



Thomas Juijn (second from left) of Smit-Lecler Diving Company gets an explanation of new diving tables tested by a team of Texas A&M researchers, which included (left to right): students Wayne Hughes, David Haefeli and Clifford Simmang; Dr. William Fife, head of the project, and student Mike Mansfield.

## Divers receive scholarship

Dr. William Fife, associate dean of the College of Science and chief of Texas A&M's Hyperbaric Laboratory, announced this week that representatives of the Smit-Lecler International Corp., a diving company now with an office in New Orleans, has donated \$10,000 to establish a scholarship fund to support undergraduate and graduate students who are studying in areas related to diving.

The firm's executive vice president, Thomas Juijn, made the presentation and visited the university's decompression chambers where Fife and his team of student researchers have been experimenting with new breathing mixtures and constructing new diving tables to allow divers to go deeper, stay longer and come up faster. They also run a 24-hour emergency service for patients needing treatment with oxygen under pressure.

Dr. Fife and his researchers are currently working with Smit-Lecler on a project using decompression chambers where as many as six divers can live and work for up to 30 days at depths down to 1,000 feet. Such capability would greatly increase the effectiveness of divers and reduce the cost of this type of work. The project is a cooperative effort with faculty researchers from Texas A&M and the University of Houston at Clearlake.

## For thin living, 'Living Slim' taught

By DEB KILGORE  
Many people try fad diets, tasteless recipes, extreme exercises and pills to lose weight overnight, says Marti Hasselback who teaches a "Living Slim" course.  
People lose 10 to 20 pounds using these extreme methods, but they drift back into old eating patterns and regain lost pounds, Hasselback says. To break this cycle, she teaches the Living Slim course to those who are serious about losing weight and keeping it off.  
Hasselback holds a master's degree in health science.  
"Living Slim is a new concept in permanent weight control," Hasselback says. "The diet is the main focus of most weight programs, but I try to look at the person as a whole.  
All of us have an undermining factor that keeps us overweight. One part of us wants to be slim, and the other part wants to be fat to punish us. We need to be aware of how we sabotage our efforts to be slim, so we can control ourselves."  
Awareness of one's motives and oneself is one part of the Living Slim course. A thorough knowledge of nutrition and a personal program are also important in weight control, Hasselback says.  
To understand nutrition, Hasselback has her students fill out data sheets on the foods they eat, the quantity eaten, the calories consumed, where and when they eat, how they feel while eating, who they eat with and why they are eating. She says she reads these sheets to find eating patterns that can be changed gradually.  
"If someone is eating a cup of peanuts each night in front of the TV, I suggest substituting a cup of popcorn, which is a lot less calories," Hasselback says. "This change is an easy one to make."  
A personal program with a weight goal is then determined for each student based on his height, frame and age, Hasselback says.  
"Everyone has a program of weight

control, whether it's stopping after the second cookie or riding a bike regularly. Most people are not lucky to be thin. They work at it in some way.  
"We do not ask our students to go on a diet because to go on a diet means they will have to go off of it at some point and the pounds will return. We help each person to gradually modify his eating habits, behavior and lifestyle in a painless way, so weight will gradually come off and stay off."  
Hasselback says a person should not punish himself for small failures in a weight control program. She tells her students to think positively that they will continue losing weight even if they fail sometimes.  
While obesity is caused by eating more than the body can use, reasons for overeating are many, Hasselback says. Our culture, boredom, frustration and bad habits all lead to overeating, she adds.  
"We are an eating society," Hasselback says. "If we want to show our love for someone, we make them a rich chocolate cake. We are also stimulated by advertisements to eat, and our language is oriented to eating. On the other hand, we are told we must be skinny to look good. We're receiving a double message."  
"People were not overweight several hundred years ago, because they worked hard and ate natural foods. The food industry today is out

for personal profit and not for personal health, so our diet has a lot of harmful white flour and sugar in it."  
Hasselback says people are motivated to be slim not only for their appearance, but also for their health - since hypertension, shortened life, lowered self-esteem, heart disease and high blood pressure are the results of being overweight. Women are more interested in staying slim than men, but people of all ages take the course, she says.  
The Living Slim course is offered by a non-profit organization called The Growing Center.

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## A&M worker dies

Services are pending for Texas A&M University staff member Milton R. Brown, 33, who died Wednesday of an apparent heart attack.  
Brown was a custodial worker in the Physical Plant Department and had worked at the university since 1968.

University officials said the central campus flag would be lowered to half-staff Oct. 25 in memory of Brown and 62-year-old Dr. Karl F. Mattil, director of the Food Protein Research and Development Center. Mattil died Tuesday.

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