back to earth?

By 3-2-1 CONTACT For AP Special Features

All satellites send information from space by radio transmitters. The transmitter sends messages, pictures or other information to Earth in the form of radio waves. Ground stations with giant antennas that are often shaped like dishes or bowls receive these waves.

Some stations also send signals to satellites. This is true for the stations of communication satellites. A

transmitter at an Earth station receives signals from a telephone, telegraph, radio or TV station. It then sends the signal via radio waves to the satellite.

The satellite picks up and amplifies, or strengthens, these waves. Then it sends them to a different Earth station. It may even send the radio waves to another satellite, which will then send the information to Earth.

Now that's really a long-distance call.

### GIRL SCOUTING: A World of Friendship



### If your car is cracked up, what about your body?

After an auto accident, you automatically bring your car in for repairs, but what about your body? Chances are, if your car was damaged, so were you.

Auto accidents frequently cause whiplash, back and neck injuries. A chiropractic examination will identify any injuries you may have sustained. In many cases, through chiropractic treatment, unnecessary pain — even surgery — can be avoided.

If you've been in an auto accident and are hurting, we urge you to give us a call and make an appointment for an initial exam. Our patient list includes many people who have found relief through the natural, chiropractic approach to health care. We can help you, too.

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# Today's Crossword Puzzle

## The World Almanac® Crossword Puzzle

**ACROSS**

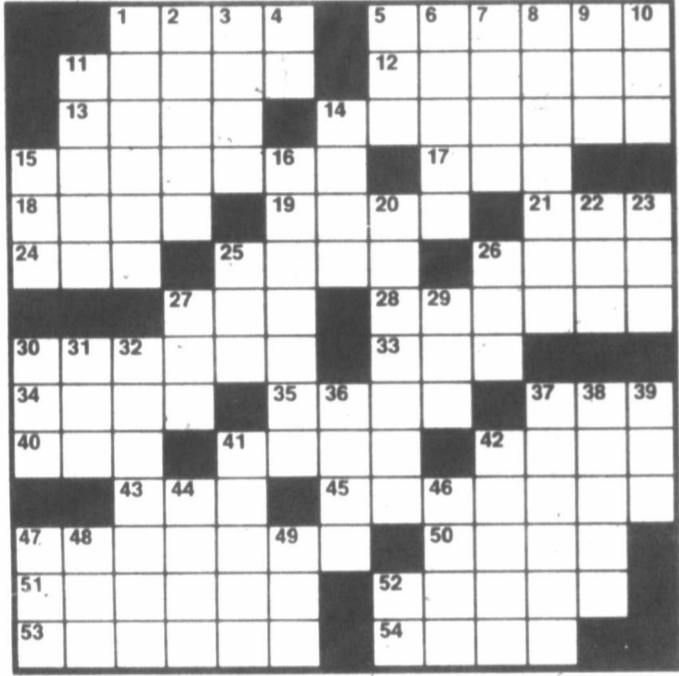
- Breckinridge
- Big lizard
- Suitor
- Of medicine
- Enormous
- Incapacitate
- Pine or fir
- Beta
- Kappa
- Many
- Buddy
- Child
- and downs
- TV antenna type
- Miserly
- Charged atom
- Overshadows
- Marcos
- Author
- Fleming
- Valuable fur
- Ballerina's

**DOWN**

- Climbs
- Eastern mystics
- Atoll
- Between OK
- and TN
- Roman
- Canadian peninsula
- Mormon State
- Moderator
- Zero
- Athletic star
- Yelp
- Tug
- Actor — Gulager
- Issue forth
- Neatest
- Lout
- Wt. units
- Hebrew letter
- Male
- Sort
- Existed
- Mischievous child
- Playing marble
- Capture
- Was indebted to
- Slurs
- Nervous
- Gear tooth
- Metal disk
- Chew noisily
- Unless
- Mexican shrub
- Salad herb
- French negative
- House wing
- Comparative word

**Answer to Previous Puzzle**

F	A	R	H	I	D	E	H	I	L	O
O	C	A	C	E	D	A	C	E	R	
G	M	T	N	I	B	S	N	E	V	E
S	E	E	K	S	T	E	N	D	R	I
R	E	P	L	Y	E					
G	O	R	I	L	L	A	E	D	E	N
A	D	E	S	A	I	N	T	M	A	E
F	O	B	H	Y	D	E	Y	I	P	E
F	R	A	M	E	R	R	A	T	U	M
O	R	T	O	H	M					
G	O	O	D	B	Y	E	O	S	A	G
A	P	S	E	P	E	N	N	F	A	X
P	A	L	S	A	R	I	D	R	I	P
S	L	O	T	L	O	L	A	O	T	O



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### WALNUT COVE

By Mark Cullum

### THE WIZARD OF ID

By Brant Parker and Johnny Hart

### ECK & MEEK

By Howie Schneider

### B.C.

By Johnny Hart

### MARVIN

By Tom Armstrong

### ALLEY OOP

By Dave Graue

### SNAFU

By Bruce Beattie

### THE FAMILY CIRCUS

By Bill Keane

### THE BORN LOSER

By Art and Chip Sansom

### PEANUTS

By Charles M. Schulz

### MARMADUKE

By Brad Anderson

### KIT N' CARLYLE

By Larry Wright

### WINTHROP

By Dick Cavalli

### CALVIN AND HOBBS

By Bill Watterson

### FRANK AND ERNEST

By Bob Thaves

### GARFIELD

By Jim Davis

## Astro-Graph

by bernice beds osol

**VIRGO (Aug. 23-Sept. 22)** Be a good listener today, especially if you're with a group where new topics are being discussed. What you learn can be later used to your advantage. Virgo, treat yourself to a birthday gift. Send for Virgo's Astro-Graph predictions for the year ahead by mailing \$1.25 plus a long, self-addressed, stamped envelope to Astro-Graph, c/o this newspaper, P.O. Box 91428, Cleveland, OH 44101-3428. Be sure to state your zodiac sign.

**LIBRA (Sept. 23-Oct. 23)** Conditions in general should be quite favorable for you both today and tomorrow where your career and material interests are concerned. Do something meaningful in these areas.

**SCORPIO (Oct. 24-Nov. 22)** Knowledge gained through personal experience is your greatest asset today. If you're stymied in any undertaking, look into the past for the key to unlock the present dilemma.

**SAGITTARIUS (Nov. 23-Dec. 21)** Your commercial affairs should be conducted in a somewhat secretive atmosphere today, with only the individuals involved present. Kibitzers can cause complications.

**CAPRICORN (Dec. 22-Jan. 19)** If you have something pleasant you want to share with others today, contact your old pals first to see if they are interested. Hard feelings could result if they learn they were overlooked.

**AQUARIUS (Jan. 20-Feb. 19)** Seek out and try to get closer to those who can help advance your career objectives today. The ladder to success will be steeper with their cooperation.

**PISCES (Feb. 20-March 20)** You're an exceptional organizer today. If you see associates fumbling around because of lack of direction, take it upon yourself to provide them with a system that will produce desirable results.

**ARIES (March 21-April 19)** You're the catalyst today that can unite the family for a common mission. The changes you should be able to effect will bring greater harmony to your household.

**TAURUS (April 20-May 20)** This is a good day to discuss critical matters that are of significance to both you and your mate. Your collective conclusions will be far better than any that could come about singularly.

**GEMINI (May 21-June 20)** You could begin to feel the effects of influences today that should have a stabilizing effect on your financial position. The trend will be obvious and worthy of development.

**CANCER (June 21-July 22)** You'll sparkle and shine today — if you're involved in creative endeavors, and especially if you have an imaginative partner as bright as you.

**LEO (July 23-Aug. 22)** Take charge of events today so that the final results are determined by you, not by the capriciousness of fate.







# PMS prescription could include milk

WASHINGTON (AP) — The best treatment for women suffering from PMS may be as close as their refrigerator.

A recent Agriculture Department study supports earlier findings that calcium — available in milk, yogurt and cheese — appears to help women deal with the stress and anxiety that can be symptoms of premenstrual syndrome.

Although only 10 women participated in the 5 1/2-month USDA study, nine told nutritional experts they were in a better mood before and during their menstrual periods while on a diet that included 1,300 milligrams of calcium daily.

The average woman consumes about 600 milligrams, or about two cups of skim milk, researchers say.

An 8-ounce container of plain, low-fat yogurt has 450 milligrams of calcium, while a cup of skim milk has 302 milligrams of calcium. There's also significant calcium in many vegetables, including 205 milligrams in one medium spear of broccoli and 245 milligrams in a cup of raw spinach.

The findings in the USDA study are consistent with an earlier investigation of calcium and PMS done at New York's Metropolitan Hospital.

It also corresponds with research done by Dr. C. James Choung, director of the PMS program at Baylor College of Medicine in Houston. Choung's research found that women who suffer the most from PMS have low calcium levels in their blood.

"It is an interesting finding because we actually look at the calcium levels in PMS and we did find there is decreased calcium during the time of PMS," Choung said.

The women in the USDA study

were not debilitated by PMS, but they said they usually experienced some degree of the symptoms associated with the condition: tearfulness, loneliness, anxiety, restlessness, irritability, depression and tension before and during menstrual flow.

They also complained of some water retention and pain.

All of those symptoms were noticeably eased, however, when their calcium intake was boosted, they said.

The government recommends a daily calcium intake of 800 milligrams, but the director of the USDA study doesn't know if that's enough to affect PMS.

"We don't know yet if 800 milligrams of calcium will also reduce the symptoms," said psychologist James G. Penland, who conducted the study at the USDA's Human Nutrition Research Center in Grand Forks, N.D.

The women in Penland's study, ages 21 to 35, were given a liquid calcium supplement each day. They reported that the added calcium didn't affect positive feelings associated with the menstrual cycle: energy bursts, feelings of well-being, orderliness, heightened desire for affection.

Most people could get the same boost in calcium with an extra cup of skim milk and eight ounces of non-fat plain yogurt each day, Penland said.

He recommends those foods because they're high in calcium but low in fat.

Four cups of ice cream or three ounces to four ounces of cheese also would add about 700 milligrams of calcium to a daily diet, but would provide many added calories and fat.

Over-the-counter products also provide a way to boost calcium.

Penland said his study was one of several conducted simultaneously to research the effects of calcium and manganese on women.

Women in the USDA study answered questions about their menstrual cycle at the end of their periods. They were asked the same questions after a month of high calcium intake as well as after a month of low calcium intake.

After the month with high calcium intake, nine of the 10 women reported fewer mood swings. Six said their concentration was improved, eight felt more control over their behavior, eight retained less water and seven experienced less menstrual pain.

The manganese had some effect, Penland said, but it wasn't as strong as calcium.

The New York study, published in the Journal of General Internal Medicine in June 1989, found that 1,000 milligrams of calcium given daily to 33 women significantly eased premenstrual and menstrual symptoms.

Penland said his follow-up study will require women to keep daily diaries to pinpoint reactions more precisely.

Calcium, he said, is known to smooth muscle responsiveness, which may be why pain was eased. It also has an impact on hormone secretion and neurotransmitters — molecules that carry messages from cell to cell through the body to the brain. That could explain why mood swings were less severe.

"It's unlikely that calcium is the only mineral affecting the mental and emotional status of women," Penland said, citing nine other studies at the center that suggest copper, iron, zinc and aluminum levels also can affect a woman's mood.

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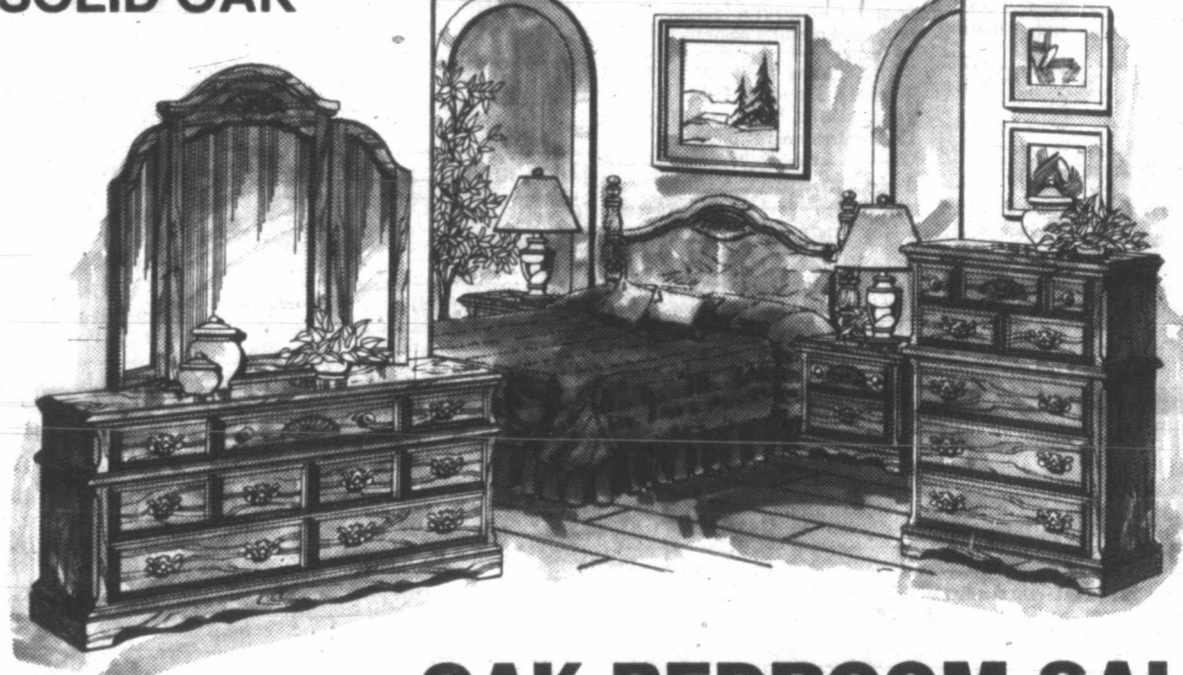
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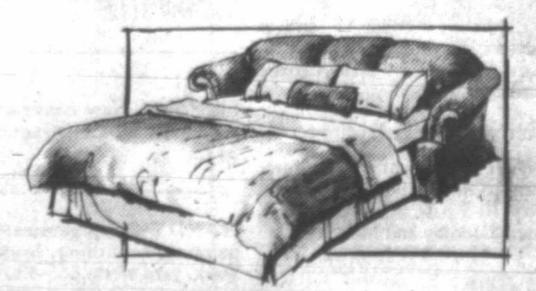


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