

What's Up at Texas A&M

Friday

FIRST REGIMENT: Mixer will be held from 7 p.m. to 11:30 p.m. in the Quonset huts. All girls get in free.

CHI ALPHA CHRISTIAN FELLOWSHIP: A softball and watermelon fellowship will be held from 4 p.m. to 8 p.m. at Hensel Park #2.

EPISCOPAL STUDENT ASSOCIATION: The group will meet for Holy Eucharist and breakfast at 6:30 a.m. at the Canterbury House on 902 Jersey St.

HILLEL CLUB: Mr. and Mrs. Sol Klein will conduct Shabbat Services at 8 p.m. in the Jewish Student Center. Oneg Shabbat will follow services.

INTER-VARSITY CHRISTIAN FELLOWSHIP: Al LaCour will speak on what the Great Commission really means at 7 p.m. in 502 Rudder.

MSC BLACK AWARENESS: A welcome back party will be held from 8 p.m. to midnight at Rumours in the MSC Basement.

MSC VARIETY SHOW: Applications for committee member-

ship are available in 216 MSC at the secretary's island and are due by Sept. 10.

RELIGIOUS COUNCIL: An organizational meeting will be held Sept. 6 at 5:15 p.m. in the All Faith Chapel.

TAMU MARKETING DEPARTMENT: An open forum on retailing, co-sponsored by Dillard's department store, will be held from 2 p.m. to 3 p.m. Sept. 6 in 332 Academic and Agency building. A pre-recruiting seminar on careers with Dillard's will be held at 7 p.m. Monday in 308 Rudder.

Saturday

INTER-VARSITY CHRISTIAN FELLOWSHIP: A welcome picnic with food, football and volleyball will be held at 11 a.m. in the Canterbury House on 902 Jersey St. All freshmen are welcome.

Sunday

CAMPUS CRUSADE FOR CHRIST: Come see "Aggie College Life" at 7 p.m. in 601 Rudder and learn about traditions and starting the year off right.

Mobile homes on a roll

United Press International
NEW HAVEN, Conn. — Tony Pinto and his industry knows what it is to be discriminated against. He sells mobile homes and manages 18 parks in four New England states.

acceptable and affordable housing.

His small New Haven-based company plans to develop at a cost of \$1.5 million 112 half-acre sites, the wide open spaces by

most mobile home park standards. The wooded site, complete with sidewalks, will have a community building and a swimming pool. He expects to start construction next month.

For the better part of a year now Pinto has been meeting with officials in Colchester, trying to overcome "the basic stigma of all mobile home parks" so he can develop a showcase model in their rural town, 16 miles south of Hartford.

"They were open-minded," Pinto said.

His proposal for "Colchester Commons" was approved and amounted to the first zoning authorization since 1972 in Connecticut, a state desperate for

VAN TO:

**First Christian Church
(Disciples) Bryan**

LEAVES:

Commons — 9:15
Northgate Post Office — 9:20
Dr. John Hoyle, Church School Teacher
Mike Miller, Campus Minister 846-1221

Teachers in Dallas go to class to learn the basics of fitness

United Press International
DALLAS — Teachers in the nation's eighth largest school district are learning to manage stress by a unique fitness program that could save taxpayers \$1 million annually.

It's called the "Aerobics Fitness and Stress Management Program" and it's being offered to the 12,000 employees of the Dallas Independent School District in cooperation with Dr. Kenneth Cooper's Aerobics Center.

"Everybody thinks we they have a stressful occupation and we all suffer stress, it's a fact of life," said Dr. Tom Collingwood, director of continuing education at the Aerobics Center. "I'll admit that we learned this year that teaching has got to be one of the highest stress occupations."

The 16-week initial program and year-round maintenance plan resulted from a successful pilot project last spring that showed handling stress becomes easier as physical fitness improves, Collingwood said.

School officials estimate that district-wide, improved health will result in reduced absenteeism and lower health care costs and program could save tax-

payers \$1 million annually. Collingwood said most people's stress levels drop as they become tired. And exercise improves your energy level and ability to deal with stress, he said.

The Dallas school district contributed \$250,000 to the program this year because they were faced with skyrocketing health care costs and wanted to improve the district's morale.

"They've demonstrated a real commitment to the teachers and they understand, and I believe this, it will be filtered down to the kids," he said.

Robbie Collins of the DISD said more than 2,500 teachers and hundreds of their spouses signed up for the new program in the first three days.

Sign-up for the program costs DISD employees \$120 and spouses \$225 annually. Officials say the combined worth of all they receive is \$2,000.

"Even if it was totally funded, we feel participants should contribute something for their own motivation," said Collingwood.

The program is an eight-step course over 16 weeks that begins with medical screening and a fitness assessment.

Each participant receives in-

dividual exercise and diets designed to improve the body's ability to use oxygen. Activities such as walking, jogging, bicycling and swimming are recommended.

They also receive weekly feedback, after-school group exercise sessions and education programs.

At the end of 16 weeks, each

participant receives a post-fitness assessment and a maintenance program for the rest of the year.

DISD and Aerobics Center officials say they tried to design the program to combat the high rate (70 percent) of adults who drop out of an adult fitness program within six months by dealing with total lifestyle.

FREE INTRODUCTORY LESSONS

Learn to Square Dance with Aggie Allemanders

Monday, Sept. 6 — 7 p.m.-9 p.m.
#137 MSC

Monday, Sept. 13 — 7 p.m.-9 p.m.
#212 MSC

If you already know how to dance, the club meets at 9 p.m. both nights.

COME JOIN THE FUN!

DELTA TAU DELTA FALL RUSH

Friday, September 3
Beach Party
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For info, call 779-7550

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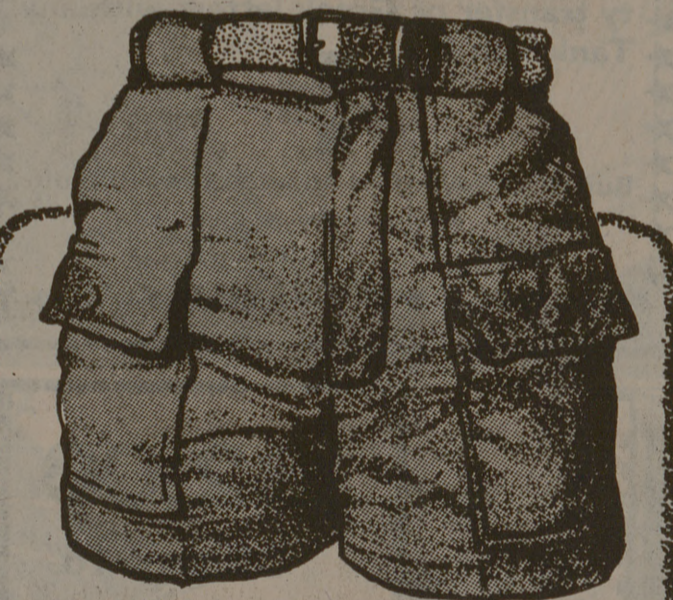
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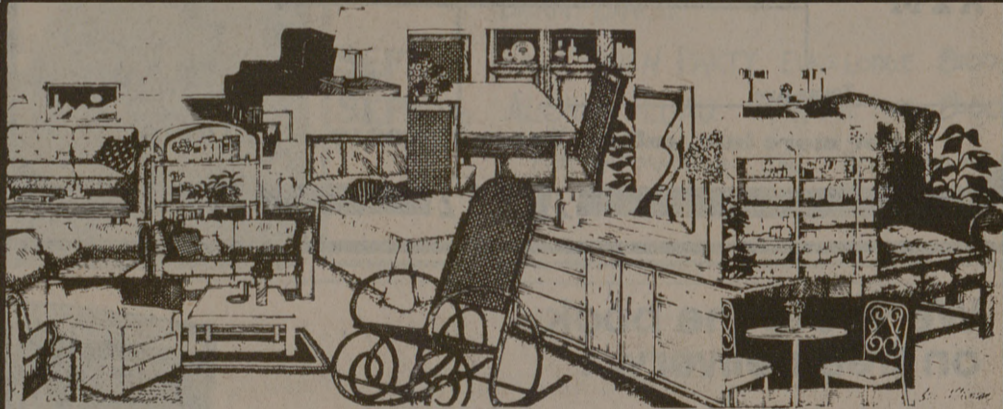
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