

# Chemical explosion kills 2 men; block evacuated

**United Press International**  
HOUSTON — A chemical warehouse explosion Tuesday killed two workers, injured five other people and forced the evacuation of a one-square-block area of south Houston.

Fire Department spokesman John Vollentine said two workmen were killed instantly

when a 4,000 gallon tank of methyl bromide at J Chem Co. ruptured in a storage area about 4 p.m.

He said the blast knocked over drums of malathion, which he said added to the fumes problems.

At least five people who lived near the building were being treated at Southeast

Memorial Hospital for minor breathing difficulties, Vollentine said.

Methyl bromide is a fumigant sometimes used as an insecticide, Vollentine said. Malathion is an insecticide. The chemicals can be extremely dangerous in closed areas, Vollentine said.

# Stress reduction is goal, Hypnosis workshop begins

**by Darla Bucaram**  
**Battalion Reporter**

A three-day workshop that begins tonight at the College Station Civic Center will teach students a self-hypnosis technique to help them increase their concentration level, improve memory retention and decrease stress levels.

Walt Stenning, an educational curriculum and instruction graduate student adviser, and Bill McKoy, law enforcement and security training division specialist, have taught police officers how to combat stressful situations through the use of self-hypnosis.

McKoy says that since students work under pressure throughout the year they should be aware of ways to minimize stress. Living in noisy places — neither dorms nor apartments are quiet — students need to be aware of methods to block out noise to help them concentrate, he says.

McKoy and Stenning have trained 10 education graduate students to help them administer the program.

The program is divided into three parts — each to be taught on a separate day. The first day of the program, students will be taught methods of preparing for and taking tests, Stenning says.

Efficient studying is difficult when people already are tense about the test, he says.

Different tests also should be studied for in different ways,

Stenning says. Essays, multiple choice and short answer have different rationales behind them, and should be approached differently.

Clarification of material studied also is important, Stenning says. Study material sources vary. There are textbooks, outside readings and notes. Some should be studied more than others and it's necessary to know which are more important. Outlining of material is essential for efficient studying.

The second day, students will be taught how to deal with stressful situations such as taking tests.

Stenning explains that organisms with central nervous systems have two interacting nervous subsystems: the parasympathetic and the sympathetic.

The parasympathetic, the logical part, works when a person works.

The sympathetic system, on the other hand, deals with tense, stressful situations.

The main chemical at work then is adrenalin. There are two different types of adrenalin, Stenning says. The one present during a particular emotional situation depends on whether fear or anger are in control, Stenning says.

"The problem is that even when your parasympathetic system is working, a stressful situation, such as a test, may provoke a sympathetic reaction," Stenning says.

That is the reason why even prepared students can "go

blank" or "freeze up" when taking a test or find a question on material they may not have covered, Stenning says.

The final day, students will be taught how to relax through self-hypnosis.

Students don't try to put themselves into a hypnotic state through self-hypnosis, Stenning says.

Instead students try to recall the feeling of relaxation experienced when in a hypnotic state, McKoy says. However, this type of hypnosis is not done regularly because many people are afraid of it, he says.

There is feeling of mysticism about hypnosis, McKoy says. People believe they will not remember anything they have said or done when they "wake up," and that while they are "under the influence" they will be controlled by the hypnotizer.

However, McKoy says, that is not so. A group of graduate students, hypnotized by Stenning and McKoy, remembered everything that was said and done — that is, those who stayed awake. A couple of students fell asleep because, as one said, "it's such a pleasant experience."

## Woman requests that male 'slobs' keep on shirts

**United Press International**  
TAMPA, Fla. — City Councilwoman Helen Chavez says she will appeal to the Tampa Sports Authority to force what she calls hairy, sweaty, bare-chested male

McKoy says the hypnosis program works. "We've had law enforcement trainees who have gone back to their third grade year, and recalled their teachers' faces," McKoy says. "They even sign their name in the same handwriting they had back then."

Stenning and McKoy had extensive training in the field of hypnosis and psychology.

McKoy first began working with hypnosis in 1974. Both he and Stenning have bachelor's degrees in psychology, and Stenning has a master's degree in psychology.

"To my knowledge, this is the first time anything like this has been done in a university," McKoy says.

Stenning and McKoy say the hope students will take advantage of the opportunity to learn new and effective ways to improve their grades.

The three sessions will be tonight, Thursday and Oct. 6 from 6 p.m. to 9 p.m. at the Civic Center, 1300 Jersey Ave. The sessions cost \$15 each or \$40 all three.

To register contact Bill McKoy at 845-6391.

The Senate also will discuss raising grade requirements for graduate student senators from a 3.0 to a 3.25 overall grade point ratio. Currently the Student Government constitution requires that all senators have at least a 2.25 overall GPR, and 2.0 GPR the semester before elections and every semester while in office.

If the bill is passed, requirements for graduate senators will be raised to a 3.25 overall GPR. Applicants will be required to have a 3.0 GPR at midterm elections and during the semester in office.

The Aggie Olympics are a project in which students will play Olympic-style games with an "Aggie twist." The external affairs committee of the Student Government is sponsoring a bill.

## Student Senate to discuss bills

A bill proposing an Aggie Olympics, a project to raise money for the 1984 Olympic games, will be discussed by the Student Senate tonight at 7:30 in 204 Harrington.

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