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Pathfinders back year's first meet

Outdoors lovers will tromp the woods Saturday south of Texas A&M in the first orienteering meet nere in 1977-78.

Sponsored by the Texas A&M Pathfinders Club, it will be an open meet. Entries are expected from Sam Houston State and Stephen F. Austin University, along with 40 Boy Scouts from the Houston area.

Texas A&M students, faculty-staff and townspeople are invited to participate, according to Pathfinders President Marshall McKinney. An entry fee of \$1 per individual or \$4 per four-person team will be charged. Competition starts at 10

Before the main meet, 140 Corps of Cadets juniors will run a two-hour

orienteering competition. Orienteering is similar to a sports club the car rally. Using only maps and comevents.

IAMOND ENGAGEMENT & WEDDING

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passes, teams or individuals find a series of targets by shooting azimuths. Winners are usually determined on a shortest-elapsed-time

and most-targets-found basis.

Courses will be 4,500 to 4,800 and 6,000 to 6,500 meters with eight to ten targets each. Prizes will be awarded to the top three teams on each course, provided there are enough entries. Individual awards are planned for the four persons on the winning team, and for solo

More information about entering the meet may be obtained from the club sponsor, Capt. Rudi Rushing, in the Military Science Department, 845-1622.

The Pathfinders is an Athletic Department-recognized extramural club that competes in intercollegiate



Two buddies play catch

Assertiveness key to dietiror

Tanter teaches a class in the Be-

havioral Approach to Weight Loss at Oakland University in nearby Rochester. She has a host of exam-

ples of situations where appropria-

an interview. "The wife really

doesn't want it but before she knows

it, the drink is before her, and then there's another and another.

What comes to mind first is the husband who orders drinks for everyone at the table," she said in

tive assertiveness is lacking.

"Hey, bet you can't get this next one," Scott two enjoyed a sunny day at Lake Bryan. McElroy seems to be saying to Jennifer. The

DETROIT—It takes more than

willpower to lose those few extra pounds. Just ask weight-loss

"When you really analyze it," she says, "you always find the appropri-

What that means is saying "no" in

a firm manner that will not hurt feel-

ings but will make everyone under-

stand you are serious and mean

therapist Judith Tanter.

ate assertiveness missing.

business.

Battalion photo by Beth Dzikow

Therapist advises firm 'No'

The Battalion Classified

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the yearbooks are published, usually by September 1, must pay a mailing and handling fee. Yearbooks will not be held, nor will they mailed without the necessary fees having

This policy took effect on October 22, 1976.

THE GRADUATE COLLEGE Final Examination for the Doctoral Degree
Name: Bartee, Horace Hayne
Degree: Ph.D. in Physical Education
Dissertation: A CINEMATOGRAPHICAL
ANALYSIS OF TWISTING IN THE

LONGITUDINAL AXIS WHEN FREE OF SUPPORT. Time: 10:00 A.M. on October 18, 1977 Place: 214 G. Rollie White Coliseum

G.W. Kunze Dean of the Graduate College

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Abstractors needed. Must be a graduate student with a major or strong background in nuclear engineering, petroleum engineering, physics or geology, and be able to write well. Must be an American citizen or have PRV. \$4.00/hr., 20 hrs./wk. Call Susan Lytle, TAMU Library, 845-1024.

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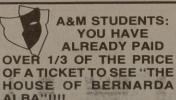
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"QUALITY FIRST"

"Or how about this case, happens again and again.
"Your mother-in-law arrive

your house with homem goodies. It only hurts feelings get mad. All you have to do is Saran wrap over it, say it looks lovely but you are going to give your neighbor. "The main thing is making the food walks out the door."

This advice comes from ex Tanter visited her mother

grandmother in Chicago not 'I was trying to lose weight,

after the first day I was a new wreck," she said. "They spent whole preparing food, and I spent the whole day eating it." On the second day, she exe her assertiveness and asked family reunions no longer be ranged around food. They liste and "everything was fine from

point on. During class, she said, data collected and analyzed on how students are fitting their eating

daily life. We analyze personal relat ships and environmental stim said Tanter, who also teaches pr time at the Institute for Behan

Change in Ann Arbor, Mich. "We assess their assert abilities and demonstrate new w to be assertive about food, and I

analyze anxieties and tensions s rounding food. Students also learn to reprogn to find eat eating habits.

"Go to the theater instead going out to dinner," Tam peanuts es suggested. "If television snacking IV, I sugg a problem.

"Learn to relax so that you elim nate tensions that lead to the

frigerator."

But nothing is better than shall your head and saying "no."

Be more assetive," she said. no when you don't want food a drink.

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