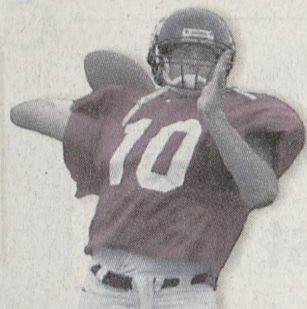


• Check out *The Battalion* online at [battalion.tamu.edu](http://battalion.tamu.edu).



• A passing grade

Mark Farris gets starting nod for season opener

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**Weather:**  
Partly cloudy with a high of 95 and a low of 72.

# THE BATTALION

WEDNESDAY

August 23, 2000  
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16 pages

107 YEARS AT TEXAS A&M UNIVERSITY

## Freshman Welcome Day eases moving pains

By BRADY CREEL  
*The Battalion*

Many people told Jim Dwyer and his family that moving his children from high school to college would be terrible. That was before he arrived at Texas A&M last fall to find volunteers waiting to assist with the move-in process during Freshman Welcome Day.

"I had heard the horror stories about moving into the dorms," said Dwyer, a parent of two Aggies. When Dwyer and his family drove their Suburban onto the A&M campus, they were surprised at what they found.

"[The volunteers] all got an armload of stuff and walked up to the second floor of Spence and we were done," Dwyer said.

Today, Dwyer is driving back to College Station

from Tyler. This time it is not to move in his children — he is coming to help other freshmen move in.

"I felt like I needed to come back because it was payback time," he said.

The department of Residence Life's Freshman Welcome Day is in its second year and coordinates more than 400 volunteers such as Dwyer to assist incoming freshmen who Residence Life expects to arrive today. The volunteers will help students unload vehicles and move their belongings into their rooms in the residence hall rooms.

Laura Balkum, a graduate assistant for Residence Life and coordinator of this year's Freshman Welcome Day, said that the volunteers were recruited throughout the summer and consist of mainly students, faculty, staff and members of the Bryan-College Station community.

Last year's event assisted more than 2000 students, and a larger group is expected this year.

"This year we are obviously hoping to increase the numbers," Balkum said.

Students can park their vehicles in one of the assisted loading zone parking spaces and the volunteers will unload the vehicle. After they have parked their vehicles in parking lots, freshmen can return to their rooms to find all of their belongings moved in, Balkum said.

"It really puts a lot of parents at ease," Balkum said.

During the official eight-day move-in period — which began Sunday — areas surrounding residence halls are often crowded, and unloading and moving in can be very difficult.

"Traditionally, we've had such a large influx

on Sunday that we overwhelmed campus services," said Ron Sasse, director of Residence Life.

Sunday was a busy day. In addition to students moving into their residence halls, 700 freshmen arrived for the Corps of Cadets Freshman Orientation Week (FOW) — 120 more than last year.

"One of the reasons we are wanting to do freshman check-in is because the Corps does move in on Sunday, and it is so packed," Balkum said.

But, not all of the cadets had arrived Sunday. Cadets not on campus for FOW will arrive today.

"We only have a cadre of upperclassmen here," said Major Doc Mills, media relations coordinator for the Office of the Commandant, on Monday. "During FOW, we don't really need the full Corps in place."

See WELCOME on Page 2.



ANDY HANCOCK/THE BATTALION

Brett Owens, a Lechner Hall resident adviser and a sophomore political science and biomedical science major, helps Billy Dowley, a freshman international studies major, unpack and move in Monday evening.

### Log removal



BRADLEY ATCHISON/THE BATTALION

Tony Thrasher, a log crane operator from a lumber company in Jasper, loads Bonfire logs onto a tractor trailer Aug. 11. The logs were transported to an old waste management site off campus.

## Students avoid 'Freshman 15'

### Aggies find ways to evade gaining weight during their first year

By JOSEPH PLEASANT  
*The Battalion*

Attention freshmen: Mom's home cooking and teenage metabolism will no longer be available to ward off the unwanted pounds called the "Freshman 15."

The Freshman 15 is the tendency among college freshmen to gain weight during their first semester away from home. Freshman weight gain is usually an effect of changes in lifestyle, said Rhonda Rahn, a health nutrition educator at A.P. Beutel Health Center.

"Most are active in high school with football or marching band, but when they move away they usually are not involved in those same activities," she said.

Rahn added that a student's diet contributes to gaining weight during the first semester.

"A lot of freshmen take advantage of the all-you-can-eat style cafeterias we have on campus," she said. "Students usually choose to eat pizza and other types of unhealthy foods off the buffet instead of having a salad or vegetables; students also tend

to eat junk food late at night while studying."

Rahn said students should try to make wise diet choices when snacking and also while eating on and off campus. She added that drinking alcohol greatly increases the chances of gaining weight.

"Alcohol has a lot of useless calories, which are stored as fat by the body because they have no other use," Rahn said.

Beer, even light beer, has a large amount of useless calories.

"When I returned home after my first year of college I noticed my friends from other universities looked different," said Renee Edminston, a junior environmental design major.

"Some of my friends from high school gained a lot of weight."

However, there are ways to keep students from falling prey to the Freshman 15.

Edminston said she kept the weight off by remaining active.

"I went to the [Student Recreation Center] a lot and stayed away from the cafeteria," she said.

See FRESHMAN on Page 8.

## Several ON-CAMPUS services

will be operational for the remainder of this week before the first day of classes:

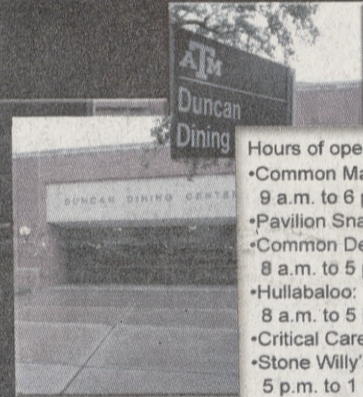
• Information compiled by Brian Ruff

### Food

Various food services will be available for students on campus this week. Duncan, Commons, and Outbound Dining will be closed until the fall semester begins.

### Hours of operation:

- Common Market and Fish Pond Market: 9 a.m. to 6 p.m. Mon.-Sun
- Pavilion Snack Bar: 7:30 a.m. to 2 p.m. Mon.-Fri.
- Common Denominator: 8 a.m. to 5 p.m. Mon.-Sat., 10 a.m. to 6 p.m. on Sun.
- Huliabalo: 7:30 a.m. to 3:15 p.m. Mon.-Fri., 8 a.m. to 5 p.m. on Sat. and Sun.
- Critical Care Cafe: 7:30 a.m. to 2 p.m. Mon.-Fri.
- Stone Willy's: 5 p.m. to 11 p.m. Mon.-Sat., 5 p.m. to 1 a.m. on Sun.



### Sterling C. Evans Library

Evans Library will be open from 7 a.m. to 7 p.m. Certain library services will be available beginning at 8 a.m.

• Informational Website: <http://library.tamu.edu>



### Student Recreation Center

The Rec Center will be open to all students who have paid for Fall 2000. Two aerobics classes will meet each day, and regular activities will begin Monday.

• Informational Website: <http://recreports.tamu.edu>

### Hours of operation:

- 6 a.m. to 9 p.m. Mon.-Fri., 10 a.m. to 9 p.m. on Sat. and Sun.

### Parking and Bus Services

Students will be permitted to park in red and blue lots without permits for the rest of the week. Visitor parking will be available at all four on-campus parking garages.

• Informational Website: <http://www-ptts.tamu.edu>



• Bus services will be available for students looking for transportation on and off campus throughout the week. The Rudder route will run every 30 minutes from 7 a.m. to 6 p.m. for the remainder of the week. The Centerpole, Aggiedale and O' Army routes will run three times in the morning, afternoon, and evening.



### Open Access Computer Labs

Open Access computer labs will be available to students needing Internet access, account setup, scanning and film recording, and other computer services. On Sunday the lab at the SCC will open at 1 p.m. and resume its normal 24-hour schedule.

• Informational website: <http://cis.tamu.edu/oal/>

### Hours of operation:

- SCC: 8 a.m. to 7 p.m. Mon.-Thu., 8 a.m. to 5 p.m. on Friday, and will open at 1 p.m. Sun.
- Blocker: 8 a.m. to 7 p.m. Mon.-Thu., 8 a.m. to 5 p.m. on Friday, and closed Sat. and Sun.
- Read: 8 a.m. to 5 p.m. Mon.-Fri., closed Sat. and Sun.
- West Campus: 8 a.m. to 5 p.m. Mon.-Fri., 1 p.m. to 5 p.m. on Sat. and Sun.
- Wisnabaker: 8 a.m. to 5 p.m. on Mon.-Fri.

## Incoming Aggies participate in Fish Camp

### Freshmen learn A&M traditions and establish new relationships

By MAUREEN KANE  
*The Battalion*

The last group of incoming freshmen participating in Fish Camp left this morning for the Lakeview campground where the camps are held each summer.

"Fish Camp has been going wonderfully," said Chaethana Yalamanchili, a Fish Camp director and a senior biomedical engineering major. "Nothing has gone wrong. You have the little problems that always occur with an organization of this size but it's going great. I think the freshmen are having a wonderful time."

According to Kasi Gray, a freshman business major, they are.

"I loved Fish Camp," she said. "It was so much fun getting to meet everyone. The counselors did skits to help us get to know about them, and to teach us traditions. There were mixers at night where we met more people."

"I went not knowing anyone, which was good because I got to know a lot more people than just the ones I went to high school with," Gray said.

Fish Camp freshmen learn Texas

A&M traditions, build leadership skills, and establish friendships to ease the transition from high school to college.

Fish Camp is a 46-year-old tradition that has evolved into a student-run organization with 900 counselors, 74 chairpersons and eight directors.

Fish Camp activities include yell practice, putting it all together (PIAT), skits, intermural and mixers.

An important aspect of Fish Camp is Discussion Group (DG) time. About 12 freshmen and two counselors constitute a DG, which meets periodically throughout the

day to discuss making the most of the A&M experience.

"During DG time, you play games to get to know the freshmen better, so they do not feel as intimidated, and they get a chance to talk within a small group," said Lindsay Isenberg, a Fish Camp counselor and a sophomore electrical engineering major. "After camp DGs get together so the freshmen do not feel like they are on their own."

Although the Class of 2004 will be one of the largest to enter A&M, the number of new freshmen did not affect Fish Camp.

"Fish Camp is accommodating about the same number of participants," Yalamanchili said. "We're still functioning the same way as we always have. We served about 4500 students this year."

Isenberg and Vanessa Roberts, a Fish Camp co-chair and a senior nutritional science major, expressed similar opinions about the camp size, but Isenberg said each DG had more people than in previous years.

Roberts added that there seemed to be more women than men, with about 77 women and 46 men in one camp.



CODY WAGES/THE BATTALION

Pam Vazquez (left) and Valerie Stone (right), Fish Camp counselors in Session B, prepare for the incoming freshmen. The counselors met at 6:30 a.m. to welcome freshmen to Texas A&M.

college increases

eight two-year colleges were 648.

tion of a two-year college after World War II. The main reason for this was to provide a privilege. Along with schools, faculty, community to help meet demand. They offer two-year degree programs and retraining courses. Among students, college age, 20 percent of four-year institutions.

Community College was boom when it opened in 1960 with about 70

ts enrollment is 20,000. It can be traced in the architecture of the former Air Force base in about 30 miles east of Mar

hattan: aging red brick from the military days, massive '70s-era concrete structures and newer classrooms behind walls of blue glass.

Many of its students, like Rahn, are there for technical skills; 63 percent go on to four-year schools.

Brian Lieba, a 17-year-old criminal justice major, is in his second year at the school. He plans to apply to four-year schools with the goal of earning a bachelor's degree.

feel I've been grounded. I was a Marine with a 3.65 grade point average. I was elected student body president. I was able to bring things that I had forgotten about. I also has a better understanding of a bachelor's degree.

Studies find that 71 percent of freshmen who transfer with at least a community college degree by age 21. The Department of Education reports that 71 percent of students who transfer with a community college degree by age 21.

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