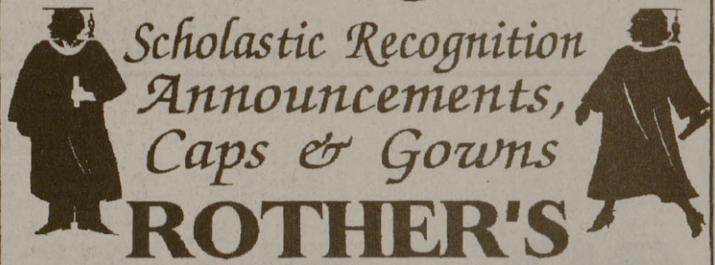


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### Heartlight Ministries

of Longview, Texas, is looking for three men and two women to fill five staff positions, some of which are open now and some available in May.

Heartlight is a residential counseling center for teens who come from around the country to participate in the program for a year in hopes of resolving crises and working through struggles that are currently taking them down a detrimental path. Its beautiful facility is located on 80 acres in the piney woods of East Texas. Housing 40 young people, Heartlight's focus is on the building of relationships between staff and residents. Our program is Biblically oriented and highly active, and it requires parental involvement.

Perhaps you would consider spending a year with us in this mission. All positions are salaried, and the average age of the residential staff is 24.



If you would like more information about Heartlight and the positions available please contact Maury Hundley at Heartlight, (903) 668-2733. A packet of material with a full job description will be sent.

# AGGIELIFE

## HEALTHY CHOICES

College students face challenges of nutrition, wholesome lifestyles



BY SUSAN OVERCASH  
The Battalion

Mustard pretzels, frozen pizza, fast food and popcorn can be found among the diets of average college students. It is not uncommon for Aggies to spend their college years eating these and other unhealthy, pseudo-plastic cuisine.

To promote healthier lifestyles March has been declared National Nutrition Month by the National Center for Nutrition and the American Dietetic Association.

The campaign is in its 26th year, and the slogan for the 1999 National Nutrition Month is "Take a Fresh Look at Nutrition." According to the American Dietetic Association, this year's campaign is "a call to action that challenges Americans to take responsibility for their food and nutrition habits."

Tony Kinchloe of Nutritec said eating breakfast is another factor in maintaining a healthy body.

"The most important thing is to eat something for breakfast," he said. "That will speed up your metabolism."

Kinchloe said that it is important to eat carbohydrates at breakfast to give the body energy for the day. Some people will try to lose weight by eating only one or two meals a day.

"This just makes the metabolism slow down," he said. "The body has to last on that meal the whole day."

Instead, through the day, eat five or six small meals with more protein than carbohydrates, Kinchloe said.

"This is just a general pattern for people to

follow," he said. "Obviously, everyone is different."

National Nutrition Month gives students the opportunity to take a closer look at their nutritional habits, past and present, and maybe think twice about eating food in wrappers.

Audrey Horton, a junior petroleum engineering major, said she remembers her freshman diet consisting of pre-packaged meals and candy she could buy with AggieBucks.

"Meals were whatever was quick and easy," Horton said. "Grocery shopping consisted of buying 99-cent TV dinners. I must have spent \$200 in Aggie Bucks in the Harrington vending machines, mostly on mustard pretzels."

According to the Scott & White medical reference library (a free phone service provided by the clinic), a major factor in increasing nutrition and decreasing stress is eating at least one hot meal each day.

However, because many students have little more than a small refrigerator and microwave to cook with, they may not have the opportunity to cook meals in a dorm room.

Buying a meal plan offers students the opportunity to eat hot meals on a regular basis, an important aspect of nutrition.

"My biggest problem in the dorm was that I didn't have a stove or oven," Horton said. "I had a meal plan. Although there was a salad bar, I always ended up eating hamburgers and pizza."

Horton said when she moved out of the dorms and into her apartment with a full kitchen her nutrition improved.

"Now that I have a kitchen, I can't wait to eat," she said. "I'm eating more as opposed to processed foods."

Horton said she now cooks regularly that the storage space of her full-size refrigerator allows her to keep more food on hand for choosing meals.

"I eat a lot more soup and rice," she said. "I also grill chicken. I even have to store my venison sausage."

As a freshman, Horton said she ate machine food for snacks, but now brings fruit and yogurt for small meals each day.

"Now I try to bring apples and yogurt to school," Horton said. "I have room to store fruit at home, whereas when I was in a dorm, my fridge was stuffed with boxes of dinners and there was no room to store them."

Exercise is another factor noted by Scott & White to decrease stress and help students feel healthier. Visiting the Student Recreation Center or simply going outdoors for some time might be helpful.

"As a freshman, I would go play basketball or swim," Horton said. "Now there are options, like cardio-kickbox."

Many fitness programs offer nutritional analysts and personal trainers to assist with nutritional information.

Horton said the influence of her friends and boyfriend helped improve her eating habits.

"My roommate was on a health kick and rubbed off on me," Horton said. "He helped when my boyfriend moved out of the dorm. He loves to cook. I eat pretty good now."

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