

Tuesday, February 27, 1990

Workshop will help employees manage stress

By DAPHNE MILLER
Of The Battalion Staff

Texas A&M's Human Resources Department is offering a stress management workshop Wednesday and Thursday from 8:30 to 11:30 a.m. in 301 Rudder. The workshop is only for faculty and staff members and is free of charge.

Ann McMullan, employee relations manager of the department, said the workshop is designed to help participants gain a better understanding of stress, identify its causes and take steps to manage it.

Gay Thames, director of social services at the Sandstone Center, will lead the workshop.

Thames, whose area of expertise is stress management, said there are two types of stress.

One is eustress, stress that is beneficial and provides motivation and excitement. The other, she said, is distress. Distress is continuous and related to about 80 percent of illnesses, Thames said.

"Many negative side effects of unchecked, continual stress exist," Thames said.

The side effects include illnesses such as headaches, high blood pressure, heart disease, ulcers and cancer; psychological symptoms such as anxiety, fear and depression; and a weakened immune system, making an individual vulnerable to infection, she said.

Stress is an indirect cause of other prob-

lems because it is linked to tobacco, alcohol and drug abuse, Thames said.

"This workshop offers practical techniques for managing stress that can be applied immediately," she said.

It's impossible to remove stress from daily life, she said. There are, however, ways to manage stress in order to be more productive, Thames said.

Stress-management techniques taught at the workshop include methods for resolving conflicts, effective time management, relaxation techniques and the use of humor in the workplace.

McMullan said this should be an interesting workshop and faculty and staff are en-

couraged to attend. She said the department has not offered a stress-management workshop in more than three years, and the department felt it was time for another one.

Dr. John J. Koldus, vice president of student services, said the department offers stress-management workshops to students at various times during the school year. He said these workshops mainly involve dealing with academic problems and performances. Call 845-3111 for more information about student stress workshops.

Anyone who wants to register for the workshop can call the Human Resources Department staff development office at 845-4141.

Race honors renaming of Jersey St.

By ANDY KEHOE
Of The Battalion Staff

George Bush will take over Jersey Street on Thursday.

Celebrating the renaming of Jersey Street as George Bush Drive, the College Station Parks and Recreation Department along with the Brazos Valley Fitness Association will host the "George Bush Drive Midnite Madness Fun Run" Wednesday night.

The 2-K race will begin at the College Station Community Center, 1300 Jersey St., at 11:45 p.m. Wednesday.

The route will follow Jersey to Houston Street and will return to the finish line at 1300 George Bush Drive on Thursday.

The entry fee on Monday was \$6. An \$8 late registration fee now is required. Checks should be made payable to the Brazos Valley Fitness Association.

Age group categories for men and women are: 19 and under, 20-29, 30-39, 40-49, 50-59 and 60 and up.

Preceding the race will be opening remarks from College Station Mayor Larry Ringer and Bryan-College Station Chamber of Commerce President Chris Kling and a George and Barbara Bush look-alike contest.

Awards will be presented for the best male and female runners' costumes and the best team costumes. Teams will be composed of four or more participants.

Individual awards will be given for the best George Bush, Barbara Bush and the best look-alikes for any past president or first lady.

Costume contest registration will be from 10 to 10:30 p.m. in Room 101 of the College Station Community Center. Costume judging will be at 10:30 p.m. in Room 101. Entries will be judged for authenticity, creativity and effort.

Brown urges students to vote

By SELINA GONZALEZ
Of The Battalion Staff

Buster Brown, a Republican candidate for Texas attorney general, wants to urge Texas A&M students to absentee vote before leaving for spring break.

A&M is one of many institutions that will officially begin spring vacation on March 13, the day of the primary.

The Battalion was one of six university newspapers that participated in a teleconference call with Brown on Thursday.

Brown said he would rather visit the individual university campuses but time wouldn't permit it.

He said he has been touring the state since August talking about his 10-year record in the Texas Senate.

"Senate Republican primary voters want an attorney general who will lead the state in the fight against crime and drugs as I have done in the Texas Senate," he said.

Brown said that the attorney general, within the criminal justice section of the office, is responsible for representing the Texas Department of Corrections.

Some of the responsibilities of the attorney general's office are appealing all death penalty cases, representing law enforcement officers, advising and helping prosecutors through the Prosecutors Assistance Fund and managing the Crime Victims Compensation Fund, he said.

"As attorney general, I would enhance the role of attorney general by helping the prosecutors of the state create a special team of drug prosecutors that would be available upon invitation from the district attorney," he said.

Brown said that the rural counties who may need

assistance could call in this special drug team to help prosecute.

There shouldn't be any counties that a drug dealer can look to as a haven for drug activities, he said.

"We need to make the punishment fit the offense, and the only way our punishment system is going to work is if we expand our prison system," Brown said. One way the overcrowding problem could be addressed is if abandoned army bases are used as temporary prison facilities.

"When we are able to expand the prison system in a very inexpensive way then we can do away with the early release program," he said.

Brown said one of his main objectives is to demonstrate that you can run the office like a law office, and you can put the state's interests ahead of your personal interests.

"They (voters) want an attorney general who will take politics out of the office and restore its credibility," he said.

Brown was born in the lower Rio Grande Valley and attended Southwest Texas State in San Marcos. He earned a degree in secondary education from Texas A&I and taught school for one year.

He earned a law degree from the University of Texas Law School and then moved to Lake Jackson, where he lives now. After practicing in the district attorney's office for three years, Brown worked in private practice for 20 years.

In 1980, Brown was elected to the Texas Senate when he defeated a 20-year incumbent Democrat.

The universities who participated in the teleconference were: The University of Texas, Southwest Texas State, University of Houston, The University of Texas at Arlington and Stephen F. Austin.

Candidate sees need for child support enforcement

By BILL HETHCOCK
Of The Battalion Staff

Aggressive enforcement of child support laws and a more powerful attorney general's office are the two main issues being pushed by Pat Hill, Republican candidate for state attorney general.

"I want to make the attorney general what it should be, and that's the state's chief crime fighter," Hill said. "I want to do this by adding to the powers of the A.G. to help district and county attorneys prosecute crime."

Hill said, if elected, she would work to give the attorney general the right to initiate and prosecute criminal cases upon request by the governor or the legislature. She also said she feels the state needs more lawyers to prosecute death row cases.

"We only have seven lawyers who are prosecuting death row cases right now," she said. "I want to add to that. There are hundreds of cases on appeal, and only seven lawyers. That's not enough legal help."

Texas child support laws need to be more strongly enforced or the state may lose federal child support money, Hill said. There is a huge backlog of child support cases wait-

ing to be tried through the attorney general's office, she said. Child support is being granted in only 10 percent of these judgments, she said.

"Our collection rate is a disgrace," Hill said. "We're in danger of losing the federal funding that actually pays for child support collection. I have come out with a plan to improve the child support rate."

Hill's child support plan calls for more efficient use of state court personnel and better use of computer technology to aid the collection process, she said.

Hill, now a representative to the state legislature, said experience in both state and federal courts qualifies her for the attorney general post.

"You need an attorney general that knows federal court procedures as well as state court, and I do," she said. "My practice is split between federal and state courts. This is important because many of the lawsuits that the state is involved in are federal lawsuits."

In the latest polls, Hill and state senator Buster Brown are the leading Republican contenders for the attorney general spot, Hill said. Both received 14 percent of the vote, with the majority of those polled undecided, she said.



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Judge Smith has an enviable record of public service in the community. He has served many, many civic and charitable organizations with distinction including OPAS, Leadership Brazos, Crimestoppers, Optimists and the March of Dimes, among others.

He and his wife, Becky, have two children: they are concerned parents and involved citizens.

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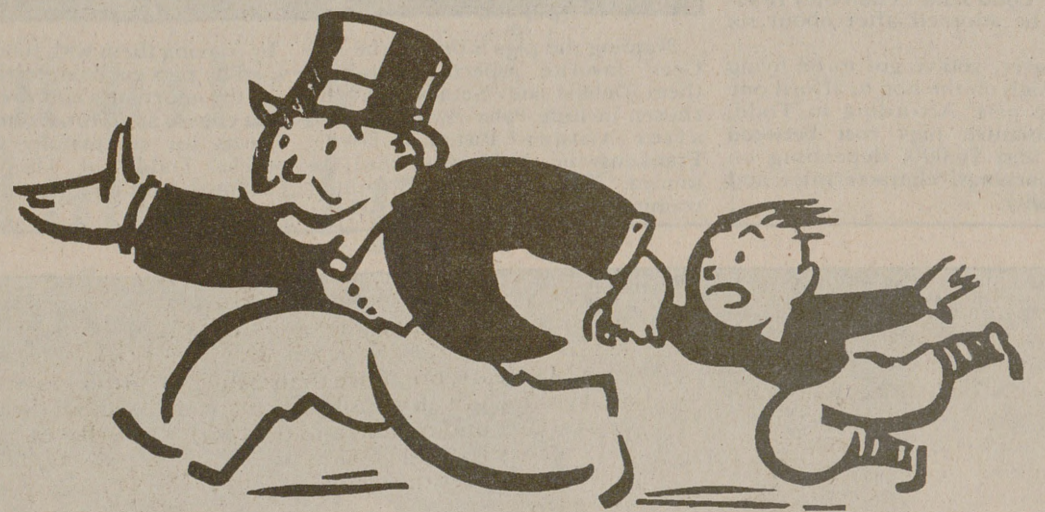
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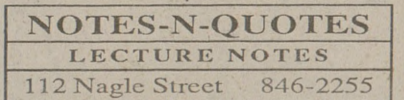
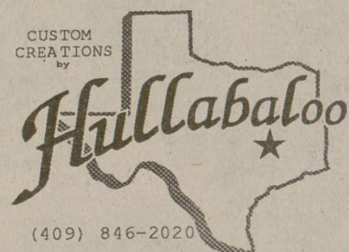
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