

# Health Tips

## Stepping up to stairclimbing

By Amy Lamb

A.P. BEUTEL HEALTH CENTER

Has fast food and no exercise put extra weight on your body?

If exercise has become last on your list because of boredom and not enough time, try a "stairclimbing" workout.

Stairclimbing focuses on the lower body while also building your cardiovascular system. One 20-minute workout can burn up to 300 calories, twice as many as walking, while toning and shaping the lower body. It works the muscles against the resistance of the pedals on the stairclimbing machine.

While stairclimbing you can read books or magazines, watch television, listen to music, which adds enjoyment to your workout. You can also vary the intensity of your workout by working different muscle groups in your lower body.

If your buttocks need extra work, lean further over the handrail like riding a bicycle. Use the handrails for balance, not to support your body.

If you want to tone your calves, stand upright or lean slightly forward. Use your toes to push the stair down instead of using your whole foot. This will put emphasis on the lower leg muscles.

If you want to build up your quads and hamstrings, bend your knees forward and pretend you are sitting in a chair. Keep your body upright and focus all of your weight onto the thighs.

The intensity of your workout can change, giving you an all-lower body workout if you work at a moderate, steady pace. If you take quick, small steps you will give your cardiovascular

system a good workout. If you are concerned with cardiovascular endurance, alternate the short, higher speed intervals with moderate intervals.

The following tips are information you should follow when stairclimbing:

- Wear cross-training or aerobic shoes.
- Be sure to warm up and cool down before and after each workout.
- Do not support all of your weight with the handrails, merely use the rails for balance.
- Always stretch after your workout while your muscles are warm.

Following the above tips and techniques for stairclimbing will increase the intensity of your workout and add variation to your weekly exercise routine, and also will keep you healthy.

On campus there are several places available to use a stairclimber. Deware Weight Room has stairclimbers available for all students who have paid the student services fee. Also, the Weight Club at G. Rollie White Coliseum has stairclimbers and other equipment that students can use for a semester fee.

Choose an aerobic exercise that you enjoy and schedule working out three to five times per week at 20- to 30-minute intervals to get the most benefit. Burning calories and fat is the key to weight control and body toning. Using a stairclimber and making proper nutrition choices will help you attain these goals.

Come by Room 016 in the A.P. Beutel Health Center or call 845-1341 for more information on exercise, weight control and other health topics.

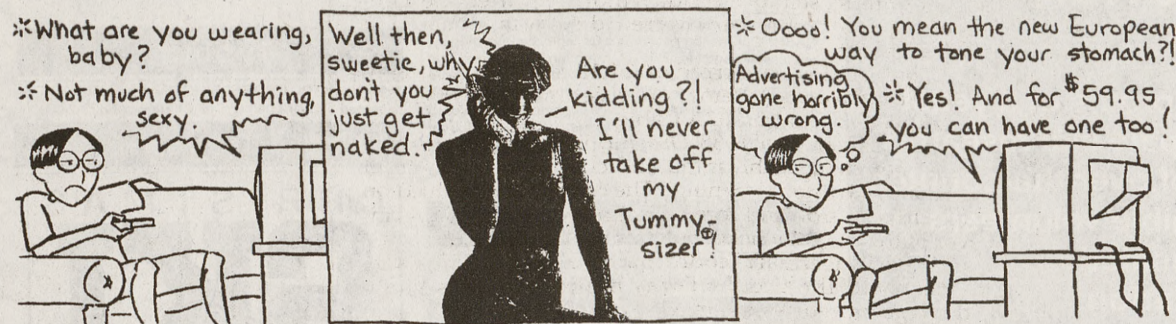
## Tubularman

By Boomer Cardinale



## Fritch

By Critch



## Haiti

## JUST THE BEGINNING

Continued from Page 1

"If people could kill the justice minister, which is unacceptable, why not kill a lot of parliamentarians? What would block them from killing me or anybody else?" pro-Aristide Sen. Jacques Rony Mondestin said.

Justice Minister Guy Malary's death on Oct. 11 was the latest in a series of attacks on Aristide supporters since a U.N. plan to restore democracy was signed July 3.

Mondestin spoke after meeting Malval at his home.

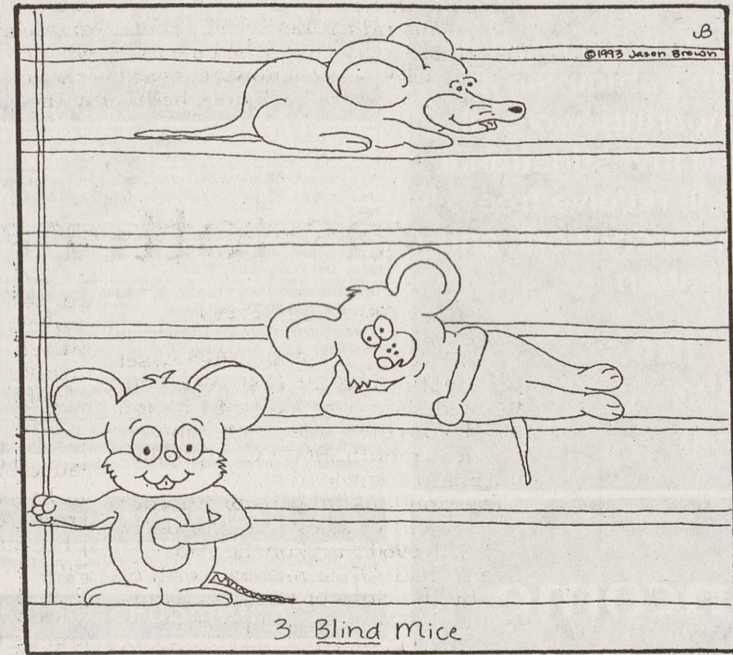
Caputo's appeal to former world leaders is a desperate attempt to bring back Aristide, the country's first democratically elected president. The effort is supported by many Haitians but opposed by factions in the powerful military and tiny elite that have traditionally ruled this impoverished nation.

Last week, two pro-Aristide deputies went into hiding after receiving death threats, as other Aristide supporters and human rights officials have done.

In a television interview and crowded news conference, Caputo urged the statesmen to fly in quickly to serve as "witnesses to the world" and "moral protection" for legislators.

Among those invited were Jimmy Carter, Canada's Brian Mulroney, Argentina's Raul Alfonsin, Brazil's Jose Sarney, Jamaica's Michael Manley and Julio Sanguinetti of Uruguay.

U.N. officials did not say if any had yet accepted, but Caputo urged their presence for parliamentary sessions this week. No reservation requests had been made by midday Monday at the mountainside Hotel Montana



By Jason Brown

where Caputo has his offices.

Carter's spokeswoman, Carrie Harmon, said the former president had not heard directly from the U.N. envoy or the United Nations.

A spokesman for Alfonsin said the former president would speak with Caputo, his former foreign minister, about the special envoy's request.

Caputo's plan won quick support from the United States. "Anything that would assist in the security of the parliamentarians is a good sign," embassy spokesman Stanley Schragger told The Associated Press.

Even an anti-Aristide lawmaker welcomed Caputo's gesture.

"We wish for political and international personalities to be here with us," said Deputy Ancelet Venot.

In Washington, President Clinton defended his administration's Haiti policy against criticism from Sen. Bob Dole, R-Kansas, who said that returning Aristide to power wasn't worth a single American life.

"The United States has an interest in avoiding large-scale outpourings of refugees, making sure the country is not a conduit for drug deliveries to this country, and promoting democracy in our hemisphere," Clinton said. "And we're pursuing that policy."

## Rice University makes top 10 in poll of nation's most 'fun' schools

The Associated Press

CAMBRIDGE, Mass. — In this survey of the "Best Colleges Ever," Yale, Johns Hopkins and Chicago didn't make the top 10 — they barely made the top 300.

That's because, as the young editors of an irreverent publication for college-age men put it, those schools may excel in academics, but they "rot" when it comes to having fun.

The pollsters emphasize that the best party schools aren't necessarily scholastic zeroes; their survey simply focuses on "the fun factor." The unscientific poll appears in Inside Edge, a national magazine produced by students from Boston-area colleges, including Harvard, which was No. 122.

Using reports from 50 student correspondents nationwide, Inside Edge graded America's 300 largest coed universities on nine

criteria ranging from the bar and club scene to sports.

"The things we rate are things that make the schools fun to go to," said publisher Aaron Shapiro, 21, a Harvard senior.

While researchers considered "ease of classes" and "ease of graduation," Shapiro insisted they don't view the top schools as filled with brain-dead party animals.

The top 10, in order, were: Florida State, the University of California at Santa Barbara, Vermont, Rice, Georgetown, Syracuse, Alabama, Penn State, Connecticut and Tulane.

The University of Chicago was No. 300.

Others in the bottom 10, in descending order, were: Yale, Tufts, Oral Roberts, California Institute of Technology, Brigham Young University, the U.S. Naval Academy, Johns Hopkins, the Rochester Institute of Technology, and the U.S. Military Academy.

## CD WAREHOUSE

WE BUY USED CD'S FOR \$4.00 or trade 2 for 1 USED CD'S \$8.99 or LESS 268-0154 (At Northgate)

## December GRE

Small Classes 35 Class Hours 4 Real GRE's + Unlimited Tutoring

Great Scores

Classes begin Oct. 30th.

## THE PRINCETON REVIEW

We Score More!

696-9099

Neither ETS nor Princeton U. are affiliated with The Princeton Review

## The Association of Former Students Fall Senior Induction Banquet



Wednesday & Thursday, November 3 & 4, 1993

COLLEGE STATION HILTON HOTEL GRAND BALLROOM - 6:15 P. M.

All December '93 graduates are invited Complimentary tickets may be picked up in the MSC Hallway, October 26, 27, & 28 (9 a.m. - 4 p.m.)

TICKETS GIVEN ON A FIRST-COME, FIRST-SERVED BASIS Student I.D. Required to Pick Up Tickets

Compliments of The Association of Former Students

Nails, etc. Full Set Acrylic Nails \$18.00 Refills \$15.00 764-5988 110 Lincoln Ste. 107, C.S.

You Are Invited To SPECIAL BIBLE STUDIES and GOSPEL SINGING Every Wednesday Night 7:30 p.m. at the Conference Center on George Bush Dr. Sponsored by: First Apostolic Church Pastor Doug Utermark For More Information Call: 696-4791 ALL ARE WELCOME!

\$24,000

Graduate Fellowships for college seniors and graduates interested in becoming secondary school teachers of American history, American government, and social studies.

Fellowships pay tuition, fees, books, room, and board.

For information and applications call: James Madison Fellowships 1-800-525-6928 Internet address: Recogprog@ACT-ACT4-PO.act.org

## AGGIELAND



BBQ, DANCE & AUCTION

BYOB, I.D.'s will be checked

Oct. 29th 6 p.m. - 11 p.m.

Brazos Center 3232 Briarcrest

Contact: Justin Lyon, 847-2160 Seating Limited to 100!

## Book Now For The Holidays

Boston \$179\* New York \$179\* Seattle \$179\* San Francisco \$109\* Los Angeles \$109\* Costa Rica \$149\*

\* Fares are each way from Houston. Restrictions apply. Taxes not included. Call for other worldwide destinations.

EURAILPASSES issued on-the-spot!

## Council Travel

2000 Guadalupe St. Austin, TX 78705

512-472-4931

THE SCIENCE... THE FASHION... THE FEELING.



With this ad receive 15% OFF all services with Elise

Offer good through November 15, 1993

## concepts HAIR DESIGN

900 Harvey Rd., Suite 6 C.S., Tx 77840 764-4500