

Toning tables help patrons lose extra inches, not weight

By Jodi Drake
Reporter

Inch by Inch Tan and Tone has brought new meaning to the word "exercise."

Inches, not weight, can be lost on toning tables, receptionist Tracy Dean, a junior physical education major, said.

Inch by Inch uses isometric toning tables that are similar to Nautilus equipment, but they work in reverse, she said.

"With Nautilus, you do the pushing and pulling, but on isometric tables, it does the pushing and pulling and you resist," Dean said. "And the more you put into the machines by resisting, the more you get out of them."

The resistance-exercise concept was developed in the 1940s by Dr. Bernard Stauffer as a treatment for a polio-stricken family member.

The treatment was used for polio victims and those suffering from arthritis and muscular diseases.

When inch reduction became evident after treatment on the machines, Stauffer opened "vanity salons" around the country, she said.

The isometric toning tables help to tone and firm the muscles — not build them — by isolating and exercising all the major muscle groups with 500 to 1,000 repetitions per table per session, Dean said. The exercises also help to break down cellulite.

Dean said that customers are invited to come in for free four-minute demonstrations on all seven exercise tables. Customers who decide to start the program are measured (around the waist, abdomen, bust, upper and lower thighs, and arms) and goals are set for them according to a height/weight chart.

"At first, we want them to come in about two or three times a week," she said. "One session of eight minutes on

each of the seven different machines equals one hour of calisthenics."

The table names are: the leg-lift table, stretch table, sand bag table, leg table, circulation table; waist, tummy and hip table and side bend table.

"After the seventh visit, we measure them again to see if any inches have been lost," Dean said. "Everybody I've measured is losing inches and they keep coming back. One lady has lost seven (inches)."

After the customers' goals are achieved, they can cut down the number of visits and just maintain what they've lost, she said.

Dean said that much of Inch by Inch's clientele is in the 30-45 age group, but that more college students are beginning to try the exercises.

"It's a great place for people to come that don't enjoy running or can't (run)," Dean said. "It's a nice, quiet, relaxing atmosphere."

One toning session costs \$8.

A&M engineers make concrete racing canoes

By Jeffrey L. Jones
Reporter

Everyone knows concrete cannot float, right? However, Dale Roberts and the Texas A&M concrete canoe team do not subscribe to that belief.

Roberts, a senior civil engineering major, is chairman of the team that not only builds concrete canoes, but races them at least twice a year.

"The military has many multi-ton battleships that float," Roberts said. "So, why shouldn't a concrete canoe float?"

It's not a matter of weight, but how much water the boat can displace, Roberts said.

The canoes are built with cement that has been mixed to a specific weight and formed into a canoe shape. Each canoe costs about \$200 and is funded by the American Society of Civil Engineers.

After the canoes have been constructed, they are tested to ensure they will float. If the canoes do not float well enough, Roberts said, foam may be added to make them more buoyant.

Many schools around the state make and race the concrete canoes.

"We compete with other schools like the University of Texas, University of Houston, Texas Tech," Roberts said. "Almost any school with a civil engineering department and a

registered chapter of the American Society of Civil Engineers has a concrete canoe team."

Roberts said the team participates in one official competition each semester. Texas teams met for the fall competition earlier this month in Bryan. The women's team finished in first place. The men's and the coed team finished third in their competitions.

Roberts said the canoes are judged on appearance, a construction report and the race.

"The fall competition is like a warm-up for the spring," Roberts said. "In the spring the first place winner of the Texas section goes on to a national competition sponsored by Masterbuild Corporation."

Roberts said that the winners of the national competition win a \$5,000 scholarship for their school. The second place wins \$2,500 and third place wins \$1,500.

The races are for two-person teams. In the Texas competition, the teams race less than one-half of a mile, Roberts said.

He said the national competition consists of a sprint race with obstacles and a separate distance race.

In addition to the official races, the teams can participate in open competitions like this summer's "Anything Can Float" contest.

The team has about 30 members, all of whom are civil engineering majors and ASCE (American Society of Civil Engineers) members, Roberts said.

Cadet escort service helps protect women

By Patti Easterling
Reporter

Providing escorts for Texas A&M women has been a long-standing tradition of the Corps of Cadets.

With an increasing number of escorts being requested, the Guard Room escort service has asked junior and senior members of the Corps to volunteer their time when additional escorts are needed.

According to Steve Robertson, a senior aerospace engineering major from Houston and Corps operations officer, the program was established to help meet the increasing demand for escorts.

"The demand for escorts has increased, mostly out of concern for the increasing number of rapes," Robertson said.

The program is limited to junior and senior members of the Corps primarily to give the underclassmen more time to study, he said.

Robertson said volunteers submit their name and telephone number and the list is kept in the Guard Room.

Members of the Corps working in the Guard Room refer to the list when addi-

"The demand for escorts has increased, mostly out of concern for the increasing number of rapes."

— Steve Robertson

tional escorts are needed.

"Since it works on a voluntary basis, we have had only good responses because these are the people that want to do it," Robertson said.

People who are currently using the escort service should not notice a change in the system.

"The guys still wear uniforms so that they can be easily identified and hopefully the only change will be that the escorts will be more readily available," Robertson said.

John Calahan, a senior agricultural economics major from Nacogdoches and commander of Company B-2, said that

adding more volunteers was a much-needed addition to the escort service.

"I think it's a good idea because when my company was working the Guard Room, we spent the majority of the time running escorts when we also had a lot of other things to do," he said.

"When the Guard Room is completely staffed it only has five people who have to answer the phone, make sure all the doors are locked, run the escort service and still do other things," Calahan said. "It was just too much for five people to handle."

Students who use the escort service say that they also think the additional escorts will be beneficial.

Becky Carwile, a junior secondary education major from Houston, said the escort service is impressive.

"These guys are volunteering their own time and that shows that they're really concerned about us," Carwile said. "That says a lot about the Corps and about Aggie spirit."

The Guard Room operates the escort service 24 hours a day, seven days a week and can be reached at 260-6471.

Kidnapping spree ends with Texas man's death

EUFAULA, Okla. (AP) — Jailers delivering breakfast to prisoners Monday found a Texas man, arrested in a kidnapping spree, dead in his cell, McIntosh County Sheriff Bobby Gray said.

Oklahoma authorities arrested Harvey Dale Webb, 41, of Balch Springs, Texas, and his sister, Joyce Webb, Sunday night on aggravated robbery and aggravated kidnapping warrants from Texas.

Police say the two kidnapped four people during a 32-hour crime spree in three Dallas suburbs. One of the kidnap victims was released Sunday night after having been held for 27 hours.

Gray said Webb hanged himself with his socks tied to cell bars. An investigation of the death continued Monday afternoon. Gray said Webb's body would be sent to the state medical examiner's office in Tulsa for an autopsy.

Gray said his officers had no reason to believe when they jailed Webb in a cell by himself that he would kill himself.

Gray said his office was awaiting more information from Texas authorities

on charges against Joyce Webb, who is from Ward, Ark. He said she probably would go before a judge in McIntosh County on Tuesday.

Police in the Texas cities of Garland and Plano named Webb and his sister in warrants on aggravated robbery and aggravated kidnapping charges. Richardson police issued a warrant against the two on an aggravated kidnapping charge.

Police said Sunday that Webb was on parole for aggravated kidnapping.

Jason May, 20, of Duncanville, was abducted at a Richardson park Saturday afternoon and held for 27 hours. May was freed unharmed when police arrested the Webbs on a highway in rural eastern Oklahoma.

Police said they think the crime spree began around noon Saturday in Garland. A Garland woman and her child were abducted from a car wash, and the victim's car was taken. The mother and child were freed unharmed just outside of Garland, police said.

Next, a woman was kidnapped and robbed at gunpoint at a Plano shopping center, police said.

"I don't know what happened, whether something went wrong during the robbery or they got spooked, but they forced the woman into her car and drove off," Capt. Larry Zacharias of the Richardson Police Department said.

The abductors drove to a Richardson park, where they told the woman to lie down in the car and keep quiet, Zacharias said. They left the car, and came upon May, who was reading a book in his car.

May was waiting for his girlfriend, who lives near the park, when he was abducted, police said.

McIntosh County sheriff's deputies and Oklahoma Highway Patrol officers arrested the brother and sister a short time after a gas station attendant, who had been alerted by police to watch for May's credit card number, notified police that the two had used May's gas credit card.

Police said the FBI traced the second of two calls May placed Sunday to his father to a phone outside Henryetta, Okla. May had called earlier to say he was going out of town on a trip and would be home soon, police said.

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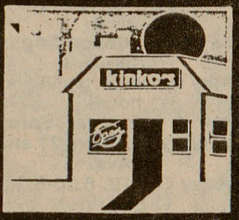
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