

CAMPUS

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The Battalion

Wednesday, July 7, 1993

NOTES -N- QUOTES

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Police Beat

The following incidents were reported to University Police Department between June 22-July 1.

Driving While Intoxicated
East Main Circle- A subject observed operating a motor vehicle without headlights was found to be intoxicated.

North Street and S. College- During a traffic stop the operator was found to be intoxicated.

Lubbock Street- A motorist that failed to stop at a stop sign was found to be intoxicated.

Criminal Mischief
North Bizzell- Victim reported a pedestrian struck her vehicle with his briefcase.

Parking Area 42- Victim's unattended vehicle was scratched with a sharp object.

Dormitory 7- A third floor window was struck and broken.

Aston Hall- A third floor window was broken.

Dormitory 3- A third floor window was broken.

Milam Street- Gang graffiti was found on a University-owned building.

Parking Area 22- Air was released from the tire of an unattended patrol car.

Burglary of Motor Vehicle

Coke Street- Victim reported the following items were removed from his secured vehicle; one diving watch, 14kt gold chain and cross, and 12 cassette tapes.

Parking Area 27- Ignition keys and gas card were removed from a University vehicle.

Misdemeanor Theft
Neely Hall Bicycle Rack- Victim's black Mongoose Switch-back bicycle was stolen.

Leggett Hall Bicycle Rack- A blue Raleigh 25-speed bicycle was stolen.

Parking Area 51- A tire and rim were removed from a University-owned vehicle.

Spence Hall Bicycle Rack- Victim's red Huffy bicycle was stolen.

Memorial Student Center- Victim reported his black Trek bicycle was stolen.

Parking Area 9- Victim's license plate was removed from her vehicle.

Assault
University Owned Apartments- An acquaintance forced his way into the victim's apartment.

The suspect restrained the victim and told her of his strong feelings for her.

Lubbock Street- Two bus drivers were shot at with high-pressure Super Soaker Water guns by two individuals in a blue van. The vehicle was located and the responsible individuals identified. They were issued citations and released.

Alleged Assault
Krueger Hall- Several victims reported that suspect touched them in a manner which made them uncomfortable.

Assault on a Peace Officer
Reed McDonald Building- While checking the first floor, a police officer was struck in the center of the forehead by an individual he apparently startled as he walked around a corner in the hallway. The officer was treated and released. The suspect was apparently attempting to burglarize a first floor laboratory.

Disorderly Conduct
Evans Library- An unknown male exposed himself.

Burglary of Vehicle Transportation Center
A Quick Mount 5000 electrical winch was stolen from a 1993 Dodge Sonoma pickup truck.

Theft
Parking Area 40- Victim's 1988 Buick LeSabre was stolen. While the officer was taking the report a patrol officer located the vehicle in Southgate Village with the steering column pried apart.

Violation of University Regulations
Unauthorized Solicitation at Richardson Building- A subject was detected going from room to room selling perfume without authorization. He was issued a Criminal Trespass Warning and escorted from campus.

Public Intoxication
Parking Area 9- A security officer observed an individual staggering and swaying while he walked across the parking lot. He was found to be intoxicated. With his permission his vehicle was entered and a vial containing a small amount of marijuana was discovered. The suspect was taken to Brazos County Jail.

Health Tips

Reduce negative stress 26 therapeutic ways

By PEGGY C. PHILPOT

Special to The Battalion

Many students at A&M have recently experienced stress during the week of finals.

To handle the problems associated with a busy summer schedule and upcoming finals, students should first identify what causes the stress, decide if it is good or bad, then reduce it.

Stress can be caused by happy events, such as a new relationship or a vacation, as well as unhappy ones such as final exams or bounced checks. The accumulation of minor hassles, such as long lines and wrong numbers, can be stressful.

A small amount of stress in life may help some students accomplish their goals. For instance, if a student received an A on their last exam they will have positive stress to help them study for their next exam.

The positive stress may actually improve the student's chances of receiving another good grade. Negative stress, however, focuses the student's thoughts only on bad occurrences, such as a failing grade, and does not allow them to concentrate properly for their next exam, thereby leading them closer to their failure.

When allowed to develop, stress may gradually lead to chronic headaches, high blood pressure, backaches, loss of ap-

petite, constant fatigue, ulcers and depression. In fact, some physicians believe that 90 percent of all illnesses are stress-related.

Stress is an everyday fact of life. Students can't avoid it, but they can deal with it.

The Health Center offers several tips to avoid stress. Students should participate in activities such as taking walks, calling parents, taking a five minute break, taking a hot tub break, hugging someone, getting a quick massage, talking about it, watching a few cartoons, breathing deeply, smiling at a stranger, cry, doing a crossword puzzle, eating a healthy meal, taking a quick nap, going for a swim, finding a quiet place to be alone, taking a hot

bath, thinking about a far off place, going for a bike ride, trying rollerblading, catching a movie, listening to some music, writing a letter, stop drinking caffeine, making a daily "to-do" list and checking them off as you do them and finally, students should ask themselves, "does it really matter?" Most of the time it doesn't.

These tips can help some students to relieve stress. For serious stress problems, students should contact Student Counseling Services, visit the Health Education Center, located in Room 016 of the A.P. Beutel Health Center or call 845-1341 for general information about stress and other health concerns.

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251 Bizzell Hall West
Thurs. July 8
10:30-11:45

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- LBAR 331 Renaissance Italy
- HIST 489 History of Christianity
- LBAR 333 Italy in American Literature
- ENGL 394 History of the Modern Song

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