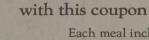
TWO CHICK-FIL-A MEALS \$6.39

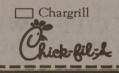




Each meal includes one CHICK-FIL-A SANDWICH or 8 CHICK-FIL-A NUGGETS™, WAFFLE POTATO FRIES™ and cole slaw. One coupon per person per visit.

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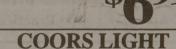
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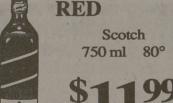
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Specials good Thur., October 15 - Sat., October 17, 1992

NUTRITION AND FITNESS SEMINAR

If you are trying to change your body, you should see a difference every four weeks. If you don't, more than likely you are spending wasted hours exercising and/or dieting. Whether you work in an office or are a full time athlete, everyone reaches a plateau when trying to lose fat or gain muscle, or both. So what do you do?

There is only one alternative and that is to create a healthy lifestyle which will enable you to obtain your ultimate fitness objective.

Neal Spruce, world renowned Nutrition Expert will arrive from Los Angeles to conduct the seminar at Gold's Gym in College Station on Thursday, October 15. Neal has appeared on several talk shows including Jenny Jones and Good Morning America. He has written articles for virtually every fitness magazine (including Shape, Flex, and Muscle and Fitness) and has lectured all over the world. Neal currently works with movie and T.V. celebrities, top fashion models, professional athletes, and pro bodybuilders.

ABOUT THE SEMINAR

At the Nutrition and Fitness Seminar, you will receive all the information you need to reach whatever goal you desire. The seminar will provide factual information including:

- 1. How the human body works in response to nutrition and exercise.
- 2. How to gain muscle while losing body fat.
- 3. How to lose weight without rebounding. 4. Reasons why conventional diets fail.

Every workout should make a difference. However, a certain knowledge of nutrition and exercise is required for each individual to be able to continually make the desired alterations in appearance and

Each person is unique in regards to age, weight, height, sex, activity level, body composition (% fat, % muscle), rate of metabolism and rate of oxidation. At the seminar you will receive all of the information that you need to reach your personal fitness goals in the fastest way possible. ALLOWING YOU TO SEE A CHANGE EVERY 3-4 WEEKS.

YOU WILL NEVER HIT ANOTHER PLATEAU!

Therefore, more than anywhere else in the world, you need to be at this seminar.

DATE: Thursday, October 15 TIME: 8:00 p.m.

PLACE: Gold's Gym ADMISSION: \$2.00 in advance (thru 10/14/92) \$5.00 at the door



2408 A Texas Ave. S. (in the Kroger Shopping Center) Please call for reservations, 764-8000

State orders Texas Water Commission to prevent MERCO sludge dumping

THE ASSOCIATED PRESS

AUSTIN - The state attorney general told the Texas Water Commission Tuesday to immediately revoke the permission it gave a company to spread New York City sludge on a West Texas

The demand comes a week after the water commission imposed a 75-day moratorium on all new and pending applications of sludge, a by-product from waste water treatment plants.

spreading the sludge in West Texas and the water commission approved the spreading. The sludge does not meet all New York standards.

Attorney General Dan Morales said in a news release that state regulations prohibit the spreading of out-of-state sewage sludge in Texas if the sludge does not meet the more stringent requirements of the two states involved.

'We have conducted an independent review of the MERCO project and determined that the

warranted and we advise the commission to do so," Morales

Ed Clark, water commission spokesman, said the agency will consider Morales' request.

'The Texas Water Commission is absolutely determined to ensure this project is not a problem for the environment and never threat-ens the public," Clark said. "If we ever discovered we had issued a registration or any other approval and it was not in accordance with the law and didn't meet the letter

of the law then we would

solutely take action."
MERCO Joint Venture spreading sludge in Ju 130,000-acre ranch on the skirts of Sierra Blanca, at

miles southeast of El Paso. The company has said sludge will restore native to the ranch and tests will ducted to ensure it poses n ger to the environment. has sued MERCO and the ronmental Protection A That lawsuit goes to trial Nor

American, Frenchman win Nobel Prize for inventions

THE ASSOCIATED PRESS

STOCKHOLM, Sweden-An American won the Nobel Prize in chemistry Wednesday for theories explaining such phenomena as how plants store energy from light, while a Frenchman won the physics award for an invention allowing a closer look into the heart

Rudolph A. Marcus, 69, of the California Institute of Technology - a Canadian-born naturalized American - was honored for work involving the transfer of electrons between molecules.

Georges Charpak, a Polishborn Frenchman, was cited for his development of elementary particle detectors.

Both discoveries were made in the 1960s and are used by researchers worldwide. Charpak, 68, suspected a

prank when the Royal Swedish Academy of Sciences called to say he had won the \$1.2 million Not until an academy mem-

ber who had met Charpak took the phone and confirmed the prize did he believe it. Charpak (pronounced Shahr-PUCK) told The Associated

win the Nobel Prize for "a little thing" he invented 24 years

Since 1959 he has worked at CERN, the European Laboratory for Particle Physics, near Geneva, Switzerland

His invention, the multiwire proportional chamber, "revolutionized the way to register elementary particle reactions" allowing researchers to see in much more detail the behavior of the smallest particles of matter, academy member Per Carlson said.

The detector also made it possible to monitor reactions on computer screens and track down single particle trajectories within a pattern of a billion re-

Earlier equipment only registered the occurrence of particle reactions without revealing

where they happened.

Carlson said Charpak's invention opened the door to some of the inner secrets of

"Today practically every experiment in particle physics uses some type of track detector that has been developed from Charpak's original invention, the academy said.

Germany lowers lim on incoming refuges

Coalition to propose immigration

THE ASSOCIATED PRESS

BONN, Germany - In a move to stem violence and outcry over a heavy influx of immigrants, leaders of Chancellor Helmut Kohl's three-party coalition government agreed Tuesday to change the constitution to limit the number of refugees

Under a proposal to be intro-duced in Parliament on Thursday, the coalition also said the country must consider adopting its first immigration law. Germany is burdened with supporting hundreds of thousands who fled ex-Yugoslav republics, the former Soviet bloc and the Third World while it struggles to revamp post-Communist eastern Germany.

'We want Germany to remain a foreigner-friendly country," the coalition said in obvious reference to the rise in right-wing attacks on foreigners that have left over a dozen people dead since unification two years ago.

The coalition promised to respect international conventions on accepting political refugees, but proposed new regulations naming countries where political persecution would no longer be considered a threat, such as Poland and

The plan also effectively wo require refugees who co Germany via a "safe third try" to return to that country would refuse asylumt guilty of non-political crim their home country.

War refugees would be all tratio to remain in Germany for ration of fighting in their uals 1 land, in a concession to those ing former Yugoslavia. More than 300,000 people

sought asylum in German with first nine months of 1992, and cials expect the year's to reach 450,000. The govern was r discri contends most come for ex in the reasons. Less than 5 percent nities plicants are judged to be ge refugees. The decision to r proble immigration policy came a ramp crisis session Tuesday mom pus is Kohl's conservative coalition sons f includes his Christian Demo the Christian Social Union an ily acc Free Democrats.

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They announced agreem demo changing the constituti disab ket guarantee of political asy throu

A two-thirds majority quired to approve a change constitution, so any plan have to have support from to position Social Democrats.

U-Act creates mock university at retrea

By TANYA WILLIAMS Reporter of THE BATTALION

Over the past weekend, 41 student leaders enrolled, took classes and earned their degrees from a university other than Texas A&M. At U-ACT University, students learned a lesson

U-ACT, which stands for University ducted its third annual student leader retreat at Brazos Valley Camp in Snook, Texas

The camp, which was transformed by the 10 member U-ACT core committee into a fictitious university, mirrored any university in Color groups, representing four different

cultures and their hierarchical levels in society and on college campuses, were given different characteristics by the staff Each retreat participant was given a color, the descriptions of their culture, and the free-

dom to develop any extra characteristics that the color group wanted What each group did not realize was that other color groups, or cultures, were given stereotypes and misconceptions, much like the

ones held today against many cultures. These stereotypes caused dissension when later that evening, the cultures combined to create student organizations at U-ACT UniverEventually, the cultures found that they

must work together to get any work done in their organizations. The preconceived notions held against any

group were completely, in most cases, un-This activity, created by the U-ACT staff,

enlightened many participants about racism

"The purpose of the exercise was to put many in the position of experiencing many aspects of racism on a university setting," said Erin Taylor, a senior political science major and U-ACT core committee member. "It forced people to look at themselves and reevaluate their beliefs, and realize we're all victims and perpetrators of several forms of discrimina-The retreat helped me realize that there are

a lot of diversity issues that aren't addressed which we overlook in our organization," said Aimee Barefoot, a senior accounting major and member of the Class of '93 Council. "It's given me a chance to plan some goals for our organization and hopefully make a difference. 'It was needed because some people don't

realize that there are problems with their organizations, I never would have thought that Class Council could be different," Barefoot

added. "But, we realized some problem we have and we're going to try to ch

Edward Munoz, Jr., who is a memb S.T.E.P. O.N.E. (Starting to Eliminate Pre Offering New Experiences) which prof opene racial understanding, also felt the retreif fered an understanding of different culture icher (Two o

'I believe it was an awakening to qu Munoz said. "The winds of change are us. Multiculturalism is the way of the futur

on the "I learned to start seeing people wi deliver open mind, and not colorwise; to be u vices a standing and to be patient and to listen to ples views," said Connie Smith, a senior includ ing construction major.

The retreat also offered networking of tunities for student leaders. Recentlyfreshman class president, Todd Rice, said offered him the chance to interact with student leaders.

"As a freshman, I haven't gotten a char interact with a lot other people," Rice This retreat weekend allowed me thed to understand other organizations on ca and interact with people of other culture understand them.

For information about programming sented by U-ACT, please call the Depart of Multicultural Services at 845-4551.





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