

If you have a computer and a modem, call....

Aggieland Online 775 - 3730

Try Aggieland's newest Bulletin Board System \*\* 2 Weeks Free \*\*

The Living is Easy & so is the rent

- Eff., 1, 2 & 3 br. • Exercise Room
• Unfurnished • On-Site Management
• Central A/C • Sauna
• Close to campus • Pool
• Shuttle Route • Lighted Tennis & Basketball Courts
• Rec. Room

Doux Chene 1401 FM 2818, College Station, 693-1906

We're cheap, easy, and virus-free. Try before you buy!

- Software Sales and Rental
• Cash for Used Software and Hardware

SOFTWARE EXCHANGE Northgate, behind Loupat's 846-1763 10-7 Mon. - Sat. 12-5 Sun.



Daron Norwood Saturday, April 15th 9 p.m.



Hwy. 105 East Brenham, Tx

Tickets available at: Court's Saddlery & Co., Bryan Catalena Hatters, P.O. Mall Reserve your tickets by phone (409) 836-4836

COUNSELINE

Experts find anxiety common, curable

By Dr. Andy Smith STUDENT COUNSELING SERVICE

Anxiety is very common. Many people experience anxiety before speaking to someone else. A person might become anxious when speaking in a classroom, in a controversial discussion or when on a first date.

It's like an inner voice saying to us, "If I'm rejected, my opinion is wrong or not liked by someone else, I will feel crushed."

Everyone experiences this type of anxiety from time to time.

Sometimes anxiety is caused by perpetual worrying.

A worrier may say, "Why try anything? It won't turn out well for me. I'll fail. I won't be liked or valued no matter what I do. I'll never pass that exam. I'll never be promoted by this company."

This individual is saying for whatever reasons, "I don't accept myself or let myself feel good about any of my abilities, so how can I let myself realize someone else could feel good about me?"

Some people believe their past has been a series of disappointments. They have grown up not feeling successful or worthwhile.

So, as adults, they will often believe that the feelings and conditions under which they grew up will be the same throughout adulthood.

They essentially set up the conditions to perpetuate the defeated feelings.

Examples of this include calling someone for a date and saying, "If you aren't busy with something more important Saturday night, would you like to go out with me?"

Or saying to someone else, "Gee, I've got an opinion on that subject if you're interested. However, it might not be right or you might not be interested,

but here it is." What can you do about anxiety? If you have problems with anxiety, try to think about a situation you were in and ask yourself what made you uncomfortable.

Was it a situation you didn't want to be in, but were because someone else expected it of you? Was it another person you talked to who may have been harsh or didn't pay attention to you?

Did you detect anger in what was said to you although the anger was never directly or clearly stated? Was the other person nervous and you picked up on this anxiety?

Examine the situation and locate what made you uncomfortable. Then decide how you will avoid anxiety if that situation arises again.

Anxiety can also be related to future events.

A trip you're going to take that you dread, a job you don't feel prepared for, a relationship that isn't going well, a new date you're unsure about, or unex-

pressed resentful feelings or prompt anxiety.

We can gain control over anxiety by facing anxiety.

Anxiety is often a buildup of unfinished business we need to take care of but would rather avoid. This may mean disclosing true feelings to another person, finishing an interrupted conversation or argument, organizing time better, or studying for an exam or finishing a report no matter how distasteful it is.

Remember, some anxiety is helpful. It lets us know something is unsettled or uncomfortable in our lives. The goal is eliminating all anxiety would be unrealistic, but the need to take its source and take action to reduce it is important.

If you are a currently enrolled Texas A&M student and would like to talk to someone further about anxiety and possible ways to cope with it, contact the Student Counseling Service in Henderson Hall at 845-4427. The Student Counseling Service does not charge for any of its services.

Workplace: Concern about violence heightens

Continued from Page 1

workplace, and it will attempt to dispel the myths involving who commits these crimes.

"If we only look at violence where someone goes in and shoots up the place, these stereotypes may be true," she said. "But if we look at incidents where someone threatens a co-worker or gets in a fight, these myths might not hold up."

Griffin said identifying people who are prone to violence is a touchy subject, but better

background checks would help curb these violent events.

"People think that the only people who commit these crimes are white males with past military experience and you shouldn't hire them," Griffin said. "Well, that's totally unfounded."

Griffin cited a recent case in Minnesota where a male employee stalked and raped a female co-worker.

The man served two years in jail, but when released, applied for a job in another department of the same company. He got the job and then did the same

thing to another female employee, only the second time, he murdered her.

"This is a case where a thorough background check might have prevented someone from getting hurt," he said.

Griffin said companies also tend to do a poor job when it comes to terminating an employee.

Termination should not come as a surprise to anyone, he said, and job-related reasons should be given to the person who is fired.

"All too often, termination ends up belittling to the em-

ployee," he said. "They should say a person is being fired because they've been absent four times, not because they have a poor attitude."

Griffin said companies should focus more on the survivors and provide support services for them.

"In Corpus Christi, two people escaped," he said. "These two people may look fine today, but they are likely to have emotional scars for many years. A mechanism needs to be in place to help the survivors deal with their experience."

Gun Bill: Lawmakers vow to toughen concealed handguns bill

Continued from Page 1

the people who are getting these permits are carefully screened," Ms. Luna said.

Under the bill, eligible Texans would be able to obtain licenses to carry concealed guns. They would be required to have 10 to 15 hours of training on gun use and pass a proficiency exam.

Six people were killed Monday when a former employee of a Corpus Christi refinery inspection business walked into the office and shot five people, then turned the gun on himself.

The slayings occurred just hours after the funeral of slain Tejano music queen Selena, who was gunned down Friday at a Corpus Christi motel.

The crime rampage has prompted victims' relatives and city officials to speak out against the gun bill.

"We've lost seven people here in less than a week from handguns. I think that ought to send some type of a really strong message to the people in the Legislature who so strongly support this ridiculous bill," Corpus Christi Police Chief Henry Garrett said.

"This whole city's in shock. We're walking around in a daze," Garrett said. "How much of this type of violence do we have to put up with? Do we correct it by putting more guns out there?"

Selena's father issued a statement over the weekend urging lawmakers to oppose the bill.

Rep. Hugo Berlanga, D-Corpus Christi, said he planned to speak with relatives of the slain singer and was looking at ways to change the gun bill.

"I think that the bill ... leaves a lot to be desired," he said. Sen. Carlos Truan challenged Gov. George W. Bush, who supports concealed handgun legislation, to change his mind and oppose it.

THE TEXAS HALL OF FAME Your #1 Live Country Night Spot! Thurs. Night - .98¢ Night. .98¢ 60 oz. pitchers of beer, .98¢ margaritas and .98¢ tequila shots from 8-10 p.m. No cover over 21, \$4 cover under 21. Doors open at 8. Dance 8-1.

Off Campus Aggies General Meeting Wednesday, April 5 8:30 p.m. 601 Rudder

Theme: The Brady Bunch Dress as your favorite character or dress in your best 70s clothes!!! Get Involved! Director Applications will be available at this meeting.

Italy Spring '96 for Future Teachers! Study with TAMU in Castiglion Fiorentino at the TAMU Study Abroad Center in Europe! Your international experience could be your students' first look at the world!

A+ TUTORING 260-2660 TICKETS ON SALE APRIL 9th FROM 6-8 PM Table with columns for days and subjects like CHEM 102, PHYS 202, etc.

TEXAS DEPARTMENT OF TRANSPORTATION The Texas Department of Transportation is accepting applications for the following positions. Applications will be accepted during the posting dates only.

LUNCH SPECIALS Daily Lunch Specials Under \$5.00 8 Specials to choose from Authentic Mexican Food at Affordable Prices Full Service Bar Nirfas MEXICAN RESTAURANT 1102 HARVEY ROAD 693-0506