

Wellness network helps with aspects of health

By MARY ANGELA LEBLANC
Reporter

Health and wellness are not just physical, says Eric Hunter, assistant director of Intramural Recreational Sports. Other aspects to a person's wellness are social, emotional, spiritual and intellectual health, he said.

The Student Wellness Network was started last year to help students, faculty and staff help themselves in each of these aspects, Hunter said.

"We are trying to direct them to the proper sources," Hunter said.

Through the network, students learn about student services available to help them with different problems in each aspect of health.

The network also promotes a positive attitude toward wellness, Hunter said.

Another service the network provides is an individual wellness assessment, which is taken through the health and physical education department.

Hunter said this written evaluation costs \$10 and recommends a specific lifestyle for the individual. He said the results may suggest a change in eating habits, or a change in mental, social, spiritual and physical lifestyles.

"We feel wellness falls in every aspect of academic work," Hunter said.

Originally a committee of faculty and staff ran the network, but it then was handed to students to operate as a service organization. The service organization is located in the Pavilion.

The service organization did have a WELL-LINE that students could call to seek help for their problems, but until the network gets reorganized this service has been cancelled.

Hunter said there has been a shortage of student volunteers this semester.

No requirements are needed to help with the network. Hunter said anyone interested in working with the wellness network should contact Charlotte Gibbons, chairperson for the advisory committee to the wellness network.

The Student Wellness Network is administered through the division of health education in the Department of Health and Physical Education.

Scientists use air pressure to pump water from aquifer

By JOHN MAKELY
Reporter

Water researchers in Texas are developing a method to increase the available water in the Ogallala Aquifer, the dwindling groundwater reserve relied upon by the high plains and much of Texas.

In a project supported by the Texas Department of Water and the High Plains Underground Water Conservation District, scientists are working on ways to use air pressure to increase the amount of water that can be pumped out of the aquifer.

"The Ogallala should last at least another 50 to 60 years," said Dr. Donald Reddell of the Texas Agricultural Experiment Station at Texas A&M.

There is no need to panic, Reddell

said, because when it does run out it will have been a gradual drop in the annual amount of water supplied by the aquifer, signified by increasing water prices.

Dry-land agriculture, much like that present before wide-spread irrigation in Texas, would replace the present system. In this way the Texas economy will not suffer as greatly as is reported, he said.

"Once the technique is developed it could significantly increase the amount of water recovered and could benefit many other aquifers worldwide," Reddell said.

The technique is similar to secondary recovery techniques developed by petroleum engineers in which air, gas or water is used to squeeze out extra oil.

An additional 293 million acre-feet of water might be available from the Ogallala by using the technique, which "almost doubles the present 375 million acre-feet of water in the aquifer," Reddell said.

The scientists involved with the project, including Wayne Wyatt, the High Plains Water District manager credited with developing the concept, estimate that applying two or three pounds per square inch of pressure may result in a 20 percent increase in water yield over that obtained by gravity alone.

Reddell said the technology will cost only about \$50 per acre-foot of water released, "which is economically feasible for farmers and irrigators."

Man charged with murder of four wants confession kept from jury

United Press International

RICHMOND — The defense attorney for a man charged with killing four people and wounding another in a southwest Houston home asked a state district judge to suppress his client's confession Wednesday.

Judge Charles Dickerson said at-

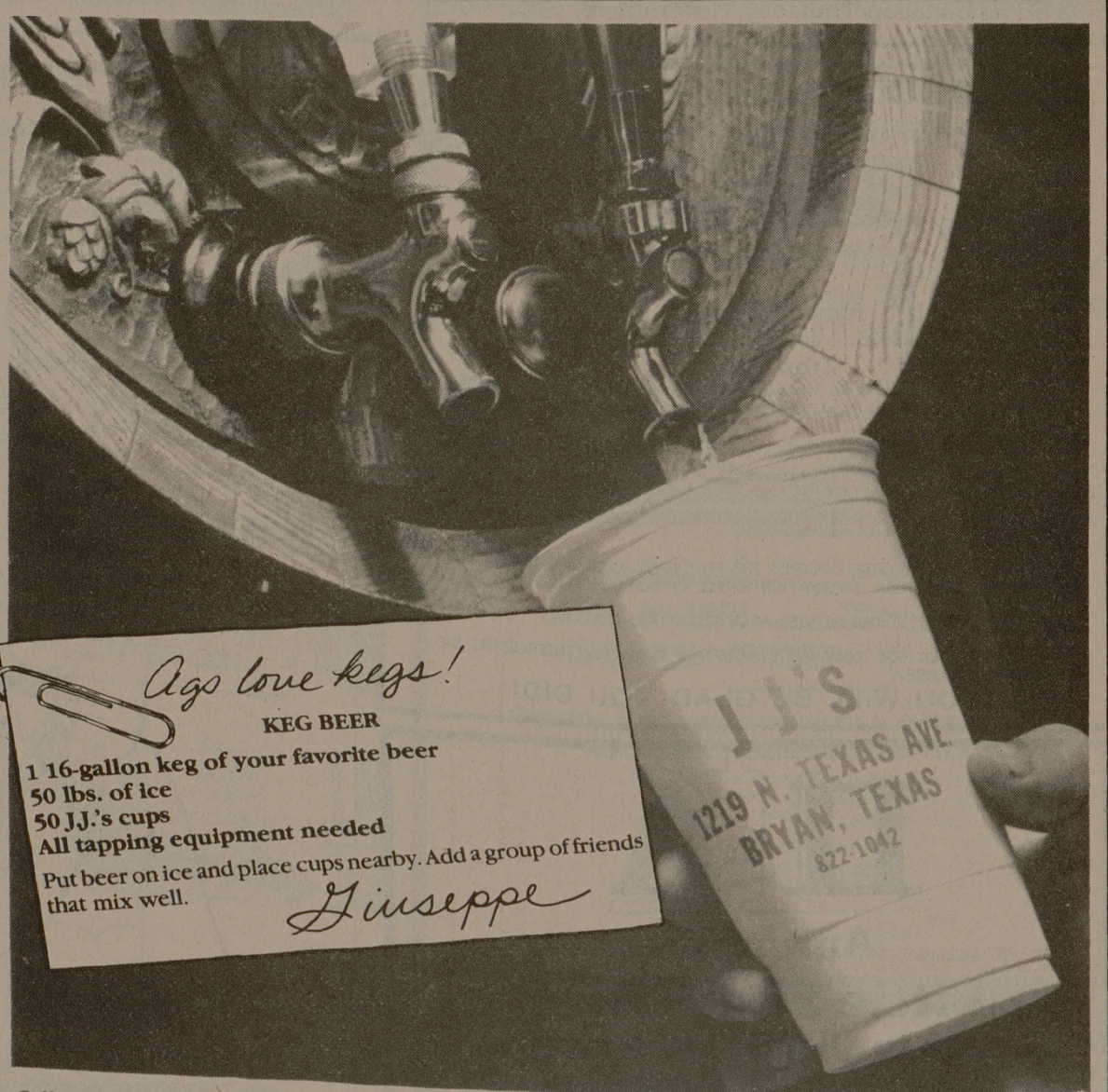
torney Steve Rosen asked that the confession of Charles Edward Goosby, 34, be kept secret from the jury.

Goosby is charged with four counts of capital murder and one count of attempted capital murder in the Sept. 13 shootings. All five victims were shot in the head, including

a 3-year-old girl found dead in a closet with her mother.

Jury selection will begin Jan. 7 for the trial scheduled to begin Jan. 9.

Goosby was indicted by a Fort Bend County grand jury in the shootings. The surviving victim, Jesse James Lewis, 35, has identified Goosby as the assailant.



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 Flyover, Confederate Air Force Aggie Wing

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