

Sweet alternatives Health Center offers tips for hearty day

Editor's Note: Susan Unruh is a dietetic intern at A.P. Beutel Health Center.

By Susan Unruh
The Battalion

Valentine's Day is here, and it might be time to think about gift ideas for that someone special in your life.

Valentine's Day usually creates visions of chocolates, conversation hearts, dinner for two and, of course, a big dessert. It is not a law that all sweethearts need to receive sweets.

I have a few suggestions to help avoid over-indulging this holiday.

Cut out the fat, Jack

Although chocolates and candy traditionally are associated with Cupid and his arrow, your sweetheart might not need the extra calories. Here are several alternatives to "super sweets":

- frozen yogurt or other frozen desserts made with NutraSweet.
- fruit Smoothies, with two straws.
- vegetable tray with cheese and crackers.
- fruit basket.
- sugar-free hot chocolate — fireside, of course.
- popcorn and Casablanca.
- cute little muffins.

Make a meal plan, Stan

Whether you are dining out or preparing a romantic culinary delight of your own, it will benefit you and your date to choose "heart healthy," or low-fat items.

- Begin with a tossed salad or vegetable plate. Use low-calorie dressing.
- Order or prepare lean cuts of meat that are baked, broiled or barbecued, NOT FRIED. Some examples include poultry, fish, sirloin, round steak and pork chops.
- Serve plenty of rice, pasta or potatoes. Try Molly McButter or Butter Buds on a baked potato instead of sour cream, cheese and bacon bits.
- Complement the meal with steamed vegetables instead of those drowned in a cream sauce.
- Stay away from gooey, cheesy entrées.
- Beware of rich desserts.
- You also might want to visit with Dr. Jane Cohen at the health center.

Try not to annoy, Roy

A perfect evening could take an embarrassing turn if you dine on foods with strong odors and flavors. Go easy on onions, garlic and heavy spices. Gas-forming foods such as cabbage, cauliflower and beans also might make you uncomfortable. Be prepared, bring Roloids and a breath mint.

Don't take the bus, Gus

Instead of cruising city streets, go for a walk or bicycle ride. You might enjoy playing frisbee after a picnic in the park. You also could exercise or play a sport. These are great ways of having fun.

Forget Vitamin E, Lee

It is NOT a scientific fact that Vitamin E will enhance a person's sex life. Don't rely on an extra vitamin tablet to spice up your life. Use your own charm and charisma along with these healthy tips to make Valentine's Day special.



HUY THANH NGUYEN/The Battalion

Return of the blue whales

Professors Tom Linton (with bike) and Bob Ditton talk by a life-size chalk drawing of a blue whale near Hart Hall. Environmental classes are using it for perspective on the size of these mammals.

Student Services gives hints on filing tax returns to international students

By Bridget Harrow
The Battalion

Many Texas A&M international students file incorrect tax returns because of bad advice from their peers, says the student adviser for International Student Services.

"International students have different tax obligations than U.S. citizens," Suzanne Droleskey says. "Most U.S. students do not know that and offer friendly advice that gets international students in trouble with the IRS."

To help international students, as well as U.S. graduate students, avoid confusion in tax returns, the Graduate Student Council and ISS is sponsoring a tax seminar Friday in 601 Rudder.

The tax seminar is divided into four sessions, two for international students and two for graduate students, and will be conducted by Donna Crumbley, an IRS representative from Bryan.

International students can attend a session from 1 to 2 p.m. or 3 to 4 p.m. Graduate students can attend a session from 2 to 3 p.m. or 4 to 5 p.m. Everyone is encouraged to bring their W-2 forms to the seminar.

"There is a need for international students to have correct tax information and a need for them to have a place to get it," Droleskey says.

Droleskey says most international students cannot use the same tax return form as U.S. citizens.

While most U.S. citizens fill out a one- or two-page 1040EZ or 1040 tax form, international students must fill out a six-page 1040NR tax form.

The 1040NR is for non-citizens who are not permanent residents, the category for most international students.

Tax rules for international students vary depending on what country they are from, their job, type of visa, how long they have resided in the United States and if they have dependents.

"Different countries have different treaties with the United States, which regulate the taxes international students have to pay," she says. "So what I may tell one international student filing a tax form may be vastly different from what I tell another."

Droleskey says some international students might misinterpret their countries' tax treaties.

Students might make an incorrect assumption that if their countries have tax treaties with the United States, they are automatically exempt from paying taxes.

Another problem might be teaching assistants who erroneously classify themselves as professors, teachers or researchers.

For further information, contact Droleskey at 845-1824.

In Advance

Friday marks final undergraduate Q-drop date

Friday is the final day of the semester to drop a course with no penalty (Q-drop) for Texas A&M undergraduate students.

Graduate students have until March 29 to Q-drop. To obtain the forms, students should go to their dean's office. Once approved and signed, Q-drop forms are submitted to the records section of A&M's Office of the Registrar in Heaton Hall.

Speaker focuses on women in French revolution

The departments of Modern and Classical Languages, English and History are co-sponsoring a lecture on women and the French Revolution at 3:30 p.m. today in 404 Rudder.

Feature speaker Dr. Darline Gay Levy from New York University will discuss the history of women bearing arms in support of a cause in "Women and Insurrectionary Politics in Revolutionary Paris: 1789."

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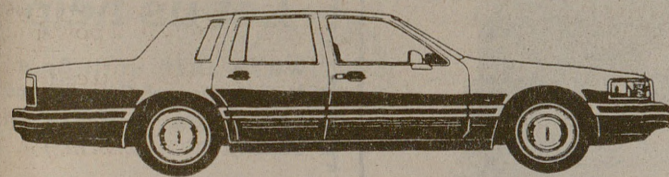
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