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*Fashion, health
 Lower high heels'
 prestige this season*

By SANDRA AVANT
 Special to The Battalion

High heels are staying down this fall, perhaps because more women are unwilling to pay the unfashionable price of risking their health. Low-heeled shoes and boots in earth tones are the popular choices for fall footwear and that's a healthy trend, says Alma Fonseca, clothing specialist with the Texas Agricultural Extension Service.

"Any shoe with a heel higher than one inch is detrimental to the health of your feet, ankles, calves, knees and back," she said. "The higher the heel, the more harm can occur."

It's no secret that wearing high-heeled shoes can cause poor posture, backaches and even loss of foot function. Problems with the shoes stem from the lack of space in the toe area. The cramped quarters squeeze the foot and may lead to corns, bunions and ingrown toenails, she says.

Some doctors advise people who have problems with ingrown toenails to wear shoes that are round at the toes, allowing toes to spread out naturally in the shoes. But nearly all high heels are pointed and pointed shoes can cause toes to be cramped leading to serious foot problems.

"High heels also shift your body's weight to the forefoot, which places undue stress on the metatarsal heads — where the toes and foot connect," Fonseca says. "This leaves only a one-by-three-inch area to support the entire weight of the body."

Other problems include an increased impact when the heel strikes the ground. High heels decrease walking stability and increase the risk of a sprained ankle, she says.

"High-heeled shoes also force the calf muscles and Achilles tendons to shorten, which is difficult to reverse," Fonseca says. "Shortened muscles and tendons predispose women to such serious injuries as tendinitis or Achilles tendon tears."

Fonseca says flats and other low-heeled shoes are popular and may be so for a long time. The fashion trend is that the longer the skirt, the flatter the heel of the shoe, but some short, casual outfits look fine with low-heeled shoes, she says.

Fonseca is not advocating that women throw out high heels, only to wear them sparingly.

'Roxy Carmichael' merits no welcome mat

By CAROL GLENN
 Goodbye and good riddance Roxy Carmichael.

Directed by Jim Abrahams ("Airplane!" and "Big Business"), "Welcome Home Roxy Carmichael" is one of the most bizarre and disappointing teenage-type flicks this year.

"Welcome Home" stars Winona Ryder ("Beetlejuice" and "Heathers") as Dinky, an adopted 15-year-old tomboy and social outcast. Thomas Wilson Brown portrays the object of Dinky's crush, and Jeff Daniels is Dinky's alleged father by birth.

Laila Robins plays Dinky's high school guidance counselor and pseudo-psychologist.

The story is set in the remote town of Clyde, Ohio, — the hometown of the infamous Roxy Carmichael.

Roxy married young and had visions of living happily ever after. But after having a baby before she turned 20, her visions of an Utopia in the closed-minded town of Clyde were squashed.

After her baby girl was born, Roxy decided that her life was too tame. She packed her bags, left the baby at the Clyde Hospital and went to Hollywood where she met a singer/songwriter and fell in love. The singer wrote a song about her and gave her the rights to it. The relationship didn't last, but the song made millions. Now Roxy is a millionaire.

And now Clyde residents consider her a legend. They restore and make a shrine out of her old home. They even erect a Center of Cosmetology and Drama in her name.

Wait, it gets better!

Now the townspeople, who are obviously very bored and lonely, make extravagant plans for her homecoming. While this is all going on, Dinky deduces that she is Roxy's daughter.

Dinky is considered strange. Although she doesn't sleep around, she establishes herself as a rebel without a cause. She tries too hard to be unique and ends up alienating herself from society. Her peers throw food at her in the cafeteria and call her names behind her back such as Rosemary's baby and martian.

Dinky's only refuge is a boat she turns into an animal shelter in a remote part of town. She picks up abandoned animals and gives them a home on the "arc." Dinky herself feels like an abandoned animal.

This movie hits an all-time low as

far as teenage flicks go. The producers incorporate everything into the sun, including bisexuality, promiscuity, bizarre people and even shrine worshipping — none of which tie together with any rhyme or reason.

The movie is sad from the unlikable beginning to the irritating end. I kept asking myself, "Why?"

Why do the people of Clyde worship a lady of Roxy's tawdry stature whose name is just in a song? Why do they even care about her? Why do they even care about her wanting her to come back home? And mostly, why does anyone pay money to see this trash?

Well if you're still interested in seeing "Welcome Home Roxy Carmichael," it's now showing at the Manor East Theater and is rated R-13. But you can't say you haven't been warned.

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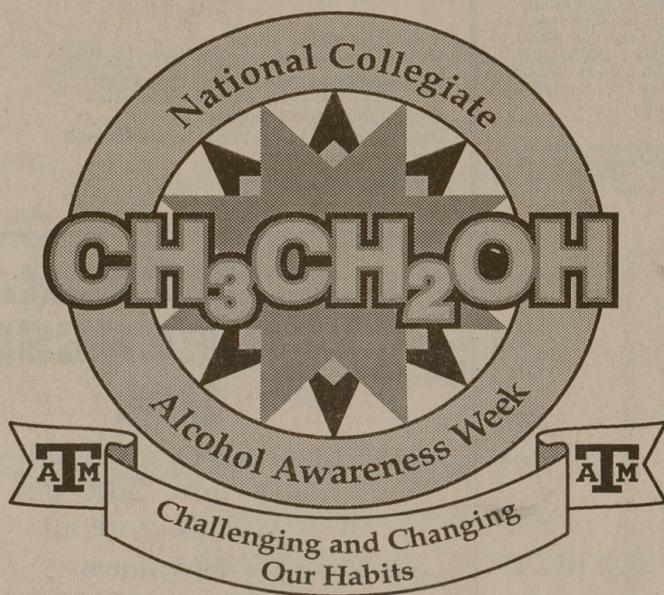
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National Collegiate Alcohol Awareness Week 1990

Date	Event	Time	Location
10/22	Natural Highs	3:00 p.m.	201 MSC
10/23	Mocktails	11:00 a.m.-1:00 p.m.	Campus Dining Centers
10/24	"Clean and Sober"	8:00 p.m.	Rudder Theater
10/25	Hall-Y-Wood Squares	12:00 noon	Davis-Gary
10/25	Mocktail Madness	6:00-7:30 p.m.	212, 224 MSC

For More Information call 845-0280



(Top) DeShandra Sandles
 (Above) Sherri Williams and Will Adams
 Photo by Kevin Ivy

A Phi A provides fellowship

Editor's Note: Lifestyles feature periodic entertainment articles by Texas A&M members of the National Association of Black Journalists and the Hispanic Journalists Association.

By Pamela Lee and Tonji Whatley
 Special to The Battalion

Public Enemy, En Vogue, and Franklin and other hip syncretists appeared at the Bryan Civic Auditorium Friday night when Alpha Phi Alpha held their second lip sync contest.

Graduate student Tommie Duncan said Alpha Phi Alpha would make it an annual event.

"The purpose of the contest is to provide a social atmosphere, fellowship and have a good time," Duncan said.

The lip sync contest was organized by Duncan and junior Williams. Andre Bradley, Kappa Alpha Psi member, said he entered the contest to represent his fraternity in a positive way. His group, The Miles and Company, won best costume, best concept and first prize for their tribute to Marvin Gaye's "What's Going On?"

"In the 60's there was a lot of black-on-black violence," Diebler, member of the winning group, said. "We did that song as a reminder that we (blacks) need to come together."

"Hold My Mule," a spiritual performed by Thomas Miles and Company, won best choreography and second place.

The group chose the religious song because it was something different and meaningful, Bradley said.

Run DMC, an eight member group lead by Alvin James and Grice, won third place for their street scene performance.

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The contest judges were James, student activities advisor, Dric Walker, "Tony Dean" Hearne, and Delvin Atchison, president of the Progressive Baptist Church and Hearne city councilman. Eight acts were judged on choreography, originality, lip sync and stage presence.

First, second and third place winners received \$300, \$150 and \$75, respectively.

The members of Kappa Alpha Psi will donate their prize money to the contest to the College Student Girls Club, Bradley said.

Pamela Lee and Tonji Whatley are members of the National Association of Black Journalists.