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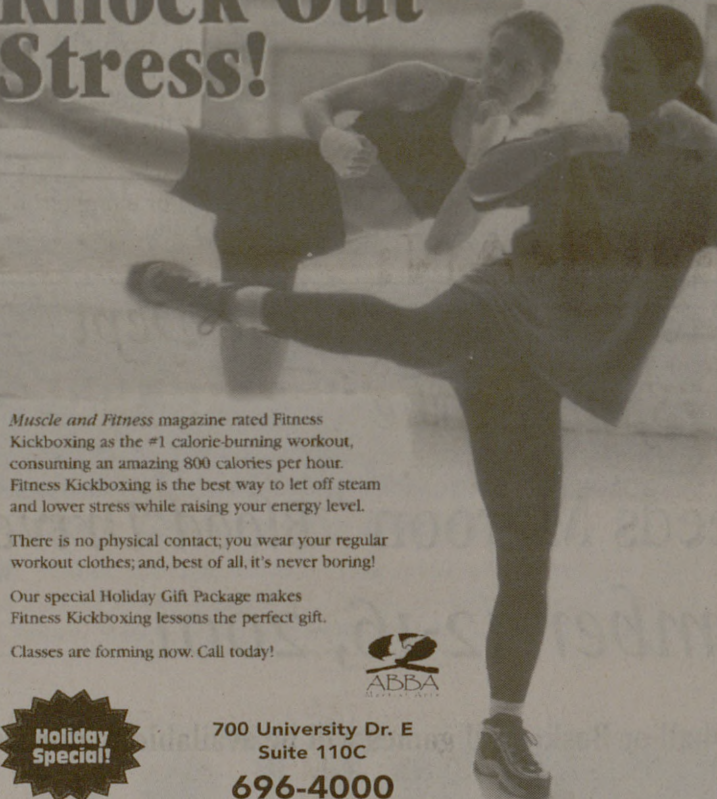
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**Tuesday - \* Ruthie Foster**  
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**Wednesday - \* Texas Music Night**  
-Open Mic Night  
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-Call 775-7735 for further updates

**Thursday - \* Derek Webb**  
-of Cademon's Call  
-With Special Guest Sandra McCracken  
-Cover \$8

**Friday - \* Texas Twister**  
-Cover \$5.00

**Saturday - \* 3rd Floor Super Jam**

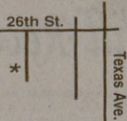
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**AggieLife**

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THE BATTALION

Tuesday, November 13, 2001

**Achoooooo!**

**Students battle finals and sickness**

By MARIANNE HUDSON  
THE BATTALION

Aggies often become accustomed to pushing their bodies to the limit during the semester by sacrificing sleep for late-night activities and substituting nutritious meals for junk food and caffeine. Unhealthy lifestyles often take a toll on students' physical health and can negatively affect them as they prepare for finals.

Melinda Smith, a junior accounting major, said being sick during finals makes it difficult for her to study.

"Finals are usually a really stressful time, and being sick during finals just makes it that much harder to stay focused," Smith said.

It is no coincidence that lecture halls echo with sneezing and coughing as finals draw near. Excessive stress causes the body's physical condition to deteriorate, leaving the immune system vulnerable.

Matthew Hudspeth, graduate assistant for Student Health Services at A.P. Beutel Health Center, said students can prevent illness by keeping a regular diet.

"A change in diet can add additional stress to your body," Hudspeth said. "Don't change what you normally do. If you already have an unhealthy diet, keep it during finals and then change it."

Often, students believe having higher vitamin C intake by doing things like eating oranges, will reduce the possibility of getting sick. However, rather than focusing on one particular vitamin, it is better to maintain a balanced diet, Hudspeth said. He suggested students take a dietary analysis offered through the Student Health Services. The analysis tells students how to improve and adjust their diet. Students can walk in, and the service is free; it is already included in student fees.

Students also can prevent illness through physical activity.

"After my freshman year, I realized how important it is to exercise on a regular basis," Smith said. "Even if I have a busy week, I make time to go to the [Student Recreation Center]."

Jerod Wilson, a weight room and personal trainer coordinator at the Student Recreation Center said as the semester draws to a close,



RUBEN DELUNA • THE BATTALION

the number of students at the Rec Center dwindles.

"Many people get the wintertime blues. They stay indoors and stop working out," Wilson said.

"It is important to be physically active year around. The Rec Center provides a wonderful opportunity for this. It is indoors and offers a wide variety of activities to choose from," he said.

Wilson said students who are not accustomed to the weight room can learn which routines suit their personal needs from a personal trainer. Two sessions with a trainer cost \$30. Trainers instruct students on performance and efficiency techniques. Partner sessions are offered for \$45. By establishing routines with another

person, students can keep one another accountable after the training session. Exercise relieves stress during finals, keeping the body active and adding change to the monotony of studying.

Also to prevent sickness, students should examine factors that affect individual health.

Smith discovered her illness was often attributed to dust.

"I know that I am allergic to dust, so I try to keep my living area dust-free," Smith said. "Coming from living with parents, I didn't immediately realize that changing the air conditioning filter every two months is important to keep dust and pollen out."

Immunizations such as flu shots are another option for preventing illness.

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**GOLDEN KEY INTERNATIONAL HONOR SOCIETY**  
Golden Key International Honor Society  
**General Meeting**  
Tuesday November 13, 2001  
7:00 PM, Rudder 404

The Texas A&M University Student Media Board is accepting applications for  
**Editor**  
**THE BATTALION**  
- Including radio and online editions -  
Spring 2002  
(The spring editor will serve from Jan. 7 through May 10, 2002)

Qualifications for editor in chief of *The Battalion* are:

- Be a Texas A&M student in good standing with the University and enrolled in at least six credit hours (4 if a graduate student) during the term of office (unless fewer credits are required to graduate);
- Have at least a 2.00 cumulative grade point ratio (3.00 if a graduate student) and at least a 2.00 grade point ratio (3.00 if a graduate student) in the semester immediately prior to the appointment, the semester of appointment and semester during the term of office. In order for this provision to be met, at least six hours (4 if a graduate student) must have been taken for that semester;
- Have completed JOUR 301 (Mass Communication, Law and Society), or equivalent;
- Have at least one year experience in a responsible editorial position on *The Battalion* or comparable daily college newspaper, -OR- Have at least one year editorial experience on a commercial newspaper, -OR- Have completed at least 12 hours journalism, including JOUR 203 and 303 (Media Writing I and II), and JOUR 304 (Editing for the Mass Media), or equivalent.

Application forms should be picked up and returned to Francia Cagle, Student Media business coordinator, in room 014A Reed McDonald Building. Deadline for submitting application: noon Monday, November 12, 2001. Applicants will be interviewed during the Student Media Board Meeting beginning at 10 a.m. Friday, November 16, in room 221F Reed McDonald.

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