

Ballare brings strength, leadership to A&M NAACP

BY MARIANO CASTILLO
The Battalion

Her brown eyes remain focused as this year's Black and Gold Pageant second runnerup recalls her arrival at Texas A&M. "I knew I wanted to get involved. I saw the NAACP and what they were doing and wanted to be a part of it," she said.

Three years later, Adrienne Ballare became the president of the Texas A&M chapter of NAACP.

Ballare, a junior journalism major, said she has reached many of the goals she envisioned, including having the A&M chapter of the NAACP re-recognized by the national NAACP.

Along with increased membership, this recognition gives the group more resources and access to guest speakers, conferences and programs, including a NAACP collegiate summit to be hosted by the Texas A&M chapter April 9 and 10.

The conference is the organization's main project for this semester, and will include NAACP chapters from all over Texas.

The NAACP is one organization among the numerous African-American groups to support and strengthen their role at A&M.

The NAACP is among the largest and most recognized student groups on campus.

Chris May, a freshman microbiology major, said Ballare has been one of the most prominent black leaders at A&M.

Under her direction, the organization is currently promoting NAACP Week, which began Sunday with a special church service and will continue until February 12.

Ballare said this week is dedicated to African-American awareness, with the Day of the Black Man and Day of the Black Woman, on Feb. 8 and 9. Tonight there will be a fashion show highlighting designs designed for African-American bodies.

Ballare said as a freshman she was inspired and influenced by African-American upperclassmen who took leadership roles on the A&M campus.

"The blacks on campus carried themselves as leaders," she said. "That made me want to get involved."

She said she found A&M to be an encouraging place to develop leadership and communication skills.



CARINO CASAS/THE BATTALION

Adrienne Ballare, a junior journalism major, has served as president of the Texas A&M chapter of the NAACP for the past year.

"It is a diverse, family-type school. The atmosphere, with everyone saying 'Howdy!' made me feel good," she said.

Ballare said it was not easy as a minority to get involved.

"We have to do things twice as great to be recognized," she said. "If you want to, you can succeed, but I think it's harder."

Erica Smith, the Aggie Band Commander and senior sociology major, said African-Americans on campus can take responsibilities on just as well as anyone else, as long as they have the drive.

"If you don't come in with a chip on your shoulder things will work out," she said.

Ballare said her involvement outside of the NAACP, such as her position as a peer advisor for MEDALS, shows she wants to do more than lead others—she wants to teach aspiring leaders how to succeed.

"Get involved in something you know you would like, not just for networking and work through your heart and do the best job you can do," she said.

Chasidy Allen, a friend of Ballare's and a junior environmental design major, said they became friends as members of Fade to Black, an ensemble which began to uplift African-American culture through dance.

"Adrienne's contribution to the Texas A&M community has been great," she said. "She is an effective leader because she motivates people."

GUEST COLUMN

Creatine may have overlooked advantages

There has been some bad press lately on the effectiveness of creatine monohydrate and these inaccuracies need to be clarified. Creatine is not an anabolic steroid by any means, it is the imagination.

Anabolic steroids are chemical compounds made from the same hormones such as testosterone.

Creatine monohydrate is an all natural compound formed when the amino acids arginine, glycine, and methionine are bonded. Approximately 95 percent of the body's creatine supply is found in the skeletal muscles.

Creatine has many advantages for anyone who is interested in athletics.

People of all ages and sports can benefit from the use of creatine. It increases muscle strength, accelerates energy and reduces the time between bouts of intense exercise, and increases muscle mass.

There have been many studies performed on the effectiveness of creatine which was first discovered in 1832 by the French chemist Chevreul.

Numerous studies have been performed at major universities. Texas A&M has even performed its own studies on the effectiveness of creatine under the supervision of Dr. Barnes.

There is only one negative side effect with the use of creatine.

"To the best of our knowledge, the only documented side effect that has been associated with creatine supplementation is an increase in body mass," said Dr. Sahelian.

Some people may think creatine use will cause a loss of control of their liver and kidneys.

Clinical tests are available for determining creatine's effect on the measurement of kidney function.

A harmless side effect of creatine supplementation is an increase in creatine levels in urine, which can give a false positive on some tests of kidney problems, but a similar false positive can be achieved by taking Vitamin C supplements.

A few days after creatine supplementation is stopped, creatine levels in the muscle, blood and urine return to normal, resulting in normal test results conducted by Dr. Sahelian.

Another "supposed" side effect of creatine use is that it can be a "willy shrinker." This is an interesting thought, but it is just some excuse. If you think about it, it is a muscle builder.

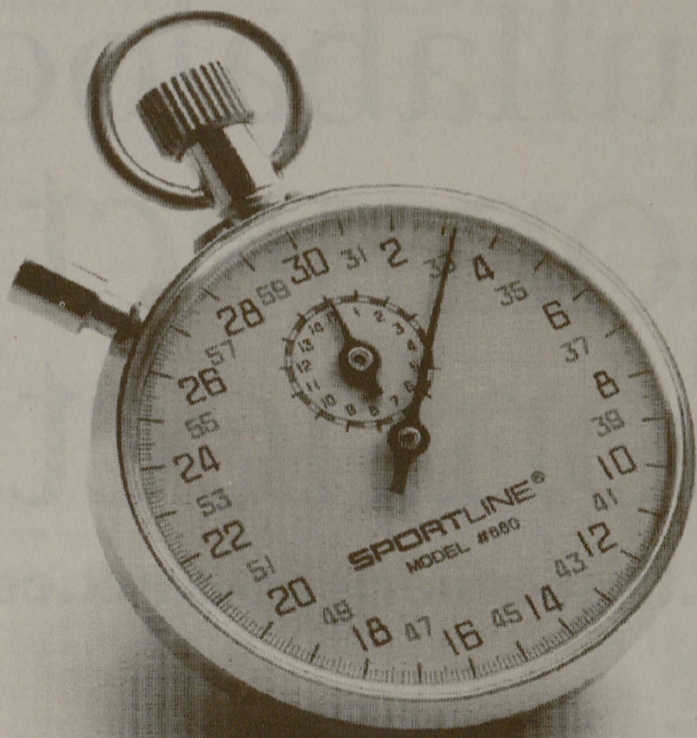
Creatine is not just for those guys who are huge and muscular. With an accent, it's for doctors, lawyers, mothers, teachers, baseball players and anyone interested in improving their physical condition.

Everyone would like to have a great body. For those who want to make their own assumptions on creatine use and the overwhelming facts, that is their own illogical decision for those who would like to be in shape, try creatine.

There are two kinds of people in this world, those who try to do something about their life, and those who try to do nothing and one else not to do it, so they don't have to.

Tim White, Class of '99, is a representative of Nutratec Sports Supplements.

"How long do I have to lie here and hold her before I can get up and go home..."



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