

# CATCH THE RUSH

FRATERNITY RUSH BEGINS

WEDNESDAY  
SEPTEMBER 8

10 a.m - 5 p.m.

MSC FOUNTAINS

FOR MORE INFO CALL 845-0112.

## STUDENT COUNSELING SERVICE

...a Dept. in the Division of Student Services  
PERSONAL COUNSELING GROUPS

### WHAT IS GROUP COUNSELING AND HOW CAN IT HELP?

Group counseling involves four to ten people meeting with one or two trained counselors to talk about things that are concerning them. The group provides a safe environment because group membership and everything said in group is confidential. Group members learn new ways of behaving and interacting with others by expressing their own feelings about what someone says or does. With the guidance of the counselor(s), the group provides support and offers alternatives to members so that they may resolve difficulties and develop new ways of relating to people.

Group counseling also provides the opportunity for people to see that they are not alone with their problems. How much you talk about yourself depends on what you are comfortable with. You can benefit from group even when you are saying little because you will learn about yourself as others talk about their concerns.

### SCS COUNSELING GROUPS FOR FALL 1993

If you feel that a particular group may be of help to you, make an appointment at the Student Counseling Services, 300 YMCA Bldg. (moving to Henderson Hall in 1993-1994) to speak to a screening counselor. The counselor can help you determine if group counseling would benefit you. If you have any questions concerning group counseling, call Dr. Laura Bettor (845-4427) at the Student Counseling Service.

#### • ADULT CHILDREN OF ALCOHOLICS

Monday 3:00 - 4:30 p.m.  
Support and counseling group for students who grew up in a family where one or both parents abused alcohol or drugs.  
Co-leaders: Robert Carter & Michael Penticuff

#### • ADULT CHILDREN OF DYSFUNCTIONAL FAMILIES

Tuesday 5:00 - 6:30 p.m.  
This group offers counseling and support for students who grew up in dysfunctional family systems. Topics of discussion include divorce, physical and/or emotional abuse, substance abuse, etc.  
Co-leaders: Larry Alford & Jeff Hird

#### • AFRICAN-AMERICAN SUPPORT GROUP

Thursday 1:30 - 3:00  
This group provides support for African-American students and explores issues related to gender-based expectations of performance placed on them by society and families. Other issues such as self-awareness, sexuality, and self-discovery will be explored.  
Leader: Brian Williams

#### • BIOFEEDBACK WORKSHOPS

Thursday 1:30 - 3:00  
One-session workshop designed to give students an introduction to relaxation techniques, including how biofeedback aids in relaxation. Individual follow-up consultation is available.  
Leader: Nick Dobrovolsky

#### • EATING DISORDERS GROUP

Monday 3:00 - 4:30  
This group offers counseling and support for eating disordered students who are not at high physical risk. Clearance by a physician is required. Members can use the group to explore issues underlying their eating problems, and to continue their progress toward recovery.  
Co-leaders: Debbie Rabinowitz & Maralyn Billings

#### • EMPOWERING YOURSELF I: SUPPORT GROUP FOR WOMEN MOLESTED AS CHILDREN

Tuesday 3:00 - 4:30  
A group for women who have experienced sexual molestation in their past and who are at the beginning stages of the healing process. Emphasis is on handling relationships, building self-esteem, and gaining personal power.  
Co-leader: Laura Bettor & Janet Olson Gay

#### • EMPOWERING YOURSELF II: SUPPORT GROUP FOR WOMEN AND MEN MOLESTED AS CHILDREN

Wednesday 5:00 - 6:30  
A group for women and men who have experienced sexual molestation in their past. Exploring aftereffects of the abuse will be the focus. Emphasis is on handling relationships, building self-esteem, and gaining personal power.  
Co-leader: Laura Bettor & Larry Alford

#### • GAY/LESBIAN/BISEXUAL GROUP

Monday 5:00 - 6:30  
This group will consist of 4-12 gay/lesbian/bisexual students. The primary focus of the group will not be limited to sexual orientation issues. Topics may include: relationships coming out to family and friends, religious concerns, and self-esteem.  
Co-leaders: Mary Ann Moore & Maralyn Billings

#### • INTERNATIONAL STUDENT SUPPORT GROUP

Friday 3:00 - 4:30  
International students meet to support each other as they cope with adjusting to the University, the community, and the U.S., making friends, improving their relationships etc. This is also a place to explore and understand cultural differences, and to practice English speaking skills.  
Co-leader: Gisela Lin & Wade Birch

#### • OLDER THAN TRADITIONAL AGE GROUP

Thursday 3:00 - 4:30  
This group is for students whose concerns are related to issues that differ from traditional undergraduate concerns. Marriage, divorce, office politics, dissertation projects, and dealing with children and spouses are potential group topics.  
Co-leader: Nick Dobrovolsky & Michael Penticuff

#### • UNDERGRADUATE GROUP

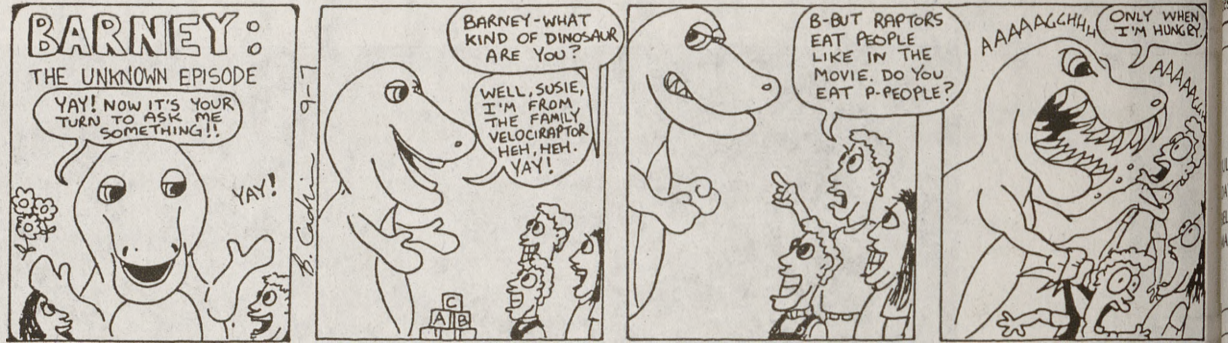
Tuesday 3:00 - 4:30  
The purpose of this group is to facilitate self-exploration and personal growth through interaction with other students.  
Co-leader: Kristen Huntley & Jeff Hird

#### • WOMEN IN TRANSITION

Wednesday 3 - 4:30  
This group provides support and counseling for issues specific to women (older than traditional college age) who are experiencing transition in their lives (e.g. divorce, death, returning to school, dual careers, sexual concerns, sexual concerns, children, etc.).  
Co-leaders: Noël Rather & Janet Olson Gay

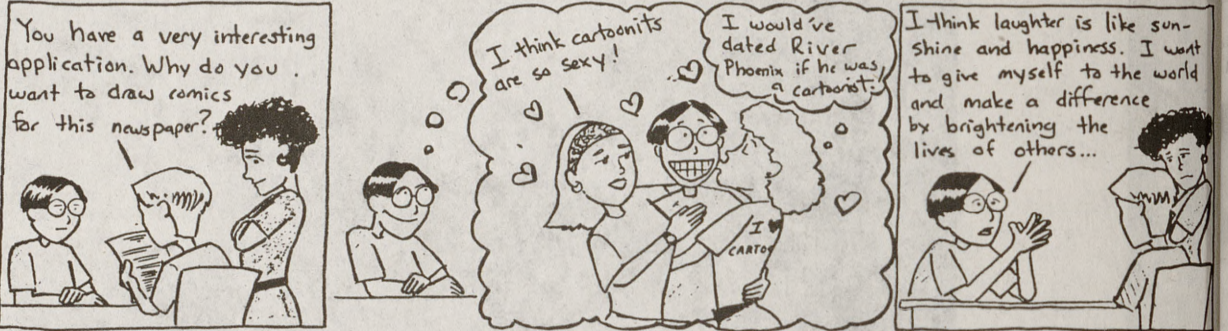
## Tubularman

By Boomer Cardinale



## Fritch

By Critch



## No funeral for TV actor 'Tattoo'

The Associated Press

LOS ANGELES — There will be no funeral for the late "Fantasy Island" actor Herve Villechaize, who asked instead that his body be cremated and his ashes distributed at sea, his spokesman said.

Villechaize, who committed suicide Saturday at age 50, had said he wanted to allow a doctor specializing in dwarfism to study his remains before cremation, publicist David Brokaw said Sunday.

He did not want a memorial service, Brokaw said.

Villechaize made his wishes known in conversations with his longtime companion, Kathy Self.

The actor died of a self-inflicted gunshot wound, Brokaw said.

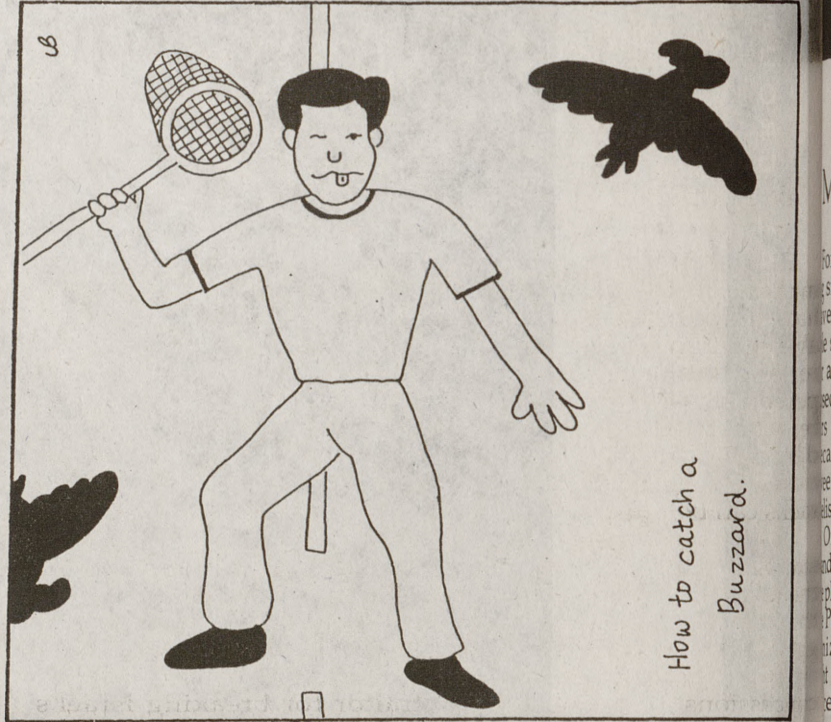
He said Villechaize left a note saying he was despondent because of poor health, but had given no prior indication he planned to take his life.

Villechaize, who was 3-foot-11, suffered medical problems because of his undersized lungs and nearly died of pneumonia a year ago.

The actor played Ricardo Montalban's comic sidekick, Tattoo, on "Fantasy Island," which ran on ABC from 1978 through 1984.

The French-born Villechaize was also a supporting player on stage and in films during the 1960s and 1970s.

## JUST THE BEGINNING



By Jason Brown

## Science changes tough meat

The Associated Press

CLAY CENTER, Neb. — Meat scientists at the U.S. Meat Animal Research Center have passed major taste and processing tests with a process they say will allow meat packers to turn tough meat into tender meat. Mohammad Koohmaraie, a USDA food chemistry specialist at the center, heads the scientific team that developed the new meat tenderizer. He said it is ready to hit the market.

The product is a weak liquid solution of calcium chloride and water. "All our important data shows it improves meat tenderness and it has no adverse effects on any other meat quality attributes, such as color, shelf life, flavor and overall palatability," Koohmaraie said.

He told The Lincoln News and Star in an interview at a federal facility about 20 miles east of Hastings that the product has had favorable outcomes at a meat packing plant in the Texas Panhandle and a "white tablecloth restaurant" in Texas.

Credit for apparent success also goes to Tommy L. Wheeler, a research food technologist at Clay Center, and Mark Miller, a meat specialist at Texas Tech, Koohmaraie said.

He said the motivation should be there for meat merchandisers who want to guarantee tenderness and put their own label on a meat package. "The reason no packing plant has put their name on it is because they can't guarantee that."

Right now, from the perspective of meat retailers, packers "just sell you a box of meat for \$1.10 (a pound) or whatever, and they're not penalized if the meat is not tender."

Regardless of what happens in the marketplace, the scientific foundation for calcium chloride injections is sound.

The solution contains about 2 percent calcium chloride and 98 percent water. It has been effective in breaking down proteins that toughen round steak and other common cuts of meat.

Retailers specializing in beef, but not such top-of-the-line steaks as T-bones or ribeyes, could be the bridge that moves public research into private hands.

"There's a lot of specialty markets," he said. "I think it's got great potential for the food-service industry."

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**12TH MAN**  
STUDENT FOUNDATION

**First General Meeting**

When: Wednesday, September 8th 7:15 p.m.  
Where: Rudder Room 301  
Guest Speaker: Mark Johnson, Aggie Baseball Coach

New members welcome.  
Come experience what Texas A&M Athletics is all about.