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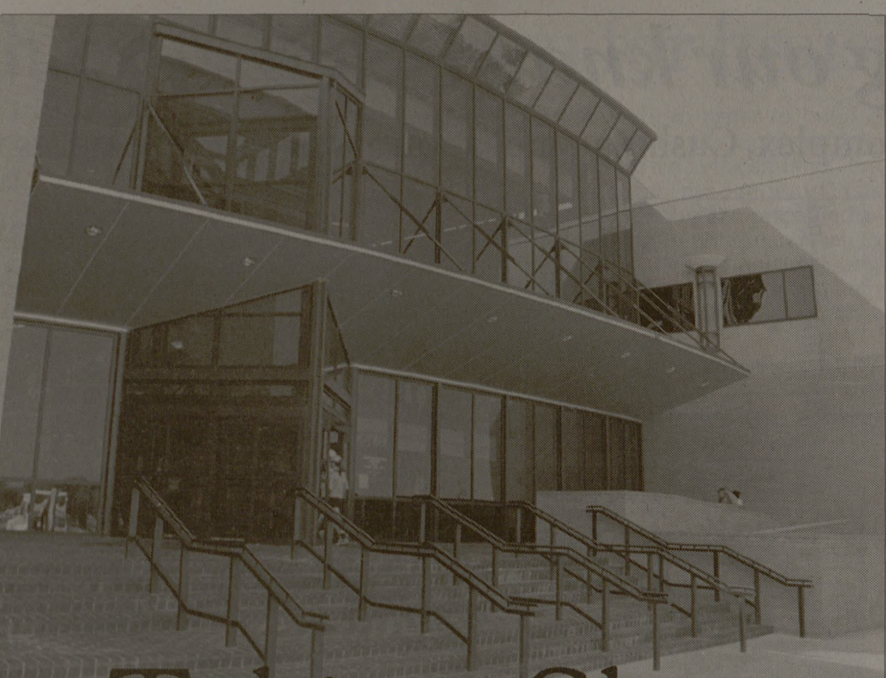
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The Student Rec Center located on West Campus gives Aggies access to a full-scale workout facility.



Aggies Taking Shape

A&M Student Recreation Center offers various health programs, fully-equipped workout facility

BY GRAY WHITTEN
The Battalion

The Student Recreation Center, one of the best-equipped facilities for physical fitness in the Bryan/College Station area, is within walking distance of most parts of campus. It is included in student fees of A&M University. The Rec Center, one of the newest and most impressive additions to the A&M campus, is home to numerous recreational programs and events, giving students and faculty countless opportunities every week to live a healthier life. Judy Cook, marketing director of the Department of Recreation Sports, said the Rec Center offers programs that vary from organized leagues to 'drop-in' activities organized on a day-to-day basis. "What most people don't realize is that you just need a student membership," Cook said. "A Rec membership is included in registration. It pays for a Rec Center membership." Cook said the 'drop-in' activities on any given day could consist of anything. "We have weights and fitness training, basketball, volleyball,

handball, indoor soccer, squash, badminton and table tennis going on all the time," she said. The Rec Center offers outdoor activities aside from the swimming pool, including outdoor basketball and volleyball, Cook said. One very popular program is intramural sports. Cook said organized, competitive sports give students a chance to excel and meet new friends with similar interests. "Intramurals are especially good for new students, letting them get involved in a team atmosphere and competition," she said. "It is set up for any fitness level or competitive levels." Cook said the Rec's sports club are more competitive in atmosphere. "If students wish to learn a sport in more detail, this is the place," she said. "They compete nationally, and we have several national champions here at A&M." There are also Feature Programs. Students can learn how to do tai chi, jitterbug, or other activities that might surprise the casual visitor to the Rec Center. Flyers for these programs can be found in the lobby of the Rec Center. Cook said there are several pro-

grams a week. Other unique programs include the Aquatics Program, one of the newest at A&M, where students might learn more about swimming, diving, CPR or SCUBA diving, and the indoor rock climbing program, which offers instruction to those seeking to learn the ropes of the sport. Although physical activity is the primary focus of the Rec Sports organization, exercises of other sorts are offered on a regular basis. "We have a lecture series at the Rec on Wednesday evenings, and topics cover everything in the area of wellness issues: from healthy eating to injury prevention to health and fitness decisions," Cook said. A social lounge, arcade and deli also provide chances for students to socialize, relax, and enjoy their time spent at A&M to the fullest, and, as Cook reminds new students, it is all included in a \$50 fee. As a new generation of Aggies finds its way around the campus, the Rec Center and the office of Rec Sports will continue to offer more and more opportunities for students to live more active and satisfying lives.

Food Services adds renovations, new food court to A&M campus

MATT WEBER
The Battalion

The Texas A&M University Department of Food Services will have a few surprises in store for students returning to campus this fall, including major renovations to Sbsa Dining Hall and a new food-court area in the Memorial Student Center. Phase II of the Sbsa remodeling project is scheduled to be completed this week, just in time for the start of the fall semester. The entire project is expected to take another two to three years. The biggest change to Sbsa during Phase II will be the establishment of the middle portico as the main entrance to the dining hall. Inside the new entrance will be modular check-in areas where students and visitors can pay for meals. Some areas of Sbsa will feature new tile and hardwood floors, including a large hardwood Texas A&M seal just inside the main entrance. Sbsa will be entirely reworked by the time the remodeling is finished. Ronald L. Beard, director of Food Services, said the additions to the dining hall should be enough to fill the needs of the large incoming freshman class.

"We think the adjustments we made in Sbsa, like more seating areas, will be enough to cover everything," he said. Meal plans and service hours have been retooled as well. Meal plans will be converted from a per-meal basis to per-semester, and up to one third of each week's meals will be available for use at cash locations such as the Underground Food Court. The Out Bound Program will be extended to 8 p.m., and the Time Out Sports Deli in the Student Recreation Center will be open two hours later than this spring, until 11 p.m. Beard said the changes are designed to give students more choices in how to use their meal plans. "We hope this sort of flexes the time students want to eat," he said. "If the students want to eat later they can — instead of eating breakfast, lunch, dinner, they can eat lunch, dinner and a late snack if that's what they want."

In addition to the changes at Sbsa, a new international food court is being installed at the 12th Man Snack Bar that will offer barbecue, Oriental and Tex-Mex food in addition to the usual fast-food fare. The area will be open to students at the start of the Fall semester, although construction will not be completely finished for several more weeks.



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