your life, says Vivian Blair, family life diseases themselves.

and psychological and cultural influ-

Blair, who works for the Texas Ag-

She said one reason for the growing population of elderly persons is medical science's attack on childhood diseases. People today are less likely to die in a natural disaster, from a plague, tuberculosis, small pox or yellow fever. They are more likely to die of heart disease, cancer,

stroke, or degenerative illness. Blair said genetic influence relates o long life. Offspring of long-lived parents live longer than those whose parents die young. The first offspring of a union will tend to live longer

Fiction Awards ceremony.

well

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5

expressed themes about the beauty of everyday things and people.

The Arts Committee then an-

Four factors affect the length of likely than others to contract these with a high level of fitness and low

specialists cannot agree why.

riculture Extension Service, said the genetic influence was not necessarily the presence of good another factor in long life.

Our attitude towards aging is destand about the aging process.

Blair said physical exercise is improvemental, Blair said. "Age does not represent illness or less mental abil-

portant in producing longevity be-cause exercise helps bring about a lower heart rate, increases the pumping capacity of the heart, lowers blood pressure and increases

In the remote areas where people live longer, the elderly people are productive contributors to the aglung capacity.

The third factor in determining Blair said the extremely long-lived people in remote areas consume between two-fifths and two-thirds of are growing old, Blair said. People are growing old, Blair said. the length of life is diet and nutrition. the average daily American caloric

incidence of heart disease..
"The fat-rich American diet is as-

education specialist.

The factors are genetic make-up, physical exercise, diet and nutrition, people enjoy extremely long life, but disease."

"The fat-rich American diet is associated with both obesity and heart disease."

"The fat-rich American diet is associated with both obesity and heart disease."

Blair said.

Blair said that psychological and Alexander Leaf, a Harvard physicultural influences are difficult to cian said the genetic influence was measure, but they are considered

represent illness or less mental abil-

ricultural economy, Blair said. Old age is also honored because social status increases with age

who say they are "75 years young" might have a positive attitude about of a union will tend to live longer than those born later. Children of parents who contract heart disease

Blair said Americans should be eating foods rich in protein and low cally, she said.

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DOWNTOWN BRYAN

Ag poets, writers rewar Poet and songwriter Naomi Shihab entertained a packed audience at the MSC Basement Coffeehouse Wednesday night at the Texas A&M University Poetry and fiction contest.

The poetry and fiction contest.

The poetry awards were given to Marc Gist, first; Diana Aldrich, second; David Flowers, third.

Walter Prehn won first place in the fiction contest: Fugania nitrocoeduration.

"Ever since the University went coeduration."

Shihab alternated reading her poems and singing songs of her own composition. Her works frequently

Committee's literary magazine.
Winners in both divisions receive

ounced the winners of its fourth A&M English professor, com- works.

"Ever since the University went coeducational, it has tended to encourage expression of literary ex-perience," Christensen said. Chris-Some of their works have been published in Moebius, the Art the literary scene at Texas A&M. tensen said women now dominate He added that the English de-

\$75 for first place, \$50 for second and \$25 for third.

partment will offer a new course in creative writing next fall that will Dr. Paul Christensen, a Texas deal with the writing of book-length

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This is one of those unanswerable questions, like, "Which came first,

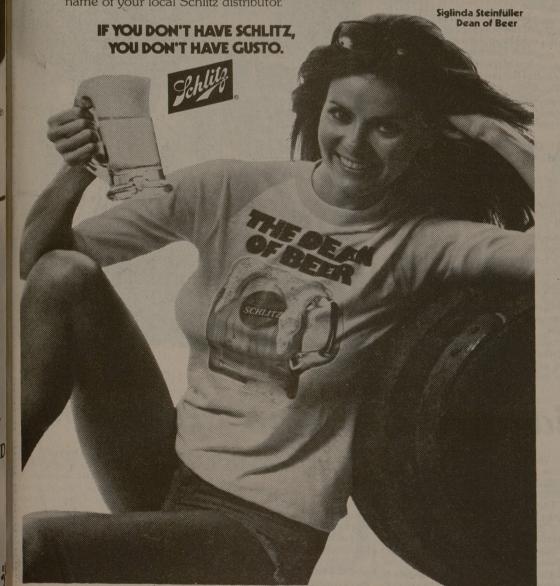
the chicken or the colonel

However, discussing it can be quite rewarding. So, as your Dean of Beer, I suggest you gather a group of fellow scholars and ponder the question over a significant sample of draught

This procedure is known, in layman's terms, as a "Beer Party."

This will undoubtedly raise a question for further study: Why does it

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