

**JON HART**

**GRADUATION SALE**  
APRIL 22, 1995 - MAY 22, 1995

Sale Items	Regular	Sale
#560 Daytripper	\$115	\$92
#713 Medium Pullman	171	137
#750 Garment Bag 50"	159	127
#802 Shave Kit	54	43
#804 Make-up Case	64	51
#805 Pouch	14	12
#821 Joe Duffie	111	89

*Individually monogrammed, coated canvas with English leather trim.*

**THE APPAREL & SHOE STORE**

Monday - Saturday 10-7  
Free Alterations • Gift Certificates  
Layaway • Free Gift Wrap

Accessories • Clothing • Shoes

**STAFFORD OPERA HOUSE**  
"...worlds greatest guitar player..."

**Eddie Van Halen.**

**CHRIS DUARTE**  
FRIDAY APRIL 21

SAT APRIL 22  
**PLUS TRIPPING DAISY**

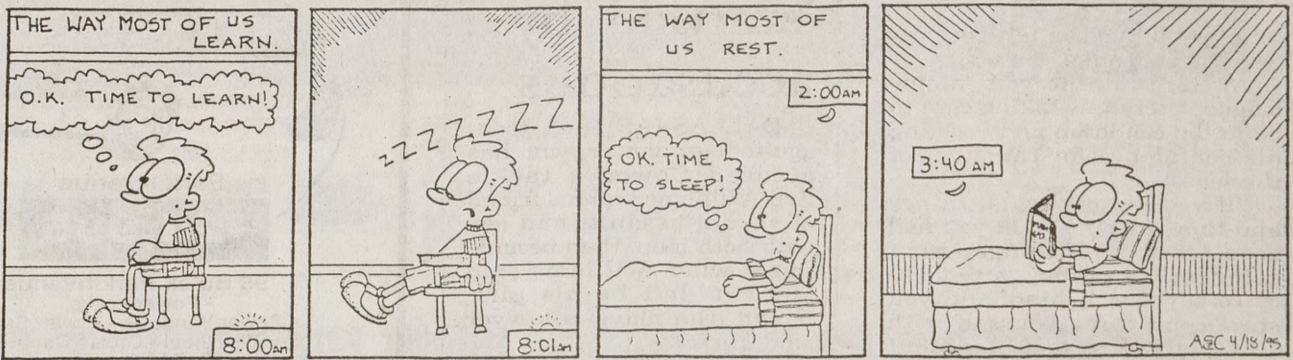
ALL TICKETS AT MAROONED 846-0017

**HOWDY AGS!**  
CLASS OF 1996:  
CLASS COUNCIL COMMITTEE  
CHAIR APPLICATIONS ARE  
NOW AVAILABLE IN THE  
STUDENT PROGRAMS OFFICE  
AT THE CLASS OF 1996  
CUBICLE AND THE STUDENT  
GOVERNMENT OFFICE  
IN THE KOLDUS BLDG.  
APPLICATIONS DUE  
MONDAY, APRIL 24, 1995  
COME PICK ONE UP AND  
SUPPORT YOUR CLASS!

**GIG'EM!**

Any questions contact Gerry Brown at 847-1749

**Stick**



**By Alvaro** Exercise must be vigorous to extend life, study finds

CHICAGO (AP) — Run! No, walk. No, run!

The latest in a spate of seemingly conflicting studies says that to live longer, you must exercise vigorously, not just moderately.

Lately, many exercise advocates, including the government's Centers for Disease Control and Prevention, have been pushing moderate activity.

But that won't boost longevity, judging from 26 years of data on 17,321 healthy male Harvard alumni who graduated between 1924 and 1954, researchers report in Wednesday's issue of The Journal of the American Medical Association.

"We found that only vigorous exercise was associated with lower mortality, and nonvigorous exercise did not at all reduce mortality rates," said Dr. Min Lee, assistant professor of medicine at Harvard and lead author of the study.

Vigorous exercise was defined as any exertion that required at least six times as much energy as resting. That included walking 4 to 5 mph, jogging, swimming laps, playing tennis or even doing heavy chores around the yard — if they truly were heavy chores, like building stone fences, and "not just putting around," Lee said.

The study did not spell out exactly how much of any specific activity would constitute vigorous exercise.

Rather, the study said the most active group of men burned 12,600 to 14,700 calories a week. That's equivalent to walking briskly 4 to 5 mph for 45 minutes a day, five days a week, Lee said.

She hastened to add that moderate exercise has many other benefits — improving quality of life, promoting physical well-being, enhancing the ability of older people to accomplish daily tasks, regulating blood pressure and averting diabetes.

"I don't want to dissuade couch potatoes from exercising," Lee added by telephone Tuesday. "I strongly believe that any exercise is better than no exercise."

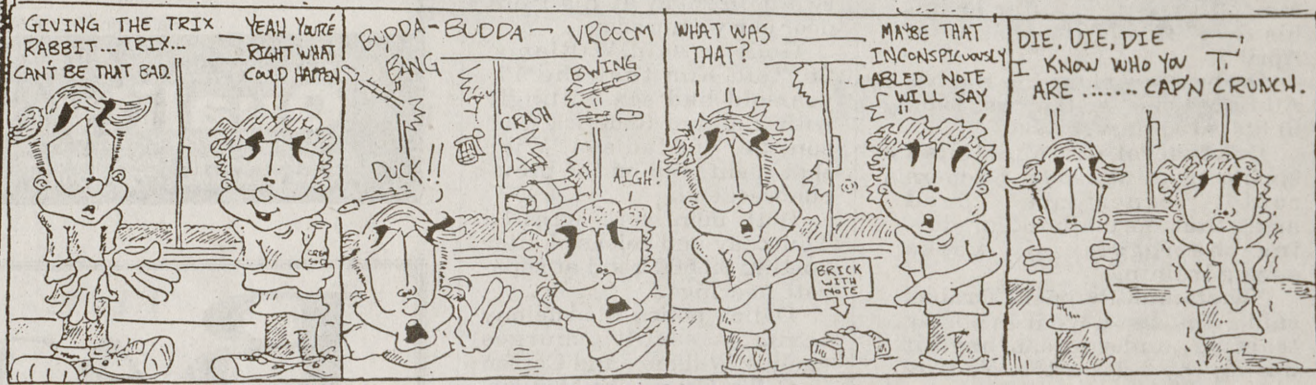
But for persons who can exercise at a higher level, why not do that? Because our data indicate they might live longer than other people."

In the study, the most active group of men had a 25 percent lower risk of dying over the 26 years than the least active men Lee said.

The difference in risk was calculated after adjusting for differences that might have affected risk — age, smoking habits, high blood pressure, diabetes and the early death of one's parents.

A 25 percent reduction in death risk equals the difference in risk between a pack-a-day smoker and a nonsmoker, or between a person who is 20 percent overweight and a person of ideal weight, she said.

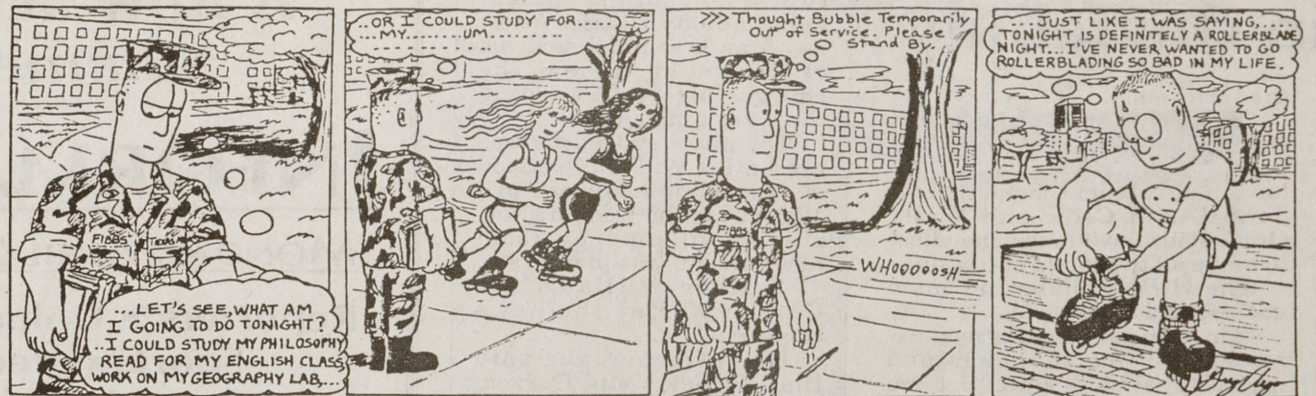
**THE INKWELL**



**By BRAD**

**ADVENTURES IN AGGIELAND**

**By GREG**



**Sketch**

**By Quatro**



**WEATHER**

Today	Thursday	Friday
Mostly cloudy with widely scattered showers. SE winds near 15 mph. High near 81.	Numerous showers and thunderstorms early. A high near 76. NW winds 10-15 mph.	Partly cloudy with a high near 80.
<b>Tonight</b> Numerous showers and thunderstorms. Winds SE 10-15 mph, with a low near 66.	<b>Thursday Night</b> Partly cloudy with a low near 59.	

Source - A&M Chapter of the American Meteorological Society

**THE OTHER ECLIPS**  
HAIR, SKIN & NAIL CARE

**Messina Hof**  
Wine Cellars

**PROUDLY SPONSORS CLASS '95' SENIOR WEEKEND**

<b>SR. BASH</b> Thursday, April 20 Lakeview 8 p.m. - 1 a.m.	<b>SR. BANQUET</b> Saturday, April 22 Hilton 6 p.m. - 8 p.m.
<b>RING DANCE</b> Saturday, April 22 MSC & Rudder 9 p.m. - 1 a.m.	<b>SR. PICNIC</b> Sunday, April 23 Spence Park 1 p.m.

Tickets on sale at the MSC Box Office!  
We wish you a safe and eventful weekend.

**The Other Eclips** 696-8700

**Messina Hof** 778-WINE

**"One simply wanted to stand up and cheer."**  
THE RICHMOND NEWS LEDGER

**The Boys Choir of Harlem**

You can see why the choir delights audiences across the world with a repertoire ranging from classical to modern, spiritual to jazz—highlighted by choreography and an unerring sense of showmanship.

**April 20, 1995 8:00p.m.**  
**Rudder Auditorium**  
Tickets are on sale at the MSC Box Office-TAMU, or charge by phone at 845-1234

**Your Season! OPAS22**  
MSC OPERA & PERFORMING ARTS SOCIETY

Persons with disabilities please call 845-1515 to inform us of your special needs. We request notification three (3) working days prior to the event to enable us to assist you to the best of our ability.