

**SERVICES**

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Strong emotional support can be found among groups where students share problems with others. Many groups meet at the SCS including women's self-esteem groups, international discussion groups and Academic Anonymous are among the 14 workshops offered.

The SCS offers two phone lines. The line, called the Helpline, is open after regular SCS office hours and 24 hours on weekends. In its third year of operation, the Helpline is staffed by students who go through extensive training, they are supervised by the counseling staff, and backed up by a psychologist who can be directly patched into a phone call.

Smith said calls range from emotional distress to who is a good dry cleaner.

Counseline, another line at SCS, provides taped information on any topics.

A complete list of topics can be obtained at the SCS office.

Also at the SCS are other resources such as the Learning Skills Center. The center provides ser-

vices developed to enhance academic performance, such as literature, computer programs, videos and cassettes.

Another portion of the SCS office is the testing center. This center offers the General Equivalency Degree to residents of Bryan-College Station, and other tests to guide students along their career paths.

The SCS is not the only service at Henderson Hall. Grade distribution and A&M Mentors occupy the halls as well.

The Grade Distribution Center allows students to research professors and the average grades they gave for the previous semester.

A&M Mentors is comprised of 400 faculty and staff volunteers who are available for students who want to talk about any sort of problems or concerns they might be having.

Dr. Betty Milburn, A&M Mentors coordinator, said mentors are available in nearly every department and serve an estimated 2,000 students.

Students can identify a mentor by the sign posted outside their offices. Students should make appointments with mentors so they may be able to devote the necessary time.

# JUST KICKIN' BACK

## Local martial arts classes prove there is more to self-defense than punches

By RHONDA REINHART  
Staff writer

It builds strength and relieves stress, pediatricians have recommended it to children with Attention Deficit Disorder, and action-packed movie heroes have used it time and again. It is not a new psychoactive drug. It is the martial arts, and there is more to these forms of self-defense than punches, kicks and grunting noises.

The martial arts encompasses any of the traditional forms of self-defense, including karate, kung fu, judo, jujitsu and tae kwon do, and they can also be practiced as sports.

Steven Powell, who received a doctorate in kinesiology from Texas A&M, teaches American tae kwon do at the U.S. Black Belt Academy. He said the martial arts is a means of personal development.

"Martial arts is discipline, focus and a lot of mind and body interaction," he said. "It's a self-improvement thing based on you."

Powell said studying the martial arts increases flexibility, balance, coordination, and cardiovascular and muscular endurance.

Mark Curry, an instructor at Thomas Ashley's Buffalo Shorin-Ryu Karate Academy, said most adults come to karate classes because they want to exercise and spar, and then they find out there is more to the art than the physical aspects.

"Karate is a way of life," he said. "Training is forever. You don't just get your black belt and then quit training. Karate is not something you do half [the] time. It's all [the] time."

Bob Perez, coach of A&M's judo team and secretary for the National Collegiate Judo Association, said sportsmanship, knowledge about different cultures and respect for other people are all lessons that can be learned from practicing judo.

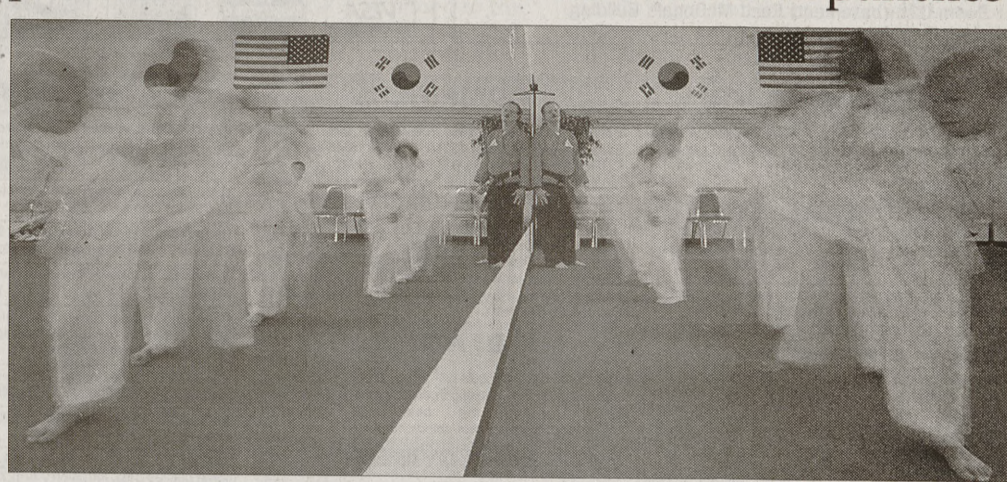
"One concept in all of judo is mutual welfare and benefit," he said. "You're constantly learning different things. But once you learn something new, you pass it on to others. Don't keep it to yourself."

Perez said an open mind and learning the history are essential to the study of judo.

"You can't be closed-minded," he said. "And if you don't learn the background of judo, you lose the traditions involved. You lose the meaning of judo. It also breaks the cycle of mutual welfare and benefit."

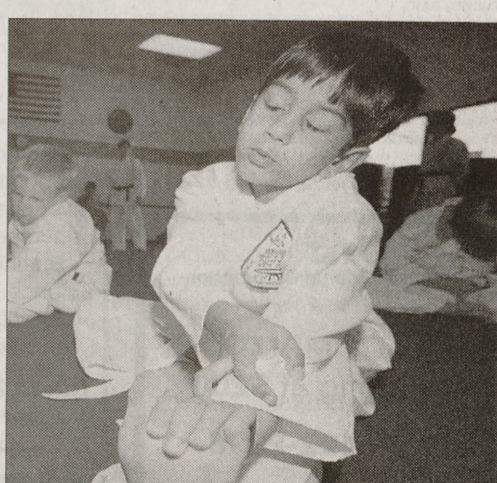
Students of the martial arts can opt to enter competitions that are held worldwide.

On Sept. 27, A&M will play host to the Go Shibata Judo Tournament at the Recreation Sports



(Above) Advanced students practice with instructor **Steven Powell**.  
(Below) **Arjun Vinze**, stretches and meditates before his class.

Photography by Derek Demere



### Expectations are high for 36 new sitcoms on broadcast networks

LOS ANGELES (AP) — He's a big, crime-busting priest who questions authority, hangs with hip gay artists and gives counsel to single parents. We even know alien abductees but his personally spacewalked.

Just joking: "Father Hood" won't be on television this coming season. The above elements, separately or in various combinations, will be at the heart of many of the 1997-98 TV series.

Dramas represent a hefty chunk of the 36 new series bowing on the six broadcast networks, with crime shows leading the pack. Spiritual themes also predominate — certain to be deemed signs of rising millennial fever.

Private detectives, police detectives, police psychologists, FBI

agents, patrol officers, sci-fi lawmen and crusading federal prosecutors will be keeping our TV neighborhoods safe and jails full.

There are two men of the cloth arriving to handle spiritual needs. Domestic help comes in the form of a genie, a teen angel and an alien nanny.

Sitcom tradition has its day with shows about families, lovers and ex-lovers. Many of the parents will be dads coping on their own, the couples will be wildly mismatched and the exes obviously meant for each other.

Through it all, a growing number of gay and lesbian characters — 30, according to one gay rights group — will give their straight buddies support and the common sense they were born without.

# 4.0 & GO HAS MOVED!

Rip out this map! Come see us! Sun Sept 14

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Acct 230	Biol 113	Math 141
Acct 209	Biol 114	Math 142
Acct 315	Econ 202	Math 151
Acct 316	Econ 203	Math 152
Acct 327	Econ 322	Mgmt 211
Bana 303	Finc 341	Mgmt 212

**IF YOU WONDER IF THIS HELPS, JUST START ASKING.**

**WONDER WHEN YOUR CLASS STARTS? WANT A SEASON PASS? CALL 846-TUTOR (8886)**

ADS MONDAYS AND THURSDAYS IN BATT