

WILL THERE BE BLOOD IF YOU NEED IT? Give Blood Oct. 11, 12, 13

OSCA rep? File for office in MSC 216. Oct. 12-19

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Pathfinders back year's first meet

Outdoors lovers will tromp the woods Saturday south of Texas A&M in the first orienteering meet here in 1977-78. Sponsored by the Texas A&M Pathfinders Club, it will be an open meet. Entries are expected from Sam Houston State and Stephen F. Austin University, along with 40 Boy Scouts from the Houston area. Texas A&M students, faculty-staff and townspeople are invited to participate, according to Pathfinders President Marshall McKinney. An entry fee of \$1 per individual or \$4 per four-person team will be charged. Competition starts at 10 a.m. Before the main meet, 140 Corps of Cadets juniors will run a two-hour orienteering competition. Orienteering is similar to a sports car rally. Using only maps and compasses, teams or individuals find a series of targets by shooting azimuths. Winners are usually determined on a shortest-elapased-time and most-targets-found basis. Courses will be 4,500 to 4,800 and 6,000 to 6,500 meters with eight to ten targets each. Prizes will be awarded to the top three teams on each course, provided there are enough entries. Individual awards are planned for the four persons on the winning team, and for solo entries. More information about entering the meet may be obtained from the club sponsor, Capt. Rudi Rushing, in the Military Science Department, 845-1622. The Pathfinders is an Athletic Department-recognized extramural club that competes in intercollegiate events.



Two buddies play catch

"Hey, bet you can't get this next one," Scott McElroy seems to be saying to Jennifer. The two enjoyed a sunny day at Lake Bryan. Battalion photo by Beth Dziuk

The Battalion Classified

SPECIAL NOTICE
DIRECTORY REFUND POLICY
DIRECTORY FEES are refundable in full during the semester in which payment is made. Thereafter no refunds will be made on cancelled orders. Directories must be picked up during the academic year in which they are published.

WANT AD RATES
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Yearbook fees are refundable in full during the semester in which payment is made. Thereafter no refunds will be made on cancelled orders. Yearbooks must be picked up during the academic year in which they are published.
*Students who will not be on campus when the yearbooks are published, usually by September 1, must pay a mailing and handling fee. Yearbooks will not be held, nor will they be mailed without the necessary fees having been paid.
*This policy took effect on October 22, 1976.

THE GRADUATE COLLEGE
Final Examination for the Doctoral Degree Name: Bartsch, Horace Hayne Degree: Ph.D. in Physical Education Dissertation: A CINEMATOGRAPHICAL ANALYSIS OF TWISTING IN THE LONGITUDINAL AXIS WHEN FREE OF SUPPORT
Time: 10:00 A.M. on October 18, 1977. Place: 214 G. Rollic White Coliseum G.W. Kinze Dean of the Graduate College

HELP WANTED
Cocktail waitresses, bus help and janitors needed Mon.-Sat. Apply at The Mansard House Restaurant. 2310
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Abstractors needed. Must be a graduate student with a major or strong background in nuclear engineering, petroleum engineering, physics or geology, and be able to write well. Must be an American citizen or have PRV. \$4.00/hr., 20 hrs./wk. Call Susan Lytle, TAMU Library, 845-1024. 2414

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\$1.75 tickets to "Bernarda Alba" are available at the MSC Box Office or at the door. Performances in the Forum, 8 p.m., Sept. 29, 30, & Oct. 1, 5, 6, 7, 8. 2216

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Therapist advises firm 'No'

Assertiveness key to diets
United Press International
DETROIT—It takes more than willpower to lose those few extra pounds. Just ask weight-loss therapist Judith Tanter.
"When you really analyze it," she says, "you always find the appropriate assertiveness missing."
What that means is saying "no" in a firm manner that will not hurt feelings but will make everyone understand you are serious and mean business.
Tanter teaches a class in the Behavioral Approach to Weight Loss at Oakland University in nearby Rochester. She has a host of examples of situations where appropriate assertiveness is lacking.
"What comes to mind first is the husband who orders drinks for everyone at the table," she said in an interview. "The wife really doesn't want it but before she knows it, the drink is before her, and then there's another and another."
"Or how about this case, which happens again and again. Your mother-in-law arrives at your house with homemade goodies. It only hurts feelings if you get mad. All you have to do is Saran wrap over it, say it looks lovely but you are going to give your neighbor."
"The main thing is making the food walk out the door." This advice comes from experience.
Tanter visited her mother and grandmother in Chicago not long ago.
"I was trying to lose weight, after the first day I was a nervous wreck," she said. "They spent the whole preparing food, and I spent the whole day eating it."
On the second day, she exercised her assertiveness and asked her family reunions no longer be ranged around food. They listened and "everything was fine from that point on."
During class, she said, data collected and analyzed on how students are fitting their eating to a daily life.
"We analyze personal relationships and environmental stimuli," said Tanter, who also teaches part time at the Institute for Behavioral Change in Ann Arbor, Mich.
"We assess their assertiveness abilities and demonstrate new ways to be assertive about food, and analyze anxieties and tensions surrounding food."
Students also learn to reprogram eating habits.
"Go to the theater instead of going out to dinner," Tanter suggested. "If television snacking is a problem, ban food near the television."
"Learn to relax so that you eliminate tensions that lead to the refrigerator."
But nothing is better than shaking your head and saying "no."
"Be more assertive," she said, "no when you don't want food or drink."

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<p style="text-align: center;">THURSDAY EVENING SPECIAL</p> <p style="text-align: center;">Italian Candle Light Spaghetti Dinner SERVED WITH SPICED MEAT BALLS AND SAUCE Parmesan Cheese - Tossed Green Salad Choice of Salad Dressing - Hot Garlic Bread Tea or Coffee</p>		
<p style="text-align: center;">FRIDAY EVENING SPECIAL</p> <p style="text-align: center;">BREADED FISH FILET w/TARTAR SAUCE Cole Slaw Hush Puppies Choice of one vegetable Roll or Corn Bread & Butter Tea or Coffee</p>	<p style="text-align: center;">SATURDAY NOON and EVENING SPECIAL</p> <p style="text-align: center;">"Yankee Pot Roast Texas Style" Tossed Salad Choice of one vegetable Roll or Corn Bread & Butter Tea or Coffee</p>	<p style="text-align: center;">SUNDAY SPECIAL NOON and EVENING ROAST TURKEY DINNER</p> <p style="text-align: center;">Served with Cranberry Sauce Cornbread Dressing Roll or Corn Bread - Butter Coffee or Tea Giblet Gravy And your choice of any One vegetable</p>

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