

## Cross country trips to Houston

BY TOM KENNEDY  
The Battalion

Texas A&M Men's and Women's Cross Country teams kick off their season this weekend at the city of Houston Relay Invitational.

Aggie harriers will compete against squads from Prairie View A&M, Rice, Sam Houston State Southern and the University of Houston. Teams hope to rebound from last year's disappointing finishes in the Big 12 Conference Championships where the men placed seventh and the women placed 12th.

This year should be different for the women due to returning varsity runners as well as a number of immediate impact recruits, including Texas State letter champion Kristi Bonn and Foot Locker country finalist Melissa Gullie.

The men hope to build on last year's finish despite redshirting their top two runners, seniors Scott Lengefeld and Stephen Erath.

This meet is generally used as a starting ground and is not scored in the traditional style because of the relay format.

The schools will split their squads up into several two-person teams to compete in the relay.

This will be cross country coach Dave Hartman's first meet with the team after leaving University of Texas-San Antonio.

After arriving at Texas A&M late in the summer, Hartman has not seen his team in action, and he plans to use this meet as a starting point.

"It's an opportunity to determine our fitness level and see where we are," Hartman said.

The meet starts at 8 a.m. Saturday morning at MacGregor Park in Houston.

## Chan Gailey prepares for first game

DALLAS, Texas (AP) — All week Chan Gailey stayed up later and got a good

body clock told him the difference between the preseason and regular season.

Everything about the week is different," he said. "It's a lot more than five preseason games of scrimmages. I was awake earlier in the morning."

The new Dallas Cowboys coach will begin his regular-season debut on Sunday in Texas Stadium against the Arizona Cardinals after a win in the exhibition season.

Former Pittsburgh offensive coordinator, who replaced Barry Switzer after a 6-10 season, didn't expect to follow in the footsteps of Switzer, Jimmy Johnson and Tom Landry, all Super Bowl winners.

The first 16 games and he would always like to get off on the foot," Gailey said. "But the Dallas has no meaning where we are at the end of the season, you or the other."

At about the thrill of being one of four men to coach a Super Bowl opener?

He will rank right up there as my highest ones for this season," Gailey replied with a wry smile. "because next week there is another one."

He can join Switzer as the only

Dallas coach to win his first regular-season game. Landry lost his opener in 1960 to the Pittsburgh Steelers, 35-28. Johnson lost his opener in 1989 to New Orleans 28-0.

Switzer won his opener in 1994 with a 26-9 win over Pittsburgh. Gailey hopes to turn around a

Both teams need a good start. Cardinals coach Vince Tobin went 4-12 in 1997, although he took the Cardinals to a 25-22 overtime win in the second game of the season.

"It was a big win for us last year in Phoenix," Tobin said. "This year we're not sure what to expect from the Cowboys. We know they haven't shown much of their offense in the preseason."

Jake Plummer, the local star from Arizona State, will begin his second year as the starter for the Cardinals, a job he earned at midseason. The Cowboys consider him someone to handle with care.

"Jake is a very dangerous player and he can come at you with a variety of things," said Dallas defensive tackle Chad Hennings. "We have to stop the run so we can set up our pass rush. That's the foremost thing we need to do."

Arizona expected to have a formidable pass rush, but top draftee Andre Wadsworth is a holdout.

They also tried to beef up their running game by trading for Adrian Murrell, a 1,000-yard rusher the last two seasons with the Jets.

The Cardinals were 2-2 in preseason. Hennings said there is tremendous optimism on the Dallas team despite the winless preseason.

**"This is the real thing. I think our team will play well."**

— Chan Gailey  
Cowboys Coach


losing slide the Cowboys have been on since last November.

They lost their last five games of the regular season. So it has been 10 games since Dallas has had a victory.


Gailey said he is starting to get the same pumped feeling he got when he was coach at Troy State and an assistant at Pittsburgh.

"If your pulse doesn't race now, you need to have it checked," he said. "This is the real thing. It gives me confidence to know how much work this team has put in. I think our team will play well."

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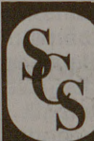
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## GROUPS

Fall 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. Make an appointment at the SCS to speak to a screening counselor to help you determine if a group might benefit you. If you have any questions or suggestions, call Laura Bettor at 845-4427 ext. 126.

- \* 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 & Steve Wilson
- \* 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 PHYSICIAN'S RELEASE IS REQUIRED FOR GROUP PARTICIPATION.  
Facilitator(s): Debbie Rabinowitz & Becky Tabony
- \* Conflict and Loss in Relationship**  
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 relationship.  
Facilitator(s): Brian Williams & Mara Latts
- \* 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 Bettor & Robert Carter
- \* Academics Anonymous**  
Tuesday 4:00 - 5:00 p.m.  
Sept. 22 - Nov. 17  
This group is designed to help students who are motivated to improve their grades, but lack consistency in their efforts. Potential topics include overcoming procrastination, maintaining focus, balancing study and fun, improving academic confidence, studying smarter rather than harder, managing stress, studying tips and acing exams.  
Facilitator(s): Betty Milburn
- \* Career Planning Support Group Dates and Times TBA**  
This group offers support to those experiencing difficulty in making career decisions. Topics may include exploring work values, conflict with parents over choice of major, finding alternative career options. Referral by career counselor is required. Call Marcella; x.157 for more information.  
Facilitator(s): Marcella Stark
- \* Current Events & Cultural Issues**  
Thursday 4:00 - 5:00 p.m.  
This group provides an opportunity to discuss current events and cultural issues. Group members will share opinions and viewpoints which will help in understanding the various perspectives. This group is open to all students.  
Facilitator(s): Gesela Lin, Jeannie Boatler
- \* Older Than Traditional Age**  
Thursday 3:00 - 4:30 p.m.  
This group addresses concerns that differ from those of the traditional undergraduate student. Marriage, divorce, office politics, committee chairpersons, dissertations projects, and dealing with children and spouses are potential topics.  
Facilitator(s): Nick Dobrovolsky & Becky Tabony
- \* 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.  
Co-leaders: Brian Williams & Laura Bettor
- \* Internet Addiction Support Group**  
Tuesday 5:00 - 6:30 p.m.  
Is your work, studies, or social relationships suffering because you spend so much time on-line? Do you develop on-line social relationships? Are you going on-line to deal with the stressors of everyday life? If yes, this is the group for you!  
Facilitator(s): Carlos Orozco
- \* International Multicultural Discussion Group**  
Thursday 5:00 - 7:00 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 Gesela Lin; x. 145.  
Facilitator(s): Gesela Lin
- \* Personal Growth Group**  
Group 1: Tuesday 9:30 - 11:00 a.m.  
Group 2: Wednesday 3:00 - 4:30 p.m.  
The purpose of this group is to facilitate self-exploration and personal growth through interaction with other students.  
Facilitator(s):  
Group 1: Ron Lutz & Jeannie Boatler  
Group 3: Ted Stachowiak & Steve Wilson
- \* Women's Self-Esteem Group**  
Wednesday 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. Leave your guilt and self-doubt at the door!  
Facilitator(s): Mara Latts & Cindy Cook
- \* 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.  
Facilitator(s): Mary Ann Moore
- \* Psychopharmacological Support Group**  
Tuesday 1:30 - 3:00 p.m.  
This group will provide students an opportunity to relate to and get support from others who are on psychiatric medication. Potential topics include self-esteem issues, family variables, and coping strategies.  
Facilitator(s): Steve Strawn & Laura Bettor

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.

restrictions apply

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