

Chef's choice is roast beef

The chef's choice in Duncan Dining Hall cafeteria is roast beef.

Patrons usually have a choice 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

native has worked in dining halls under Sbisá and Duncan — for whom the halls are named — Hotard, Penniston, Nugent and now Fred W. Dollar, department director.

"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 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. Background 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 the gym, their hearts pumping furiously. Recording pens of nearly electronic equipment danced nervously, marking each beat of each runner's heart.

Paper gliding under the pens was scribed with exact heart-beat 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 closely packed.

Data was recorded before, during and five minutes after the run by four FM radios, picking 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 dissertation by the 36-year-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

not strenuous enough for the more fit youngster," the former Arkansas State football halfback explained.

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EDITOR FRANK GRIFFIS
Assistant Editor Pat Little

19 instructors set for summer school

Eight staff members and a high school vocational counselor are among 19 instructors for the 23rd annual summer school for vocational industrial education teachers on campus.

Texas Engineering Extension Service personnel teaching 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 A. Rice are guest instructors from the Engineering Technology Department. Paul W. Lindsey, College Station, is a high school instructor serving as guest instructor for the six-week school.

"Our role is not one of teaching trades," noted Rutledge, "Rather we are interested in preparing teachers to better instruct their pupils."

Pointing out most vocational industrial teachers come from industry or a trade, Lindsey explained the summer school helps the new teachers prepare to teach what they already know as a trade.

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