

Master Eye Association Joseph S. Allison, O.D. Family Vision Care & Contact Lenses

Post Oak Mall 1500 Harvey Rd., Ste. 16 College Station, Tx

693-8476

Welcome Back Ags!

Now accepting Aggie Bucks!

Contact Lenses for as low as *99 Tinted Lenses as low as *\$129

*Package consists of Eye Exam, Fitting, Contacts, Care Kit & Follow up examination. Offer Good through Sept. 30, 1999 *Offer available while supplies last. Offer not valid where prohibited by law. Lens brand and trial period to be determined by the eye care practitioner.

Lessons That Will Last A Lifetime.

OFFICER TRAINING SCHOOL

Put that college degree to use by enrolling into the Air Force Officer Training School. Upon successful completion of the Officer Training School, you will become a commissioned Air Force officer with earned respect and benefits like - great starting pay, medical and



dental care, management and travel opportunities. For more on how to qualify and get your career soaring with the Air Force Officer Training School, call 1-800-423-USAF, or visit our website at www.airforce.com

Graduate Assistant Position Experiential Education Programs

Co-op Program



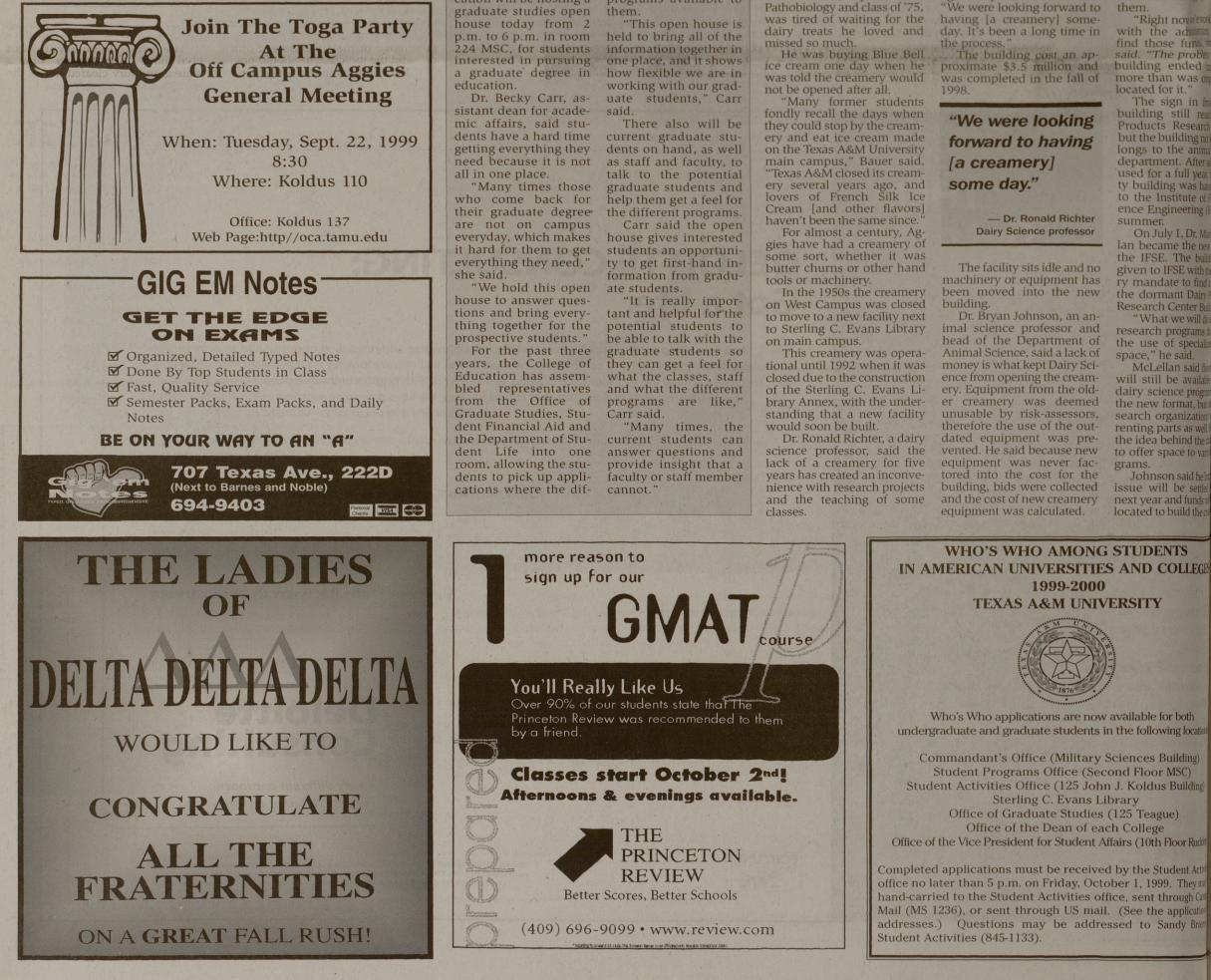
Conduct Co-op orientation programs **Prepare Power-Point presentations**

Coordinate on-campus recruiting for

Create databases in Access & Excel

Requirements: First year Graduate Student Preferred. Must be able to work 20 hours per week: be proficient with MS Word, Excel, PowerPoint, & Access. Need excellent oral & written communication skills, organizational skills, & professional demeanor.

Submit Resume & Cover Letter by September 30, 1999 To Martha W. Boerema, Director, Experiential Education, MS 1476, 209 Koldus Building



Fresh Start on health

BY STASIA RAINES The Battalion

Page 6 • Tuesday, September 21, 1999

When Kelli Simmons, was a biology major her sophomore year at Texas A&M she decided to try a program at the Student Recreation Center titled Fresh Start.

Before this program, I had only done my own thing with fitness, nothing too consistent." she said.

Today she is a senior exercise technology major, an aerobics instructor and a firm believer in the Fresh Start program.

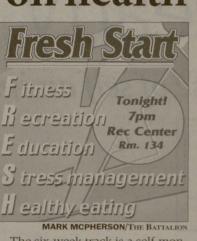
"I am motivated to take care of myself," Simmons said. "This program turned the way I live around.'

The Fresh Start program will be held tonight and tomorrow night with a health assessment and informational meeting from 7 to 9 p.m. in room 134 of the Student Recreation Center.

The program consists of five essential parts, contained in the acronym FRESH: fitness, recreation, education, stress management and healthy eating. The participants start with a fitness assessment given by the Fit Life trainers from the health center.

"It tells them their weaknesses so that those can be a focus point of the program even before they start,' Woosley said.

She said the assessment consists of many tests including flexibility, cardiovascular and body fat composition analysis. After the assessment, the participants have a choice of two different Fresh Start tracks.



The six-week track is a self-monitoring program in which participants monitor their behavior by recording it in a log book.

The 10-week program consists of weekly group meetings for discussions, question and answer sessions and personal workout times.

Woosley said both programs are very affordable — the six-week program is \$12, and the 10-week program is \$25.

Woosley said the vision for this program began when the Rec Center first opened. She said she felt a need to start something that would give students a program to last the rest of their lives.

Jennifer Gonzales, a nutrition graduate assistant at A.P. Beutal Health Center, said the Fit Life program is held in conjunction with the health and kinesology department and the University health center.

Peeping at Tom



Tom Petty performs to a sold-out crowd Sunday night in Ht Petty is touring in support of his latest album, Echo

College of Education holds open house

BY JEANETTE SIMPSON

The Battalion The College of Education will be hosting a

ferent representatives would be on hand in order to learn more about the graduate programs available to

The Battalion

After watching the building slated to house the new creamery be constructed over five years and then see it sit unused for another year, Dr. Nathan Bauer, Department of

"Following the demolition of the older creamery, A&M equipment were a began construction afterward \$300,000, but thea on a new building for the An-imal Science Department ence department to cover the cost Dairy Science program, depected expenses. signed to house the new necessary apparati creamery that had been agreed upon," Richter said.

n

N

Creamery may return to A&M camp

NEWS

BY MATT LOFTIS

there was no way into the building

> The sign in f building still rea Rec

New

Sept

AIN

Ali

All

An

An

Art

AT

Blo

Ca

Ch

CII

De

Ed

EI En

En

En

En Err Ex Fe

Fe

Fe

Fo

Ge

Gr

Gu

Ha

Ha