

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 p.m. weekdays.

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 Physical Plant.

Thursday

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

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

Hypnotic treatment

A&M doctor uses hypnosis as clinical tool

A growing acceptance and refinement 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 psychologist.

Dr. Robert Reiley 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 Reiley, a member of the American Society of Clinical Hypnosis.

"Obviously, these conditions have great utility in a stress management program," he says.

Stress symptoms can take many forms. The professor says some of the physical symptoms are tension

headaches, troubled digestion, 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 overtime," says the psychologist. "It drains energy away and can affect a person's health and can reduce creativity and the ability to think clearly."

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

work better, Reiley adds. As coordinator of Texas A&M's counseling 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.

For example, suggestibility. Hypnosis can take advantage of a subject's increased receptivity to suggest that anxiety will be reduced and physical symptoms lessened.

Also, hypnosis can be used in stress management to teach deep muscle

relaxation and how to handle anxiety-provoking situations, sometimes by "reliving" them.

Reiley 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 Reiley. "Hypnosis is like learn-

ing something new; it takes times to reinforce what you have learned."

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 client.

"Hypnosis does not give you magic," Reiley says. "If you can't perform therapy without hypnosis, it is likely you can't do it with it either."

Largest jackpot in history won—\$280,000 for \$6

United Press International
LAS VEGAS — Judy Hansen tucked six silver dollars into a slot machine during the weekend and came home with \$280,000, the largest slot machine jackpot in his-

—The effort Hansen, 32, of Santa Ana, Calif., and she stopped by the slot machine inside the Las Vegas Hilton early Sunday because she was tired of dancing. She pumped three silver dollars into the progressive "Pot of Gold" machine and won \$5.

Three drops later the big jackpot used when Hansen, then a higher improved d, a home may accu- rly, out- ly only \$3

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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

WEDNESDAY 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

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
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