

**University Libraries
Poor Yorick's Trivia Contest**

Question of the week: Carpal Tunnel Syndrome causes hand pain.

Where is the pain in the comparable Tarsal Tunnel Syndrome?

Instructions: Entry forms are available at the Circulation Desks in Evans, Annex, WCL, and PSEL. One winner will be drawn from all correct entries submitted by 5 p.m. on Wednesday.

Winner will receive a Poor Yorick's coffee mug.

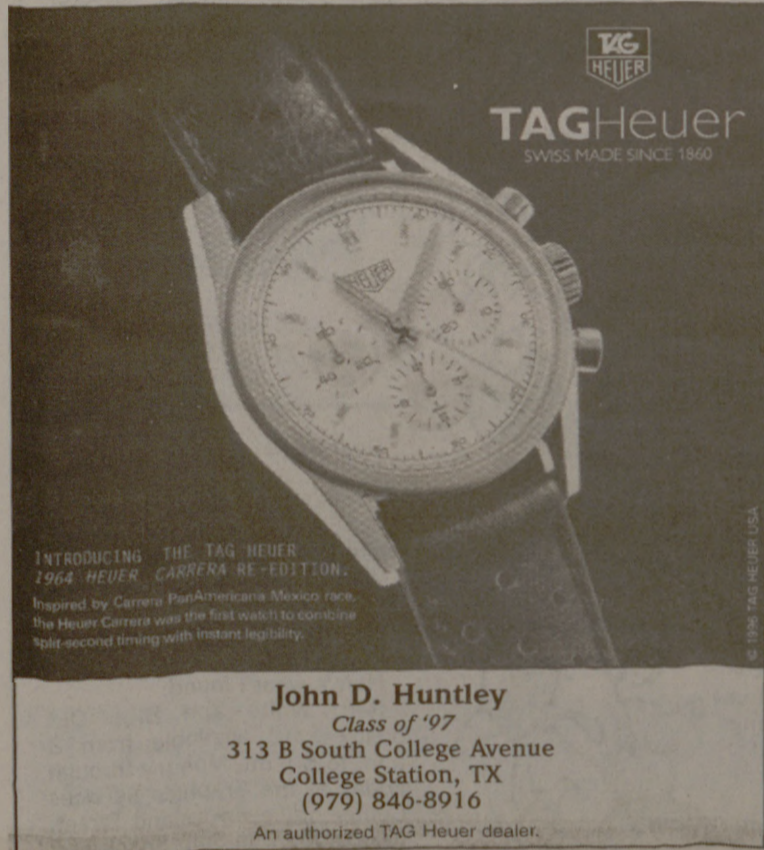
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THE BATTALION

Monday, November 12, 2007

FastFixins

Easy cooking ideas for students on the go

By BETH MULDOON
THE BATTALION

The temptation is always there. They stand on every street corner with their bright colors and mouth-watering smells and taunt students to eat high-fat meals against their better judgment.

Fast food restaurants have been luring students out of their apartments and dorms and away from their kitchens since their inception in the early 1950s. However strong the pull, some students are resisting. Rather than wasting time and money on overcooked hamburgers and greasy fries, they cook for themselves and enjoy the benefits of saving time, money and health.

Sara Allenson, a junior marketing major, says she cooks to relieve the stress of tests and studying.

"Being able to come home and cook after a stressful week is so relaxing," Allenson said. "The biggest motivation I have to make it through my tests is thinking about what I am going to cook when I get home."

Allenson started cooking in high school for numerous reasons.

"I was a member of 4-H, so I competed in all sorts of cooking contests," Allenson said. "Not to mention my mother is a home economics teacher."

Candice Jessup, a senior food science major has been cooking since she was nine years old.

"I love to cook, and I don't like eating out all of the time because it gets expensive," Jessup said. "I started cooking because I crave certain foods like desserts and chicken parmesan and also because it is cheaper."

Students may choose to cook for themselves for many different reasons. However, sometimes it is just easier to order food or grab something on the go. Dr. Karen Beathard, a lecturer and program director for the didactic program in dietetics at Texas A&M said that if students were to choose between the two evils of dining out or dining on campus, the choice should not be in the location but the food selection.

"Either option could be a positive experience," Beathard said. "It just depends on the foods selected by the eater."

Beathard added that students who do eat fast food on a regular basis are subjecting themselves to serious health risks.

"Eating fast food on a frequent basis can affect one's health as they are consuming a high-fat diet which has been proven to promote cardiovascular disease and obesity," Beathard said. "Another concern of frequent fast food consumption is the limitation of a variety of foods in the diet such as fruits and vegetables."

There are countless advantages to cooking for oneself, including saving money, learning to entertain and becoming independent.

"I love cooking for other people," Allenson said. "People feel very special when you cook for them, so I often invite over the friends I know have had a rough week."

Joel Smith, a junior economics major, said cooking is the easiest way to make someone feel special.

"If you have to make something for friends, I suggest cookies," Smith said. "They are easy to make, and they have a sentimental, thinking-of-you feel to them."

Because of the time constraints created by heavy class loads, student organization involvement and other time commitments, many students may find it hard to find time to sleep — let alone cook every meal at home.

"I think that it is difficult for students to cook for themselves due to the amount of time it takes to prepare food from scratch," Beathard said. "Additionally, it is often difficult to prepare food for just one or two people."

In spite of overly hectic schedules, some busy students prefer to cook for themselves



because it is healthier and because it is easier than dining out.

"If I know I am going to have a rough week, I will make something big like a casserole or meatloaf that I can easily heat up later in the week," Allenson said. "That way I will have something in the kitchen and have something to eat all week long."

Other students look for convenience when they cook.

"The faster it is to make a meal, the more likely I am to make it," said Smith. "I usually end up cooking chicken or fish. I use a George Foreman grill or stir-frying vegetables and soy sauce because they are both somewhat healthy."

According to Beathard, there are many ways to make any meal healthier, including those times when dining out cannot be avoided. For example, one can reduce calories by requesting that salad dressings and oils be placed on the side of a dish instead of being served directly on top of the meal. Beathard suggests that health-conscious people stay completely away from buffets.

"Eating at a buffet leads to overeating because people tend to consume many more calories and fat than they would otherwise," Beathard said. "The better choice would be to eat at a restaurant that controls the quantity of food that one receives."

Whether a hungry student's destination is the nearest cafeteria, restaurant or kitchen, smart eater should consider convenience and nutritional value when planning an ideal meal.

Feeling stretched?

We have two words for you: SWEDISH MASSAGE!



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- Easy Access!**—The Rec Center is open as usual, please exercise caution around the construction site in front of the Rec Center and Welbourn Rd. On-campus students are encouraged to use the bus system to get to the Rec Center. Rec Members may enter the Rec Center through the Backyard West Side Entrance (facing Reed Arena) Monday-Friday from 11:30am-11:00pm.

GET RESULTS WITH FITNESS & CLASSES

- Pre-Exam Jam PREVIEW**—Join Rec Sports and the Brazos Valley Food Bank as we get "FIT to Feed Brazos Valley," Wednesday, December 5th at 6pm. \$2 or 2 cans of food gets you a t-shirt and an hour and a half of fun and fitness!
- BORED with your workout? Try a unique fitness class!**
Body Blaster—This total workout session is offered 5 times a week!
Rec Cycle VIII—Whatever your fitness level there is a session for you!
- \$2 One Pass Fitness Coupon/\$15 Booklets**—Available at Member Services, try something different for \$2! Like what you tried? Buy a 10 Pass Booklet for only \$15!
- Personal Training Sessions**—Check out our competitive rates starting at \$30 for two sessions for one person. We also offer partner rates. Drop by Member Services to sign up today.

BEFORE THE SEMESTER IS OVER!

- GET INVOLVED!—College Football Bowl Challenge**—Register at Member Services for this FREE program December 3rd-11th.

FALL DAYS WITH GOLF

- It's a Great Time to PLAY!**—Take a study break and relieve some stress with 18 holes of golf at the Texas A&M Golf Course. Student and twilight rates are available along with a full line of golfing apparel in the Pro Shop. Come by today.
- Job Opportunity—Clerical Position**—Apply in person at the Texas A&M Golf Course Maintenance Shop for this flexible position. Experience will determine pay scale. For more information, please call Mark Haven at 862-8403. **Open to the public! We are located on the southside of the A&M campus. Call the Pro Shop at 845-1723 & visit us online.**

NEW & IMPROVED WEBSITE SOON!

- Everything You Need To Know About Recreation...**—Will soon be presented to you in a new, improved way. Our new web site has been designed to allow you to get to the information you need quickly and easily! You can find information about all six areas of Rec Sports including schedule of events, registration information, hours of operation, team standings and more!

GET A GREAT JOB WITH AQUATICS

- Discover the Indoor Pools**—Just because the weather outside is changing does not mean you can't swim! Check out the awesome facilities inside your Natatorium.
- Now Hiring Lifeguards!**—Pick up an application in the Natatorium and return it now through November 28th at the skills check at 8pm in the Natatorium. Applicants must have current certification. For more information, please call Elizabeth at 862-4968.

HOLIDAY GIFTS @ WALK OF CHAMPIONS

- Great Gift Ideas!**—Buy a brick as a holiday or graduation gift. Do not miss out on the lower price for current students. For more information or to print out an order form, please visit our web site at <http://recsports.tamu.edu/WOC>. James Wellford is also available to assist you in your brick order at 862-1850 or via e-mail at champions@rec.tamu.edu.
Current Rates—Current students and current or retired Texas A&M faculty and staff can add a 4-x-8 inch brick to the WOC for \$100 and a 8-x-8 inch brick for \$200. For former students of Texas A&M and others, cost is \$250 for a small brick and \$400 for a large brick.

EXPLORE WITH TAMU OUTDOORS

Winter Break Event	Registration	Event Dates
Wilderness First Responder	Now-Dec. 7	Jan. 3-Jan. 11

Program cost is \$475 w/o lodging and \$525 w/lodging. Please visit TAMU Outdoors for more information about this trip.

- Plan To Escape Now!—SPRING BREAK IN COSTA RICA**—Enjoy hiking, mountain biking, horseback riding, rafting and kayaking on this 8 day/7 night adventure. Please drop by TAMU Outdoors to secure your spot with a deposit or attend an informational meeting on Nov. 14th at 7pm in 228 MSC.
- Rio Grande Thanksgiving Trip**—Join TAMU Outdoors for a Thanksgiving Break and get away from it all on the Rio Grande River. We will canoe the scenic wilderness of West Texas, hike through side canyons, explore the desert and sleep under the stars. Register through November 9th, you will travel November 21-25th. Price starts at \$241 for Rec Members.

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STUART... Senior Mike H... men's cross co...
AGG... 845-2687