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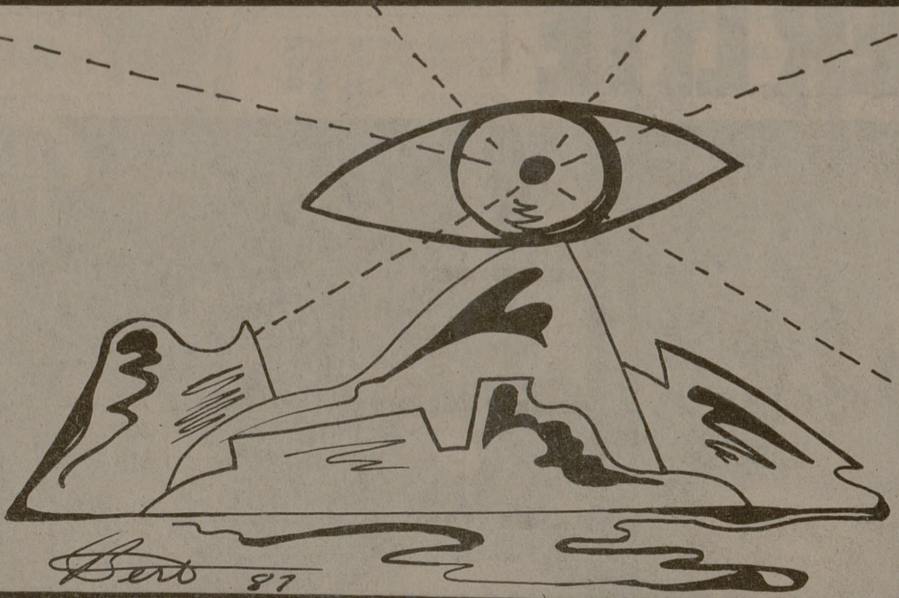
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Texas A&M University Exhibits
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A Carved Ice Installation
to be sculpted by
BERT LONG
Thursday, February 26, 1987
Commencing at noon
Between the Academic Building
and Sterling C. Evans Library
in conjunction with
OUTDOOR SCULPTURE
BY
TEXAS ARTISTS
Through May 3, 1987
Reception for the artist
5:00 p.m. in the rotunda of the Academic Building

Study links pregnancy problems with stress

By Tammy Hedgpeth
Reporter

A recent study linked stressful events such as death of a family member or job loss to the increased risk of complications in childbirth for a pregnant woman and her unborn child.

Ruth Tucker, associate professor at the University of Texas Medical Branch School of Nursing at Galveston, examined the relationship among stress, pregnancy complications and a personality conflict called "hardiness" in a study of 234 women who recently had babies.

"If people are hardy, they feel they have some control over their life," Tucker says.

She says three characteristics make a "hardy" individual:

- The individual is committed to her responsibilities.
- The individual believes she has control over her life.
- The individual sees change as a challenge rather than as a threat.

When an individual encounters a stressful situation, hardiness traits help alleviate the effects of stress, she says.

Tucker hoped to find that hardiness made a difference in women during pregnancy.

For example, women with hardiness would have fewer complications than women without the trait. However, this didn't prove to be true.

Instead, she discovered that women who have a high stress level tend to have more complications with their pregnancies.

"I didn't narrow it down to specific complications," Tucker says. "I was looking at complications in general: infections, high blood pressure, premature labor and development of diabetes."

Women without the "hardy" trait can deal with stress through various means just as effectively as women who have the trait by developing coping skills to solve problems, Tucker says.

"One of the biggest aids for anybody who has high stress levels is a good support system, such as family and friends," she says.

Mary Walraven, a certified childbirth educator from Bryan, agreed that a support system is important.

"Pregnant women must communicate with whoever causes the stress," Walraven says. "When women have a positive outlook, fewer problems occur."

Constant stress from poor social situations also affects pregnancy, she says, citing constant depression as an example.

"We try to help women deal with stress and problems," Walraven says. "Relaxation helps by providing good health for the baby."

The biggest stress comes from anticipating birth, she says.


In her Lamaze class, Walraven reduces the fears of birth by encouraging women to talk about their fears.

What's up

- Thursday**
- ADULT CHILDREN OF ALCOHOLICS:** will meet at 6 p.m. in 145 MSC.
 - ALCOHOLICS ANONYMOUS:** will meet at 12:15 p.m. Call 845-5826 for location.
 - MISS TAMU SCHOLARSHIP PAGEANT:** contestants will perform their talent selections at noon in the MSC lounge.
 - NAUTICAL ARCHAEOLOGY LECTURE SERIES:** Larry Mott will speak on "Late Medieval Seafaring Seen Through Spanish Art" at 7 p.m. in 301 Bolton.
 - DEPARTMENT OF ENGLISH:** will conduct a session on coherence in writing at 6:30 p.m. in 105 Blocker.
 - WELLNESS LECTURE:** Dr. L.W. Coleman will speak on arthritis at 6:30 p.m. at the Walden Retirement Center, 240 Memorial Drive in Bryan.
 - MSC GREAT ISSUES:** will present "McCarthyism in the '80s" at 7:30 p.m. in 201 MSC.
 - NATIONAL SOCIETY OF BLACK ENGINEERS:** will meet at 7:30 p.m. in 404 Rudder.
 - MEXICAN-AMERICAN ENGINEERING SOCIETY:** will meet at 7 p.m. in 402 Rudder.
 - LEBANESE STUDENT ASSOCIATION:** will meet at 8:30 p.m. in 410 Rudder.
 - PI SIGMA ALPHA:** will meet at 8:30 p.m. in 305 Rudder.
 - SOCIETY OF AGRICULTURAL MANAGERS, APPRAISERS AND CONSULTANTS:** will meet at 7:30 p.m. in 111 Kleberg.
 - DATA PROCESSING MANAGEMENT ASSOCIATION:** will meet at 7 p.m. in 150 Blocker.
 - INTERVARSITY CHRISTIAN FELLOWSHIP:** will meet at 7:30 p.m. in H-11 Walton Hall.
 - BRAZOS DUPLICATE BRIDGE CLUB:** invites players and beginners to meet at 7 p.m. at College Station Community Center.

- Friday**
- INTERVARSITY CHRISTIAN FELLOWSHIP:** will meet at 7 p.m. in 206 MSC.
 - LATTER-DAY SAINT STUDENT ASSOCIATION:** will have a "sandwich seminar" at noon at the LDS Institute, 100 E. Dexter.
 - CHI ALPHA CHRISTIAN FELLOWSHIP:** will meet at 7 p.m. in 156 Blocker.
 - UNITED CAMPUS MINISTRY:** will have a "peanut-butter fellowship" at 11:30 a.m. by Rudder Fountain and will meet for a Bible study 6:15 p.m. at A&M Presbyterian Church.
 - CAMPUS CRUSADE FOR CHRIST:** will meet at 7 p.m. in 108 Harrington.
 - PHYSICS CLUB:** will meet at noon in the Underground snack bar.
 - CHESS CLUB:** will conduct the first round of the USCF rated tournament at 7 p.m. in 308 Rudder.
 - TAMU ASSOCIATION OF CARIBBEAN STUDENTS:** will meet at 7 p.m. in 704 A-B Rudder.
 - COLOMBIAN STUDENT ASSOCIATION:** will meet at 7 p.m. in 145 MSC.
 - PUERTO RICAN STUDENT ASSOCIATION:** will meet at 7:30 p.m. in 404 Rudder.
 - STUDENT CHAPTER OF AVMA:** entries for the SCAVMA photo contest are due in the foyer of the Veterinary Medicine Complex by 5 p.m. Friday.
 - ASSOCIATION OF AMATEUR ASTRONOMERS:** will have an observing night for interested persons at 7 p.m. in Southwood Athletic Park.
 - PHI KAPPA TAU:** applications for Saturday's "First Community Swim/Bike Biathlon" may be picked up by Rudder Fountain through Friday.
 - PARENTS WEEKEND:** applications and schedule forms are due Friday from any group planning an activity.
 - LIBRARY TOURS:** signup sheets are available at the first floor reference desk. Tours are scheduled for 9 a.m., 11 a.m. and 3 p.m. Mondays, Wednesdays and Fridays and 9:30 a.m. and 11 a.m. Tuesdays and Thursdays.

Items for What's Up should be submitted to The Battalion, 216 Reed McDonald, no less than three working days prior to desired publication date.



SALES SUMMER INTERN PROGRAM

OPPORTUNITY

The Sales Summer Intern Program at Johnson's Wax offers a challenging and rewarding experience in selling and merchandising products for a major consumer products company. Initially you will receive in-depth on-the-job training by our local District Sales Manager. Throughout the summer you will work in a defined territory gaining sales experience and also be exposed to company policies and procedures. In addition you will have the opportunity to interact with all levels of management within our sales organization.

QUALIFICATIONS

You are qualified to participate in the Sales Summer Intern Program if you are a student within 24 months of graduation (as of June 1, 1985) and possess the following qualifications:

- Strong desire for a career in consumer products sales management
- Have a valid drivers license
- Have prior grocery store or sales experience
- Have reliable transportation throughout the duration of the Intern Program
- Reside in the Metro Balto/Wash. area and be available June 3rd.
- Willingness to work hard
- Demonstrated leadership on campus
- Initiative and creativity.

COMPENSATION

You will receive a competitive base salary, plus all business related expenses. You will also be reimbursed at the rate of 21¢ per mile for the use of your personal car. You would also be covered by our comprehensive medical and life insurance plans, and would receive a token profit share check at the end of the year.

NEXT STEP

If the Summer Intern Program interests you, please contact your placement office and arrange for an interview on March 5, 1987.

JOHNSON WAX IS AN ACTIVE EQUAL OPPORTUNITY EMPLOYER M/F