

## Week at a Glance

### Mon., March 28

#### ★ Entries Open

- ★ Archery Doubles
- ★ Pickleball Doubles
- ★ Outdoor Photo Workshop
- ★ Rock Climbing Clinic
- ★ Canoe Day Trip

### Tues., March 29

#### ★ Entries Close

- ★ Golf Singles
- ★ Swim Meet

### Sat., April 2

- ★ Ultimate Sectional Tourney, 10 a.m. - 6 p.m., Drill Field
- ★ Fencing Club Tourney, 10 a.m. - 6 p.m., 404 Read

### Sun., April 3

- ★ Fencing Club Tourney, 10 a.m. - 6 p.m., 404 Read

## Golf Lessons

### Beginners

Mon. & Wed.  
5:30-6:30 p.m.  
March 28, 30, April 4, 6

### Intermediate/Advanced

Tues. & Thurs.  
5:30-6:30 p.m.  
March 29, 31, April 5, 7

\$20 per session for Rec members  
 \$25 per session for non-Rec members.  
 Each class is limited to 15 people.

Register in 159 Read Building.  
 Taught by Larry Godfrey.

## TAMU Outdoors

Listed below are the trips open for the rest of the semester. For more information, call Patsy, 845-3093.

Trip	Trip Date	Entries Open	Entries Close
Sea Kayaking - Baja, Mexico	May 21-28	NOW	April 4
Intro to Hang Gliding	April 23-24	April 4	April 18
Backpacking Trip	April 29-May 1	April 11	April 25
Windsurfing FUNDamentals	April 30	April 11	April 25

★ Special rates for students and faculty/staff with rec memberships.  
 ★ Watch for kayak roll clinics to be scheduled this semester.

## Exercise Classes

*The Final Push--Get a head start on your summer fitness regime with an aerobics class.*

### ONLY FIVE OPENINGS IN EACH CLASS!

Class	Day	Time	Class Dates
Light Weights and Aerobics	TR	12:30-1:30 p.m.	March 29-May 2
Combo Aerobics	TR	5:15-6:15 p.m.	March 29-May 3
Light Weights and Aerobics	MW	5:15-6:15 p.m.	March 29-May 2
Combo Aerobics	MW	6:15-7:15 p.m.	March 28-May 2
All Step	TR	6:15-7:15 p.m.	March 29-May 3

### STEP BRAND EQUIPMENT USED IN ALL STEP AND COMBO CLASSES.

A rec membership or student ID is required to participate. Class fee is \$15. For more information, call 845-7826.

## Intramurals

Listed below are the intramural sports openings for the rest of the semester. For more info, come to the Rec Sports Office, 159 Read, or call 845-7826.

Sport	Open	Close	Fee
Penberthy Softball Tourney	NOW	April 14	\$40
Baseball/Home Run Hitting	April 4	April 12	Free
Softball Hitting	April 4	April 12	Free
Putt-Putt Golf Doubles	April 4	April 12	\$5
Frisbee Golf	April 11	April 19	Free
Fun Run & Race Walk	April 18	April 28	Free

Registration and fees are taken in 159 Read, Mon. - Thurs., 8 a.m. - 5:30 p.m., and Fri., 8 a.m. - 5 p.m. Visa, MasterCard, and Discover welcome.

## STUDENT COUNSELING SERVICE

...a Department in the Division of Student Services

### CENTER FOR CAREER PLANNING Spring 1994 Services

Workshops • SIGI-Plus • Individual Counseling • Center for Career Planning

#### Workshops

##### How To Choose A Major

Wednesday, March 30, 10:30 - noon  
 Wednesday, April 6, 1:30 - 3:00 p.m.  
 Wednesday, April 13, 3:00 - 4:30 p.m.  
 Friday, April 22, 1:30 - 3:00 p.m.

##### Personality Type and Leadership Styles

Friday, April 8, 1:30 - 3:30 p.m.

##### Strong Interest Inventory Interpretation

Mondays, 1:30 - 3:00 p.m. through April 25  
 Tuesdays, 3:00 - 4:30 p.m. through April 26

#### Computer Assisted Career Guidance

**SIGI-PLUS** - assesses career values, interests and skills; and generates a personalized list of career options.  
 Weekdays 9 a.m. - 5 p.m.

#### Individual Career Counseling

Students may schedule an appointment with a counselor or ACE Peer Helper to discuss concerns related to choice of major or career.

#### Center for Career Planning

The Center for Career Planning contains information about occupations, TAMU majors, educational institutions across the nation, and career guidance video tapes. Hours are from 8:00 a.m. to 7:00 p.m. Monday - Thursday and 8:00 a.m. to 5 p.m. on Friday. An appointment is requested for the weekly late hours of 5 to 7 p.m.

**Preregistration for workshops, counseling and SIGI-PLUS is requested!**

If you have any questions about the Center for Career Planning services, please contact Dr. Betty Milburn (845-4427) at the Student Counseling Service, Henderson Hall.

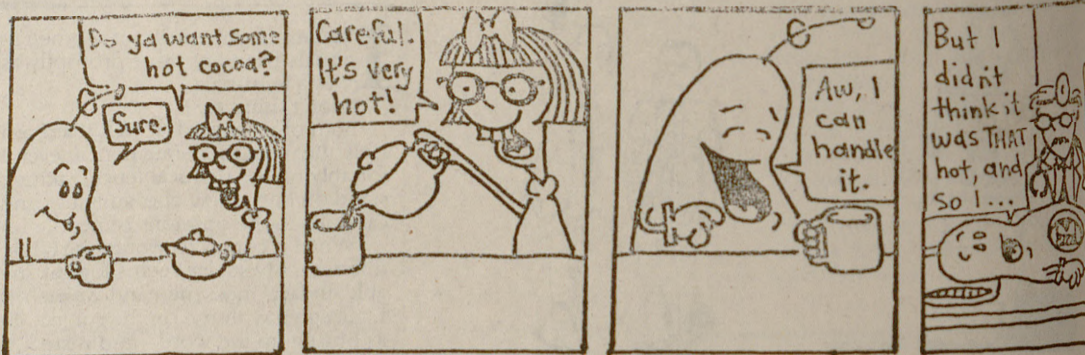
## Tubularman

By Boomer Cardino



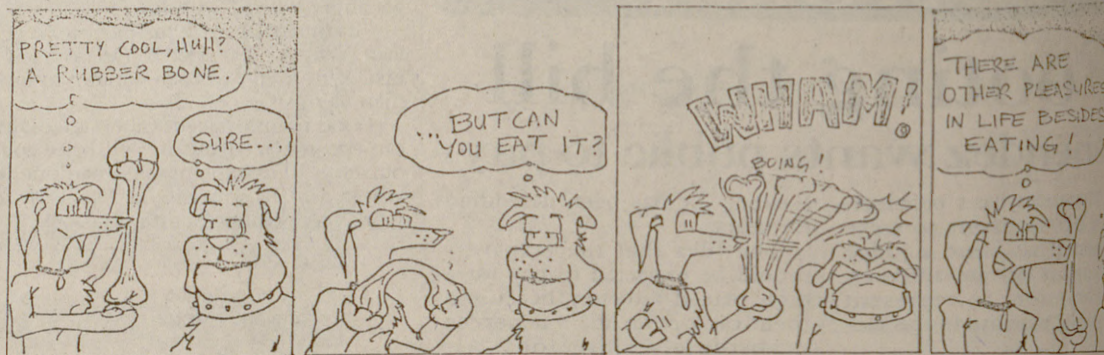
## Bartholomew

by Kahl



## Eisenhower

By Al



## Medicinal value, profitability turns noses of garlic connoisseurs

The Associated Press

TROY, N.Y. — Grace Reynolds knows garlic. She grows 95 kinds: rosy rocambols for their productivity, silverskins for braiding, continentals for their big ball of blossoms.

"My personal favorite is the rocambol," she says, breaking open a ball of burgundy-skinned cloves. "Some are brilliant red, like jam, or bright pink. There are striped ones, bluish ones. They're wonderful to look at."

Reynolds, tiller of the 5-year-old Hillside Organic Farm in the rolling countryside 15 miles east of Albany, is among a rapidly expanding group of growers who see cash in the passion for garlic.

Evidence of the rising ranks of garlic-lovers can be found in bookstores, where garlic cookbooks are multiplying; on the radio, where garlic pills are hawked by talk-show hosts, and in the growing crowds at garlic festivals in Arizona, Washington, Virginia, Ontario, Canada, and New York's Hudson Valley. The most famous festival draws upward of 150,000 each June to Gilroy, Calif., "Garlic Capital of the World."

Most of Reynolds' customers are other small farmers and home gardeners who want to sow her cloves.

"I'm all for that," she says. "The main reason I'm so enthusiastic about garlic is for its health benefits. The more people are growing it, the more they'll eat it. And we'll have more healthy people."

Garlic has been a staple of folk medicine for millennia. Modern science has shown garlic to be a potent antibiotic, fungicide and insect repellent, among other things. Chemists have isolated garlic compounds that ease asthma, lower cholesterol and prevent stomach cancer and heart attacks. Garlic has been touted as a natural remedy for sinusitis, food poisoning, yeast infections, herpes and many other maladies.

"I don't really like it," Reynolds admits, "but I take a clove a day, for health. I put slivers of it in gelatin capsules for my daughters, and I chop it up and swallow it with V-8 juice."

Most of the garlic consumed in the United States comes from warm, sunny California and China. But Reynolds belongs to an organization, the Garlic Seed

Foundation, which is helping small-scale farmers varieties suited to the shorter, wetter summers in York and other states.

"I know more about garlic than probably most people in the world, not only because I grow it, but because I talk to hundreds of garlic farmers all over country every year," says David Stern, who organized the Garlic Seed Foundation in 1985.

Stern grows garlic and vegetables organically on Rose Valley Farm in Rose, N.Y., in the sandy loam miles south of Lake Ontario.

"We have 900 to 1,000 members around the world but we're still run basically from my desk," Stern says. The Garlic Seed Foundation grew out of an effort to find profitable gourmet crops to help small farmers survive, Stern says. "We discovered that good garlic had always been grown on a small scale in the Northeast, there was virtually no literature available," he says.

"We did a lot of trials and experimental work," co-published a report with Cornell University on growing garlic.

An acre planted with 1,375 pounds of cloves produce 5 tons of garlic, according to the report. Fully grown garlic goes for up to \$3.50 a pound in farmer's markets, Stern says. But it's not as lucrative as

"Say I get 100,000 bulbs from an acre," Reynolds says. "If I sold them all, for \$3 a pound, that's \$300 off an acre. Sounds like a decent living."

But she only sells a third of the crop. She keeps other third to replant. The rest are too small to use.

"And I'm working three acres, but only getting turn from one," she says.

Garlic is rotated with cover crops to maintain soil fertility on an organic farm.

It's also a labor-intensive crop. "Each bulb has to be handled seven times," Reynolds says. "And that includes the mulching, weeding, irrigating, hoeing, planting cover crops."

The cloves must be separated from the bulbs, planted by hand. The flower shoots must be cut off so they don't deplete the bulbs.

The mature garlic is pulled by hand in late summer, hung on wooden racks to dry, then trimmed, sorted and packed in boxes.

MSC Hospitality proudly presents the Spring '94

## Lost & Found Auction

You lost it, we found it,  
 & now you can buy it back!!

March 30, 1994 11 am - 2 pm MSC Flagroom

Persons with disabilities please call 845-1515 to inform us of your special needs. We request three working days prior to the event to enable us to assist you to the best of our ability.