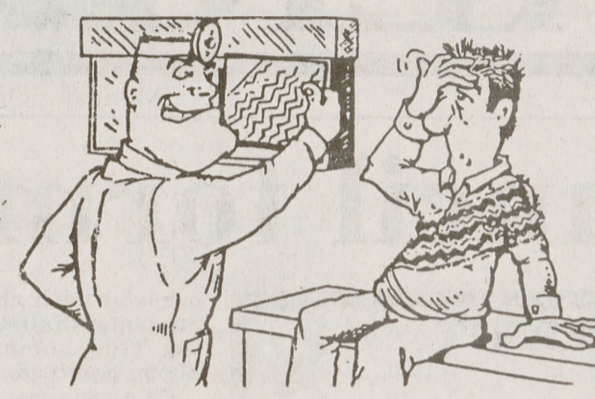




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TAMU Outdoors offers Aggies educational trips

Today is the last day to sign up for three low-cost outdoor recreational programs.

By Kristen Homyk
THE BATTALION

TAMU Outdoors will close registration this afternoon for three of its latest outdoor programs designed to entertain and teach members of the Texas A&M community about nature.

Students can sign-up for a rock-climbing trip to Enchanted Rock State Natural Area, a kayak roll instructional clinic and a kayak workshop on the San Marcos River until 6 p.m. today.

TAMU Outdoors, a part of the Recreational Sports Department, designs activities for A&M faculty members, students and Bryan-College Station community members who wish to enjoy nature in a safe environment with minimal cost.

Daniel Olson, a senior Spanish major who has gone hiking several times with TAMU Out-

doors, said the program has given him the chance to explore the outdoors and learn hiking and camping methods from competent trail leaders.

"When I went to the Grand Canyon with them, I couldn't possibly have been in more capable hands," Olson says. "This has been a good way for me to learn some skills and see some beautiful new places."

Troy Young, coordinator of

the opportunity to relieve stress from classes as well as improve the body, he said.

Marisa Oliva, a senior wildlife and fisheries major who works for TAMU Outdoors, said participants can take advantage of the opportunities for learning in the wilderness.

"I think it teaches people some insights into themselves, what they can do, what they can accomplish and the beauty of the

cost for the trip is \$54 for the Sports members and \$64 for all others.

Students who wish to learn kayaking skills can sign up today for two separate TAMU Outdoors programs.

A kayak roll instructional clinic to be held Oct. 10 on campus will feature experienced guides teaching participants beginning kayaking techniques. Rec Sports furnishes equipment, and the cost is \$12 for members and \$15 for all others.

A weekend kayak trip to the San Marcos River to learn and use fundamental kayaking skills is planned for Oct. 14-15. Transportation and equipment will be provided by Rec Sports. The cost is \$54 for members and \$64 for all others.

All trips sponsored by TAMU Outdoors are led by experienced trail leaders and guides. Participants will be asked to sign an assumption of risk form and are encouraged to have medical coverage.

For more information students and faculty members can contact TAMU Outdoors at 845-4511.



outdoor recreation, says the trips and programs are presented at a low cost to allow students, who might not be able to afford the experience otherwise, the chance to go.

"I've taught kayaking for four years with an outfitter who charges about six times as much for a roll clinic that a student can get here," Young said. The programs also provide

world around them," Oliva said.

Students and faculty members who are interested in rock climbing can register today for a trip Oct. 13-15 to Enchanted Rock State Natural Area. Trip leaders will teach techniques and safety, and participants can test themselves on the second biggest stone mountain in America.

Rec Sports furnishes equipment and transportation. The

HEALTH TIPS

Beutel to provide free health sessions

The interactive programs will be held Tuesday evenings.

By Annie Godwin
A.P. BEUTEL HEALTH CENTER

The opening of the new Recreational Sports Center has put many Aggies on a physical fitness health kick. But because physical exercise is only one important aspect of health, the A.P. Beutel Health Center is offering the "Eat Right-Play Hard" series at the new complex to promote Aggies' health.

Aggies involved in physical fitness spurred questions such as, "How much should I weigh?" "How many calories do I need?" "Are there benefits to sports drinks?" "Do I need to take vitamin supplements?" and "Is this exercise bad for my knees?"

Tuesday evenings, beginning at 5:30 in 272 Recreational Sports Center, representatives from the A.P. Beutel Health Center will offer

free programs on many aspects of health, including nutrition, personal fitness, physical therapy and methods of contraception.

The programs will be entertaining and highly interactive. Those attending the sessions will receive free passes to attend Recreational Sports aerobics classes.

Once a month Dr. Cohen, A.P. Beutel's dietitian, will perform triceps fat-fold tests so students can evaluate their body fat percentage. Cholesterol measurements will also be available at reduced rates to those who attend the sessions.

The staff is currently working to provide "Computation," a nutrient analysis software program available to students at the Recreational Sports Center.

October's programs will include "Body Basics - Feeding Yourself to Fitness," by Annie Godwin Oct. 10, which will include an overview of basic nutrition principles and will allow students to calculate their ideal body weights, caloric need and daily fat gram allowance.

Godwin will present "The Winning Edge - Sports Nutrition" Oct. 17, which will feature the pros and cons of sports drinks, carbohydrate, pre-workout/competition foods and appropriate food choices to fuel an active lifestyle.

A.P. Beutel's Physical Therapist, Mr. Abernathy will present "If It's Physical, It's Therapy" Oct. 24 and will discuss sports injury prevention, stretching techniques and how to treat existing injuries.

The prevention of sexually transmitted diseases, birth control options and absence will be covered Oct. 31 in the Method of Contraception program by Erin Foley, assistant health education coordinator.

Upcoming topics include "Stress - Feet Right," "Managing the Munchies," "Eating Disorders - When Thin is Too Thin" and "Parting With Your Pounds."

The representatives from the A.P. Beutel Health Center are looking forward to helping promote total-body wellness and hope Aggies will take advantage of this free source of beneficial information.

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