

ANSWERS to todays puzzles

CHAD GOWN TVSET
 AUTO EDIE HOTLY
 FLOZ FINE OCEAN
 ELMERFUDD MAPLE

HEMI VAL
 SNOW IN NEWS CAST
 COHAN TSPS OSHA
 IRATE RTE PRIOR
 FARE WIRE ADDUP
 IDAREYOU ASSETS

MAO MACS
 DORAG LETTERBOX
 EMAIL ONES BOAR
 LAINE PTUI IOTA
 ERNST ESPN SKYY

9	4	2	7	5	3	8	1	6
5	6	3	2	1	8	9	4	7
1	7	8	4	6	9	3	5	2
4	5	7	1	8	6	2	3	9
6	2	9	3	4	5	7	8	1
3	8	1	9	2	7	5	6	4
7	9	5	6	3	1	4	2	8
8	1	4	5	7	2	6	9	3
2	3	6	8	9	4	1	7	5

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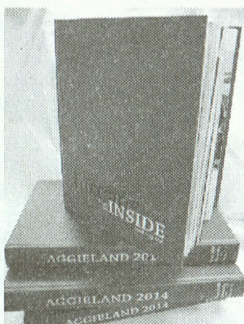
DC BIOLOGICALS THE PLASMA CENTER

Hold onto a piece of **Aggieland**

It's not too late to order your copy of the 2015 Aggieland yearbook. The 113th edition of Texas A&M's official yearbook will chronicle the 2014-2015 school year — traditions, academics, athletics, the other education, the Corps, Greeks, residence halls, campus organizations, and student portraits. Distribution will be in Fall 2015.

If you haven't, pick up a copy of the award-winning 2014 Aggieland yearbook that is a 520-page photojournalistic record of the 2013-2014 school year.

By credit card go online to <http://aggieland.tamu.edu> or call 979-845-2613. Or drop by the Student Media office in Suite L400 of the MSC.



THE BATT
 THE INDEPENDENT STUDENT VOICE OF TEXAS A&M SINCE 1903

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George R.R. Martin signs books during a visit to campus in 2013.

MARTIN CONTINUED

"Mr. Martin had visited campus for AggieCon and other events and was approached by librarians here about possibly depositing his collections here to be a part of this science fiction collection and that sort of planted a seed," O'Sullivan said. "It was several years later before he actually did begin depositing his collections here, but that's a sense of the history of it. It has been an active, ongoing and fruitful relationship."

O'Sullivan said the hope is this will not just be a celebration in the libraries but in the Texas A&M community.

"The ceremony will be a celebration of where we've come from but also to look forward to our vision of where we want to go as an organization," O'Sullivan said.

Patrick Zinn, University Libraries marketing manager, said whenever the libraries reach a milestone like this one, it likes to celebrate.

No tickets are required. Seating will be first come, first serve. Doors will open at 10:30 a.m.

HEALTH CONTINUED

an eighth-grade health chapter and an introductory course to psychology, if at all.

Increasingly, voices and campaigns spin a hypersexualized media saturated with photoshopped images with slogans like "love your body" and "body peace" — both empowering messages. But too often are these slogans highly gendered, excluding males, ages, people of color and those of the LGBT community.

Eating disorders are rarely superficial illnesses and they are not a "white woman's" illness. It is more than just about loving your body. When you reduce a complex problem down to a simple solution, you isolate those people who feel stuck.

With the exception of the cases that go unreported, eating disorders will clinically afflict approximately 30 million people in the United States at some point in their lives, according to the National Eating Disorders Association. This organization sets aside one week in the month of February to bring attention to an epidemic that is likely independent of gender, race, socioeconomic status or background and age.

When I was sick, I cringed when someone reached out to hug me. I didn't want people to know about my condition when their arms encircled me. But, like other mental illnesses or addictions, there is a heaping shame that accompanies any attempted discussion.

During the day, I was exhausted. It was like I had vacated my barely functioning body.

At times, I'd wake up in the middle of the night, fearful. My heart rate was a slow "thump, thump," and when I eventually went to the doctor

I was hurried off to an emergency room. I laid in one of those uncomfortable rollaway beds, overwhelmed and wondering how I became so involved with my disorder.

Eating disorders are frequently not acknowledged outside clinical labels. The most commonly discussed are anorexia nervosa and bulimia nervosa. Windham referenced the term "disordered eating" — behaviors that may not necessarily warrant a clinical label, but something I, and others,

"When you reduce a complex problem down to a simple solution, you isolate those people who feel stuck."

would consider to be no less serious.

Binge-eating disorder is another illness that has only recently garnered a clinical label, said Meghan Windham, a registered and licensed dietitian at Beutel Health Center, who works with eating disorder cases. For anyone else in between, who can't put a name to what they are going through, I imagine they become lost in the shuffle.

This makes asking for help compelling, especially when the struggling person fails to see themselves as "sick enough," or does not somehow meet the archetype of an "eating disordered person."

Eating disorders are odd in that they rope in both a person's mental and physical state.

I struggled with anxiety and depression, two things that sometimes still creep in and out of my life. I

wasn't alone — countless articles and personal accounts document how these two illness often go hand in hand.

It's difficult to say which came first — the depression or the eating disorder. And therein lies more misinformation that people receive about eating disorders — that there is a linear path for how these illnesses function.

Months went by before family and people I knew could lay a finger on what they thought I was struggling with, and most of them didn't understand. How could they understand? Not even I did.

My experience, as I came to discover later on in numerous counseling sessions, manifested from a long list of contributing factors, some of which, five years later, I am still working to sort through.

Whatever the type, spectrum of severity, et cetera, it is imperative that all disordered eating be recognized as legitimate to the individual. The NEDA and numerous other resources rank eating disorders highest when it comes to mental illness mortality rates.

People sometimes approach me and ask if I'm "okay now." Physically, yes I am. And sometimes stabilizing your physical health is the first priority. Taking care of my mental health, though, is a process that knows no end.

Someone close to me once said, "Promise me that if this depression monster chases you around for the rest of your life, that you will be able to cultivate a life where you can find ways to heal."

It's worth seeking.

HISTORY

Texas celebrates 179th birthday

Lt. Gov. Dan Patrick to speak Sunday

By Kylee Reid

Happy birthday, Texas. Texans, including Lt. Gov. Dan Patrick, will gather this weekend at the Washington on the Brazos State Historic site to celebrate the state's 179th birthday.

"Washington on the Brazos is the location where Texas became Texas," said Cathy Nolte, complex

manager. "In 1836, men from across the territory of Texas, delegates who had been elected to come here, declared independence from Mexico. That was a monumental event because it created the Republic of Texas."

Patrick, introduced by state Sen. Lois Kolkhorst, will deliver a short keynote address Sunday before cutting into a giant Texas-shaped birthday cake.

"We celebrate the creation of the republic, our

independence for Texas, on the weekend closest to March 2 every year," Nolt said.

Nolt said that aside from giving people the opportunity to learn about the history of Texas Independence, the weekend celebration will also include a wide range of activities including ceremonies, entertainment, special programs, food vendors and reenactments.

According to a press release, the event will also

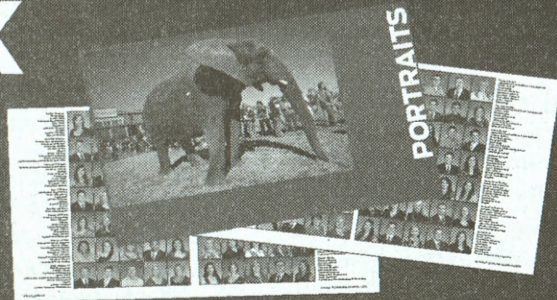
mark the recent opening of a local museum's new exhibit titled "Enduring Spirit: African Americans in 19th Century Texas." The exhibit will display slavery artifacts and will include documents of the period such as slave records, freedmen contracts and an oath of allegiance.

The event is about a 40-minute drive from College Station and most events are free to the public.

Freshmen, sophomores, juniors, seniors, grad students

THIS WEEK

get your picture taken for Texas A&M's 2015 Aggieland yearbook, if you didn't last fall. Your portrait sitting is free.



Just walk in 9 A.M. - 5 P.M. Monday through Thursday in the Student Media office, Suite L400 of the MSC. February 23 - March 12 will be your last chance.

It's your yearbook. Be in it.