

DIETS

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causing the body to consume more energy, and thus more fat. Usually these chemicals are ephedrine, a chemical with a structure similar to the drug, speed, and guarana, an unrefined type of caffeine.

"They speed up your system, and it works to get you to burn fat, but it can make you jittery," Rahn said. "And chances are that, when you stop, your metabolism will actually be lower than when you started because your body will get used to the stimulants and require them to function at a normal level. This can make it easy to put the weight back on after you stop taking the pills."

Exercise

"In order to lose weight, you need to use more energy than you take in," Rahn said. "This is a lot easier if you are exercising because, along with the calories you use while working out, you also naturally increase your metabolism and burn more calories even when you aren't in the gym." Nizielski said the average pound of fat contains 3,500 calories of energy. To lose a pound

of fat, a person must expend 3,500 more calories than he or she eats. He said the average daily energy usage of a college-age male is 3,000 calories and 2,200 calories for a female. "If you look at the studies done, the main contribution of exercise is to the maintenance of weight loss," he said. "The chances of keeping the weight off increase astronomically if the person uses an exercise regime."

FYI

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Answer: A lot of people know what you are talking about, but as an avid walker I feel pain. Actually, I have heard several theories on the matter, ranging from a sensor tripped body heat, to a person's conductivity interfering with the electrical circuits of the lamp. But according to Marcus Lehart, an official from the City Station department of Utility Power, it is nothing but cheap. The light just has a bad filament. Leinhardt said College Street streetlight bulbs contain a sulfur-based gas that emits light when heated by an electric filament (a coiled wire that carries an electric current). However, when the filament starts breaking down, it heats up the gas too much, causing a safety mechanism to shut the light off. When the bulb cools down, it turns back on. So, it's not any device to blanket you in darkness as you pass by, allowing ample opportunity for muggings and even sidewalks to attack you. It is just coincidence. But then again, just because you are paranoid — it doesn't mean that they aren't out to get you. It's that simple. Thanks to all of you who wrote in with excellent questions. If you have a question for F.Y.I. just email me at scify@earthlink.net and please include your name, classification and major.

THE BATTALION

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NEW Student Condos with Rooms for Rent at UNIVERSITY PLACE! Only 7 left! Construction has been completed. Check Us Out! \$350 per Bedroom, roommates share utilities. 515-SW Parkway, College Station: 979-693-5758 or toll-free: 877-706-9081. OFF 2818 in Villa Oaks West. 2brdm/1bth, \$425/mo, 1brdm/1bth, \$325/mo. Balcony, pool/laundry on site, deposit \$200, water paid. 1-800-521-3988.

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Newsday Crossword TO A PULP by Nelson Hardy Edited by Stanley Newman ACROSS 1 Rumba relative 6 Pitfall, perhaps 11 Rock band accessory, for short 14 Birdlike 15 E-mail for runner 16 With 70 Across, prehensile-tailed animal 17 Perennial 18 Halloween tune 19 Basketball position: Abbr. 20 Contra- relative 21 Cupboard part 22 Underway 24 Hartford's home: Abbr. 26 A "cocktail" was named for him 28 "It's clear now!" 31 Droning musician 33 Rodeo rope 35 WWII craft 36 Imperfection 40 Yellowish vegetable 44 "Don't move, Spot!" 45 1952 election monogram 46 Togetherness 47 Infamous WWII figure 51 Bob and Mohawk 52 Aromatic evergreen 55 Patsy 57 Disney mermaid 58 M for Murder 60 Totally absorbed 64 Opposite of max. 65 Popular soft drink

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PARTICLE

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"It is like trying to make a recording of a symphony right after the demolition of the symphony hall down, and at the same time have someone playing a violin. If you want to make a very precise recording of this violin concert, the possibility, legis- posed by the W regulate Carnivore will put many of internet wiretap- wiretaps. Law- have to show pro court-ordered account. Also,

COURT

Many have selves waiting months to go to care of a received from lege Station Port (CS) wait is due to ences at the C In Colle guilty must meet with a p cuss their cas on attend pro week, the sys The court att tight schedu To comba the court nee in the mean number of tic There are to the ticke staff, and sec ministrator, p space for hol fight this co sented a plan

HEATON

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Hays said that since more students are applying electronically the involvement of students in the processing aspect of the application process is minimal, therefore students should not really be affected by the relocation. "We are hoping to do work that doesn't involve students on campus," Hays said. "Fifty percent of freshmen and 70 percent of transfer students apply electronically." Don Carter, A&M registrar said the Office of Admissions looked for available space on campus to keep the office conveniently located, but no room could be found.

READER

In response column.

First of a Johnson's u military priv am Al Khalil States is no nor. However not have ev sider this co viable optio Immigrat everything A framers of T pendence in immigration power by Ki