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Class 2002

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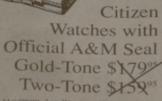
All majors are welcome! Interviewing now to begin service in the Spring. Training is January 7-12, 2002.

For more information, contact Susan Vavra at 845-4427 x133 or Susan-Vavra@tamu.edu.

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Take me away...

Students find ways to deal with pre-final stress

By MEREDITH HENSLEE THE BATTALION

Christina Petrini, a junior psychology major, knows the meaning of cramming. As the time for finals draws near, she feels the pressure increasing, and along with pressure comes the stress all students dread each semester.

"Finals are stressful for me because my grades are always borderline," Petrini said.

Knowing they cannot avoid finals, students must learn to cope with the stress of having four or five major tests in a row.

According to an article in the May 1997 issue of the Journal of Continuing Medical Education, Dr. David Posen said stress can be relieved in a variety of ways, including

relaxation or meditation, a good support realistic expectations and distraction.

Posen said exercising at least three to week for 30 minutes can greatly reduce effects of stress.

Petrini said she exercises for stress relief. 'I work out regularly, including during she said. "But the [Student Recreation 0 seems to be less crowded during dead week finals than it does any other time.

Kyle Bender, a junior sociology major, exercises at home when he starts to feel str When I find I'm getting stressed I do at pull-ups and a couple push-ups, and then

right back to work," he said. Students also use distractions to forget Caleb Campbell, a sophomore English said, "I go hunting. I just pick a day a

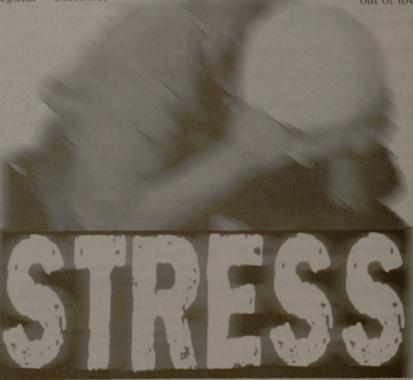
out of town.' Campbell also saids

ing time praying and re his Bible helps him, coincides with Posen gestion of meditation

time I feel like I spend with the Lor more I really need Bender said he use

guitar as a distraction. string and let myself g in the music," Bender 'It doesn't matter play, as long as it i me forget what

> doing before.' Stress can go u muscle aches and stiff shoulders, fidgeting nervous habits, such a biting or foot tapping



(S) News from The City of College Station.

Embracing the Past, Exploring the Future.

Guaranteed Parking for the 2002 Spring Semester!

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309 College Main in Northgate

One block from TAMU, with free shuttle service to campus! For more information call 764-3565.

> **Holiday Sanitation Schedule** Monday/Tuesday, December 24-25, 2001

Residential Garbage Collection & Residential Brush/

Rubbish Collection Monday - regular work day · No collection Tuesday Tuesday - Friday routes collected one day later

Commercial Collection

Monday - regular work day · No collection Tuesday Tuesday route collected Wednesday

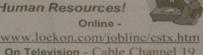
Recycling Collection (TCW) Off Tucsday, No Make Up Day

Before you "pop that top," do you know the law?

an alcoholic beverage in the passenger area of a motor vehicle that is located on For more information call 764-6356.

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For more information, contact the Public Utilities Water/Wastewater Division at 764-3660.



It's Time to Remember

Holiday Safety The Fire Department reminds you that while the holidays should be filled with warmth and light, remember to use common sense with heating fixtures and Christmas lights. For a list of safety tips check out your December utility bill insert, watch Cox Cable Channel 19 or call 764-3705.



Want to see how decisions are made for the future of College Station? Come to a City Council Meeting!!!

(1101 Texas Avenue, next to Chili's) December 6, 20; January 10, 24

Hear Visitors: 5:45 p.m.; Regular Meeting 7:00 p.m. For more information call 764-3541.

Be Electricity Smart When Leaving for the Holidays

For more information or energy saving



Training for the Tour de France, or just out for a little exercise?

The City requests your input and ideas to determine what bicycle and pedestrian facilities are needed in College Station. Voice your opinions and be heard!

The Bikeway & Pedestrian Master Plan Public Meeting

Monday, December 10; 2 pm - 4 pm and 6pm - 8pm (same material covered at both meetings) College Station Conference Center, 1300 George Bush Drive

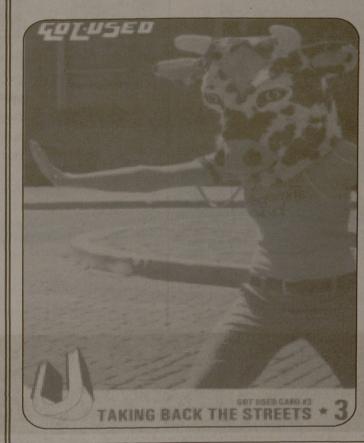
For more information call 764-3570

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