

University encourages students to use AT&T phone cards

By Susan Owen
THE BATTALION

Reach out and touch someone long distance, and Texas A&M gets a percentage. Every student who lives in a residence hall this fall will receive a personalized AT&T ACUS long distance calling card.

Residents do not have to use their ACUS card and can choose any long distance service, but a percentage of the money spent on ACUS calls is returned to Texas A&M to fund student programs. The cards and information are being distributed through residence hall staff and Corps of Cadets unit commanders.

ACUS (American College and University Systems) is a division of AT&T that deals only with on-campus residents.

Since 1992, AT&T ACUS has returned 30 percent of revenues from campus residents' use of the long distance service to A&M.

Tom Murray, A&M's manager for custodial and maintenance services, said in the 1992-93 school year, about 10 percent of campus residents used AT&T ACUS.

"Last summer, AT&T information packets were mailed to students' permanent addresses, and the percentage of ACUS users went up to 32

percent," Murray said.

Dr. J. Malon Southerland, vice president for student affairs, said the University received approximately \$70,000 from AT&T ACUS last year. This year's percentage is expected to be higher because of the increased distribution of ACUS cards.

"I expect it to be not less than double," Southerland said, adding that the amount could go as high as \$150,000.

Southerland has reviewed proposals from the Residence Hall Association and residence hall staff council suggesting uses for the money earned by the ACUS program. The Department of Student Affairs has also given him recommendations, and he said he plans to consult Corps staff.

If the program earns the estimated minimum amount, the University will be able to double the money given to residence hall staff and councils, Southerland said.

Last year, each hall received a dollar per semester for each resident. The ACUS money should double that, giving each hall a total of four dollars a year per resident, Southerland said.

"If the dollar amount is what I expect it to be, I may be able to say yes to everyone," he said.

Phone home

Although all campus residents will receive an AT&T ACUS card automatically this fall, they can use any long distance service. Here is a listing of several different long distance services' rates for a call from the 409 area code (Bryan and College Station) to the 512 area code (Austin).

Service	Weekday, 8 a.m.-5 p.m. 1st min. / each add. min.	Weekday, 5 p.m.-11 p.m. 1st min. / each add. min.	Weekday, 11 p.m.-8 a.m. 1st min. / each add. min.	Weekends 1st min. / each add. min.
AT&T ACUS	27¢ / 26¢	19¢ / 19¢	17¢ / 17¢	17¢ / 17¢
Sprint	29¢ / 28¢	21¢ / 20¢	18¢ / 17¢	18¢ / 17¢
MCI calling card	30¢ / 30¢*	21¢ / 19¢*	21¢ / 19¢*	21¢ / 19¢*
StarTel	29.75¢ / 28.75¢	21¢ / 20.85¢	18¢ / 17.9¢	-----

* There is an additional 79¢ charge on each call made with the MCI calling card.

RHA president Owen Ross said giving the money to hall staff and councils is the best way to direct it back to the students.

"That's something that I firmly believe in, is sending the money as close to the residents as we can," he said.

He said the halls would use the money to improve the quality of educational programs and activities offered. Special proposals could fund other projects such as exchange programs, diversity education or purchasing sports equipment.

Southerland said he wants to form a student board to review proposals individually. He said he will decide as soon as the first week of classes which proposals already submitted can be filled.

Please see ACUS, Page 1

It's just what the doctor ordered

A healthy diet, exercise, and rest cure problems for students

By Amanda Fowle
THE BATTALION

Students wrapped up in the quick-paced life of college often find themselves fighting illnesses or battling the infamous "Freshmen 15."

Dr. Jane Cohen, health education coordinator and nutrition specialist at A.P. Beutel Health Center, said proper eating habits can help students stay healthy and fit.

"Many college students do not realize that their food choices affect their health," she said. "Some students get too many calories and some don't get enough."

She said students should balance their plate by eating foods from all four food groups and should try to avoid eating too much food from one particular group.

Cohen said the Department of Food Services offers students many dietary options. The din-

ing centers have "lite lines" which offer healthier foods, including vegetarian dishes, for students.

Cohen said students might want to vary their diets by opting for low-calorie foods.

For example, she said, students can try eating a low-fat bagel for breakfast instead of a fat laden doughnut.

She said students do not realize how long it takes their body to use up the calories they consume.

"It takes 30 minutes of walking to burn off one glass of beer," Cohen said.

Students can keep a food diary of everything they eat, which Cohen said will help them realize their dietary weaknesses so they can pay special attention to certain areas.

Not all students have problems with overeating, Cohen said. In fact, a poor self-image drives many students to diet

excessively which could cause some to become hypoglycemic.

One way to combat a negative self-image is through exercise, she said.

"Exercise helps to keep muscle while diet helps lose fat," Cohen said.

Larry Isham, marketing director at Aerofit Athletic Center, said exercise is also an effective way to combat a lack of energy.

"One of the biggest benefits of exercise is energy," he said. "Many people think that exercise will drain them down, but it really gives you more energy. Your body requires less sleep and you feel more alert."

In addition to poor eating habits, stress is a factor that causes many illnesses among college students.

Dr. Kenneth Dirks, director of Beutel Health Center, said stress reactions are common.

Please see Health, Page 5

Helping freshmen find friends

By Amanda Fowle
THE BATTALION

As they face the many challenges of beginning college, many freshmen find they need help adjusting to the thrills and spills of their new environment.

At Texas A&M, these new students have the opportunity to take advantage of several programs, including Fish Camp, Aggie Leaders of Tomorrow, FACES, ExCEL and FLIP.

Stephanie Rhodes, a graduate assistant in the Office of Diversity Education, said students should take advantage of the programs in place to help them.

"Students need to be aware of the people around to support them," she said. "They need to know that there are people around them dealing with the same things they are dealing with."

Rhodes is involved in FACES, Freshmen Adjusting to College Experiences, a mentoring program for minority freshmen.

Marta Guzman, chair of FACES, said the program is an

opportunity for students to develop role models.

"It provides role models for freshmen," she said. "It gives them an idea of what to expect their freshman year. They are given a friend in their mentor."

Guzman said FACES helps minority students get involved in campus activities and helps them develop leadership abilities.

"We offer committees they can serve on," she said. "We help them meet other minority students so they don't feel alone."

Students fill out a questionnaire about themselves and are matched with an upperclassmen mentor, Guzman said.

ExCEL (Excellence Uniting Culture, Education and Leadership) is another program to help minority freshmen cope with the challenges of starting college.

The purpose of ExCEL is to make minority students want to stay at A&M, she said.

"It's a great retention program for minority freshmen," she said.

ExCEL kicks off the new school year with a weekend conference. This year's conference will be this weekend in the MSC.

Patricia Moralez, conference chair for ExCEL, said the conference is filled with activities.

"We do activities to loosen them up so they won't be so nervous on the first day of school," she said.

ExCEL hosts biweekly programs for freshmen on topics like study skills, Moralez said.

ALOT (Aggie Leaders of Tomorrow) is an MSC program that helps freshmen develop leadership skills. Members meet weekly for lectures and discussion.

FLIP (Freshmen Leaders in Progress) is a leadership development program for freshmen living in residence halls.

Jeff Nichols, director of FLIP, said the program is a wonderful way for freshmen to meet people on campus.

"The title FLIP is misleading," he said.

Please see Cope, Page 1

University Bookstores

Three Off-Campus Stores To Serve You
Northgate - Culpepper - Village
"Your Educationally Priced Software Store"

CAD Programs

Currently in stock:
Microstation PC, MAC, or NT
Commercial Price \$3695.00
Your Price \$150.00

Comine approximately November 1st:
AUTOCAD 12 Package
Commercial Price \$10,000.00+
Your Price \$250.00

Autocad 12, Autovision, 3D Studio, & Designer (Come by one of our stores for a complete breakdown on this package. We are also offering a \$45.00 discount for all confirmed orders placed by 9-15-94.)

THE BATTALION

BELINDA BLANCARTE, Editor in chief

MARK EVANS, Managing editor
MARK SMITH, Night News editor
HEATHER WINCH, Night News editor
KIM MCGUIRE, City editor

Staff Members

City desk—Jan Higginbotham, Katherine Arnold, Michele Brinkmann, Stephanie Dube, Stacey Fehlis, Eloise Flint, Amanda Fowle, Melissa Jacobs, Lisa Messer, Angela Neaves, Susan Owen, Constance Parten and Tracy Smith

News desk—Robin Greathouse, Sterling Hayman, Jody Holley, Shafi Islam, Jennifer Montiel, Tiffany Moore and Stacy Stanton

Photographers—Stacey Cameron, David Birch, Blake Griggs, J.D. Jacoby, Tim Moog, Gina Painton, Nick Rodnicki, and Carrie Thompson

Aggielife—Anas Ben-Musa, Margaret Claughton, Drew Diener, Christi Erwin, Jennifer Gressett, and Jeremy Keddle

Sports writers—Nick Georgandis, Drew Diener and Stewart Doreen

Opinion desk—Jenny Magee, Lynn Booher, Josef Elchanan, Laura Frnka, Aja Henderson, Erin Hill, Jeremy Keddle, Michael Landauer, Melissa Megliola, George Nasr, Elizabeth Preston, Gerardo Quezada, and Frank Stanford

Cartoonists—Greg Argo, Brad Graeber, Alvaro Gutierrez and Quatro Oakley

Office Assistants—Heather Fitch, Adam Hill, Karen Hoffman and Michelle Oleson

Writing Coach—Tim Doolen

The Battalion (USPS 045-360) is published daily, Monday through Friday during the fall and spring semesters and Monday through Thursday during the summer sessions (except University holidays and exam periods), at Texas A&M University. Second class postage paid at College Station, TX 77840.

POSTMASTER: Send address changes to The Battalion, 230 Reed McDonald Building, Texas A&M University, College Station, TX 77843.

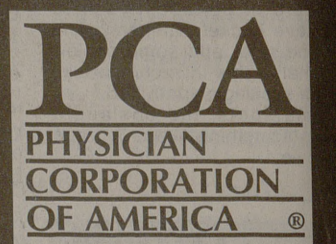
News: The Battalion news department is managed by students at Texas A&M University in the Division of Student Publication, a unit of the Department of Journalism. Editorial offices are in 013 Reed McDonald Building. E-mail: BATT@TAMVM1.TAMU.EDU. Newsroom phone number is 845-3313. Fax: 845-2647.

Advertising: Publication of advertising does not imply sponsorship or endorsement by The Battalion. For campus, local and national display advertising, call 845-2696. For classified advertising, call 845-0569. Advertising offices are in 015 Reed McDonald and office hours are 8 a.m. to 5 p.m. Monday through Friday. Fax: 845-2678.

Subscriptions: Mail subscriptions are \$20 per semester, \$40 per school year and \$50 per full year. To charge by VISA, MasterCard or Discover, call 845-2611.

LOOK TO THE FUTURE OF HEALTH CARE.

One Company is facing health care issues head on, providing solutions, today. PHYSICIAN CORPORATION OF AMERICA delivers health care solutions for all kinds of people, like you. To the young and old, single and married, to families, to Americans. If you get coverage through your job, or if you receive Medicare or Medicaid benefits, PCA has a plan for you. PCA Health Plans of Texas and PCA QualiCare.



Health Care Solutions, Today.

Call PCA Health Plans of Texas, Inc. 1-800-568-4722.

A12-1N-100 7/94

Page
Con
lem the
I few, a pr
cur not
lem also
lege did
the ing

SPECIAL

Fu
sh
Au

Conti
tion, i
for m
Admi
auto
21 Ba
able
Night
sally, I
TAMU
11th B
INSPI
quired
Manaq
mainte
Part-tir
prefer
at 29th
Compu
be fame
Full tim
Please
Part-tir
quette
Box 445
PART 1
acceptir
TO HAV
donor is
sible (45
day. De
read, st
cash in f
year. Nic
8855
Evening
a comme
available

Em

INTERNA
\$4,000+
Japan, T
Asian lang
ext. JS85
CRUISE
working o
travel (149
Full-time
sary. For

A
L
S
e

Colle
82

Gorgeous, I
formals. P
764-5877
Two mobile
845-4247
Newport Col
fum., walk i
\$100 ahead
-2 bath. As
Available No
lease OK? B
SUBLEASE
share). 2 hu
carpet & floo
Furnished 1
shuttle route.
Kathy 845-91

Female room
W/D, \$270/m
Needed - fem
W/D, bus rout