

# inside

Dear Readers:

Due to production problems, the bylines were inadvertently omitted on two stories in last week's At Ease. Staci Finch wrote the main story on student money, and Jenny Hines wrote the article on applying for a credit card. Our writers and reporters work hard, and certainly deserve credit for their efforts. We regret the oversight.

As always, At Ease attempts to provide you, our readers, with some food for thought. This week, we've taken this goal a little more literally and have given you lots of thoughts on — you guessed it — FOOD! Although it is of utmost importance to the college student's mental, as well as physical growth, many students do not practice good eating habits. Some students don't even know what good eating habits should be!

For this reason, we've focused our main story on the typical student diet, or rather lack of diet. Included are things you should know about nutrition — what to eat, what vitamins are important, the effect of good nutrition on your studies.

On a slightly more humorous note, we've also included a selection of recipes from campus celebrities, along with explanations. Although Reveille did not contribute his preferred brand of dog food, you will still find this article of interest.

Finally, our Aggienizing Answers column this week asks students what they think of the TAMU food services program. Along with the responses, you will also find an explanation of the services available.

Okay, guys, we're going to ask you nicely one more time. Unless you send in your attention!! page submissions, we will have to discontinue this service. When we last asked your opinion of this page, you said you wanted to keep it. But without your help, this page will go down in history as yet another At Ease attempt fouled by the apathy of a society of unimpressonable, self-centered students. (How's that for a strong appeal?)

So eat hearty, try some of these nifty recipes and submit! submit! submit!

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## The student diet \_\_\_\_\_ 8

Did you know that eating nutritionally could be as simple as adding a glass of orange juice and a carrot to your daily diet? Did you know that milk is more likely to wake you up than to help you get to sleep? For fascinating facts and helpful information on the typical student diet, turn to page 8.

## Favorites' favorites \_\_\_\_\_ 6

We've gone snooping in some prestigious kitchens and come up with an interesting assortment of recipes, ranging from Mrs. Vandiver's "Lost Bread" to Jackie Sherrill's favorite chocolate chip cookies. Even if you don't like to cook, some of these recipes make interesting reading.

## Aggienizing Answers \_\_\_\_\_ 10

Texas A&M's Department of Food Services is ranked among the best in the country. But how good is the food, really? This is the question we posed to our readers this week, and we got some interesting responses.

## Movie review \_\_\_\_\_ 4

Tom says "The Principal," an early release of the fall film season starring James Belushi, could prove to be one of the best films of the year. Turn to page 4 to see why.

## Album review \_\_\_\_\_ 4

R.E.M. will perform on campus on Nov. 19. In anticipation of the band's visit, Tom takes a look at R.E.M.'s newest album, "Document." He says that it could be a great album if most of side two was left off. Turn the page for the rest of the scoop.