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All shows after 11pm only \$4.50  
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MOVIE DOLLARS MAKE GREAT GIFTS!  
LORD OF THE RINGS tickets now on sale!

OCEAN'S 11 (PG-13) 11:00 2:00 4:45 7:45 10:30 1:15 4:00 7:00 10:00 12:30	MONSTERS, INC. (G) 11:00 2:00 4:45 7:45 10:30 1:15 4:00 7:00 10:00 12:30
BEHIND ENEMY LINES (PG-13) 11:00 2:00 4:45 7:45 10:30 1:15 4:00 7:00 10:00 12:30	OUT COLD (PG-13) 11:00 2:00 4:45 7:45 10:30 1:15 4:00 7:00 10:00 12:30
TEXAS RANGERS (PG-13) 11:00 2:00 4:45 7:45 10:30 1:15 4:00 7:00 10:00 12:30	SHALLOW HALL (PG-13) 11:00 2:00 4:45 7:45 10:30 1:15 4:00 7:00 10:00 12:30
HARRY POTTER & THE SORCERERS STONE (PG) 11:00 2:00 4:45 7:45 10:30 1:15 4:00 7:00 10:00 12:30	DOMESTIC DISTURBANCE (PG-13) 11:00 2:00 4:45 7:45 10:30 1:15 4:00 7:00 10:00 12:30
SPY GAME (R) 1:00 4:30 8:00 11:30	SENSELESS (PG-13) 11:00 2:00 4:45 7:45 10:30 1:15 4:00 7:00 10:00 12:30

4-DAY ADVANCE TICKET SALES • NO PASSES • NO SUPERSAVERS  
Showtimes and tickets available at [cinemark.com](http://cinemark.com)  
While there register to receive FREE showtimes via email.

**Student Counseling HelpLine**

Are you a good listener? Do you like to help others?  
Are you a responsible & committed person?  
**VOLUNTEERS NEEDED!**  
All majors are welcome!  
Interviewing now to begin service in the Spring.  
Training is January 7-12, 2002.

The HelpLine is sponsored & supervised by the  
**STUDENT COUNSELING SERVICE**  
Texas A&M University

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

**Class of 2002**

Don't leave this semester without having your **FREE Senior Portrait** made for the **Aggieland yearbook.**

Go by AR Photography at 1410 Texas Ave. S. (next to Copy Corner in the Redmond Terrace Shopping Center) or call 693-8183.  
Monday-Friday 9-11:30 A.M. & 1:30-4 P.M.

**AGGIELAND**  
Texas A&M University Yearbook • 100 Years of Excellence  
845-2682 [aggieland.tamu.edu](http://aggieland.tamu.edu)

The Perfect Gifts for Your Aggie Graduation.

Offer good for a limited time! **\$99**

**ATM** (actual size)  
14K Gold Aggie Pendant \$24<sup>95</sup>

**Citizen** Watches with Official A&M Seal  
Gold-Tone \$179<sup>95</sup>  
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Quartz Movement, 3 yr. Warranty, Water Resistant.  
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**AggieLife**  
Page 2B THE BATTALION Friday, December 10, 2001

# 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 regular exercise, relaxation or meditation, a good support system, realistic expectations and distraction.

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

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

Kyle Bender, a junior sociology major, also exercises at home when he starts to feel stressed. "When I find I'm getting stressed I do a couple pull-ups and a couple push-ups, and then I go right back to work," he said.

Students also use distractions to forget stress. Caleb Campbell, a sophomore English major, said, "I go hunting. I just pick a day and get out of town."

Campbell also said that during his free time praying and reading his Bible helps him, and this coincides with Posen's suggestion of meditation.

"I can see that the more time I spend with the Lord, the more I really need Him," Campbell said.

Bender said he uses guitar as a distraction. "I pick up the guitar and let myself get into the music," Bender said. "It doesn't matter what I'm doing, as long as it makes me forget what I'm doing before."

Stress can go unmanaged, but Posen said the signs of stress include changes in muscle aches and stiffness, especially in the neck and shoulders, fidgeting, nervous habits, such as biting or foot tapping.

See STRESS on page 3.

ADRIAN CALCANEO • THE BATTALION

**News from The City of College Station.**  
Embracing the Past, Exploring the Future.

**Guaranteed Parking for the 2002 Spring Semester!**  
**\$55 a month**  
**\$175 a semester\***  
Monday-Sunday, 6 a.m. - 9 p.m. (excluding special events)  
\*After January 9, semester lease will be \$200 with a \$25 deposit.

**College Main Parking Garage**  
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 Tuesday, No Make Up Day

**College Station Parks & Recreation Present...**  
**2002 Youth Basketball**  
Pre-Kindergarten - 6th Grade  
Registration forms available at the Central Park Office - 1000 Krenek Tap Road  
College Station, TX 77840  
For more information call 764-3424.

**PROTECT YOUR HOME'S PIPES FROM FREEZING WEATHER.**

- \* Disconnect hoses and insulate outside faucets.
- \* Locate your home's master water shutoff valve, so you can shut off water in case of a leak.

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**

- Know when your bill is due.
- Turn off any unnecessary appliances.
- Consider reducing your thermostat setting.

For more information or energy saving tips, call 764-3535 or 1-800-849-6623.

**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.

News from The City of College Station is brought to you monthly by the College Station Public Communications & Marketing Department. For more information call 764-3445, tune in to Cable Channel 19 or visit the City's web site at [www.ci.college-station.tx.us](http://www.ci.college-station.tx.us).

**gotused.com**

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- Learn to fly a MIG-25 in Russia
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TAKING BACK THE STREETS \* 3