

**Wrong way?**

A car seems to be going the wrong way on Ireland Street. The construction on the new parking garage had closed the northern half of the street. The only way to leave is by going the wrong way.

**Students say giving tours of Texas A&M rewarding**

By Fiona Soltes  
Reporter

Ever wonder what the real name for the Fish Pond is? Or where on campus the first BEVO was butchered? Texas A&M campus tour guides know the answers to these questions and more.

Trae Bush, a sophomore geophysics major, is one of the tour guides employed by the Office of School Relations to direct visitors around the campus.

"Our job is mainly to show people the different facets of the University and what it has to offer them," Bush said. "We want to help make the transition (between high school and college) easier."

Bush said there are different groups of people that come for the tours: incoming freshmen, general visitors, like Brownie troops and senior citizens, prospective students and former students.

"The tours are a lot of fun, especially with the old Aggies," he said. They generally come in the fall, with the football season, to see how the University has changed and where it is going.

"They have a lot to teach us, too. In the summer, though, most of the tours are for prospective students and their parents."

Greg Gorman, another guide, said he prefers leading tours for individual prospective students and their parents.

"If the student is truly interested in coming to A&M," the senior economics major said, "they will ask questions that let you present the whole spectrum of the University. These questions range from the parents asking how hard it is to study to the students wondering what extra-curricular activities the University has to offer."

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— Trae Bush, tour guide

The tours are arranged ahead of time through the Office of School Relations, based at the Rudder Tower Information Center. But Bush said walk-ups are always welcome to join one of the tours.

Bush said the tours follow a general route but may vary each time. He said his tours always include the MSC, the bookstore and gift shop, Fish Pond (Prexy Fountain), Sbis Dining Hall, the Military Walk and the Academic Building.

"This tour gives me the chance to talk about Sully (the Lawrence Sullivan Ross statue), the Silver Taps flagpole, Muster and the Twelfth Man. When people see how we treat our former students, it helps them realize the old adage, 'once an Aggie, always an Aggie,' is true," he said.

On rainy days, the tours include a view of the campus from Rudder Tower but focus mainly on the MSC, he said.

Visitors are shown wood carvings and a 7-minute film in Rudder Tower to help explain A&M's traditions and sum up the walking tour, he said.

Bush said he learned a lot of the

information used in his tours from an information packet he was given when hired.

"Of course you use the information you already know about the University," he said. "But we have to be sure of our facts. Hearsay may be incorrect."

But every once in a while comes a question that the guide can't answer. "Most of the questions we can't answer concern housing," he said. "It's better to not give an answer than to give a wrong one, so I go by the YMCA to show them who to ask."

Bush said he also has difficulty dealing with personal questions while on the tour.

"You have to think twice about your answer, like if someone was to ask for your phone number or where you live," he said. "As a guide, you are a propagandist for the University. How I react to any questions as a representative alters not only how the whole group receives me, but also the University."

But in learning how to answer any question that might be asked, tour guides learn more than just information about the University.

Laura Rabun, a senior elementary education major, said being a guide has been the perfect way to meet people while improving her social skills.

"Before I was a guide, I really had problems talking in front of people," Rabun said. "But now I find myself more open."

Barbara Graham, another guide, agrees.

"The job has strengthened the skills I learned in class," the senior speech communications major said. "I'm a lot more able to apply them one-on-one. I think we've all learned the flexibility needed in dealing with any person in any situation."

**Exercise can offer benefits if done in correct, safe way**

By Laura Miller  
Reporter

If you aren't caught up in the physical fitness craze that has swept the nation, perhaps it's time you did.

A 10-year study done by Dr. Ralph Paffenberger at the Stanford University School of Medicine, suggested that people who are physically fit and exercise regularly are at significantly lower risk for cardiovascular disorders.

Aerobic exercise and other cardiovascular activities increase the body's demand for oxygen so the heart must beat faster to meet the demand. The heart is strengthened and develops a stronger beat, and therefore doesn't need to beat as much to spread the same amount of blood.

Exercise has risks as well as benefits, and to minimize the risks, you must choose your activities wisely, learn proper techniques, observe safety precautions and be sure that your body is in shape to handle the added stress.

"The prerequisite for any type of fitness program should be a physical performed by a physician to be sure there are no underlying health problems that may place a person at a risk of injury," said Kathy Langlotz, program director at Aerofit Club and Activity Center in Bryan. "We find that most people coming through here have never had a physical and that can create problems in the long run."

Langlotz suggested that after you

get a physical, you should have a fitness evaluation done by a trained analyst before beginning a regular workout program. Any activity can be done by anyone as long as it's done reasonably.

Listening to your body when it hurts and giving it a break during that time is important to staying healthy. Pain is a sign that something is wrong and should not be ignored. Alternating your activities to allow some muscles to rest while exercising others is a good way to ensure that you aren't overdoing it, she said.

It's important to do the activities that you enjoy because you are more likely to do them regularly. To continue enjoying your exercise, preactivity warm-ups and postactivity cool-downs and stretches can help avoid any pain or injury caused by overexertion. Stretching reduces muscle tension and makes the body feel more relaxed.

Dr. Herbert deVries, exercise physiologist at the Andrus Gerontology Center at the University of Southern California in Los Angeles, said proper stretching is done slow and easy. Never bounce when stretching because microscopic tears that shorten the muscle can occur. Correct stretching he said, should not hurt, nor should your muscles feel stiff and sore later.

The kind of stretches best suited for you depends on the activity you choose. Runners need to stretch the lower back, the back of the thighs and calves, and the inner thighs.

Tennis players should stretch the muscles in the upper back, shoulders and neck, as well as the leg muscles.

DeVries said the warm-up has three purposes: to prevent cardiovascular problems, to prevent joint and muscle problems, and to improve performance. A cool-down, or postactivity stretching, is important because ending vigorous exercise suddenly can interfere with the circulation to your heart and possibly cause it to stop working.

The American Academy of Dermatology recommended that you wear lightweight, loose-fitting clothes made of "breathable" fabrics when exercising. If you're planning an activity that involves heavy sweating, wear absorbent clothes such as cotton T-shirts and sweats. Change into dry clothes as soon as possible after exercise.

Bobby Oberbeck, a salesman at 24 Hour Gyms of Texas in College Station, said diet is the determinant of how quickly noticeable results from exercise will appear.

"The key to any fitness program is a balance between exercise and nutritional, low-fat meals," he said.

Oberbeck suggested taking a multivitamin every day as a dietary supplement since many low-calorie diets don't have the needed vitamins and minerals. He recommended a diet that is high in carbohydrates and protein.

"Never skip a meal," he said, "and drink at least eight glasses of water every day."

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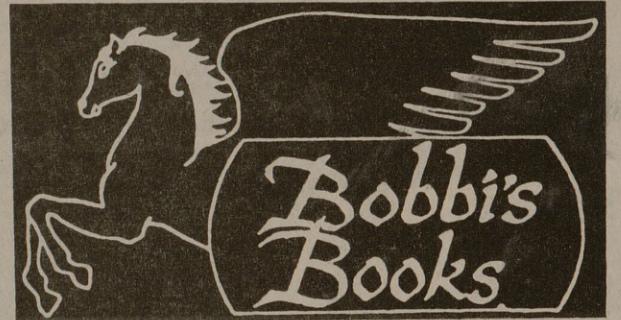
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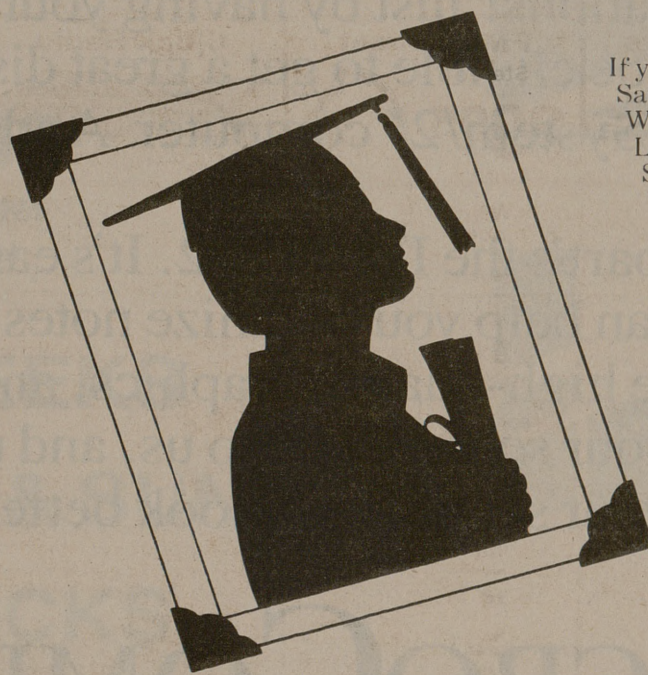
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