

# BOX till you drop



Jenny Mayer/The Battalion

## 'Aeroboxing' - a new fitness trend - provides best of boxing and aerobics for local exercise addicts

Christi Erwin  
THE BATTALION

Jabs, punches, undercuts and aerobics? No, this is not one of those mixed up Miller Lite commercials. It's aerobic boxing, the latest trend in the fight for fitness.

And Gold's Gym climbed into the ring this summer when they began offering their version of aerobic boxing — Aerobox. Aerobox is a 45-minute, non-contact boxing workout. It combines shadow-boxing and jump rope routines with interval training, building aerobic fitness and strength.

The class is followed by "super sets" consisting of three to five minute intervals of abdominals, push-ups, squats and lunges.

Aerobox Instructor David Abrego, who has boxed for four years, said it is a great way to get in shape.

"Three rounds in the ring or in class can be as much exertion as running three miles," he said.

Abrego, a senior industrial engineer-

ing major, said he incorporated much of his boxing regimen into his Aerobox sessions, and the workout will help improve strength, agility and coordination.

Abrego begins the class with stretches and a warm-up, demonstrates the boxing moves, and works up to a jump rope routine.

"The boxing moves will feel awkward at first, but it is important to maintain good form," he said.

Abrego encourages people to practice the moves at home in front of the mirror, and he offers a handout detailing each move.

"Good form is important because it is the constriction of the movements that gives you the workout," he said.

Jana Watts, a senior kinesiology major specializing in exercise technology and an aerobic coordinator at Gold's Gym, proposed adding Aerobox to the gym's aerobic schedule.

"I wanted to keep up with trends and put more pizzazz in Gold's aerobic program," she said.

Watts asked Abrego to teach the class because she wanted the class to be an

authentic boxer's workout.

"I could have learned the moves and taught them, but I would have looked like an aerobics instructor trying to be a boxer," she said.

"I wanted an experienced boxer because he has good form, knows the terminology and because he looks the part."

Beth Wade, a senior education major, said she tried Aerobox because it seemed out of the ordinary.

"I liked Aerobox because it wasn't just jumping up and down," Wade said. "The jabs and punches and extra toning and conditioning made the class different from other aerobics classes."

Jay Merkle, a health and kinesiology lecturer and former boxer, said a good boxing workout must strive for improving muscular and anaerobic endurance.

Anaerobic endurance - the body's ca-

capacity to perform short, explosive actions - is achieved by increasing the amount of time one can perform exercises, such as wind sprints, before needing air.

"A boxer must have excellent muscle endurance, so he can throw stinging punches time after time without getting tired," Merkle said.

"And have tremendous anaerobic capacity, so he can perform at a very intense level for three minutes and be completely recovered after a one and a half minute rest period."

Merkley said classes like Aerobox are the latest trend because they are not monotonous.

"Many people enjoy the diversity of the workout," he said. "Because instead of doing one thing for a long time, you do several things in short demanding intervals."

David Abrego (above) spends his Tuesdays and Thursdays dishing out aeroboxing sessions at Gold's Gym in College Station.

## A lesson in murder...

Jeremy Keddie  
THE BATTALION

Professors nationwide are participating in murder with hopes of teaching their students a lesson they will never forget.

Dr. Dale Cloninger, an economics and finance professor at the University of Houston-Clear Lake, has co-authored a murder mystery novel with Dr. Kim Hill, A&M's director of the public administration master's program.

Cloninger uses the novel "Death on Demand" to instruct his classes on concepts of economics.

"I was intrigued with writing a book that would appeal to students in a different way," Cloninger chuckles. "I wanted something that would reinforce the material in an interesting way, because economists tend to be stuffy people."

In addition to teaching undergraduates, Cloninger uses the novel in his graduate level courses on money, banking and finance.

"The most positive feedback comes from the graduate students," Cloninger says. "I was afraid they might find it silly."

However, Cloninger is not solely responsible for the book's success.

Hill, who has always had an interest in writing murder mys-

teries, saw "Death on Demand" as an opportunity to be published.

"After Cloninger came up with the idea, he approached me to write the fiction for the novel," Hill explained.

During the writing of the book, Cloninger worked on the selection of economic concepts, and Hill was responsible for the fiction.

"While this novel was an interesting challenge, it is difficult to work economic concepts into a few lines of fictional mystery," Cloninger stated.

"Death on Demand" includes concepts from both macroeconomics and microeconomics.

So how are these multi-page concepts squeezed into just a few lines of fiction?

"Death on Demand's" protagonists and professors, Karl Teasdale and Joe Birnoff, begin their spring break adventure at a Florida hotel. In the same hotel, executives from Artworld magazine conduct a heated debate over company control.

Eventually, the boardroom bickering escalates into murder. Birnoff and Teasdale attempt to solve the murder by analyzing the economic motives of the suspects.

"Textbooks contain the academic explanation of economic principles and theory, while the supplement illustrates how those economic principles and ideas are used in practice," Hill said.

More than 10,000 students nationwide have used "Death on Demand" since publication in 1985. Settings ranging from high school advanced placement courses to Stanford University have added the book to their coursework.

Liz Miller, assistant director of A&M's Center for Teaching Excellence, explains a possible reason for the book's success.

"We know you learn more when you have fun," Miller says.

Marcelo Clerici-Arias, an economics instructor at Stanford University, uses "Death on Demand" for his classes.

"The book has suitably adopted necessary economic principles," explains Clerici-Arias.

To further reinforce his classes, Clerici-Arias plans to use three similar murder mystery novels, incorporating small group discussions with the use of media.

"I am relatively new to teaching and want to experiment with the books," Clerici-Arias said.

Karen Horton, editorial director of Thomas Horton and Daughters Publishing, said despite widespread student enjoyment of the book, professors remain skeptical and hesitate to use the novels.

"It takes some initiative and creativity on the part of the professors to use these books," she said. "We often need to encourage them to think how their students will react."

Students and instructors interested in obtaining a copy of "Death on Demand" can contact Thomas Horton and Daughters Publishing, located in Sun Lakes, Ariz. Along with the novel, test questions for the classroom are included.

The publishing company claims there is no need to change course lectures or textbooks when using the novel.

"All you have to do is make the following statement in class, 'You'll be tested over the novel,'" Horton said.



George Nasr/The Battalion

## Community radio station hits Brazos Valley airwaves

By Jennifer Gressett  
THE BATTALION

Thanks to local volunteers with a passion for radio, Bryan-College Station will soon have its first ever community radio station, KEOS 89.1.

The idea for the Open Air Radio Project was formed about four years ago when its president, Eric Truax, decided to stem away from KANM, Texas A&M's cable-only student-run radio station.

"I decided to move forward on the idea by using the model of community radio to ensure independence, access and diversity," Truax said.

After graduating from the University of Texas with a degree in radio, television and film, Truax established the news and public affairs department at KANM. It was there he said the need for community radio became evident. In fact, what will soon become KEOS is somewhat of an extension of KANM. "Basically, it was just a bunch of

people with a little experience and a passion for radio," Truax said, describing the project as a non-commercial, non-profit program with its interest in the people.

"A.J. Liebeling said freedom of the press belongs to whoever can own one," Truax said. "Consequently, many people are excluded in the mainstream, including women, minorities and lower income groups. They are denied the opportunity to be heard, and community radio exists to give that opportunity."

It was in 1990 that his vision to create such a station in the Brazos Valley began.

However, because the FM frequency space in College Station is limited, it took awhile to find a spot that wouldn't interfere with other stations, he said.

But they finally received approval from the FCC in May, and as a result, the local community will soon be able to tune in to a variety of diverse programs.

Paul Alvarado, marketing and public relations director of KEOS, said he thinks the station is going to surprise a lot of people.

"If you look at the radio market in this area, you'll see that it's saturated by only a few things," Alvarado said. "Our attempt will be to try and fill that void, as well as give expression on local issues and provide a forum for the exchange of ideas."

The marketing and public relations director said the primary concern of KEOS will be to seek input from the community.

"We want to find out what they think is missing and try to provide it, whether it's women's issues or international-flavored music," he said.

Some of the highlights of the station will be storytelling, children's programming, live performances, and national and local public affairs discussions, Truax said.

Examples of national programming include Pacifica, a network which of-

## PEOPLE BRIEFS

### Mantle returns from battle with alcoholism

NEW YORK (AP) — His well-chronicled stay at the Betty Ford Clinic behind him, Mickey Mantle is back in the public eye.

Hundreds of Mantle fans stood patiently in line for up to three hours Wednesday, waiting for the 62-year-old baseball Hall of Famer to sign copies of his autobiography, "All My Octobers."

Mantle sat beside a tall bottle of water as fans young and old poured into the B. Dalton Bookseller on Fifth Avenue.

Mantle, who detailed his alcoholism in a television interview with Bob Costas and a first-person piece in Sports Illustrated, did not speak with reporters at the book signing.

He checked into the rehabilitation clinic in January after four decades of drinking.

### Country music call-in names Cash 'Legend'

NASHVILLE, Tenn. (AP) — Johnny Cash, somewhat of a forgotten man on radio the past 15 years, got a prime spot on a country music broadcast thanks to his fans.

Cash was presented the Legend Award on Tuesday for "timeless influence and his continued impact on the sounds of country music today." The honor was one of nine popularity awards on a show syndicated by the Entertainment Radio Network.

Radio station program directors and music industry executives nominated artists and results were based on about 250,000 calls to toll-free numbers advertised over the 260 participating stations.

"When I was a little boy, I always wanted to sing hillbilly music, gospel music, on the radio," Cash told listeners.

Singer Marty Stuart, a former Cash band member, presented the award.

"The reason country music is so popular is the doors you opened so many years ago," Stuart said.

The show also honored Reba McEntire as entertainer of the year and best female artist, Alan Jackson as best male artist and Tim McGraw as best new artist.

### Hamill's Ice Capades sold to Pat Robertson

NEW YORK (AP) — Skater Dorothy Hamill and her husband have sold the Ice Capades to the entertainment company headed by religious broadcaster Pat Robertson.

Hamill, who won the gold medal for women's figure skating at the 1976 Olympics, said the deal would enable her to produce more skating programs for TV.

International Family Entertainment Inc., which owns The Family Channel cable network, would not say how much it paid for the touring skating show. Robertson's son Tim, president of the Virginia Beach, Va.-based company, said the deal was part of the company's goal of supplying high-quality family entertainment.

Hamill and her husband, Dr. Kenneth Forsythe, who acquired the Ice Capades name in June 1993, agreed to stay on with the company for at least five years.

### Woodstock '94 looks for medical support

ALBANY, N.Y. (AP) — They may sing some blues at Woodstock '94, but organizers want doctors there to cure any harsher maladies.

Organizers of the 25th anniversary concert Aug. 13-14 need 900 doctors, nurses and other medical workers for two on-site mini-hospitals. Volunteers get a ticket to the show, a bed, meals and Woodstock paraphernalia.

Woodstock '94 is expected to draw 250,000 people to Saugerties, N.Y., about two hours north of New York City. At the original Woodstock concert in 1969, there were two babies born and numerous bad drug "trips," but not a lot of doctors on hand.

This time, the thinking is better safe than sorry, said Dr. Ferdinand Anderson of Kingston's Benedictine Hospital, which is running the medical plan.

"It's better to walk away and say we did too much than walk away and say I wish we could have done more, because people's lives are at stake," he said.

