

COUNSELING TIPS

Anger leads to unhealthy life

By Debbie Rabinowitz
STUDENT COUNSELING SERVICE

Research has confirmed that people who are frequently angry and hostile have higher rates of coronary artery disease, cancer and other health problems. They have more interpersonal difficulties, and perhaps most importantly, just aren't very happy people. Science is continuing to research the biological reasons that some people have more difficulty dealing with anger than others. In the meantime, psychology has given us some very effective tools we can use to modify our behavior, if we so choose.

The first step in dealing with anger is to keep a record of the times during each day that you find yourself feeling angry — whether it's when a car cuts in front of you, when your roommate is sloppy or your boyfriend is late for a date. Once you're aware of the triggers for your anger, you can begin a dialogue with yourself. In this dialogue ask "Is this matter important enough to merit my attention, and am I really justified in being this angry over this matter?" An additional consideration is "Do I have an effective response available?" If the car that cut in front

of you exited at the next ramp, realistically there is probably not any effective response you can make.

If the answer to any of the above questions is "no", then continuing to focus on your anger will only lead to greater frustration on your part, and possibly to inappropriate displacement of your anger onto others. Instead, there are a number of techniques you can use to attempt to deflect your anger. The easiest is to simply tell yourself, "Stop, I'm not going to dwell on this angry thought." You may divert your attention to some other distraction such as reading a book you enjoy or visualizing the camping trip you want to take next month. Many people find that a simple form of meditation, such as concentrating on your breathing for several minutes is enough to break the anger cycle.

Another scenario is that you think about your anger and decide that it is an important issue. You are justified in your anger, and you do have some possibly effective responses in such a way that you get the desired result without alienating any more people than you need to and without causing yourself more stress than necessary. The answer lies in as-

sertively but not aggressively stating your point. There is not room to completely describe this method here, however a number of books such as "Stand Up, Speak Out, Talk Back!" by Alberti and Emmons can help you master this technique.

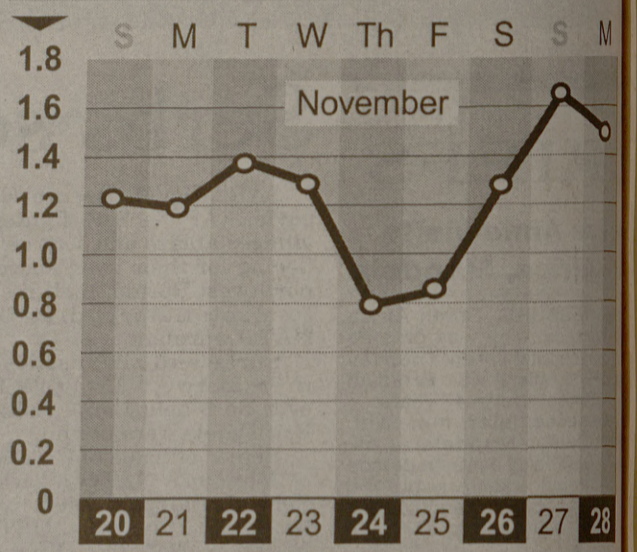
In addition to the above, it is important that angry people begin to modify their general interactions with others. Angry people are often too self-involved. An important first step in changing this is to practice listening. When you find yourself feeling angry, take a deep breath, lean forward with a positive expression and concentrate on what the other person is saying. Don't interrupt — always wait for the person to finish speaking before you say anything. If your anger is directed toward a spouse or significant other, you may find it helpful to actually set a time limit, such as five or ten minutes, during which you will listen without interruption before reversing the roles.

Listening is just one of the ways that you can begin to modify a hostile, angry lifestyle. For those who wish to further explore ways to change anger patterns, an excellent book is "Anger Kills" by Redford and Williams.

Holiday travel

The Thanksgiving traffic outlook for U.S. airlines

Estimated passengers in millions



Total estimated passengers 11.13 million

Source: Air Transport Association

Soup kitchens struggle to serve needy

The Thanksgiving larder is anything but bountiful this year at soup kitchens preparing holiday meals for the poor.

From Buffalo, N.Y., to Boston, from Lansing, Mich., to Louisville, Ky., donations are down and demand is up.

Church workers and social service agencies blame a steady decline in government funding and also say that many Americans, themselves struggling to make ends meet, are losing sympathy for the unemployed and the homeless.

"Homelessness has been around for a long time now, and people are beginning to say, 'Gee, if we can't solve the problem, maybe we ought to pretend it's not there,'" said Rick Roberts, chairman of the Chicago Christian Industrial League. The league expects to prepare 1,500 Thanksgiving meals — 200 to 300 more than last year.

In Lansing, Mich., donations are way down at the Cristo Rey Community Center, said senior citizens program coordinator Toni Diaz. "By this time last year, we had people who had donated four turkeys and the fixings. This year we haven't had one turkey donated," she said.

"Donations are dropping like a stone," said Tom Wilder of Friends of Night People, a Buffalo soup kitchen expecting to serve up to 300 Thanksgiving meals.

In California, where Proposition 187 was recently passed to deny most government services to illegal immigrants, at least one soup kitchen director sees a less charitable attitude.

Proposition 187 "has created or perhaps brought to the surface a lot of unspoken feelings from people directed not just at illegal immigrants, but poor people in general," said Willie Jordan of the Fred Jordan Mission, along Los Angeles' Skid Row.

Westy Egmont, director of the Boston Food Bank, said, "1994 has been a tough year for donations. There is a level of compassion fatigue."

In New York City, Mayor Rudolph Giuliani has proposed closing a deficit by eliminating a \$6.3 million emergency food program. Without that money, many soup kitchens and pantries may be forced to close by the start of winter.

The soup kitchen at St. Bartholomew's Church in New York has already seen its government funding drop from 40 percent of its budget to about 25 percent in the past five years, said the Rev. Elizabeth Maxwell.

"It's frightening to think about what might happen to the people who come to eat here and who have so very little, if some of the cuts I've heard banded about go through," she said.

State park officials will seek \$10 million

Funds needed to repair San Jacinto Monument

HOUSTON (AP) — State parks officials said Tuesday they will seek \$10 million for a four-year project to restore the crumbling San Jacinto Monument.

The 567-foot obelisk, built 56 years ago on the battlefield where a brigade under Gen. Sam Houston routed Mexican troops in a pivotal victory for Texas independence, is structurally sound, but its veneer is falling off.

Up to 30,000 galvanized steel anchor bolts embedded in concrete have rusted over the years from Houston's damp air. The bolts swell as they deteriorate, cracking the monument's 4- to 5-inch white limestone skin.

Thousands of small pieces and a few large chunks of limestone, including one that weighed 50 pounds, have come crashing down over the past few years.

Andrew Sansom, the Texas Parks and Wildlife Department executive director, said repairing the monument is a top priority.

"We will not allow this monument to get out of control in terms of deterioration," Sansom said. "It's too important."

Sansom said his agency and the monument's advisory board are putting together a legislative funding proposal for repairs. State bonds, which would require approval by the Legislature, are one likely source, he said.

TP&W could also request an increase in the state tax on sporting goods purchases, a portion of which go to the department.

"We have several alternatives. Bonding and expansion of the sporting goods tax are the primary ones on the table at this time," he said.

"Obviously, we're not going to turn down any philanthropic support that we might get, but we do envision that this is going to be a public project."

Repairs to the monument itself, including replacing the original anchoring system with thousands of stainless steel spikes, are expected to cost at least \$8 million.

Another \$1 million is needed to make roofing and air conditioning repairs to the monument museum, and \$1 million has been added to initial estimates for unexpected costs.

Sansom said he expects to have a firmer grasp on the actual cost when construction bids arrive next May.

He hopes the four-year construction project can begin by next September.

The restoration will proceed even if the Legislature doesn't approve bonds or a sales tax hike, but at the expense of other projects, Sansom said.

That could mean putting off repairs at other state parks and monuments.

"I think under that contingency some very critical sites would be unfunded and this process would stretch out over a longer period of time," he said.

"It's important to stress that this is not a plea to the Legislature for general revenue appropriations. It is an acknowledgment that we've got a problem here. It's an issue that we are intent upon solving."

The masonry monument has undergone several renovations in its lifetime, including a \$5.6 million restoration during the 1980s.

William von Rosenberg, a TP&W architect in charge of the project, said replacing the monument's rusting anchor bolts should keep the structure in good shape for decades.

He said if repairs are not made now, the monument will continue to crumble, and there are indications that more and more of the bolts are now beginning to "bloom," or expand with rust.

POLICE BEAT

The following incidents were reported to University Police Department from Nov. 9 to Nov. 18.

Misdemeanor Theft
Southside Parking Garage - A car cover was stolen from the victim's Honda Accord LX.

Various Campus Locations - Two bicycles were stolen.

Parking Area 40 - The tail lenses of the victim's 1993 Ford Mustang LX were stolen.

Dormitory 6 - A gold Seiko wrist watch with the Texas A&M University seal and a Pulse card were stolen from the victim's third floor room.

Burglary of Building
Floriculture Field Laboratory - Several different plants, valued at \$418 were stolen from the laboratory.

Criminal Mischief
University Center Garage - A sharp instrument was used to scratch the right side of the victim's car.

Criminal Mischief/Misdemeanor Theft
Dairy Cattle Center - A man observed four juveniles running from the area. Upon inspection of the property, the man discovered the grates to his barbecue grill were missing and all of the windows of a University pickup truck had been shattered.

Criminal Trespass
Anderson Track and Field Complex - Two individuals were found inside the secured area of the complex. The subjects had ignored the "No Trespassing" signs and entered the field to run the bleachers.

Disorderly Conduct/Evading Arrest
Clements Hall - A man observed throwing sticks at a victim's window. When he was approached by officers, he fled. Following a short foot pursuit, he was apprehended.

Harassment
Leggett Hall - The victim was being annoyed and threatened by an ex-boyfriend.
Rudder Hall - The victim received a threatening call from a former acquaintance.

Debit Card Abuse
Penberthy Intramural Complex - The man left his student ID card in a baseball cap on the playing field while participating in an intramural game. During the game, the card was stolen. The victim found that \$165.47 in unauthorized purchases were made with the card.

Public Intoxication
Various Campus Locations - Two intoxicated pedestrians were arrested.

Minor in Possession of Alcoholic Beverage/Failure to Identify
Fowler Hall - An underaged man, who attempted to conceal his identity, providing false information to the attending officer, was cited with two citations.

Cruelty to Animals
Spence Park - Two individuals were observed throwing rocks at several squirrels.

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