

Shane Elkins, THE BATTALION

Junior management major Alanna Strait's size makes it difficult to use the weight machines in her weight lifting class.

Small problem

Students face difficulties in weight training classes because of size

By Helen Clancy
THE BATTALION

A simple glance at the weight room in G. Rollie White Coliseum can be deceiving. There are Olympic-size bench presses, aged Nautilus equipment and chin-up bars. Nothing in the room appears to be discriminating and unfair, but some students say it is.

Students in strength training classes at G. Rollie White Coliseum say they see a deception, especially if they are under 5'3".

Allana Strait, a junior management major, said that the Nautilus machines are unsuitable for students of small stature.

"The equipment was made for large, muscular men, and I'm 5'1", she said. "It's not fair for women to be lifting on men's machines."

Mandy Manderscheid, a sophomore psychology major, said she has difficulty lifting and adjusting most of the machines.

"I can't reach the pull-up bars, and I have to lower the squat bars, which is difficult and dangerous," she said. "The equipment is best suited for males."

Not only is inconvenience an issue to small students, but safety is also a major concern of some students when working out on certain machines. Some students cannot secure the weights on the leg sled to exit the machine.

"I know that if I don't have someone help me, I'm going to hurt my back," Manderscheid said. "If they had a better machine, this wouldn't be a problem."

Strait said her safety is jeopardized when working out on the leg sled because hundreds of pounds are suspended above her on a ramp-like machine.

"They have people standing around you in case the weight falls, but if they slip, the weight could crush you," she said.

Teri Wenzel, a strength training instructor, said manufacturers have developed machines smaller students can use.

"Technology has produced machines that are smaller and can be adjusted," she said. "The machines we have now do not accommodate smaller and weaker beginners."

Some students wonder why state-of-the-art equipment was purchased for the Student Recreation Center while classrooms were left with outdated and possibly unsafe equipment.

"It seems that they are modernizing the wrong things," Manderscheid said. "If we could have our class in the Rec Center, it would be great."

Strait said education should supersede recreation and the University should take responsibility for the lack of equipment in the classrooms.

"We're having to pay a lot for a class that has less equipment and counts for a credit toward our degree," she said. "People aren't going to learn by going to the Rec Center — they have to learn in the classes."

Although the facilities in the Rec Center are more advanced than the classroom machines, Wenzel said the kinesiology department fully utilizes its existing facilities.

"We do real well with what we have," she said. "This department fights so hard, but only so much money is allotted."

Ernie Kirkham, coordinator of developmental activities in the kinesiology department, said efforts are always being made to improve the work-out facilities. He said that in the past, student input has brought about positive change.

"We're constantly trying to upgrade, but there are always going to be limits to that," he said. "We have to do it as we see specific needs."

Kirkham said there is not enough funding to allow the complete renovation of the facilities. However, the department has never had a problem getting money for basic equipment in the classrooms.

"We've always gotten a lot of support from the people above the classroom level," he said. "It's never been a fight."

Since the prospect of replacing the existing machines is impractical, Kirkham said students who cannot work out on the Nautilus machines should try free weights as an alternative. He also said instructors should show their students different types of free-weight exercises that work the same muscle groups.

"If we had no machines in there, you could still learn the basic principles of strength training," he said. "Machines are a convenience, but for general development, the trend is swinging back in the direction of free weights."

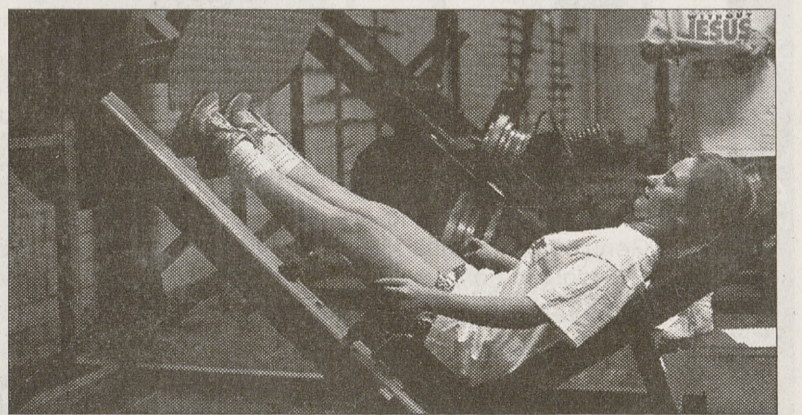
Although most Nautilus machines have a free weight alternative, the leg sled machine does not. The students' performance on the leg sled is graded on the final test, which students say is unfair to those who have difficulty using the machine.

"I don't think I have an equal opportunity in this class because the odds are stacked against me," Strait said.

There are no immediate solutions or alternatives for students like Strait.

Kirkham said the machines were designed to fit the average citizen and not everyone is average.

"It would just be a matter of making sure there's someone to spot her on the leg sled, and to assist her with the finish of the exercise," he said.



Shane Elkins, THE BATTALION

Mandy Manderscheid, a sophomore psychology major, stretches to use the leg-press machine.

U2 and friends slow down the pace with Soundtracks

By Michael Landauer
THE BATTALION

The Passengers may carry a lot of luggage, but they don't

seem to have any direction.

To understand the Passengers' *Soundtracks*, we have to figure out the album's purpose. It was made by members of U2

and a few other passengers — including Luciano Pavarotti. It is definitely not the next U2 album. The group is not marketing it like a U2 album, and fans would be greatly disappointed if it was.

The fact of the matter is that *Soundtracks* was a project without much of a purpose at all.

Ever since its pinnacle of musical accomplishment on *The Joshua Tree*, U2 has redefined itself several times.

Rattle and Hum was the group's American phase. It was an outgrowth of the group's American tours, and it pushed the band to the point of Beatle status, breaking opening day sales record set by *Let It Be*.

And then it was on to pop culture for the band, which flaunted *Achtung Baby* with several Zoo TV Tours. Bono usually appeared on stage in metallic sequined suits and, in Houston, drank champagne out of a cowboy hat.

When the band went back to

the studio, it created *Zooropa*, which had little appeal. It was the antithesis of pop culture, containing songs that seemed to indicate that the group thought it could produce anything and it would sell.

So now the big question looms — What direction is the group headed in?

Unfortunately, *Soundtracks* offers little help in answering this question. It is a project in which U2 and friends recreate a few songs they heard in foreign movies.

To American audiences, the movies and music will seem obscure. The only song with an American theme is "Elvis Ate America," a song that offers a unique view of the King of Rock. The song is catchy, and catchy songs are rare on this collection. However, it can easily get on listeners' nerves.

"Miss Sarajevo," which Bono sings with Pavarotti, is the album's best song. Reminiscent of past U2 slow songs, "Miss Sara-

ALBUM REVIEW
Passengers
Soundtracks
Island Records
***** (out of five)**

jevo" has the most interesting story behind it.

The film of the same name is about a beauty pageant that takes place in the middle of the war-torn city while it is being shelled. Bono sings, "Is there a time to turn to liquor / Is there time to be a beauty queen?" Pavarotti's voice is rich and enjoyable, offering proof that U2 is not looking to re-enter the pop culture any time soon.

Most of the other music is slow and unspectacular. Sometimes a driving rhythm will appear, but it rarely takes the songs anywhere.

An exception is "Always Forever Now," which has music that actually builds on itself

with a strong backbeat provided by drummer Larry Mullen Jr. But the song's only lyrics — which are the same three words in the title — are dropped in to dampen the mood.

For the most part, the sounds collected on this album belong in the background of a dimly lit restaurant — they're almost too slow for good elevator music.

Considering that U2 is getting around \$100 million for five albums (starting with *Zooropa*), going under the name, Passengers, was a wise decision. This is not a U2 album, and Island records probably doesn't want anyone to think it is.

As background music, *Soundtracks* hits the mark.

But as something produced by members of U2, the album stands to collect a lot of dust as it sits on the shelf waiting to be replaced by something of substance by the band.

Hopefully soon.



Bono and Luciano Pavarotti share vocals on "Miss Sarajevo," a song about a beauty pageant taking place in war-torn Bosnia.

<p>Absolut Citron</p>  <p>\$15⁹⁹ 80° 750 ml</p>	<p>Jim Beam</p>  <p>\$7⁴⁹ 80° 750 ml</p>
<p>Seagrams 7</p>  <p>\$7⁹⁹ 80° 750 ml</p>	<p>Myers Rum</p>  <p>\$8⁹⁹ 80° 750 ml</p>
<p>Shiner Bock</p> <p>\$7⁹⁹ 12 pack</p>	<p>Rolling Rock</p> <p>\$7⁹⁹ 12 pack</p>

THE CORK
SPIRITS & FINE WINES

2414 B South Texas,
College Station
(In the Kroger Center)

2205 A Longmire
College Station

Specials good through Nov. 18, 1995

TAP
WOODSTONE CENTER

THURSDAY
Electric Gypsies
from Austin
50¢ bar drinks & \$2.75 pitchers from 8-10 p.m.

FRIDAY
Logan Brothers
Ladies Night
50¢ bar drinks & \$2.75 pitchers 8-10 p.m.

Saturday
A&M vs. Middle Tennessee
Doors open at noon - game starts at 1 p.m.
Ladies Night
50¢ bar drinks & \$2.75 pitchers 8-10 p.m.
Uninvited Guest from Waco

WHO KILLED TOBY BOENIG?

COME FIND OUT WITH **MSC NOVA** AND **MSC HOSPITALITY** AT

MURDER MYSTERY

Saturday, Nov. 18 7:00 p.m.
4th and 5th floors of Rudder

Register in the MSC Main Hallway on
Nov. 15-18 from 10-2
\$3 per person/\$5 per team of two

COME BE A SUPER SLEUTH AND FIND OUT WHODUNIT
FOR MORE INFORMATION CALL 845-1515

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 abilities.