



Tanner Garza — THE BATTALION

Officer Kristi Hosea empowers female students with self-defense, confidence and peace of mind.

## SHARPening their skills and senses

Course aims to arm women with techniques

By Jennifer Reiley

Ten to 15 seconds of adrenaline can help someone escape an attacker, and A&M has a class to teach women how to utilize those invaluable moments.

Sexual Harassment and Rape Prevention, SHARP, is hosted by the Women's Resource Center throughout the semester to prepare women, both students and faculty, for potentially dangerous situations.

Each of the four classes during the spring semester host about 18 students, and Sonia Mahabir, assistant coordinator in the Women's Resource Center, said there is a waiting list of 119.

Mahabir said, for her, the most important aspect of SHARP is its ability to raise confidence.

"I think a lot of people, they don't recognize the personal inner strength they have and the things that they can do when stressed out," Mahabir said. "That just makes everyone a lot more aware of what they can do as well as the dangers that they may face."

The class is taught by of-

ficers from the University Police Department. Officer Kristi Hosea, who instructs some of the courses, said the small size of the class gives participants more one-on-one attention and space to move during training.

"We give each student the instructional attention to perform the techniques correctly," Hosea said. "Practice doesn't make perfect. Perfect practice makes perfect."

Mahabir said she keeps in touch with students who cannot make it into a class so they can apply again the next semester. The WCR has to be aware of UPD officers' schedules, and with three or four classes a semester, Mahabir said the center is hesitant to add more.

"We don't always add more classes because we're not always sure we'll fill them," Mahabir said.

Groups that can gather 10 or more participants can also schedule a customized class, Mahabir said.

The classes are split into two nights. The first is mainly lecture to teach participants how the body reacts under stress. Mahabir said both nights help participants form a plan to keep themselves safe and escape a predator.

"On the second night we

practice a lot of maneuvers related to escaping, dealing with sexual harassment and defending yourself," Mahabir said.

Mahabir said the class is only for women, which was a decision made by the larger SHARP organization. Men interested in learning more about personal safety are able

plans to work as a vet making house calls

"Soon I will be going on farm calls, doing visits at home by myself, and I wanted to feel able to handle anything," Genzer said.

Genzer said she had not expected the amount of in-depth maneuvers taught over the two days. After having heard a number of cases of women stalked on campus or Northgate, Genzer said she feels more confident dealing with a potentially dangerous situation.

"You'll be surprised at the end in how much confidence you have in yourself," Genzer said. "It's a very supportive environment. It's all encouragement and trying to help each other, pushing each other to do better."

Hosea said she encourages women from across campus to attend the training courses.

"It's a great idea to learn specific techniques to better protect yourself," Hosea said. "Besides, where else do you get the opportunity to try your newly learned techniques using full force on a police officer?"

**"Practice doesn't make perfect. Perfect practice makes perfect."**

Kristi Hosea, UPD officer

to meet with Mahabir by appointment.

"Some of the maneuvers that we teach, we want to keep women safe, and if someone can't anticipate the moves that are going to move against them for defense," Mahabir said.

Sarah Genzer, third-year veterinary medicine student, said she wanted to take the course to prepare for life after graduation, when she

THE TEXAS A&M STUDENT MEDIA BOARD INVITES APPLICATIONS FOR

Editor-in-Chief

THE BATT

Fall 2015–Spring 2016

(The fall and spring editor will oversee print and digital editions, and serve Aug. 16, 2015, through May 14, 2016)

Qualifications for editor-in-chief of *The Battalion* are:

#### REQUIRED

- Be a Texas A&M student in good standing with the University and enrolled in at least six credit hours (4 if a graduate student) during the term of office (unless fewer credits are required to graduate);
- Have at least a 2.25 cumulative grade point ratio (3.25 if a graduate student) and at least a 2.25 grade point ratio (3.25 if a graduate student) in the semester immediately prior to the appointment, the semester of appointment and semester during the term of office. In order for this provision to be met, at least six hours (4 if a graduate student) must have been taken for that semester.

#### PREFERRED

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- Have at least one year experience in a responsible editorial position on *The Battalion* or comparable daily college newspaper,
  - OR –
  - Have at least one year editorial experience on a commercial newspaper,
    - OR –
    - Have completed at least 12 hours in journalism, including JOUR 203 (Media Writing I) and JOUR 303 (Media Writing II) or JOUR 304 (Editing for the Mass Media), or equivalent.

Application forms should be picked up and returned to Sandi Jones, Student Media business coordinator, in Suite L406 of the MSC. Deadline for submitting application: 5 p.m. Tuesday, April 7, 2015.

THE TEXAS A&M STUDENT MEDIA BOARD INVITES APPLICATIONS FOR

Editor-in-Chief

THE BATT

Summer 2015

(The summer editor will oversee print, digital and special editions, and will serve May 17, 2015, through Aug. 15, 2016)

Qualifications for editor-in-chief of *The Battalion* are:

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puzzle answers can be found on page 2

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New, newer 1/1, 1/1.5, 2/2, 2/2.5, 3/3. Townhomes and condos. www.JesInvestments.com, broker/owner 979-777-5477.

Northgate, apartments 1/1, 2/2, 3/2, 3/3 house, walk to campus, aggievillas.net Call 979-255-5648.

#### HELP WANTED

Ad student wanted for house cleaning in Wellborn area, 4hrs, once weekly, \$50, must have transportation, call Diana 820-2686 or 690-3986.

Assistant needed for real estate office. Flexible hours, work includes internet marketing, maintaining listings, open houses, website maintenance, etc. Call (979)446-8469, please leave message with name, email, and background information that would make you a good fit for the position.

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Cheddar's and Fish Daddy's now accepting applications. Apply within, University Dr.

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Cleaning commercial buildings at night, M-F. Call 979-823-5031 for interview.

Help wanted to setup startup internal ministry, call 888-563-7713.

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Little Guys Movers now hiring FT/PT employees. Must be at least 21 w/valid D.L. Apply in person at 3209 Earl Rudder Freeway. 979-693-6683.

Local businessman seeks aggressive self starting male students for 5 hours on Saturday. Top pay! No selling. Call 979-696-0203. 8-10am only.

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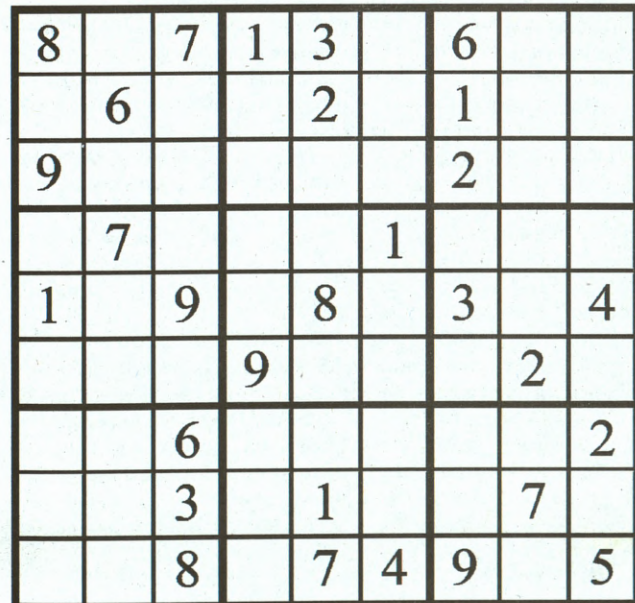
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#### ACROSS

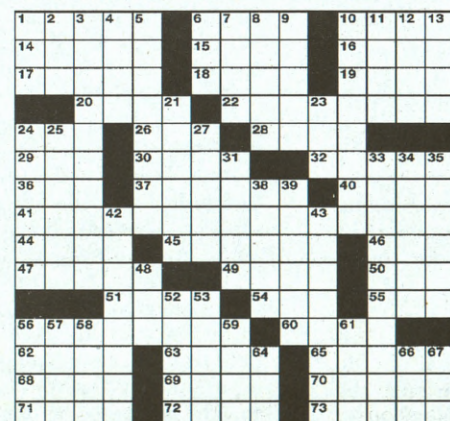
- Top of one's head
- Cash
- dispensers, for short
- Lloyd Webber musical
- Melodic
- Shoot the breeze
- Spherical coil
- Loosen, as knots
- Top of some heads
- Fight tooth and
- Keogh alternatives
- Alaskan race underway this week
- Ribs cookout, for short
- Ready to go
- Made haste
- Baseball great Gehrig
- At any time
- Hockey pucks, e.g.
- Language suffix
- Blue jeans
- All over again
- Route for
- Italian farewell
- Showed approval
- Spelling contest
- Silent Marx brother
- Home document
- Industrious insect
- Otherwise

#### DOWN

- Alphabetic trio
- Swindle
- Model T, for one
- Shade tree
- Qt. fractions
- Across team members
- Canine's squeal
- Edith (Cottrell Oscar role)
- Rarely rained on
- Sibling's daughter
- In that case
- Brazilian soccer great
- Get ready to box
- do-well
- Pack away
- Soup alternative
- Alphabetic trio
- Swindle
- Model T, for one

#### ACROSS

- Hideout
- "Fine with me"
- German exclamation
- Southeast Asian
- Downton Abbey staffers
- Piece of bacon
- Variety of bacon
- Miles off
- Small band
- Auctioned off
- Disconnects
- Actor Danson
- Laundry bottle
- Croatia neighbor
- Coffee-break time
- Unwilling to yield
- Attribute of some upscale ads
- Concrete component
- Confectionary products
- Ruckus
- Unwilling to yield
- Much-desired
- Miscellany
- Popular long ago
- Bath bars
- Marsh bird
- Create, as a web
- Vitality
- Let up
- Rural tower
- Former Italian coin
- Liquefied frost
- Espionage org.
- Come to a close



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