

## State Briefs

### High Court to review Houston ordinance

WASHINGTON — The Supreme Court agreed Monday to review a lower court ruling that a Houston ordinance which makes it a crime to interrupt police officers during their work is too broad and violates free-speech rights.

Last May, the 5th U.S. Circuit Court of Appeals struck down the Houston ordinance, enacted in 1956, by an 8-7 vote.

"The city cannot proscribe speech or other free expression that does not threaten immediate danger to the police or to legitimate law enforcement endeavors," the appeals court said.

Appeals court's dissenters, however, said Houston police

should be allowed to "pursue their work without interference, whether caused by physical force or by speech."

Raymond Wayne Hill, who had served time in prison for burglary and returned to Houston in 1975 to help form a homosexual rights group, challenged the ordinance.

The 5th Circuit court described him as "an activist, a troublemaker." But the appeals court said, "The Constitution does not protect only decent, law-abiding people. The First Amendment was designed to shield pesky, irritating and contentious people, even busybodies and troublemakers."

### State senator arrested on DWI charge

LONGVIEW (AP) — State Sen. Richard Anderson was charged with driving while intoxicated and resisting arrest after a struggle with a Longview police officer, police said.

Anderson was arrested on Interstate 20 late Sunday night as he was returning to his home in Marshall in East Texas, police said.

Anderson posted bond and was released about midnight on

Sunday, said police spokesman Gene Noble.

Noble said Anderson was stopped by an officer who spotted him driving erratically. Anderson allegedly failed a field sobriety test and was taken to the Gregg County Jail.

Anderson refused to take a breathalyzer test at the county jail, Noble said. The senator struggled with a police officer and two sheriff's deputies and was subdued, Noble said.

### Port Arthur plans Janis Joplin memorial

PORT ARTHUR (AP) — It's been 16 years since singer Janis Joplin died of what a Los Angeles coroner ruled a drug overdose, but for the first time an effort is underway toward establishing a memorial for her in her hometown.

Since the time of Joplin's death on Oct. 4, 1970, at the age of 27, Port Arthur residents have been slow to forgive the rock 'n' roll

singer for belittling her hometown.

The city and its people have been slow to recognize the singer, her talent or the symbol she became for a time and a nation.

But now a bronze multiple-image bust of Joplin is evolving in a Port Arthur studio. The project was the brainchild of Port Arthur businessman John Palmer and will become the finished work of sculptor Doug Clark.

### Houstonian loses trespassing appeal

WASHINGTON (AP) — A Houston man convicted of trespassing for entering an abortion clinic and speaking to the women inside lost an appeal to the U.S. Supreme Court.

The court, without comment, let stand a ruling that Jack Lynn Hoffart's free speech rights were not violated by his prosecution.

Hoffart, a member of an anti-

abortion group called Life Advocates, was arrested Feb. 4, 1984 after entering the clinic.

He had been picketing outside but walked inside the private clinic's waiting room to urge the women there to consider alternatives to abortion.

Hoffart was fined \$500, given a 30-day suspended jail sentence and placed on probation.

## Psychology department runs facility

# Psychological clinic offers services

By Kristin Theodorson  
Reporter

The Texas A&M psychology department has operated a teaching clinic offering general psychology outpatient services to the public since the beginning of September.

Dr. Brian Stagner, temporary clinic director, said the clinic offers individual and family therapy, psychological assessments and special services on a sliding fee basis. The fee amount will be determined by the ability of the patient to pay.

The clinic offers expertise on sexual dysfunctions, depression, sex offenders, anxiety disorders and women's issues. The counseling will be provided by Drs. Joseph Lopiccolo, Albert Casey, Wendy E. Stock and Jeffrey M. Kern, Stagner said.

"The services we can actually offer are somewhat limited by what our supervisors are good at," he said.

The department's professional

staff and licensed psychologists will supervise all counseling and work done by the graduate students, and local psychiatrists will provide medical consultation.

Future services will depend on what kind of faculty the department will attract now that the new clinic has opened, Stagner said.

The clinic is geared to fill the gap in services that was left when the Mental Health Mental Retardation Authority of Brazos Valley discontinued its outpatient therapy services, Stagner said.

The new facility also will be a research and training site for the psychology department, he said.

Dr. Stephen Worchel, psychology department head, said the clinic is funded by the fees collected and by the College of Liberal Arts. The funds will support the operation of the clinic and help pay for equipment and research.

With funding taken care of, Stagner said the only real prob-

lem with getting the clinic started was the time pressure involved.

"We wanted to be ready to roll (at the beginning of the semester) so our students could have the practical experience during the semester," Stagner said.

He said the teaching clinic has been in the works ever since the psychology department decided to offer a doctoral program, which was established in 1984.

The clinical psychology doctoral program is not yet accredited by the American Psychological Association.

In a Feb. 11 article in *The Battalion*, Dr. Paul J. Wellman, assistant professor of psychology, said the program had not been accredited because there was no clinical facility on campus.

Stagner said that even though the clinic is open, the decision to

apply for accreditation with the APA has not yet been made, but should be within the next couple of weeks.

The department isn't sure whether it is ready for the accreditation process, he said. The process is very time-consuming and the department may decide to apply later on so it can work on other projects.

Before the clinic opened, the doctoral candidates had to get their training and experience either at Greenleaf Psychiatric Hospital, MHMR, or the Austin State Hospital Outreach Center in Hempstead, Stagner said.

The clinic is temporarily located in the Bryan Professional Building at 1301 Memorial Drive, near Humana Hospital.

Anyone wishing to make an appointment or get more information should call 845-8017.

# A&M personnel learn to fight stress

## Workshops offered by employee health, fitness program

By Lisa Fleischmann  
Reporter

The faculty and staff members sat in the darkened room with closed eyes as they were instructed to relax and envision a tranquil scene. After a few moments, they checked each others' pulse rates and murmured congratulations.

This exercise was part of two stress-management workshops sponsored by the Personnel Department last week.

The workshops are part of the ongoing Employee Health and Fitness Education Program, which was implemented last year.

"The goal of the program is to help people identify stress, control it and be more productive," says Alison Paggi, employee relations representative. "They (the speakers) talk about things that you do to yourself — like reliving horrible moments in your life over and over again — and they teach you relaxation techniques."

Ann McMullan, employment manager, says she feels that the workshop may have more meaning for employees this year.

"It's stressful to not get a mandated raise," McMullan says. "Employees are quitting, and the other employees are having to do more work."

Michael Duffy, associate professor of educational psychology, says many people exhibit signs of stress in their day-to-day lives and that stress is a motivating and natural aspect of life. But too much stress can lead to serious physical problems that can result in death, he says.

"Stress can directly cause allergies, ulcers, migraine headaches and backaches," Duffy says. "Recent studies show that stress is indirectly related to strokes, high blood pressure, certain types of cancer, diabetes and colds."

Dr. Robert Reilley of the educational psychology department says there are different types of stress: overload, frustration, adaptive and Type A personality stress.

Overload stress occurs when people demand more of themselves than their time and resources allow; frustration stress occurs when situations interrupt pre-existing plans or goals; adaptive stress happens when unexpected changes upset schedules; and Type A personality stress occurs when people are overly competitive and constantly struggle to get more done in a shorter amount of time.

Reilley says people can minimize stress by budgeting their time, planning alternative activities,

minimizing lifestyle changes and taking vacations.

He also suggests taking a few minutes each day to relax by concentrating on an object and counting backwards while breathing slowly or resting and imagining a peaceful setting.

Nurse Barbara Reilley, Dr. Reilley's wife, says poor nutrition habits intensify stress and resulting health problems.

Stress causes an increase of blood sugar, sodium retention in the kidneys, stomach acid and the breakdown of vitamins, enzymes and protein, she says, and it also triggers a release of hormones that causes both the heart rate and blood pressure to rise.

These physiological problems are exaggerated when combined with caffeine, she adds.

Dr. George Jessup, of the health and physical education department, says that while a balanced diet can alleviate stress, exercise is the most immediate solution.

The Personnel Department will sponsor two other workshops later this year. "Balancing Work and Family" will be held in November, and "Nutrition and Weight Control" will be offered in the spring.

# Don't miss the leader of lieder—



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