

AGGIE SPORTS BRIEFS

from staff and wire reports

Track opens 1998 season in Norman

This past weekend, the Texas A&M men's and Women's Track Teams opened the 1998 indoor season at the Sooner Invitational in Norman, Okla., where they competed against teams from Arlington, Oral Roberts, North Texas, Texas Christian, Baylor and Oklahoma State. The men's team went into the meet with a pre-season ranking of 23rd, while the women were unranked.

"We really don't have any aspirations of running great times or showing great distances," Texas A&M head track coach Ted Nelson said before the meet. "We're just going out there to get our feet wet."

Nonetheless, both teams conducted the meet in impressive fashion, bringing home four gold medals, several second-place finishes and several school records.

Senior Adrien Sawyer won the 60-meter low hurdles with a time of 8.16 seconds, finishing just ahead of sophomore Chimika Carter, who placed second with a time of 8.60. Junior Kelli Schrader won the women's weight throw with a school-record-breaking toss of 50-5.50, bettering her own school record of 48-10.75, which she set last year.

freshman Meghan Koonce also started her career off on a positive note finishing second in the shot put with a throw of 44-2.

Over on the men's side, sophomores Jon Nance and Richard McDonald placed 1-2 in the pole vault with vaults of 17-1.50 and 16-7.25 respectively. Junior Mike Lowrance placed in the men's shot put with a throw of 55-1. Other notables for the men's team were second place finishes by senior Billy Fobbs in the 60-meter dash with a time of 6.75 seconds and freshman Mike Hummel in the 800-meter run with a time of 1:54.61.

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Schrader

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Aggies span country in two swim meets

The Texas A&M Men's Swimming Team upset the 13th-ranked Miami Hurricanes by taking first place in ten of the 13 events in Miami.

Two of the three defeats came in the diving events with the Aggie diving team absent from competition.

Kyle Marden, Matt Rice and Chris Sandt took the top three places in the 100-yard breaststroke, adding to the Aggie margin of victory.

The Women's Swimming Team split their two meets this weekend in Los Angeles. The Aggies solidly outswam the women of UC-Irvine with a 152-32 victory.

However, the women suffered defeat to the reigning NCAA champion University of Southern California. Winning only three of the 13 events, the Aggie Swimming Team's only first place finishes came from Stacie Karnes in the 200-yard freestyle, Kelly Bolton in the 100-yard freestyle and Tracy Evans in the 500-yard freestyle.

The women's next meet will be in Lincoln, Neb. on Jan. 31. The men will face the third-ranked Texas Longhorns at the Student Recreation Center Natatorium on Jan. 30.

The Texas A&M Men's Basketball Team fell to the Iowa State Cyclones 68-59 Saturday in Ames, Iowa. It was the Aggies' 13th loss in their last 14 Big 12 games. The 59 points the Aggies scored were a season low.

Shanne Jones, who did not start because he missed a team meeting, was the Aggies' high scorer and rebounder with 18 points and 12 rebounds. A&M played without second-leading scorer Calvin Davis. Davis was out with a strained muscle in his lower back. The only other Aggie in double figures was junior guard Chris Clayton who had 10 points and three three-pointers.

Iowa State held a 22-point lead but had to fight off a strong Aggie comeback to get the nine-point victory. The Cyclones' Marcus Fizer, the frontrunner for Big 12 freshman of the year, lead the team with 15 points and also snagged 12 rebounds before leaving the game with an injury.

Men's Basketball loses sixth straight

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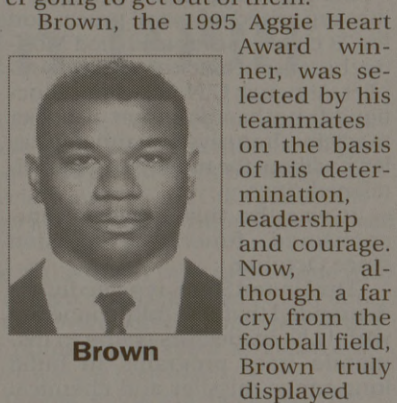
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BROWN

Continued from Page 1

"He had said to me that it was a humbling experience to see all of the other patients all day long who were in wheelchairs and were never going to get out of them."



Brown

Brown, the 1995 Aggie Heart Award winner, was selected by his teammates on the basis of his determination, leadership and courage. Now, although a far cry from the football field, Brown truly displayed those traits which earned him the honor.

Brown said he holds no grudges toward his life or toward football, he sees what happened as an accident and feels lucky to be as healthy as he is.

"I was just a casualty of war trying to play the game," Brown said. "I have no bitterness toward football, I'm just happy I got to play the short career I did."

For someone who enjoyed so much success in the athletic arena, it would seem hard for Brown to forget all he achieved and all he had an opportunity to achieve. But his thoughts remain on what is happening now, not what was in the future for him.

"I don't take as many things for granted, as far as the little things, like waking up each day and moving the way normal people do," he said. "Going through the experience of going to different hospitals and seeing so many injured people just makes me look at life a little different."

Life seems like such a trivial thing until we are reminded how fragile it really is. Reggie Brown has been harshly reminded how quickly a life can be taken away, or how the life one knew can be destroyed. He was lucky, and now has a life ahead of him different than any he has ever imagined.

But he still has the same character, integrity and courage to lead him through it.

"He's going to make it," Barash said. "He's going to do something good with his life."

"My score went up a total of..."

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I was extremely impressed!"

-Ryan Olson
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MCAT

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**Performance comparison between Kaplan's MCAT diagnostic and the August '97 MCAT. Ryan's score should not be taken as an indication of what the average student or students in general can expect to achieve.

There is no second opinion.

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...a Department in the Division of Student Affairs

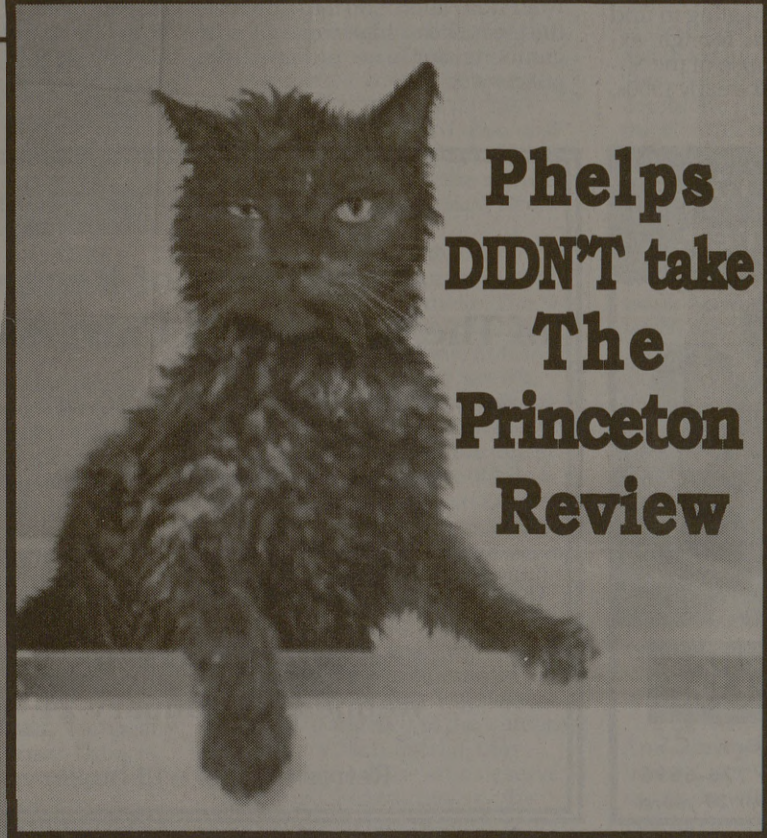
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GROUPS
Spring 1998
What is Group Counseling and How can it Help?

Group counseling involves about four to ten people meeting with one or two counselors serving as group leaders. Group leaders work to provide a safe, confidential environment where group members are free to discuss their problems and concerns. Through the group, members identify with others who are experiencing similar issues and increase their self-awareness by obtaining genuine and honest feedback from others.

How much you talk about yourself depends on what you are comfortable with. You can benefit from group even when you are saying little because you will learn about yourself as others talk about their concerns. If you are interested in joining a group, make an appointment to speak to a screening counselor. Call Laura Better at 845-4427 x. 126 if you have any questions or suggestions concerning group counseling.

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MCAT



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At The Princeton Review, we have confidence in your ability to choose the MCAT prep course that best suits your needs. The problem is that gathering the information required to make an informed choice is often time consuming. But here's what you'll find when you do some searching.

	The Princeton Review	Kaplan	On Your Own
What is your total amount of practice materials?	Equivalent to more than 30 MCATs	Equivalent to more than 17 MCATs	?
Of this, how many are individual full-length tests?	3 AAMC Tests plus 12 more	3 AAMC Tests plus 5 more	?
Do you provide students with a complete set of ALL these materials to take home and keep?	Yes	No	?
Do you use audio/video tape aids?	No	Yes	?
How many class hours (not including testing time)?	75 - 102.5 hours (plus extra help)	63 hours (plus extra help)	?

Data based on class schedules and information posted on www.review.com and www.kaplan.com as of 11/25/97.

Our students have found that our intensive approach is extremely effective — that's why the number of students choosing The Princeton Review has tripled over the last four years, making us the fastest expanding major MCAT preparation provider in the country.

Texas A&M University has a strong institutional commitment to the principle of diversity in all areas. In that spirit, admission to Texas A&M University and any of its sponsored programs is open to all qualified individuals without regard to any subgroup classification or stereotype.

- * Academics Anonymous**
Tues 4:00 - 5:00 p.m.
February 10 - April 14
Feeling a little beat or run down because of classes and grades? This is a four week undergraduate support group that focuses on helping students make it through midterms or final exams.
Facilitator(s): Betty Milburn
- * Academic Survival Group**
Mon 3:00 - 4:30 p.m.
March 30 - April 20
Feeling a little beat or run down because of classes and grades? This is a four week undergraduate support group that focuses on helping students make it through midterms or final exams.
Facilitator(s): Rick Bauer & Kristina Diecidue
- * Biofeedback Workshop**
Monday 5:00 - 6:30 p.m.
Thursday 5:00 - 6:30 p.m.
One-session workshops designed to give students an introduction to relaxation techniques, including how biofeedback aids in relaxation. Individual follow-up consultation available.
Facilitator(s): Nick Dobrovolsky
- * Career Exploration Group**
Wednesday 3:00 - 4:30 p.m.
April 1 - 29
This five-week group is designed to teach participants how to make career decisions. Group participants will examine their interests, work values, and personality characteristics, research job market and occupations, and conduct information interviews. Outside-of-session "homework" is expected. An initial session with a career counselor is required to register for this group.
Facilitator(s): Dirk Welch and Doug Herr
- * Conflict and Loss in Relationships**
Monday 3:00 - 4:30 p.m.
This group is for persons who are currently or have previously experienced conflict in interpersonal or romantic relationships, or who have recently experienced a loss of a meaningful interpersonal or romantic relationship.
Facilitator(s): Brian Williams & Mara Latts
- * Dissertation/Thesis Support Group**
Wednesday 5:00 - 6:30 p.m.
This group is for graduate students who are struggling in the process of writing their theses/dissertations. Potential group topics are issues of competence, procrastination, anxiety, goal-setting, and struggles with bureaucratic hurdles.
Facilitator(s): Brian Williams & Laura Better
- * Eating Concerns & Body Image Issues**
Tuesday 3:00 - 4:30 p.m.
The purpose of this group is to increase insight about eating problems, explore issues behind the problems and make progress toward recovery. Group topics may include daily eating and exercise behaviors, dealing with others about food issues, developing trusting relationships, expressing feelings, and managing stress. A DOCTOR'S RELEASE IS REQUIRED FOR GROUP PARTICIPATION.
Facilitator(s): Debbie Rabinowitz & Kristina Diecidue
- * Empowering Yourself Support Group for Women and Men Molested as Children**
Wednesday 3:00 - 4:30 p.m.
This group is for men and women with sexual molestation in their past. Identifying and exploring after effects of the abuse will be the focus. Emphasis is on handling relationships, building self-esteem, and gaining personal power.
Facilitator(s): Laura Better & Robert Carter
- * Gay/Lesbian/Bisexual Group**
Monday 3:00 - 4:30 p.m.
This group will consist of 5-12 gay/lesbian/bisexual students. Topics of discussion may include but are not limited to relationship issues, religious concerns, self-esteem, and coming out to family and friends.
Facilitator(s): Mary Ann Moore & Doug Herr
- * Grief Support Group**
Tuesday 5:00 - 6:30 p.m.
Grieving the loss of someone close is difficult and may be a process that continues for years. This group offers the opportunity to talk with others who are grieving and will help you work through your pain and heal.
Facilitator(s): Mara Latts & Doug Herr
- * International Multicultural Discussion Group**
Thursday 4:15 - 5:30 p.m.
This group is for all students regardless of race, ethnicity, culture, or nationality, who are interested in sharing their cultural experiences and enhancing multicultural understanding. Group is free. Drop-ins welcome. For more information contact Gisela Lin, x. 145, Carlos Orozco, x. 144, or Cynthia Quick x. 117.
Facilitator(s): Gisela Lin, Carlos Orozco, Cynthia Quick, Debra Kim Roberts, LuAnn Helms.
- * Older Than Traditional Age**
Thursday 3:00 - 5:30 p.m.
This group is for students whose concerns are related to issues which are different from traditional undergraduate concerns. Marriage, divorce, office politics, committee chairpersons, dissertation projects, and dealing with children and spouses are potential topics.
Facilitator(s): Nick Dobrovolsky & Kris Stanberg
- * Personal Growth Group**
Group 1: Tuesday 9:30 - 11:00 a.m.
Group 2: Tuesday 3:00 - 4:30 p.m.
Group 3: Wednesday 3:00 - 4:30 p.m.
The purpose of this group for undergraduates is to facilitate self-exploration and personal growth through interaction with other students.
Facilitator(s):
Group 1: Ron Lutz & Kristina Diecidue
Group 2: Laura Better & Doug Herr
Group 3: Ted Stachowiak & Debbie Rabinowitz
- * Women's Self-Esteem Group**
Thursday 5:00 - 6:30 p.m.
Come together with other women and work on becoming the woman you've always wanted to be! Improve your self-confidence, assertiveness, and relationships. This group will be positively-focused and action-oriented. Leave your guilt and self-doubt at the door!
Facilitator(s): Mara Latts & Kris Stanberg

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