

# Voices

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Columns about subjects such as divorce and create a balance with those that are light and humorous, Clay said. But for the most part, the book tends to lean toward the not-so-serious.

The book's primary columnists are Clay, Vasquez and Stacy Feducia (former Battalion page editor), but other writers are also included.

"Voices From A&M" originally began as a book about Generation X, or the "twenty somethings," Clay said. However, after writing the introduction to the book, the authors discovered the term "twenty something" was not an easy task.

"Our generation is so varied, we can't be distinguished as one group with a certain set of characteristics," Vasquez said. "So in the introduction we said 'yes, we can be labeled as part of the Generation X, but what does this really mean?' The answers will vary."

Clay describes the columns in the book as "essays" — readers can read them two or three years from now and they won't be outdated.

What makes this book different from books like "I Bleed Maroon" and "Good Bull" is those books were written by people who are no longer here in the midst of things, Clay said. "The columns were written by people who were reflecting back on their times at A&M."

"This book is written by people who are still in the middle of it," Clay said.

"And I think this in many ways makes it special. It makes the book better for a student to read and relate to than anything else being offered."

The response to the book has been very positive so far, Vasquez said. It is not only a survival guide for those who are in it, but it will be an album of experiences from Texas A&M for those who are graduating and moving on, he said.

"This book articulates the experience, spirit and memory of Texas A&M," Vasquez said.

The book is a memento of what students went through, of what columnists went through, of what happened on campus, he said. It not only tells what it was like at A&M during the past two years, but it tells it in a humorous way.

Favorites such as Feducia voicing her extreme hate for "Gone With The Wind" or her dreaded experiences with various body parts, Clay's column on the war in the Persian Gulf and Vasquez's columns on the credit card Gestapo companies or the nightmare of parking are all included in the book.

"These are experiences that happened to most of us," Vasquez said. "And they are also not-so-typical thoughts people think and don't dare say out loud. These columnists wrote it down."

He said the authors want to leave this book so students can continue reading their columns.

"It's kind of a gift to the school because we've enjoyed it here," Vasquez said, "but it's time to move on."

"Voices From A&M" will be available for \$10 in the MSC beginning the week of finals through May 14. It will also be sold at Hastings and Texas A&M Bookstore. Columnists will be autographing copies of the book during its sale in the MSC.

# Kharbat

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bodybuilding is nutrition. She began dieting in January, cutting out all junk food and eating 15 grams of fat or less per day. In February, Kharbat said goodbye to milk and bread. And in March, she cut out sodium.

"Sodium causes water retention and you want your skin as thin as possible so your muscles will show," Kharbat explained.

So what did the diet leave her with? Pasta, plain-baked potatoes, salad, fruit, chicken and tuna.

But even before she walked out on stage that morning, Kharbat said she already had begun to indulge with doughnuts since fat doesn't show up for three

days.

Between aerobics and weightlifting, Kharbat usually spends one and a half to two hours each day working out. She teaches aerobics at Lifestyles Fitness Center, Royal Oaks Racquet Club and on campus.

But while in training, she works out three times per week for 45 minutes. She said the short, intense workouts keep her from burning out.

In addition to the physical preparation, Kharbat said preparing for the bodybuilding competition required a good deal of mental preparation.

"I had to be happy with myself before I got up there in front of a lot of people," she said. "The dieting wasn't that bad... what bothered me was the outfit."

Although Kharbat posed before an audience, she said her conservative background had to be overcome as part of the physical and mental preparation.

For Kharbat, bodybuilding has meant results. She said increases in energy, confidence and self-esteem are some of the benefits that make it addictive.

"You see results and it keeps you going," she said. "It's one of the things I will do forever."

Kharbat said she was happy when the competition was over and glad that she had won. However, the victory isn't the most memorable part of the competition.

"The most important thing was that my friends were there. That was more important than winning," she said. "It was not like a showing off thing. It was just cool to have the support."

Kharbat said the most important facet of bodybuilding for her is "an internal satisfaction and appreciation of the body" and a personal sense of accomplishment.

"It's (bodybuilding) something that I can control," she said. "This is my masterpiece."

# Webster

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and standing 5 feet 10 inches, Webster described the rewards and the psychological addictions of bodybuilding.

"I've gained higher self-esteem, good health and it allows me to express myself," he said. "Before, I was a skinny child who kept to myself."

Webster said he will continue

bodybuilding even though he'll probably never compete on a professional level because of the widespread use of steroids.

"People ask me if I'm going to go pro," Webster said, "and I say 'Yes, if it goes drug free.'"

He believes the use of steroids provides somewhat of an unfair — and unsafe — advantage over "natural" bodybuilders.

"I hold my own, but to stand next to some of those guys, it's unreal," he said.

Webster cited a healthy diet — pasta, fruit, vegetables and potatoes, for example — as the key to bodybuilding.

He limits what he called "going crazy" to once a week and after contests.

"After a contest, I normally take a week or two off from eating sensibly to eat like a maniac."

So what did Webster do after winning the championship? Disneyland?

He headed to Cafe Eccell to eat a pizza and a few meatloaf sandwiches.

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