

AGGIELIFE

THE BATTALION

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Isn't he lovely?

Men incorporate tanning beds, gyms and mirrors into their daily routines

By Rachel Hollon
THE BATTALION

They take hours to get ready. They glance at their reflection every time they pass a mirror. They change their outfit three times. And that's before they join in on a guys' night out.

Whether working out constantly or hitting the tanning beds, many men have become more aware of their physique.

Derek Clark, a junior industrial distribution major, says he doesn't mind that people view him as high maintenance. He admits that he cares about his appearance and wants to look his best.

"My girlfriend and I seem to get ready at just about the same time, but on occasions I will take longer than she will," he said. "It works out well in the long run because I don't complain about how long it takes her to get ready, so she doesn't complain too much about how long it takes me."

Clark said he takes hour-long showers and that he generally takes 20 to 40 minutes to fix his hair. Working out five or six times each week is also an important part of his routine.

"It makes me feel better about myself and my appearance," he said.

Clark said he is high maintenance because of the low self-esteem he has had since high school.

"I started worrying about my image when I was a senior in high school," he said. "I used to be a really overweight kid so I never really cared what people thought about me, but then I started to play football and I lost a lot of weight."

Those physical changes, he said, were what motivated him to stay on track and continue to stay fit.

"People started to notice me more," he said. "When you have never had that type of attention before and all of a sudden you get it, you really want to keep getting it. So I try my hardest to keep myself in shape and looking my best."

Dave Nickell, a senior mechanical engineering major, said he works out and tans so that he can look and feel better when he goes out.

"I have (worked out) since I was 10, but for the longest time it was just for football," he said. "Now it's to stay in shape and be strong."

Nickell works out about four days a week for an hour and a half.

But working out is not the only activity Nickell incorporates into his beauty regimen. He also takes an average of four showers each day, Nickell said he works out a lot, and doesn't like to smell "nasty" when sitting in class or around a group of people.

Sean Leonard, a junior industrial distribution major, finds that working out helps him maintain his well-built appearance.

"I work out five or six times a week," Leonard said. "I think it is definitely a good thing to work out and keep in shape. It helps you feel good about yourself."



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Leonard says he checks himself out when passing a mirror or a window.

"I think that everyone checks themselves out in the mirror, which is cool because you have to be happy with who you are before anyone else will be," he said. "I am a big fan of mirrors when getting ready to go out or when working out because they help you make sure you are doing everything right whether it be lifting weights right or getting ready to go out."

Working out more is not only a trend in male maintenance, tanning is also becoming more common.

Sarah Frame, an employee of Sun City Tan and a junior accounting major, said more men are coming in to tan than in

the past.

"I'd say that anywhere from 10 to 20 percent of the clients that come in to tan during the day are guys," she said. "It's mainly seasonal, though. More guys come in during the spring than the fall."

Nickell said tanning is something he is a little insecure about.

"I pride myself on being a manly man," he said. "I only tan so I don't end up looking like Casper the Ghost when I go out."

While he admits his routine may be more involved than other males, Nickell is quick to defend his manhood.

"I still don't consider myself high maintenance," he said. "Just more physically aware."

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