

Healthy Choice

Rec Sports keeps students fit with interesting variety of exercise programs

By **STEPHEN WELLS**
Staff writer

The best of intentions often fall prey to the harsh realities of everyday schedules. Overworked, under-rested students make a promise to themselves to lose their guts and pump some iron.

After a week, the college doldrums suck them back in and they abandon their trips to the Rec center in favor of more critical needs, like sleeping through their morning classes.

But students need not worry about becoming human-sized Jell-O molds. Various organizations and departments at Texas A&M can help them start new, healthier lifestyle they can stick with for more than the standard one-week trial run.

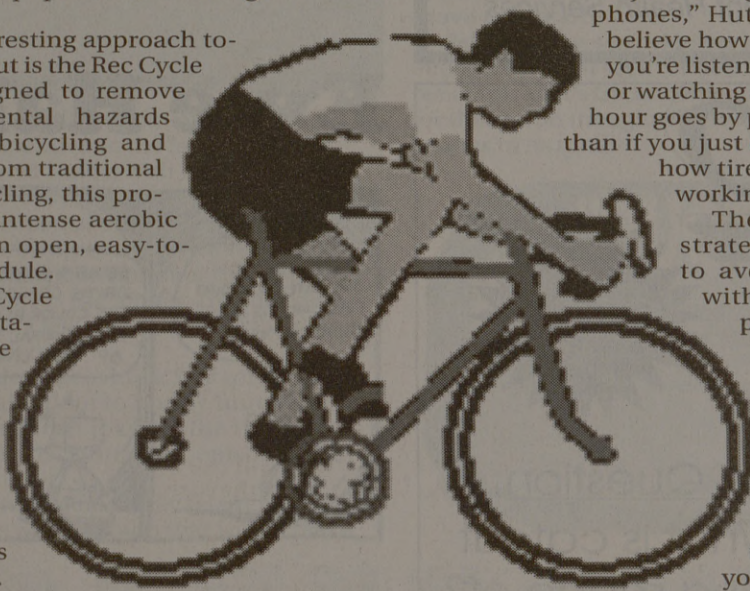
Two programs offered by Rec Sports are designed to help the weaning coach potato. Start Smart is an educational lecture series about the basics of aerobic and resistance exercise. Fresh Start is a motivational system designed to keep the health conscious on schedule by using a point system to track progress. Both programs are free services, and scheduled classes run until May 1 for the new starters.

Chris Muller, a freshman biology major, said Start Smart can be informative for a person with little experience in a gym.

"I think that people assume you just go into a gym and push weights around," Muller said. "If you don't go about it the right way, you get hurt and you only make it worse by exercising the wrong way every time. I think it's important that people know how to use the equipment in the weight room the right way."

Another interesting approach toward working out is the Rec Cycle program. Designed to remove the environmental hazards from outdoor bicycling and the boredom from traditional stationary bicycling, this program offers an intense aerobic workout with an open, easy-to-work-with schedule.

In the Rec Cycle program, 22 stationary bikes are arranged with an aerobics instructor at the head of the class giving a visual description of the terrain the cyclist is cycling through.



The visual element encourages attendees to get the very most out of their workout.

Janine Hutchins, a junior architecture major, said that just being on a stationary bike is not a big hassle for those who come prepared.

"I just bring a radio with headphones," Hutchins said. "You won't believe how fast the time goes by if you're listening to your favorite CD or watching an interesting show. An hour goes by pretty fast, much faster than if you just constantly think about how tired you're getting while working out."

There are plenty of strategies students can use to avoid the laziness trap without having to rely on professional help.

"Just find a friend who's willing to go with you every time you work out," Hutchins said. "The hardest part about going to a workout in the morning is getting out of bed. After you've done that, the rest

is pretty easy."

For those who need a little more motivation, Rec Sports is offering a personal training program. Students pay for one-on-one workouts with a personal trainer certified by the AFAA or the ACE professional trainer certification programs.

The personal trainers teach students how to make their workouts more efficient, how diet affects their performance and results and how to exercise safely to avoid a sports injury.

Currently, the Department of Rec Sports has 12 personal trainers available for students. The program was first offered in the 1997 fall semester and has become a success for both the Department of Rec Sports and the students who used it.

One final program, a collaboration between Rec Sports, A.P. Beutel Health Center, Aggie R.E.A.C.H. and several other campus groups is the Healthy Living lecture series.

Running through March and April, it is a series of educational programs designed to help students reduce stress and live healthier lives by informing them of health issues confronting today's college student. Programs cover a range of topics, from nutrition to relationships to a student's self image.

PLEASE SEE **EXERCISE** ON PAGE 5.

Flashback Stand By Me

Stand By Me is worth watching just to see the cute little boys. The movie, in which Young River Phoenix and Co. search for a dead body, was

much better a few years ago than it is now.

The dialogue is out-of-date, but funny, and the acting is surprisingly polished for four 12-

year-olds. What is not surprising is that only one of the actors grew up to have a substantial acting career.

Phoenix has few starring roles these days for obvious reasons; Corey Feldman, the funniest character in the movie, is probably in rehab somewhere with the other Corey; and Wil Wheaton never made it past "Star Trek."

Jerry O'Connell, however, who plays the whiny "fat kid," has had success with "Sliders," "Jerry McGuire" and "Scream 2."

However, Stand By Me is his best acting performance. For a good cry or a good laugh, Stand By Me continues to be a

best renter.

— April Towery

I first saw Stand By Me when I was about the same age as the film's four protagonists, and I saw a lot of myself in the characters.

I was the same kid who walked along railroad tracks, who was afraid of attack dogs trained to attack genitalia, and who enjoyed the occasional fun with firecrackers prank.

Now, when I watch it again, I see how much of a dork I was to believe a group of sixth graders could find a dead body before the police did.

Still, this film is a neat little

piece of nostalgia with a coming-of-age lesson somehow getting lost in the song "Lollipop".

— Stephen Wells

"Hey, any of you guys want to go see a dead body?" And with that begins the trek of four adolescents on a journey into manhood.

The best, and probably the funniest scene in Stand By Me comes about when Wil Wheaton's character finds a leech within his underwear and passes out from the shock of finding it.

Greaser, preppy, nerdy... the film covers the spectrum of all

childhood stereotypes the '80s attempted to portray in many of the movies made back then.

Stand By Me is a fun film to watch with friends and reminisce over middle school days.

The most surprising aspect of the film is that such a touching coming-of-age story could come from the novella "The Body" written by Stephen King.

Boys becoming men and Richard Dreyfuss as a grown-up Wil Wheaton writing his childhood story on a computer old enough to only save on floppy disks is what Stand By Me is all about.

— James Francis

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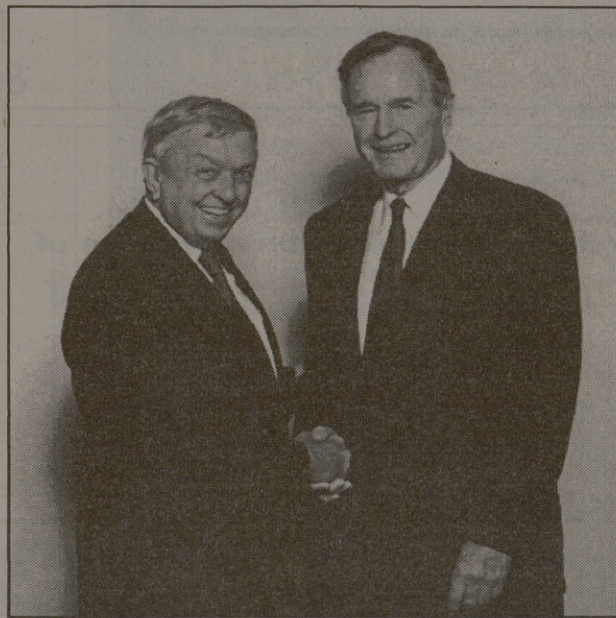
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Has It Changed Your Life Yet?

Bill Roman Lectures at Bush School



State Representative Bill Roman, M.D. being greeted by former President George Bush at the Bush School of Government located at the Presidential Museum on the TAMU campus. Rep. Roman has spoken to graduate students at the School twice since its opening last fall. A member of the A&M faculty for 24 years before his election to the Texas House, Dr. Roman was invited in February to brief students on the upcoming legislative session in Austin which will involve many health care and education-related issues.

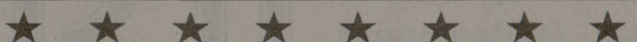
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