

HelpLine
Week Days: 4 PM to 8 AM
Weekends: 24 hours a day
845-2700

☉ I'm upset! We just broke up and I need to talk to someone.
☉ I think I hate my major. ☉ I'm worried about my grades. ☉ How can I see someone at the counseling service? ☉ Mom just called & I'm worried about home. ☉ I'm so lonely. Can we talk a while? ☉

The HelpLine is a program of the Student Counseling Service, a department in the Division of Student Affairs.

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I would rather be driving a convertible



Brent Taylor, a junior marketing major, drives his bus through the "Howdy" route on Monday afternoon. MIKE FUENTES/The Battalion

MONTH

Continued from Page 1

Mosadi Porter, a graduate educational administration major, has worked with the BAC for her practicum. Porter said Americans must learn about cultures to successfully live together in society.

"Black History Month is a review of the things we as a people have achieved," Porter said. "It is a reminder of the struggles and the good things we have gone through and achieved."

The idea for an observance honoring the accomplishments of African-Americans led to the establishment of Negro History Week in 1926.

It was proposed by the late Dr. Carter G. Woodson, a Harvard-trained scholar and international educator who was the son of former slaves. Woodson is known as the Father of Black History.

Woodson realized the important role of African-Americans in United States and world history.

His dream for the Association for the Study of Afro-American Life and History (ASALH) was to archive sociological and historical data, publish books, promote the study of history and encourage racial harmony.

In February 1926, Woodson announced the institution of "Negro History Week," which coincided with the birthdays of Abraham Lincoln and Frederick Douglass.

The observance became known as Black History Week during the early 1970s and was established Black History Month in 1976.

Helen Smith, a spokesperson for ASALH, said Black History Month allows blacks to remember their heritage and share their culture with all Americans.

"The work of the organization has historically been the conservation, preservation and perpetuation of African-American history and culture," Smith said. "Black History Month is one of the ways we do this."

WHAT'S UP

Tuesday

TAMU Water Ski Club: A general meeting will be held at 8:30 p.m. in the Student Recreation Center. Contact John at 695-8843 for details.

Alpha Phi Omega: Meet to go to the Crestview Retirement Home at 3:30 p.m. in 133 Koldus.

Aggie Lutherans: A meeting will be held from 7 p.m. to 8:30 p.m. at the Treehouse, Our Saviors Lutheran Church. Call 694-6663 for details.

Catholic Students Association: There will be a general meeting today in MSC 225 from 7-8 p.m. There will also be a daily mass at 12:05 p.m. in the All-Faiths Chapel.

Center for Academic Enhancement: A TASP Math review will be held from 3 to 4:30 p.m. in 526 Blocker. Call Amy at 845-2724 for details.

Pre-Vet Society: There will be a general meeting in MSC 292B at 8:30 p.m. Dr. Troy will be speaking about animal biotechnology.

Pre-Medical Society: There will be a panel discussion on AIDS and disease awareness at 7 p.m. in MSC 292B.

National Association of Environmental Professionals (NAEP): Mitch Mathis, a senior research associate at the Center for Global Studies, will speak in Room 113 of the Peterson Building at 7 p.m.

Study Abroad Programs Office: An informational meeting to promote the Italy Spring '99 program will be held from 3 to 3:30 p.m. in Room 154, 161 Bizzell Hall West.

TAMU Forestry Club: Career Fair from 9 a.m. to 3 p.m. in atrium of Horticulture/ Forest Science building for FRSC, WFSC, RLFM, RPTS,

RENK and other majors. Interview times are available in Rm. 305 HFSB. Call Raquel Diaz at 847-6678 or Ben Ballard at 775-5554 for details.

Aggie Anglers: General meeting for new members and to discuss Saturday's tournament at Lake Bastrop at 8:30 p.m. in Rudder 404. Call Tim at 693-5415 for details.

Counseling Psychology Department: They will hold a support group for women in abusive relationships in 112 Harrington from 6:30 to 7:45 p.m. Call 845-8023 for more information.

TAMU Gymnastics Club: An open practice will be held from 4:30 p.m. to 7 p.m. in 307 Read. Come join the gymnastics team and learn skills from all ability levels. Beginners welcome. Call Abby at 695-6897 for more information.

DISORDERS

Continued from Page 1

"As dieting progresses, however, malnutrition and changes in brain chemistry occur," Santucci said. "Individuals may become increasingly more obsessed with weight loss and less able to eat normally."

Information tables will be in the MSC hallway today from 10 a.m. to 2 p.m. Handouts will include information on factors contributing to eating disorders, the binge/purge cycle of eating disorders and ways to help friends who have eating disorders.

A screening program will be held tonight from 8:30 to 10 p.m. in 201 MSC. Included in the program is a presentation on eating disorders, an educational video, a panel discussion and confidential screenings performed by mental health professionals.

Tammy Ackerman, Aggie

R.E.A.C.H. chair, said an estimated one in every 200 girls is starving themselves. On college and university campuses, that number increases to one in every 100 young women.

"I think it's more prevalent among college students because people are away from home for the first time and have increased pressures," Ackerman said. "It's so prevalent on campuses, even if someone doesn't think they have (an eating disorder), chances are that they know someone that does."

Eating disorders are not restricted to women. According to the NEDSP, eating disorders are becoming increasingly common in males, especially male athletes. Kristina Diecidue, a psychology intern with Student Counseling Services, said some of the people that have come in for help with eating disorders were involved in athletics.

Diecidue said wrestlers who need

to drop a weight class and swimmers who need faster speeds in competition may develop eating disorders.

"There is the idea that learned faster," Diecidue said. "But coaches here are really downplaying weight-ins or weight requirements."

Jane Cohen, health educator and nutritional specialist at the Student Health Center, described a team approach in treating eating disorders.

She said they use a physician to treat physical problems, a dietitian to deal with the food component and a psychologist to provide counseling.

"While [the illness] focuses on food, it has a deeper identity with family situations, stress and relationships," Cohen said. "Food is just the tip of the iceberg."

For students unable to attend the days program, Cohen welcomes appointments for personal screening and dietary analysis.

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