Chef's choice is roast beef

of five meats. The variety is drawn from catfish; chicken-a la king, fried or with dumplings; fried shrimp; meat loaf; roast beef; Yankee stew and smothered, pan or chicken fried steak. Dinners invariably go for the roast beef.

"That's my preference, too," stated James C. Stewart, a veteran of 38 years with the Food Service Department.

The 66-year-old Brazos County

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The chef's choice in Duncan native has worked in dining halls Dining Hall cafeteria is roast under Sbisa and Duncan — for whom the halls are named -Patrons usually have a choice Hotard, Penniston, Nugent and now Fred W. Dollar, department

"He's the best cook in the state of Texas," vows Henry Wellnitz, Duncan manager.

Stewart, who was tagged with the nickname "Popcorn" by a student several years back, also has a masterful touch with the barbecue rotisserie. He has been called

CADE

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COMPANY



on several times to barbecue for groups meeting at the Henry Clay farm.

Race for research—Racing youngsters led by Jimmy Sterling hustle for research. Backgroups meeting at the Henry ground equipment monitored by doctoral candidate Robert F. Takacs and Lucio Varela remotely record each beat of the racers' hearts. Sensors and miniaturized transmitters taped to their chests feed four FM radios patched to recording equipment.

College Station youngsters race for research in gym

Four youngsters raced around furiously. Recording pens of nearby electronic equipment danced nervously, marking each beat of each runner's heart

Paper gliding under the pens was scribed with exact heartbeat reaction of the youths sitting quietly, walking to the starting line for their race, tension before Bob Takacs yelled "go" and subsequent exertion of the run.

Peaks on the graph paper gradually spread apart after the race, as the kids sat quietly while their heart rates returned to normal. During the run, peaks were more

Data was recorded before, dur- not strenuous enough for the up signals from half-dollar-sized transmitters and electrodes taped to each runner's chest. Previous research measured heart rates only after exercise.

Study of the data will be made for his dessertation by the 36year-old Takacs, doctoral student in health and physical education.

"We're seeking data on how much the heart rate elevates on various length runs, if one length run is better for a particular age level than another, if one is too strenuous for a particular physical condition and if another is

the gym, their hearts pumping ing and five minutes after the more fit youngster," the former run by four FM radios, picking Arkansas State football halfback explained.

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19 instructors set vednes for summer school

Eight staff members and a Department. Paul W. Linds high school vocational counselor College Station is a high s are among 19 instructors for the instructor serving as guest 23rd annual summer school for structor for the six-week see vocational industrial education school. teachers on campus.

Texas Engineering Extension ing trades," noted Rutledge Service personnel teaching ordinator for this year's see courses include B. M. Hackney, head of the Vocational Industrial Teacher Training Division, and instructors Dewey Cowling, Eugene C. Fisher, Bill J. Rutledge and Robert W. Wagner.

Dr. Clint A. Bertrand, Dr. Daryle W. Morgan and Dr. Don school helps the new te A. Rice are guest instructors prepare to teach what the from the Engineering Technology ready know as a trade.

"Our role is not one of tea

"Rather we are interested in

paring teachers to better in their pupils." Pointing out most voc industrial teachers come from industry or a trade, ledge explained the su

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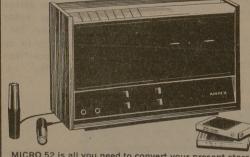
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Letters to the editor should be typed, double-spaced, and no more than 300 words in length. They must be signed, although the writer's name will be withheld by arrangement with the editor. Address correspondence to Listen Up, The Battalion, Room 217, Services Building, College Station, Texas 77843.

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FRANK GRIFFIS Pat Little Assistant Editor



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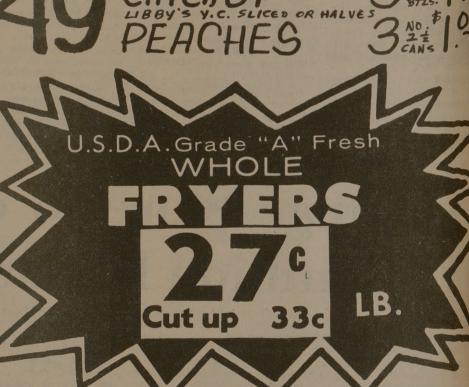
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