

Survival

Tips for surviving the first few days

By FLAVIA KRONE
Battalion Campus Editor

Beginning a new semester can be exhausting.

Besides attending classes, numerous other details must be attended to such as getting a telephone, buying football tickets, or registering a bicycle.

Trying to discover what to do, where to go, who to see and how much it will cost can wear down even the most stout-hearted student. The following list may save some steps, time and money.

Athletic tickets

Coupon books for home-game football tickets went on sale Aug. 21 at the ticket booth north of Kyle Field. All coupon books cost \$20. Penny King of the office of assistant athletic director for business, said. Students can pay the \$20 fee when

registering or later at the ticket booth. In all cases, students must produce a fee slip and student I.D. to obtain a coupon book, King said.

If there are seats remaining after the student coupon sales, spouse coupon books will be sold beginning Wednesday for \$40. In addition to a fee slip and student I.D., anyone purchasing spouse coupons must present proof of marriage, King said. A blank check showing the names of both husband and wife or any similar printed item is acceptable proof of marriage, King said.

Coupon books for dates go on sale Friday for \$40, space permitting.

For the first time, students also can buy season passes to basketball and baseball games. If these are purchased with the football coupon book the price is \$5 for both season events. If purchased separately the passes cost \$7.50 each, King said.

Pass fees also can be paid at registration.

Students can exchange coupons for home-game tickets according to the following schedule:

Monday before game - graduates and seniors. Tuesday before game - juniors. Wednesday before game - sophomores. Thursday before game - freshmen.

Monday before game - graduates and seniors. Tuesday morning before game - juniors. Tuesday afternoon before game - sophomores. Wednesday morning before game - freshmen.

Financial Aid

Students receiving Hinson-Hazelwood and national direct student loans should report to the Of-

fice of Student Financial Aid on the third floor of the YMCA Building anytime after last Monday, Robert Logan of the student financial aid office said.

Students receiving grant stipends or scholarship checks can pick them up in the Rudder Tower exhibition hall. Students must present a student I.D. or Texas driver's license to receive their money.

Transportation

Student parking stickers cost \$36 for 12 months, \$27 for 2 semesters and \$15 for one semester. The fee can be paid at registration or at the campus police station at the corner of Jersey and Houston Streets. If paid at registration, the student needs to bring his fee slip to the police station to pick up a parking sticker.

Shuttlebus passes are sold on a one-semester basis for \$20. As with parking stickers, the fee may be paid at registration and the passes picked up at the police station.

For the first time there will be no charge to register bicycles, a police department spokesman said. To register a bike, a student must report to the campus police station and fill out a card listing his name and address and the bicycle's serial number. The police will keep the card on file for five years so a student need only register one time while at the University.

Meal Plans

Meal plans are not limited to on-campus residents, Tom Awbrey of the Food Services Office said. Anyone can purchase any of the several meal plan options.

The University offers two regular board plans. The 7-day plan, which includes 20 meals a week at one of the dining commons on campus, costs \$455 per semester plus tax, Awbrey said. The 5-day plan which includes 15 meals a week costs \$407 per semester plus tax.

The fee should be paid at registration, but may be paid later in the Coke Building Fiscal Office, Awbrey said. Students should take their fee slip or payment receipt to one of the food service teams that will staff the dining halls during the first week of school. A food service representative will then validate the student I.D.

Students who do not want to buy an entire board plan can purchase a \$50 coupon book that entitles the bearer to eat at any of the dining halls. Coupon books are on sale at the Food Services Office in the Sbsia dining hall, Awbrey said.

Mail Boxes

Students can rent post office boxes at any of three post offices near campus. The Northgate office on University Drive rents boxes for six and 12 months at \$8 and \$16 respectively. The Redmond Terrace office at the corner of Jersey Street and Texas Avenue rents boxes for the same price and time period plus a \$1 deposit for a mailbox key.

The post office located in the MSC rents boxes at \$4 for 3 months, \$8 for 6 months, \$12 for 9 months and \$16 for one year plus a \$1 key deposit. A post office spokesman said students should try to rent their boxes early as the lines during the first week of school are very long.

Laundry

Any student may purchase the laundry plan. For \$59.50 per semester a student can get three shirts or blouses, three pair of pants or skirts, two sheets and pillow cases laundered each week. Again, the fee can be paid at registration or at the Fiscal Office in the Coke Building. Students should present their fee slip or receipt to one of the laundry substations near the dormitories to fill out an eligibility card.

If the laundry service is not adequate to meet a student's needs, he can get a pro-rated refund before Friday of the fourth week in the semester.

The laundry substations also provide laundry and dry-cleaning on a cash and carry basis.

Utilities

On-campus students can sign-up for a telephone at the General Telephone booth located on the first floor of the MSC. GTE representative Eleanor Grays said on-campus students do not have to put down a deposit nor are they charged a fee to have a phone connected.

Off-campus students needing a telephone should go to the GTE Phone Mart in the Culpepper Plaza or the AggieLand Inn, Grays said. If a student picks up a phone from one of these locations there is a connection fee of \$25; if a GTE service brings a phone to the student's residence the charge is \$30; and if the student already has a phone in his residence the connection fee is \$20, Grays said.

In addition to the connection fee, students who have not had GTE service in the past must pay a security deposit. The amount of the deposit varies and is based on the amount of long-distance calls the student makes each month plus the monthly service charge on the phone.

"If a student tells us he makes of long-distance calls each month, double that figure and add a monthly charge to get the deposit amount," Grays said. "Deposits run anywhere between \$20 and \$200."

A student can get the deposit waived by having someone with good credit rating with GTE sign a contract of guarantee, Grays said.

Besides a telephone, off-campus students also need to hook up electricity and turn on the gas in apartments and houses.

Lone Star Gas services Bryan-College Station area and office representative said new customers must come into the office, 201 E. 27th St. in Bryan to apply for service. There is a \$20 deposit new customers which is refunded with 6 percent interest after a year.

Students who already have an account with Lone Star Gas but are changing their place of residence can handle the transaction over the phone. There is no additional deposit for transferring customers; there is \$5 connect charge.

A Lone Star Gas representative said the number of students requesting service at the beginning of the semester probably would be two weeks after service is requested.

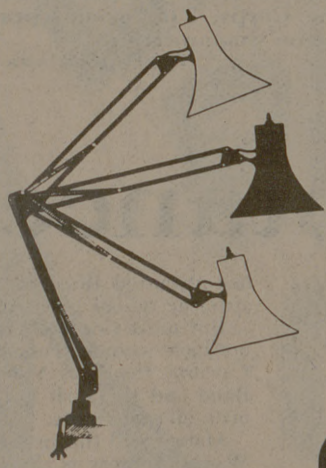
Students living in Bryan need electricity turned on to the Bryan Utilities office at 30 Washington St. to sign a service order. Jim Fagan of the Bryan Utilities office said that a utility deposit is required for new customers and with the location of the residence.

"Utility deposits usually amount about \$50 to \$120," Fagan said. "Students who already have an account with Bryan Utilities but are changing their place of residence must go to the office to sign a service order," Fagan said.

In College Station, students go to the city hall to have electricity turned on. Deposit for electricity is \$60 and the water deposit is \$10.

Students who already have an account in College Station but are changing their place of residence must go into the office to sign a new service order.

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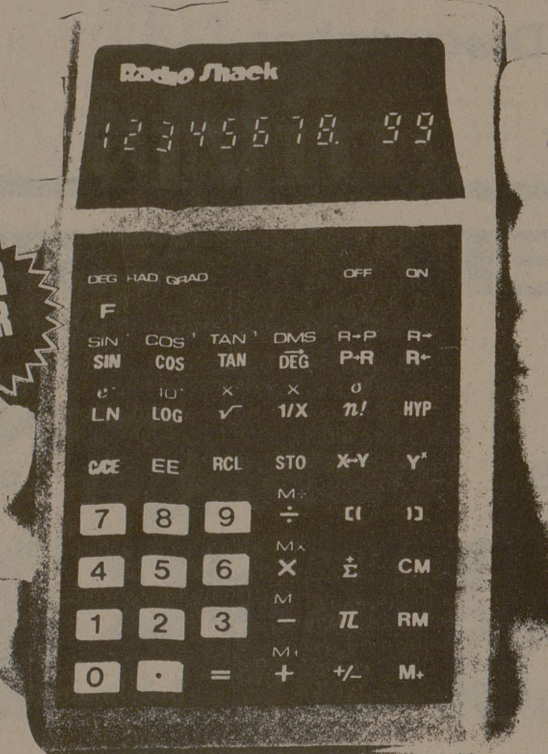
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Government says labels not helping consumers

United Press International

WASHINGTON — Government experts have decided the labels on most foods on store shelves are not really helping American consumers become shrewder shoppers or wiser eaters.

As a result, the Food and Drug Administration, the Federal Trade Commission and the Agriculture Department will hold hearings across the country later this year to ask consumers what they want on labels.

The hearings could lead to a major revision of labeling laws and new attempts to disclose nutrition information in a meaningful way in advertising.

Tim Hammonds, a researcher for the Food Marketing Institute, an industry group, reported recently

on a survey that shows some of the problems. Among other things, the poll disclosed:

— While interest in nutrition is high, most people don't want to bother to become experts on the subject.

— Only 25 percent of the population pays a lot of attention to nutrition and ingredient information currently on labels. The remaining 75 percent use the data only some of the time, or not at all.

— Efforts to use graphics, colors, charts and so on to simplify the information don't work.

— People definitely appear to want disclosure of ingredients by percentage of the total product, as consumer groups have been urging for years.

— Consumers don't want their

"fun foods" taken away from them by any finagling with the labels.

Hammonds also says the amount of information now on labels probably adequate but needs to be reorganized. He also says consumers do not want labels that editorialize about what's good, says they would rather make their own minds.

The FDA, USDA and FTC hearings began last week and scheduled Sept. 18-19 in Little Rock, Ark.; Sept. 27-28 in Washington, D.C.; Oct. 12-13 in San Francisco; and Oct. 25-26 in Boston.

FDA officials say a special effort will be made to get consumer opinion through publicity and direct contact with various groups.

Nutritional habits of children often better than their parents'

United Press International

CHICAGO — A physician says children often refuse to finish their dinner for a good reason — they have better nutritional habits than their parents.

"Children will eat a relatively hearty breakfast and lunch, but to get them to clean their plates after a large dinner is difficult," Dr. Murray Favus of Michael Reese Hospital says.

People should eat breakfast like a king, lunch like a prince and dinner like a pauper, Favus told a recent health workshop sponsored by the hospital's Medical Research Institute Council.

Favus, of the hospital's Department of Endocrinology and Metabolism, advised dieters to watch the eating habits of small children before they become conditioned to believe that dinner is the main meal of the day.

He recommended that the largest meal of the day be eaten in the morning or afternoon, before the most physical activity is expected.

Favus compared the body to a 5 million-year-old machine trying to function in the 20th century. He said that while people in general are much healthier, their environment and lifestyle have changed, causing

a reduction in the normal amount of physical activity.

Those who work eight hours a behind a desk must go out of the way to find activities that burn calories, he said. Air conditioning and heating have diminished the natural form of using up calories — the body's adjustment to temperature variations.

People also are tempted by a wider range of foodstuffs, many which stress convenience rather than nutritional value, Favus said.

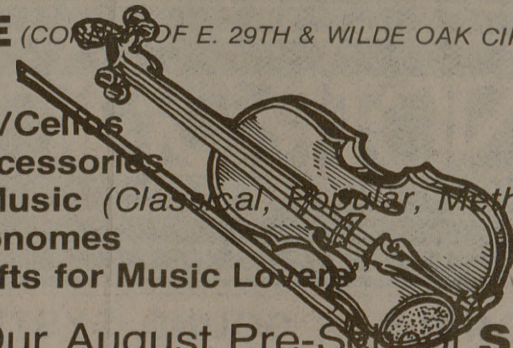
He said that to maintain weight, person should reduce his calorie intake by 2 to 5 percent during a year period.

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