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THE BATTALION

Tuesday, October 12, 1993

Health Tips

Communication key to good relationships

By Ron Webb

A.P. Beutel Health Center

Forming relationships is a large part of anyone's life, but this is especially true for college students.

The college years are traditionally when you meet and get to know the person you will someday marry. Relationships bring happiness to many people, but they can also cause people pain. A lot of time and effort is required to build meaningful relationships, and with the busy, stressful lives of college students, problems can arise.

Many of us have tried, or may be involved in, a long distance relationship. Long distance relationships take even more effort to maintain. The relationship is carried on over the phone and trips back and forth on weekends. Finances, academics and the relationship itself can suffer from the stress of long distances between partners.

These problems can be amplified if one of the partners is still in high school. What activities of high school life are you going to participate in, and which activities of college life are you expecting them to participate in? College and high school lifestyles, and the demands placed on each partner, can be completely different. These expectations need to be discussed.

In relationships, people involved are going to have expectations of others. Time is a big expectation within relationships. College students are busy and time is a commodity. In a relationship, quality of time spent together is more important than quantity. If you use time together wisely, it doesn't take a lot to create a fulfilling relationship.

If one of the partners is in high school, finally graduates, and comes to join the other in college, time can be a double-edged sword. The partner who has been waiting at college

may expect too much time from the other person. That person is meeting new and interesting people and will start becoming involved in activities at college. This can cause tension.

On the other hand, you may begin spending time together like you never have before. You will begin to learn all of the other person's "habits". This can allow you to become closer as a couple, or it can cause you to realize areas of the relationship you need to discuss. These are just a few challenges facing college students, and enough to make forming a relationship even harder.

Things you can do to decrease the pressure on you and your significant other are numerous, and Texas A&M has many resources available to help you cope with stress from relationships. The Student Counseling Service offers many services to students ranging from group to one on one counseling.

There are some basic tips for dealing with stressful relationships, whether they be with a boyfriend or girlfriend, roommate or with your parents. Communication is the key to any successful relationship. It can be hard at times, but if the relationship means a great deal to you, real communication is a small price to pay. You have to realize that communication differs from talking. Communication involves listening, not just hearing. Honesty within a relationship is another aspect which must be present for communication to occur. From good communication, you can find out what is really causing the problems.

Expectations can be a real impediment to a relationship. A couple needs to talk about expectations and be very specific about them. For example, in a long distance relationship, which of your functions will you participate in as a couple and which of your partner's will you participate in? If the partner is still

in high school, are they expecting you to attend the prom with them, and are you comfortable doing that?

Flexibility and understanding are other facets of a successful relationship. Classes, friends, organizations, activities, and interpersonal relationships are just a few things college students have to deal with. Understanding a busy schedule can go a long way toward keeping a relationship happy. If you use your time together wisely, you can create a very fulfilling relationship. It may be that you or your partner feel the relationship should not continue. If this is the case, you need to be honest and end the relationship. This is hard, but letting the relationship linger on and on is not good for either partner and can make things harder for both people in the future.

If you need help with a relationship, you can utilize many of the resources available at Texas A&M.

Recognizing these pitfalls can help maintain an enjoyable relationship. These are just a few of the things which can interfere with the functioning of a relationship. If you have problems or have trouble dealing with a relationship, you need to realize it. Get help when you need it.

If you call the Student Counseling Service at 845-4427, they can help you or provide you with proper resources. The Student Counseling Service offers individual and group services, relationship groups, 24-hour emergency counseling, and even academic counseling, if your grades suffer due to the stress of a relationship.

If you or any organization that you are involved in would like to learn more about communication, call the Health Education Center at 845-1341. The Health Education Center has a program dealing specifically with communication, as well as programs covering many other issues concerning college students.



Campus News Briefs

Career Center holds Jobsmarts Seminar

Texas A&M Career Center will sponsor a Jobsmarts Seminar to help students and recent graduates learn skills to get started in their career.

The seminar will be Tuesday, Oct. 12 at 7 p.m. in Rudder Theater. Bradley Richardson, a 1989 graduate of the University of Oklahoma and author of the book "Jobsmarts for Twentysomethings: How to Find Your First Job and Get a Quick Start in Today's Rough Economy," will discuss what to expect during the first year on the job, communication and organization skills and creative job searching.

Jobsmarts is a seminar designed to teach graduates how to get a quick start in their career, how to identify potential employers, get in doors and creatively market yourself.

College unveils statue at annual Open House

A bronze statue of a boy and his dog was dedicated at Texas A&M University's Langford Architecture Center Saturday.

The sculpture, entitled ARCH 406, was donated to the College of Architecture by Joe Hiram Moore and Betty Moore of Austin in the memory of their son Stephen, a 1973 graduate of Texas A&M.

The dedication was held in conjunction with the College of Architecture's annual open house, which included the opening of an Electronic Design Laboratory, a new design studio supported by Alias Research Inc. of Canada and Silicon Graphics Inc. of California.

Engineering faculty members earn awards

Several members of the Texas A&M's College of Engineering faculty received awards for teaching excellence at the college's fall faculty meeting.

Recipients of the Former Students Distinguished Teaching Awards were:

-Dr. Daryle Morgan, professor in the Department of Engineering Technology

-Dr. Ralph Wurbs, assoc. professor in the Department of Civil Engineering

-Dr. Warren Heffington, assoc. professor in the Department of Mechanical Engineering

-Dr. Jack Lou, professor in the Department of Civil Engineering

The Tenneco Meritorious Teaching Awards were given to Dr. Mark Weichold, professor in the Department of Electrical Engineering and Dr. Larry Piper, senior lecturer in the Department of Petroleum Engineering.

The Charles W. Crawford Teaching Award was given to Dr. Richard Davison, a professor in the Department of Chemical Engineering.

The 1993-94 Dresser Industries Professorship was awarded to Dr. B. Don Russel, professor in the Department of Electrical Engineering.

The 1993-94 E.D. Brockett Professorship was awarded to Dr. Andy McFarland, a professor in the Department of Mechanical Engineering.

The Lockheed Excellence in Teaching Award was awarded to Dr. Steve Wright, an assoc. professor in the Department of Electrical Engineering.

Four faculty members received the Halliburton Professorships:

-Dr. Dragomir Bukur, professor in the Department of Chemical Engineering

-Dr. Ralph Disney, professor in the Department of Industrial Engineering

-Dr. Ohannes Eknoyan, professor in the Department of Electrical Engineering

-Dr. Edgar Sanchez-Sinencio, professor in the Department of Electrical Engineering.

Four cadets honored for helping victim

Four members of the Corps of Cadets were honored for risking their lives while attempting to save a drowning victim on Sept. 25.

Texas A&M senior cadets Brad Reeves and Colin Sindel and freshman cadets Paul King and Justin Jobe received certificates of commendation during the Corps of Cadets annual Fall Review last Thursday.

The cadets were returning to campus from this year's bonfire cut site when a motorist flagged them down near Wellborn. They accompanied the motorist to a nearby pond where a man had disappeared under water.

The four cadets found the man and helped on-lookers revive the victim until emergency medical services arrived.

Despite their efforts, the victim was later pronounced dead at a local hospital.

What's Up

Tuesday

TAMU History Club: general meeting at 7 p.m. in Room 407AB Rudder Tower. Speaker Dr. Julia Blackwelder. For more information call Reuben at 847-2552.

Student Counseling Service: Walk-in service for all minority students with academic, career or personal concerns from 1 p.m.-4:30 p.m. on the 3rd floor of the YMCA. For more information, contact Dr. Brian Williams.

Texas A&M Lacrosse Team: Practice is held Monday through Friday from 4-6 p.m. on the Soccer Field by Zachry. For more information, contact Alex Cohen at 696-1999.

Gay, Lesbian and Bisexual Aggies: National Coming Out Week video "And the Band Played On" to be shown at 7 p.m. in 225 MSC. For more information, call the GAYLINE at 847-0321.

Women's Bonfire Committee: WBC t-shirts have been pre-ordered for \$11.

TAMU Physical Therapy Club: Guest speaker from Southwest Texas State University Physical Therapy program to be held in 167 Read. For more information, contact Kristy Ford at 696-5844 or Craig Licciaroi at 693-9617.

VASA: General meeting at 7 p.m. in the Governance room in the Student Services Building. For more information,

contact Huy Hoang at 846-5831.

TAMU Freestyle Club: Rollerblading at Rudder Fountain starting at 8 p.m. For more information, contact Chris Rizzi at 847-0990.

Caribbean Students Association: General meeting at 7:30 in the basement of Bizzel Hall west. For more information, contact Kathy-Ann Caesar at 846-1617.

AEAA: General Business meeting at 7 p.m. in 113 Kleberg with guest speaker Jimmy Roppolo of El Campo Farmers Co-op. For more information, contact Wayne at 696-7838.

TAMU Gymnastics Club: workouts are Tuesday and Wednesday, 5-7 p.m. and Friday from 12:30-6 p.m. in Read 307. There is a mandatory meeting at 6 p.m. on October 19. For more information, contact Delayne Meyer at 764-8948.

Aggie Sports Collector's Club: Weekly trading meeting and discussion of up-coming guest lectures. For more information, contact Randy Crossman at 764-6923.

A&M Cycling Team: Free 3.5 mile time trial 1 block west of Aerofit on Villa Maria at 5:30 p.m. For more information, contact Rey at 764-9377.

Jordan Institute: Informational meeting about internships and living

abroad in England, the Dominican Republic and Germany in 707 Rudder.

Aggies for Christ: devotional with singing and short talk at 9:30 p.m. in front of the Academic building. For more information, contact Khristy Rouw at 693-9670.

Catholic Students Association: R.C.I.A. in St. Mary's Student Center from 7:30-9 p.m. For more information, contact Tonya at 846-5717.

Brazos Valley Herpetological Society Meeting: Guest speaker Chris Harrison on Herpes and Herpetology of the Savannah River Research Station at 7 p.m. in the Mark Francis Room in Vet. Med. For more information, contact Dr. Nick Millichamp at 845-2351.

Delta Sigma Theta: Board of Regent member Alison Brisco will be the guest speaker at 7 p.m. in 206 MSC.

TAMU Racquetball Club: Challenge Night in Read beginning at 7 p.m. For more information, contact Claudine at 696-3778.

What's Up is a Battalion service that lists non-profit student and faculty events and activities. Items should be submitted no later than three days in advance of the desired run date. Application deadlines and notices are not events and will not be run in What's Up. If you have any questions, please call the newsroom at 845-3313.

HOT SHOTS!
PART DEUX

Thursday @ 9:30
Friday & Saturday @ 9:30 & Midnight

All showings of 'Hot Shots! Part Deux' will be accompanied by a Warner Bros. cartoon

ADMISSION: \$2.50
Advance tickets available for all shows at MSC Box Office

Questions? Call...
MSC Box Office 845-1234
MSC Student Programs Office 845-1515

A Memorial Student Center Student Programs Committee

"HILARIOUS!"
- Lance Loud, DETAILS

"DELIGHTFUL!"
- Jami Bernard, NEW YORK POST

STRICTLY BALLROOM

Thursday, Friday, & Saturday @ 7:00

MSC FILM SOCIETY OF TEXAS A&M

Persons with disabilities please call us 3 working days prior to the film to enable us to assist you to the best of our ability.

Foreign Exposure Internship & Living Abroad Program

To Germany, England and the Dominican Republic

Applications Available in MSC 223F
Deadline Wednesday, November 10, 1993

Informational Meetings:
Tuesday, Oct. 12, 7-8:30 p.m.
707 Rudder
Wednesday, Oct. 20, 7-8:30 p.m.
231 MSC

Sponsored by the MSC L.T. Jordan Institute
Call 845-8770 for more information.

Persons with disabilities requiring assistance at MSC sponsored events are requested to call 845-1515 to inform us of your special needs.

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