

Aerobics programs available

by Jamie Hataway
Battalion Reporter

In a fitness-conscious effort to escape from the strains of work and studies, many people have turned to aerobic exercise. Texas A&M offers aerobic exercise programs for anyone interested in a better-toned body or in need of relaxation.

One place to look when searching for a good program is the Texas A&M Aerobics Club. This club offers classes for faculty, staff, students and the community and provides different level courses for varying levels of athletic ability and fitness.

"We try to provide a well-rounded fitness program," Rusty Higham, aerobics program coordinator at Texas A&M, said.

Those trying aerobics for the first time probably need to check

into the noon aerobics or evening aerobics class.

Promotion of flexibility and muscle tone is the goal of these indoor exercise classes, providing a slow pace to allow improvement of cardiovascular fitness, not inducement of a heart-attack, Higham said.

Backsliders who have been in decent shape within the past year but need re-conditioning should enroll in the evening "Not Ready for Prime Time Movers" class.

This class has the same emphasis as the other two but is a dance class with a faster pace.

The evening body dynamics class is for people who are ready for big-time action. No beer-bellies in this one, folks. This is a vigorous exercise program with dance and strenuous body

toning all to the tune of modern music.

The evening aerobic swimming and water exercises class is a two-in-one program in which a person can choose between aerobic swimming distance workouts or water exercises increasing flexibility and muscle tone.

The aerobics club programs are taught by students enrolled in an exercise technology option in the health and physical education department.

Classes are \$15 to \$25 for 10 weeks of exercise. The health and physical education department can be contacted for information.

Graduate students who have run short of money but desperately need to get out of the labs, libraries and offices, are in luck

if interested in aerobic exercise.

Donna Jean Anderson, secretary of the graduate student council, instructs a free aerobics class for graduate students.

Anderson started the class at the beginning of last summer, but because no one knew about it, not many people attended. Now more than 50 people are signed up for the class.

Anderson, a third-year graduate student and research assistant in the chemistry department, said at first most of the people in the class were from the chemistry department, but now people from many departments are attending.

"The purpose of the Graduate Student Council is to provide social activities for graduate students and let people meet others outside their own department," Anderson said.

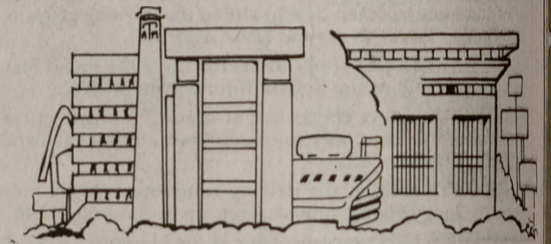
"It's (aerobics exercise) is a good way for these students under pressure to get away and clear their minds," she said.

Anderson doesn't charge a fee because she said teaching the class is a good way for her to stay in shape and she enjoys doing it. Her class is designed to provide exercise for people with varying fitness levels.

Ken Fredeen, president of the graduate student council who also helps Anderson lead the class, said the class allows the beginning aerobics exerciser an easy way to learn the patterns and exercises, while at the same time giving more advanced people a good workout.

Workouts are at 7 p.m. on Tuesdays and Thursdays in 263 G. Rollie White Coliseum.

Around town



Cycling team competes at Baylor

The Texas A&M Cycling team competed in the Waco 500, an 18 mile criterium on a course around Baylor Stadium on Sept. 17. Frank Scurlock won the category 4 race. Mike Saunders, a post-doctoral fellow, placed third in the category 2 and 3 race. Nic Maffei, eighth place finisher, won the only prime. The team will hold practice criteria each Sunday at 4 p.m. in the Post Old Mall parking lot. Anyone interested in the cycling team can call Cycles Etc. at 846-2453.

Student groups must be recognized

Friday is the last day student organizations can file to be recognized by the University. All groups must complete a signature card and update their constitutions in order to be recognized as a student organization and to take advantage of the benefits of a recognized organization. Signature cards — records of the officers and activities of a group — can be obtained in the Student Activities Office, 208 Pavilion. If an organization elects new officers during the year, a new signature card must be completed.

End of orders, Q-drops, Who's who

Friday marks the deadline for seniors to order graduation announcements for December. It also is the last day students may Q-drop courses this semester and Who's Who nominations close at 5 p.m. Friday.

Bohemian Fest brings culture, fun

The Brazos Bohemian Fest, a fall folk festival patterned after the Octoberfests in Washington-on-the-Brazos and the Wursterfest in New Braunfels, will be held Saturday at Central Park in College Station. Beginning at 10 a.m. and lasting until midnight, the festival will feature authentic German food and cold beer catered by Fish Richard's, games and activities, five bands scheduled to play all day and even some dancing. It's sponsored by the College Station Parks and Recreation Department.

To submit an item for this column, come by The Battalion office in 216 Reed McDonald.

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Book contest to choose outstanding collection

by Clara N. Hurter
Battalion Reporter
Booklovers, it's time to inventory your collection and enter it in The 11th Annual Student Book Collectors' Contest.

The contest is being sponsored by The Friends of the Texas A&M University Library, who work to help Texas A&M libraries provide better service to students, faculty, staff and others.

Anyone can be a member of

the friends, Donald Dyal, executive secretary of the group, says.

The book collection contest idea came to the Friends more than 11 years ago, Dyal said.

Dyal is a permanent member of the contest committee. All other committee members serve only once, he said.

To enter the contest, which is open to all students, an entry form, a bibliography with explanations about each book and a

statement describing the collection should be submitted personally to a member of the contest committee in the Sterling C. Evans Library. The deadline for applications is Oct. 28 at 5 p.m.

The judges, two from Texas A&M and one from the Bryan-College Station area, will look for a unifying theme in the collections and see if students thoughtfully chose the books.

"A well put together bibliography is what the judges look for," Dyal said, "and second is the concept of the collection — the theme."

A preliminary judging based on bibliographies and statements is scheduled for Oct. 29 and 30. Final judging is scheduled from Nov. 7 to 11 in the special collections area on the second floor of the library.

The winning book collections will be displayed in the cases on the first and second floors of the library for two weeks following the awards ceremony.

At the ceremony, 10 awards of \$100 each and two honorable mention awards will be given.

To enter the contest, a student must have 25 books with a unifying theme.

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All Tents in Stock on Sale	
North Face Syn. Sleeping Bag 117 ⁵⁰ 89 ⁵⁰	
Trailwise Framepack 159 ⁰⁰ 89 ⁰⁰	
Kelty Framepack 163 ⁰⁰ 119 ⁰⁰	
Peak 1 Stove 49 ⁰⁰ 39 ⁰⁰	
Shirts	Shorts
Polo Knit 25 ⁰⁰ 15 ⁹⁵	Billy Goats 25 ⁰⁰ 15 ⁰⁰
5/8 All Cotton Woven 29 ⁵⁰ 19 ⁵⁰	Stand-Ups 29 ⁰⁰ 22 ⁵⁰
All 5/8 T-Shirts on Sale	Cordury Rugbys 19 ⁹⁵ 12 ⁹⁵
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	Chamois Short 15 ⁰⁰ 10 ⁰⁰
Sunglasses	Multiple Purchase Special
Vaurnet, Ray-Ban	Buy any combo of 4 or more
All Sunglasses On Sale	and take an extra 10% off total.
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Durabeam	Flight Bag 66 ⁰⁰ 29 ⁹⁵
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	Garment Bag 128 ⁰⁰ 89 ⁰⁰
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♀ Pivetta Hiking Boots 150 ⁰⁰ 99 ⁰⁰	
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♂ RocSports 65 ⁰⁰ 55 ⁰⁰	
♀ 38 ⁰⁰ 29 ⁰⁰	
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Wolverine Wellingtons 89 ⁰⁰ 49 ⁰⁰	
Wolverine Sandals 35 ⁰⁰ 19 ⁰⁰	
+ Chinese Slippers & many other shoes	
Swiss Army Knives	Books
Pathfinder 12 ⁵⁰ 6 ⁹⁵	10% to 50% off all titles
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