

More Aggie participation needed for continued success of yearbook

Despite numerous name changes, the A&M yearbook celebrates its 100th year.

By Gretchen Perrenot
THE BATTALION

The Aggieland, Texas A&M University's yearbook and the largest yearbook in the nation, celebrates its 100th year with a new look.

Diana Hodges, editor of Aggieland 1995, said this year's book will reflect a more modern style.

"It will be for the year 1995, as opposed to 1970," Hodges said. "It will be something the University has never seen before, but I think it will be well-received."

The theme for Aggieland 1995 is "History in the Making." It will feature the Aggieland's 100th year, as well as the 100th year for football and the band, she said.

Carey Eagan, academic designer for the Aggieland 1995, said Hodges has kept with the tradition of the book.

"It has the same old Aggie feel, but with some new aspects," Eagan said. "It's not the same old book."

The Aggieland has evolved throughout its 100 years, with different looks and two name changes. The first issue was produced in 1895 and was called the "Olio", an Italian term meaning "a miscellaneous mixture."

A staff of eight editors and four designers produced the 133 pages of the "Olio's" first and last issue.

Eight years later, A&M's next yearbook was produced and called the "Longhorn."

"The name 'Longhorn' was originally chosen because it represented the state of Texas and it was associated with agriculture," Earl Glenn Rose, class of '49, said in a 1990 article in The Battalion.

In 1949, the yearbook's name was changed once again, this time by popular consent of the student body.

The Battalion ran several articles concerning the name change. One article asked the students if they would choose the name "Longhorn" for the yearbook if it had never had a name.

Suggested names for the book were "Reveille," "Twelfth Man," "Bonfire," "The Spirit of Aggieland," "Final Review" and the winner, "Aggieland."

When the University of Texas ran a story in the Daily Texan, the student body newspaper, the headline read: "What's this about the Aggies changing their yearbook name because they don't like Longhorns?"

It was said that a fellow Aggie replied: "We don't do things to upset t-sips. We do things to please Aggies."

Hodges said she believes the changes for 1995 will please today's Aggies. She also said that although the Aggieland is impressive to other universities in size and quality, A&M student interest is declining.

The circulation has decreased from

13,000 to 13,000 in the last ten years, Hodges said, and 2,000 class pictures represent A&M's 43,000 students.

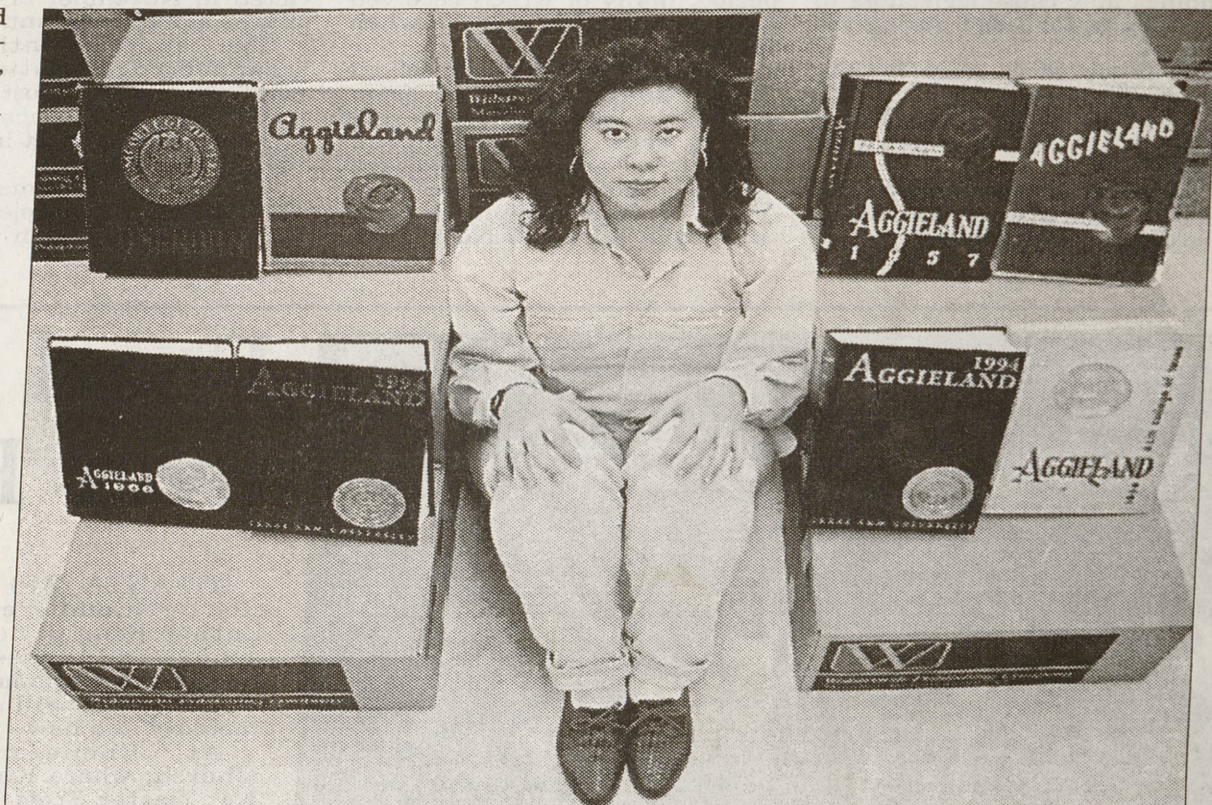
Hodges said that not buying a yearbook or having one's picture included is a "missed opportunity" to own a history of one's years at A&M.

"Ten years down the road it is too late to get one," she said. "We are fortunate in that we still have a yearbook. A lot of schools don't."

The University of Texas almost lost their yearbook, Hodges said, and they only sell 2,000 copies per year.

The Aggieland has grown to become the nation's largest yearbook.

"We've lasted this 100 years and I hope we last 100 more," Hodges said.



Junior Diana Hodges, the 1995 Aggieland editor, sits among past and present Aggieland yearbooks.

Nick Rodnicki/THE BATTALION

HEALTH TIPS

Consider strengths, weaknesses when declaring resolutions

By Sharon Drumheller
A.P. BEUTEL HEALTH CENTER

"This year I'm going to exercise more!" "This year I'm going to cut down on fat in my diet." "This year I'm going to drink less." "This year I'm . . ."

Does any of this sound familiar? Yes Aggies, it's that time of year again; the time to make those dreaded New Year's Resolutions. You know, the ones people hardly ever keep longer than the month of January? Well, don't despair, here are some tips to help you make and keep those resolutions for a healthier, happier you!

Making a lasting change in your life takes some work. First, you must gather pertinent information. For instance, if you are interested in limiting your dietary intake, you should first analyze how much fat is in your diet now. Then you could find out how much fat is necessary in your diet considering your age, body shape and size, activity level and daily caloric intake.

After you have gathered good, credible information on the topic of your resolution, the second step is to know and understand yourself. You are unique; only you can know what is best for you.

You should appreciate your own strengths and weaknesses and familiarize yourself with the beliefs, values and attitudes that may affect your health. Your personal feelings are very much a part of all your health decisions and you should be honest with yourself about your needs and desires.

After you have gathered information and examined your own personal beliefs, you will be ready to create a plan of action. Once you have made the decision to make a change in your life, it can be overwhelming, especially if it is a big goal.

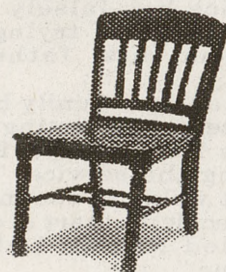
The best way to avoid overload is to set small, reasonable objectives that, when accomplished, all add up to the larger goal. To make an objective measurable, you should establish a timeline. Also, specify exactly how you will reach your goals.

Let's say you have resolved to manage stress better this semester. You could set up a list of objectives as follows:

- By the end of January I will:
 - allow 15 minutes a day for me and me alone
 - make a "To Do" list every night for the next day
 - exercise once a week for a period of 20 to 30 minutes
- By the end of February I will:
 - exercise twice a week for 20 to 30 minutes
 - maintain a calendar listing all my responsibilities
- By the end of March I will:
 - complete preliminary research for all major projects
- By the end of the semester I will:
 - exercise three times a week for 20 to 30 minutes
 - allow 30 minutes a day for me and me alone

By following these three steps you will be well on your way to lasting behavior changes. Being healthy is a continuous process and if you are always striving to be a healthy, well-balanced person then you are a success!

For more information on any health topic or to schedule a program, please contact the Health Education Center, A.P. Beutel Health Center at 845-1341.

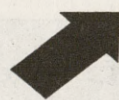


WHY THE MOST POPULAR TEST PREP COURSE ALWAYS HAS EMPTY SEATS.

We're proud of the fact that so many students want to take our course. But one thing we never do is cram them all into one room. We put 8 to 15 students in our MCAT, GRE, GMAT, and LSAT classes.

What does that mean for you other than a little more leg room? It means that you can't find more personalized training. Since our teachers aren't overwhelmed by the size of their classes, they have time to answer your questions without rushing. If you're struggling with a particular concept, an instructor will work with you, one on one, until it sinks in.

That's one reason why over 30,000 students a year choose us to prepare them for their tests. But don't worry, you won't be in a class with all of them.



THE PRINCETON REVIEW
(409) 696-9099
info@review.com

The Princeton Review is not affiliated with Princeton University or ETS.

Office of Student Life Programs

Commuter Students drop in for free breakfast



Texas A&M University

Wednesday, January 18th
7:30 AM - 9:30 AM
Governance Room
144 John J. Koldus Bldg.

Free breakfast in exchange for your opinions on University services & programs

Hosted by the Department of Recreational Sports

Graduate Student Council & Off Campus Aggies

Breakfast hosted by Sam's Club

MONOPOLIZE YOUR OPPORTUNITIES . . .



BECOME A RESIDENT ADVISOR!

Spring 1995 - EDAD 489 The Resident Advisor Role Additional Section open!

507 M/W 6:00 - 6:50 Commons Multipurpose Room

Classroom Locations For Current Sections Are:

- 501 Harrington 201
- 502 Harrington 201
- 503 Harrington 202
- 504 Harrington 202
- 505 Military Sciences 316
- 506 Commons Multipurpose Room

Call 845-1229 for additional information

CONTACT LENSES

ONLY QUALITY NAME BRANDS
(Bausch & Lomb, Ciba, Barnes-Hind-Hydrocurve)
Disposable Contact Lenses Available

\$118⁰⁰ TOTAL COST...INCLUDES

EYE EXAM, FREE ALCON OPTI-FREE CARE KIT, AND TWO PAIR OF STANDARD FLEXIBLE WEAR SOFT CONTACT LENSES.

\$149⁰⁰ TOTAL COST...INCLUDES

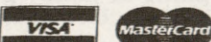
EYE EXAM, FREE ALCON OPTI-FREE CARE KIT, AND FOUR PAIR OF STANDARD FLEXIBLE WEAR SOFT CONTACT LENSES.

SAME DAY DELIVERY ON MOST LENSES.

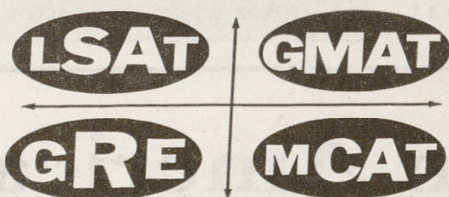
Call 846-0377 for Appointment
CHARLES C. SCHROEPEL, O.D., P.C.
DOCTOR OF OPTOMETRY

505 University Dr. East,
Suite 101

College Station, TX 77840
4 Blocks East of Texas Ave. &
University Dr. Intersection



great scores...



Kaplan helps you focus your test prep study where you need it most. We'll show you the proven skills and test-taking techniques that help you get a higher score.

great skills...

Kaplan has the most complete arsenal of test prep tools available. From videos to software to virtual reality practice tests with computerized analysis to great teachers who really care, nobody offers you more ways to practice.

Call: 696-3196

get a higher score
KAPLAN

THE BATTALION

MARK SMITH, Editor in chief

JAY ROBBINS, Senior managing editor
HEATHER WINCH, Managing editor
JODY HOLLEY, Night News editor
TIFFANY MOORE, Night News editor
AMANDA FOWLE, City editor

STERLING HAYMAN, Opinion editor
ROB CLARK, Aggieworld editor
NICK GEORGANDIS, Sports editor
DAVE WINDER, Sports editor
STEWART MILNE, Photo editor

Staff Members

City desk—Stephanie Dube, Kasie Byers, Lynn Cook, Brad Dressler, Dana Jones, John Kerrigan, Lisa Messer, Gretchen Perrenot, Tracy Smith, Jed Stockton and Wes Swift
News desk—Kristi Baldwin, Michele Chancellor, Kristin De Luca, Kristen De Rocha, Libe Coad, Robin Greathouse, Zachary Toups and James Vineyard
Photographers—Tim Moog, Amy Browning, Robyn Calloway, Stacey Cameron, Blake Griggs, Nick Rodnicki and Eddie Wylie
Aggieworld—Michael Landauer, Amber Clark, Margaret Cloughton, Amy Collier, Eloise Flint, and Jay Knoum
Sports writers—James Anderson, Kristina Buffin, Tom Day, Shelly Hall, Robert Hanson and Robert Rodriguez
Opinion—Erin Hill, Drew Diener, Laura Frnka, Zachary Hall, David Hill, Kyle Littlefield, Jenny Magee, Jim Pawlikowski, Elizabeth Preston, Gerardo Quezada, David Taylor and Amy Uptmor
Cartoonists—Greg Argo, Brad Graeber, Alvaro Gutierrez and Quatro Oakley
Office Assistants—Wendy Crockett, Heather Fitch, Adam Hill and Julie Thomas

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@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: A part of the Student Services Fee entitles each Texas A&M student to pick up a single copy of The Battalion. Mail subscriptions are \$20 per semester, \$40 per school year and \$50 per full year. To charge by VISA, MasterCard, Discover or American Express, call 845-2611.