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**Panel to provide internship insight**

□ Students can learn the benefits of internships and co-ops from employers and other students' past experiences.

By Courtney Walker THE BATTALION

A five-member panel will discuss the benefits of work experience obtained through co-ops and internships.

The discussion will begin at 7 p.m. in 601 Rudder Tower Tuesday, and employers and students who have held internships, summer jobs and co-op jobs will discuss their experiences.

Employers from NASA's Johnson Space Center in Houston and Electronic Data Systems in Plano will be participating in the panel.

Pat White, assistant director of the cooperative education office, said the discussion allows students to decide the best alternative for them to gain experience.

"Experience is vital to students' successes after graduation," White said. "This gives them a chance to decide if one is better than the other for them."

Jacqueline Salinas, a sophomore journalism major, one of three students on the panel, said she worked for the child support office in McAllen during an internship.

She explained that the government job was the best alternative for her, because the staff was flexible with her schedule, and she could plan how long she would have the internship.

"The hands-on experience differs from the school, book experience because we had to deal with the day-to-day problems related to the workplace and communicate with every type of person involved in the career," Salinas said.

In contrast to internships, co-op programs usually last for a set amount of time, and employers are required to pay the students.

Nick Kliever, a senior electrical engineering major who will also be on the panel, worked for Texas Instruments in Dallas for

three terms under the co-op program. He said the salaries co-op jobs are an added bonus.

"The big, giant cherry on the sundae is that you get while you're gaining valuable experience," Kliever said.

Nichol Powell, senior marketing and management worked for Mobil Corp. in Virginia and California under co-op program and will share her experiences with the panel's audience.

"I got to experience a 40-hour work week and see a corporate environment," Powell said.

Kliever said that whether students decide on an internship co-op job, the key opportunity both is experience.

**Workshop focuses on curtailing crime**

□ A&M students and staff can learn crime prevention and self-defense techniques from UPD personnel tomorrow.

By Michelle Lyons THE BATTALION

The Texas A&M Professional Support Staff is hosting a personal safety and self-defense workshop Tuesday at noon in 404 Rudder Tower.

Lt. Bert Kretzschmar, head of the Crime Prevention Unit for the University Police Department, will present a program outlining safety tips for students and staff.

"This particular workshop is going to concentrate on personal safety and self-defense," Kretzschmar said. "We'll be explaining how not to become a victim of a crime."

Workshop attendees will be instructed on what criminals are looking for, how they go about committing crimes and

how they can be avoided. "The name of the game is how to reduce the risk," Kretzschmar said.

In addition to the lecture on safety and criminals, attendees will be shown a short film on self-defense techniques.

Mary Johnson, TAPSS president, said she has high hopes regarding the program.

"We are hoping to get better safety awareness out of it," Johnson said.

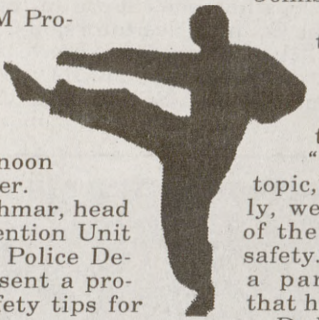
Kretzschmar said the program is part of the TAPSS custom of having a special presentation every month.

"It's an interesting topic," he said. "Hopefully, we can educate some of the staff members on safety. There hasn't been a particular incident that has spurred it."

Dodie Janner, TAPSS co-chairman of programs, said that since anyone can attend, she expects a good turnout.

"I'm anticipating 30-35 people," Janner said, "and it's open to everyone."

The workshop is expected to last an hour, and attendees are welcome to bring a sack lunch.



Stew Milne, THE BATTALION

**HANGING BY A THREAD**

Greg Derrig, an engineer at A&M's Cyclotron, climbs the rock wall at the Student Recreation Center Sunday afternoon. Greg's wife and 16-year-old son also enjoy climbing.



**HEALTH TIPS**

**Students should accept, appreciate their bodies**

By Holly Rippa A.P. BEUTEL HEALTH CENTER

If obsessive exercising and dieting are primary aspects in your life, ask yourself, "Am I doing this for me or someone else?"

To be respected, loved, admired and wanted is universal. But, many healthy-sized college students are going to extremes of self-punishment in their quests for bodily perfection.

In their quest, they spend hours exercising, restricting fat and counting calories.

What most of these avid dieters

may be striving for and expecting is a model-like appearance and a perfectly sculpted body.

The natural weight your body maintains often differs from other weight goals that you may be trying to achieve. Reach and maintain a weight that will heighten your physical health, while maintaining a healthy body image.

Body image is a complex combination of attitudes, feelings and values. Your individual body image should be synonymous with body acceptance.

Body acceptance is the act or process of respecting one's body re-

gardless of its current shape.

Society, culture and the media create unrealistic ideals of body image. For example, beautiful, thin women and handsome, muscular men are constantly portrayed as having fun, being successful and having all they desire.

The media also bombards us with ads for diet programs, food, drinks, fitness equipment and exercise facilities. Overall, the diet and fitness industries keep getting "fatter" everyday, fueled by our insecurities of our individual body images.

Seek a healthy balance be-

tween appropriate exercise, eating well and respecting yourself regardless of your current size.

Set realistic expectations for changing your body shape. Also realize your own strengths as well as your body's limitations.

For one day, let go of the fear of fat, and give up obsessing over food and exercise. Choose to respect and appreciate your body for what it is.

For information on body acceptance or health topics, students can contact the Health Education Center, A.P. Beutel Health Center at 845-1341.

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