

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

Skeptics about physical fitness programs haven't seen Julian Caronia lately.

He is a high honors "graduate" of the Health and Physical Education Department's program for A&M faculty and staff members.

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

the noon-hour program.

"Julian was in such bad shape, we couldn't take the responsibility even for him to jog," Chevette 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 physiologist.

Caronia now weighs a svelte

162 pounds. But more important, his heart rate is down to 59 from 76, with a corresponding improvement in blood pressure. When the engineering extension official first talked to Chevette 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. Chevette and Dr. Carl Landiss (department head)."

"My wife is sold on it too," he

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 17½ to 15½ shirt. He didn't make drastic diet changes, other than cutting out starchy foods and missing the noon meal to work out.

Caronia said he is staying with

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

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

to do it tomorrow."

He continues the program, even in inclement weather. "When you're in good shape, you don't catch a cold as easy," he pointed out.

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

"Julian did it himself," Chevette observed. "No one helped him but himself. All we gave was encouragement."

The health and physical education pointed out another obstacle Caronia surmounted.

"A lot of people at this age feel they are too old or too far gone," he said.

## Educational Psychology adds 4 faculty members

The Educational Psychology Department has added four new members to the A&M faculty, including a summer visiting professor who will become fulltime next fall.

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

Dr. Flamm is a recent psychology graduate of Northwestern University in Boston. She will join the Psychology Department faculty in September.

Jack D. Thomas became an instructor during the first summer term. Recently assistant to the dean of men and a residence hall

counselor at TAMU, Thomas assumed a teaching assignment involving working with freshmen in career development.

To become instructors effective in September are Don E. Williams and Arthur F. Vickland. Williams will assist with teaching in the college student personnel program 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 College in Austin.



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 for summer science program

An outstanding Houston high school graduate enrolled at A&M has been selected for a summer science program in Australia.

Kathleen B. Lowry is one of 10 U. S. students headed for the International Science School for High School Students at the University of Sydney. The month-long program includes world-wide travel, with stops in Bangkok, Delhi and Rome.

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.

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 the U. S.

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 September 20.

Miss Lowry, a lab technician 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.

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 journalism competitions. She was

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

Miss Lowry plans a career in bio-chemical research.

She worked out arrangements with TAMU officials during new students conference last week to begin classes late this fall in order to participate in the international science school.

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