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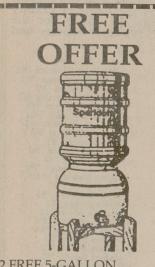
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ANOTHER HUNDRED VOTERS FOR J.D. LANGLEY

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Shouldn't your name be on this list?

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Mr. Brian Risinger



Camping out for the Bolshoi





SÖNDRA N. ROBBINS/The Battalion

(Top) Michele Luedke watches Caterine Schmidt play solitare as they camp out for Bolshoi Ballet tickets Friday night. (Above) Nathalie Breen and Melissa Maple enjoy coffee and donuts Saturday morning. MSC and OPAS provided the refreshments for people who waited to get tickets to one of nine premier performances by the Grigorovich Company later this month.

MUNCCH your way to your ideal weight

What should you eat to stay healthy?
Nutrition students Kara Hosack and
Stephanie Grogan are helping Texas
A&M students eating at Sbisa Dining
Hall answer that question. Their
MUNCCH program (Making Ultimate
Nutrition Choices in College Housing) is
a nutrition education series of table posters, fliers and exhibits on dietary
guidelines. A series of articles in Lifestyles over the next few weeks will help
explain the guidelines.

By STEPHANIE GROGAN KARA HOSACK Specials The Bestevier

Special to The Battalion
Could you gain or lose a pound or two? Or are you in the "enviable" position of having to gain weight?

Why is maintaining your ideal weight important? If you are too fat, you increase your chances of developing chronic health disorders such as high blood pressure, increased levels of blood fats (triglycerides) and cholesterol, and diabetes. If you are too thin, you decrease your chances of getting all the essential nutrients you need for optimal health.

But how do you determine what your ideal weight is? Dr. Jane Cohen, registered dietician and nutrition specialist at A.P. Beutel Health Center, suggests these general guidelines:

Ideal weight for women is estimated to be 100 pounds plus five pounds for every inch over five feet.
Ideal weight for men is estimated to be 106 pounds plus six

pounds for every inch over five feet.

A healthy weight range is plus or minus 10 percent of your ideal weight. However, Cohen cautions, "Check with your physician before you make a drastic changes in your eating pattern or begin a weight change program."

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Healthy snacks fight cravings without hunger

Another think to think about when trying to maintain ideal weight is snacking. There is nothing wrong with snacking if you do it right. Just remember that when you snack, snack smart.

Eat your snacks slowly, taking

Eat your snacks slowly, taking into account how your snack foods fit into your total daily intake. Which food do they belong to? Can you plan snacks with more variety, fewer calories and less fat? Here are some snacking ideas at 100 calories or less:

1/2 bagel3 graham crackers

3 graham crackers
 3 cups of air-popped popcorn

• 15 grapes • 1/4 cup tuna

o l oz. cheese

1/2 cup lowfat yogurt1 tablespoon raisins

Some simple guidelines that will allow you to eat more while reducing calories and maximizing nutrition

the bread/grain group.

• Eat plenty of fresh fruits and vegetables.

Eat foods low in fats.
Eat lean meat, fish and poultry at least three times a week.

If you have questions about ways to control your weight, please visit the MUNCCH exhibit at Sbisa today from 4 p.m. to 6 p.m. or Tuesday from 12:15 p.m. to 2:15 p.m.

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The Battalion

REASONS TO VOTE FOR BILL VANCE

Monday, November 5, 1990

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- 1. HE'S THE MOST QUALIFIED CANDIDATE
- 2. ENDORSED BY WACO TRIBUNE-HERALD AND BRYAN /COLLEGE STATION EAGLE
- 3. BRAZOS COUNTY HAS NOT HAD A JUDGE ON THIS COURT SINCE ITS CREATION IN 1923.
- 4. HE'S AN AGGIE...CLASS OF 1961.



DEMOCRAT FOR JUSTICE

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Paid for by the Elect Sarah Ryan Campaign, David Branham, Treasurer, 2354 W. Briargate, Bryan TX 7

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