## Caronia 'graduates' from physical fitness program minus 60 pounds

Skeptics about physical fitness programs haven't seen Julian Ca-ronia lately.

He is a high honors "gradu-ate" of the Health and Physical Education Department's program for A&M faculty and staff mem-

Caronia is an accountant with the Engineering Extension Service. The 52-year-old, 8-to-5 desk der contacted Dr. John Chevrette last September about

"Julian was in such bad shape, we couldn't take the response even for him to jog." Chevrette said. "We asked him to talk to his doctor first."

He now has the heart rate and blood pressure of a cross country runner, according to lab tests run last week by Dr. George Jessup, the department's exercise physi-

Caronia now weighs a svelte

162 pounds. But more important, his heart rate is down to 59 from eering extension official first talked to Chevrette last fall, he was carrying 220 pounds on his 5-foot-4 frame.

"It's given me a new vitality." Caronia commented, "and I feel deeply indebted to Dr. Chevrette and Dr. Carl Landiss (department added. She has joined him for the noon-hour jog. He stressed that it was not a "crash thing. Most of the time it was two or three

pounds improvement per week."
For the statistically inclined, the accountant revealed he went from size 46 to 38 trousers and from a 171/2 to 151/2 shirt. He didn't make drastic diet changes, other than cutting out starchy foods and missing the noon meal to work out.

the program, which includes "a little jogging for about 25 min-utes and some calisthenics. It takes about an hour and 15 min-utes, including a shower."

"Another thing I'd like to stress Is the value of joining an organ-ized group," he added. "When a person tries to do it on his own, it's too easy to find an excuse

"Trader Cade"

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He continues the program, even in inclement weather. "When

you're in good shape, you don't catch a cold as easy,' he pointed

The best part, Caronia went on, is the difference in the way a person who has been overweight feels.

A SPRINT IS:

"Julian did it himself," Chev-rette observed. "No one helped him but himself. All we gave was

The health and phys ed prof ointed out another obstacle Ca-onia surmounted.

"A lot of people at this age feel they are too old or too far

SAYS ...

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& SPORTSROOF

## Educational Psychology adds 4 faculty members

The Educational Psychology bers to the A&M faculty, including a summer visiting professor who will become fulltime

Department head Dr. Arthur J. Roach said the additions include three instructors and Dr. E. Flamm, to teach two child development courses during the second summer session. Dr. Flamm is a recent psychol-

ogy graduate of Northwestern ogy graduate of Northwestern University in Boston. She will join the Psychology Department faculty in September. Jack D. Thomas became an in-

structor during the first summer term. Recently assistant to the dean of men and a residence hall counselor at TAMU, Thomas asmed a teaching assignment involving working with freshmen

in career development.

To become instructors effective ptember are Don E. Williams and Arthur F. Vickland. Williams will assist with teaching in the college student personnel pro-gram and work in a fellowship program for training counselors to work with Mexican-Americans. Like Thomas, he is an assistant to the dean of men and a residence hall counselor.

Vickland will work with freshmen students in improvement of learning. A department graduate assistant, he was previously a counselor at Huston-Tillotson Col-

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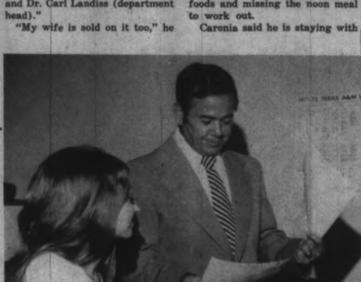
No. 1 at 9:00 p. m. "THE DEAD ONES"

No. 2 At 10:50 p. m. "TASTE OF BLOOD" No. 3 at 12:00 a. m.

TEEN AGE STRANGLER" No. 4 At 1:30 a. m. "LITTLE SHOP OF HORRORS"

WEST SCREEN AT 8:55 P. M. "SINNERS BLOOD"

At 10:25 p. m. "HIGH SCHOOL CAESAR"



Julian Caronia and Mary Chilen of the Engineering Extension Service go over a budget. Caronia may have to borrow the adding machine to keep track of his achievements in the physical fitness program, in which he has run 400 miles and lost nearly 60 pounds.

# **A&M** freshman is selected

An outstanding Houston high school graduate enrolled at A&M has been selected for a summer

Kathleen B. Lowry is one of High School Students at the University of Sydney. The month-Delhi and Rome.

Study at the University of Sydney under noted Canadian physicist Dr. Harry Messel will be in brain mechanisms and control of behavior. Participants including selected students of England, Japan, Australia and New Zealand as well as the U. S. will attend 25 lectures given by top scientists of Australia, Britain and

They will be at Sydney from August 28 to September 8, and stay in homes of Sydney families. Including travel, the program will run from August 20 to Septem-

at M. D. Anderson Hospital, was selected on nationwide basis as a President's Australian Science Scholar for the National Science Foundation by National Merit Scholarships, Inc.

journalism competitions. She was

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# for summer science program

editor of the school newspaper two years, science club president, senior class officer and member science program in Australia. of Quill and Scroll, Mu Alpha Theta and the National Honor

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bio-chemical research.

tional science school.

10 U. S. students headed for the International Science School for long program includes world-wide travel, with stops in Bangkok,

Miss Lowry, daughter of Mr. and Mrs. Charles G. Lowry, 8200 Westview, Houston, and a 1972 Spring Branch High graduate, will major in chemistry at A&M.

Miss Lowry, a lab technician

She is a National Merit and Jesse H. Jones scholarship recipient and will study here under TAMU Opportunity Award Scholarship. At Spring Branch, Miss Lowry was an award winner in calculus, French, algebra and

## insurance dividends?

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## MAVERICK SPRINT 2-DOOR ...and a very good buy We've got more for you in Miss Lowry plans a career in FORD She worked out arrangements with TAMU officials during new 1309 TEXAS AVE. SRYAN, TEXAS 77801 students conference last week to begin classes late this fall in order to participate in the interna-ENISTON CAFETER

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