

expires 7-31 Thur-Sat: 11 a.m.-2:30 a.m. CINEPLEX ODEON

\$3.00 BARGAIN MATINEE DAILY ALL SHOWS BEFORE 6 PM AT SEI ECTED THEATRES CHECK SHOWTIMES

Call 76-GUMBY / 764-8629

AND PLITT THEATRES

POST OAK THREE 1500 HARVEY RD. 693-2796

CINEMA THREE 315 COLLEGE AVE. 693-2796

Phantasm II 2:10 4:10 7:10 9:10

Cinema III

Bull Durham 🖪

2:10 4:25 7:10 9:25

Post Oak III

Funny Farm (PG 13) 2:00 4:00 7:00 9:00

Cinema III

Crocodile Dundee II

2:00 4:20 7:10 9:20

Post Oak III

The Great Outdoors (PG) License To Drive

2:05 4:05 7:05 9:05 Cinema III

2:05 4:15 7:05 9:15 (PG 13)

Post Oak III

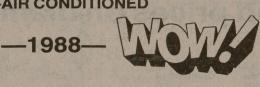


"A Family Recreation Center"

OFFERS

A PASSPORT TO SUMMER FUN





UNLIMITED OPEN BOWL MONDAY-FRIDAY 10 a.m.-5 p.m. **GOOD UNTIL-AUGUST 31**

*Aggies, Employee & Staff Special

\$50.00(ID-Required)

ANYTIME LANES ARE AVAILABLE THIS OFFER APPLIES TO OPEN BOWLING ONLY!
RENTAL SHOES NOT INCLUDED.
YOUR "PASSPORT" WILL BE ISSUED WHEN THE \$50.00 IS PAID...
IT IS NON—TRANSFERABLE, AND MAY ONLY BE USED FOR GAMES BOWLED BY THE HOLDER.

Contact Lenses

Only Quality Name Brands (Bausch & Lomb, Ciba, Barnes-Hinds-Hydrocurve)

pr. *-STD. DAILY WEAR SOFT LENSES

\$9900

pr. *-STD. EXTENDED WEAR SOFT LENSES pr. *-STD. TINTED SOFT LENSES

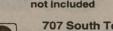
\$9900

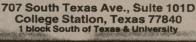
DAILY WEAR OR EXTENDED WEAR

SAME DAY DELIVERY ON MOST LENSES

Call 696-3754 For Appointment

CHARLES C. SCHROEPPEL, O.D., P.C. **DOCTOR OF OPTOMETRY**









State conference gives insight.

Expert: Control stress with practice DPS official says training one and watch the ball game," he to learn to deal with anger to avoid stress-related illness. By Andrea Halbert said, "that's not relaxing - that's Reporter

Although there is no immediate cure for stress, people can learn to control it with practice, a College Station psychologist told Texas Agriculture Extension Service employees Thursday.

Jim Hyden said effective stress

management is important because stress is unavoidable and can cause serious physical symptoms if it's not handled properly.

Some possible consequences of prolonged periods of high stress are irritability, fatigue, insomnia, headaches, high blood pressure, anxiety and stress-related diseases, including heart disease and cancer, Hyden said during a professional development workshop, part of the Extension Service's state conference.

"Stress," he said, "is anything that requires you to adapt. Stress is not all bad if you manage it

well. It can motivate people. Hyden said most people need

Finding outlets for anger keeps the emotion from building up

and coming out in the form of physical symptoms, he said.
"Driving ranges and punching bags are great for this," he said.

Hyden said anger is a healthy emotion but can be harmful if it is repressed. Many people assume that anger is gone when they stop thinking about it consciously, he

Anger can bury itself in the subconscious mind and cause problems if you don't do something to get it out of your system, he said. Physical activity and discussion are much more effective ways to deal with anger than try-ing to forget about it, he said.

Relaxation is another important aspect of stress management, Hyden said. He said most people don't know to relax.

"Most people think they're relaxing when they pop open a cold

Hyden said leisure is important, too, but is not a substitute for "true relaxation."

True relaxation," he said, "is a skill which is learned. It is not difficult to learn, but it does require time and effort.'

It takes most people two or three months of practicing 30 minutes daily to achieve true relaxation, Hyden said. People can practice relaxing using a technique called progressive muscular relaxation, he said.

Hyden conducted a 15 minute demonstration of the technique, which involves relaxing muscles

one at a time. Hyden also said proper diet, regular exercise, effective time management, good communica-tion skills and assertiveness training are important stress management tools, but he did not discuss

Specialist stresses success skills

By Russell James Reporter

Effective communication skills and flexibility are the two keys to a successful business career, Dorthy Taylor, a family life specialist, said.

At the biannual meeting of the Texas Agricultural Extension Service, Taylor said there is always conflict

"Conflict doesn't mean a heated argument — just a disagreement over an issue," she said. "Most people don't want to change. They dig their heals into the dirt and wait for the other person to give in

Taylor said two types of relationships exist in the business world — the missionary or individual worth and the power struggle.

Missionary workers are intimidated by progress. They'll do anything to avoid conflict or a confrontation, sacrificing personal goals and achievement. They are content to remain in the same position for years.

The second type is the power strugglers. They take a verticle climb to the top of the corporate ladder. This relationship will produce conflict with fellow employees as they work for their career goals too.

"Every life is filled with stress, and the winners are those who learn to deal with it," Taylor said. "First, you've got to like yourself. There isn't a successful person alive who doesn't believe in himself.

You've got to believe that what you're doing is the

This is where flexibility and an open mind is a necessity, Taylor said. Listening to other points of view not only expands the amount of information you have, but creates a harmonious environment, she said

Taylor's gave a list of the areas of conflict that usually arise in the work place and at home.

Money - who makes it, who spends it and how. Also in terms of equal salaries among co-workers, money is a

Politics — in the sense that at times it's who you know and not the job you can do. This leads to resentment and hostility among fellow employees.

Taylor lists sex, friendships, the use of leisure time, religion, family, death and love as sources of conflict.

"Self esteem is directly related to how you can cope with conflict," Taylor said. "If you have the attitude that I can't' then you won't.'

Taylor also has what she calls the "6 Big Turn Ons", characteristics that successful people demonstrate: a willingness to participate, a sense of pride, a sense of teamwork, self-respect, a willingness grow individually and a responsiveness to recognition. "If you want credit for success, then you have to ac-

cept blame for failure,"she said.

Taylor said it just takes hard work and common sense to deal with conflict.

"Sometimes things just won't work out, there's nothing anyone can do," she said. "That's when it's time to

will improve bad memor

By Lyn Jenkins

There is no such thing good or bad memory, on trained or untrained men spector Marx Howell Texas Department of Posafety told members of the cultural Extension Service.

Howell spoke on memo provement at the State Exte Conference Thursday in the morial Student Center.

People remember thro repetition and association, association being the stron method, Howell said.

"When you want to learn information, you associate it something you already kn Howell said.

An example Howell used this method was simplifying height of Japan's Mount (12,365 feet) by breaking itd and associating it to 12 m and 365 days in a year.

Once the memory has been sociated with a familiar exp ence, it must be rehe

through repetition, Howells.
Howell said intensity, dura
and frequency affect how peo

In illustrating the intensit an event, he asked the audi to remember where they and what they were doing John F. Kennedy was as nated.

Members of the audiences up and were able to recall in detail the events surround them that day.

Howell said he only wanted share his ideas, not impose the

"You have got to exercise memory if you are going to it," Howell said. He suggested practicing in ductions with a friend to bu

strategy of remembering nam One such strategy is to carefully, make a mental pic and repeat the name, Ho

Convoy goes through customs station

Veterans' Peace Convoy on Thursday went through one Mexican customs station after having crossed the Rio Grande with 14 trucks and a school bus without incident, but in defiance of a trade embargo with Ni-

"They're on their way south," said Tom Hansen, a spokesman for the group opposing U.S. policies toward Nicaragua's leftist Sandinista gov-

Convoy members were later delayed at a secondary customs area after Mexican authorities discovered firecrackers in one of the vehicles,

an official said. On at least three separate occasions, the U.S. Treasury Department has blocked the group's trucks from leaving the country.

The department contends that taking the vehicles in the convoy into Nicaragua would violate a 3-year-old trade embargo.

Eight "convoyistas," as they call themselves, were arrested Saturday in a tense confrontation with U.S. Customs officials, Border Patrol agents and Laredo police after Customs refused to let the convoy drive across the border.

One of the eight was rearrested early Monday and charged with blocking traffic at the same bridge when Customs again refused to let him cross.

Later Monday, however, the group said it started crossing vehicles and finally drove the last one

across on Wednesday.

The group said the first 11 vehicles passed through the station without question, while the last four vehicles were told by customs agents to provide personal and vehicle identi-

'A very funny thing that hap-

pened was that different officials, ment's policy toward the convoy had police and border and treasury offinot changed. the Nicaraguan Trade Control ulations, but that the vehicles at cials ran into us in Laredo and different places and advised us to go one at a time late at night," said convoy spokesman Jay Singer.

"And so we tried it and it wor-

ked," he said.

Convoy coordinator Raul Valdez, 40, of Austin, said, "They mace us, they arrest us, they break our windows, they impound our vehicles -

Valdez said he drove "Pathfinder," the lead convoy vehicle, directly past U.S. Customs officials and paid his 75-cent bridge toll at 10:30 p.m. Tuesday.

The truck was involved with all three incidents at which U.S. Customs has blocked the group's exit.

Customs spokesman Donna De La Torre said Thursday the convoy had crossed into Mexico without the knowledge or approval of the U.S. government.

He said the group still faces possible prosecution if it does not return the vehicles within 30 days.

Violating the Nicaraguan Trade Control Regulations potentially could mean fines for the group of up to \$50,000 and up to 10 years in

"I think that they've realized that they made a mistake and are trying to back out of it as quietly as possible," Hansen said.

Some of the vehicles bear signs and brightly painted slogans, including a multicolored school bus emblazoned with, "Veterans Peace Convoy to Nicaragua," and "Bikes, Not

De La Torre said the govern-

A convoy attempt to cross on June 15 with 38 vehicles and 106 people was blocked by Customs officials who stood in the roadway and temporarily detained four of the group's

The activists then drove to Washdows, they impound our vehicles — ington, D.C., tried unsuccessfully to and then all of a sudden they let us meet with federal officials and returned to Laredo last Friday.

> The government's position is that the food and medical supplies qualify as humanitarian aid exempt from

humanitarian aid.

Convoy members say the numous vehicles are a form of human rian aid for the Arabs.

The convoy is sending some tons of aid by ship. About 10 tons was loaded or vehicles when the group arri Laredo last Friday for its second

against the government last in an attempt to have its m clared legal, but U.S. District George P. Kazen has not iss

Rude reptiles invade homes cars of Houston residents

HOUSTON (AP) - Reports of alligators in unusual places are up in the Houston area, and officials are wondering whether to blame the recent drought for the rise in the reptile reportings.

"I just know that every one that we've picked up so far has been one foot bigger than the previous one," animal control director Dr. Robert Armstrong said Wednesday.

Over the last six weeks, Arm-

strong said his officers have received

a variety of calls about the big var-One man found a 3-foot-long alligator in the front seat of his car

The creature apparently crawled into the vehicle through an open door while the man was in a conve-

A 4-foot-long gator was for the algae-clogged swimming p an abandoned Houston home.

A 5-foot-long alligator was moved this week from a bayout ing through a residential area. Another property owner recorded a 7-foot-long alligator had taken up residence in his

As the animals are captured, are turned over to the Texas Dement of Parks and Wildlife lease in less populated areas, strong said.

Armstrong has been with agency for 51/2 years and says his never gotten any alligator calls

An Array of Salads; Fresh Fruit and Melon Muffins & Biscuits Egg Specialties, Sausage, Bacon Potatoes, French Toast and More



607 Texas Ave • 696-1427 • Across from Texas A&M

Defensive Driving Course July 18, 19 & July 29,30 **College Station Hilton**

For information or to pre-register phone

693-8178 24 hours a day.

cut here

A basketful of cash is better

than a garage full of 'stuff' Have a garage or yard sale this week - Call 845-2611

