what's up

Tuesday

MOVIE: "Coma," starring Genevieve Bujold and Michael Douglas, will be shown at 8:45 p.m. in the Grove Theater. (PG). OCCUPATIONAL RESEARCH CONFERENCE: Will be held

today through Wednesday in Rudder Tower.

GRADUATING SENIORS: Graduation announcements can be ordered through June 15 in Room 217, MSC between 8 a.m. and 4

Wednesday

MOVIE: "Animal Crackers," starring the Marx Brothers, will be shown at 8:45 p.m. in the Grove Theater. (G).

APPRENTICESHIP TRAINING PROGRAM: The Physical Plant Department of Texas A&M is accepting applications for the 1979 apprenticeship training program which offers training for carpenters, electricians, air conditioning and heating mechanics, electronic technicians, plumbers, sheetmetal works, painters and automotive mechanics. Interested persons should contact the Physi-

Thursday

e remain. MOVIE: "Carrie," starring Cissy Spacek, will be shown at 8:45 p.m. in the Grove Theater. (R).

beforeh COWBOY KELLY ART EXHIBIT RECEPTION: Will be held from 3:30 to 5:30 p.m. in the MSC Gallery

state lawn Largest jackpot er system n history wontoing to be \$280,000 for \$6

r, still re. LAS VEGAS — Judy Hansen 5 days, twek six silver dollars into a slot an Austrachine during the weekend and y the bortame home with \$280,000, the est slot machine jackpot in his-

> Hansen, 32, of Santa Ana, Calif., ad she stopped by the slot machine side the Las Vegas Hilton early maday because she was tired of cing. She pumped three silver llars into the progressive "Pot of old" machine and won \$5. hree drops later the big jackpot

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MONDAY EVENING SPECIAL

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TUESDAY EVENING SPECIAL

Mexican Fiesta Dinner Two Cheese and Onion Enchiladas w/chili Mexican Rice Patio Style Pinto Beans Tostadas

Coffee or Tea One Corn Bread and Butter

EVENING SPECIAL

Chicken Fried Steak w/cream Gravy

Whipped Potatoes and Choice of one other Vegetable Roll or Corn Bread and Butter Coffee or Tea

THURSDAY EVENING SPECIAL

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



FRIDAY EVENING SPECIAL

BREADED FISH FILET W/TARTAR SAUCE Cole Slaw Hush Puppies Choice of one vegetable Roll or Corn Bread & Butter

Tea or Coffee

Progra

SATURDAY **NOON and EVENING** SPECIAL

Chicken & Dumplings Tossed Salad Choice of one vegetable Roll or Corn Bread & Butter Tea or Coffee

SUNDAY SPECIAL **NOON** and **EVENING**

ROAST TURKEY DINNER Served with Cranberry Sauce Cornbread Dressing Roll or Corn Bread - Butter Coffee or Tea Giblet Gravy And your choice of any One vegetable

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Hypnotic treatment

A&M doctor uses hypnosis as clinical tool

A growing acceptance and re-finement of hypnosis as a clinical tool is making the once-thought-of-as-magic trick a prime mover in stress management, says a Texas A&M University educational psy-

Dr. Robert Reilley says a person under hypnotic treatment is much more likely to accept suggestions to be more relaxed, less worried and readier to work.

"We know that hypnosis can produce some conditions or qualities in a subject that are therapeutic, such as better attention, concentration, relaxation and improved imagery," says Reilley, a member of the American Society of Clinical

"Obviously, these conditions have great utility in a stress man-

agement program," he says. Stress symptoms can take many forms. The professor says some of the physical symptoms are tension

sleeplessness and excessive perspiration. Psychological symptoms include undue worry, overreaction to minor problems and a vague feeling of dread, that something bad is

about to happen.
"Stress makes the body run overdrains energy away and can affect a person's health and can reduce creativity and the ability to think clearly."

Hypnosis can take advantage of a subject's increased receptivity to suggest that anxiety will be reduced.

Hypnosis is not a therapy; rather, it is an aid in therapy to make others

work better, Reilley adds. As coordinator of Texas A&M's counseling anxiety-provoking situations, someting something new; it takes times to reinforce what you have learned." psychology program, he uses hypnosis almost daily.

Hypnosis doesn't have any magic curative powers, he says. But the qualities it does produce in the client can be useful.

and physical symptoms lessened. Also, hypnosis can be used in stress management to teach deep muscle times by "reliving" them.

Reilley stresses that hypnosis does not work on everyone equally well. For about 5 percent of the population hypnosis has no effect. But for more than 20 percent hypnotic suggestion is very strong and these people are very susceptible.
Often, one treatment will have a

very strong effect on them.

"For those in the middle range, one treatment is not going to do it," says Reilley. "Hypnosis is like learn-

He cautions that hypnosis is not for fun and games. Like any technique in psychology, necessary training and experience are needed before anyone can experiment on a

"Hypnosis does not give you magic," Reilley says. "if you can't perform therapy without hpnsosi, it is likely you can't do it with it



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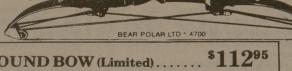
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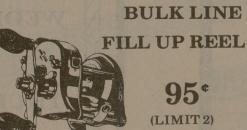
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